

**IPF World Classic Championships 2018**  
**Head Coach Report**

We had a full compliment of lifters in both the men's and women's senior teams for this important competition. The lifters had done a great job of preparing themselves and arrived ready to represent their country.

The senior competition started on Wednesday with a 7am weigh-in for our top 47kg female lifter, Danni Malcolm. Danni had been suffering with an injury for a few weeks before the comp which had affected her squat a little but this didn't stop her from hitting all 3 attempts perfectly before moving onto the bench where she just missed out on bronze by bodyweight but set a new British record of 72.5kg. She missed her last deadlift but finished 8<sup>th</sup> overall with an outstanding 320kg total.

Next up in the middle session were our two 52kg lifters; Joy Nnamani and Emma Goodwin. Both are seasoned international lifters who know what it takes to perform on the world stage. Emma hit her first 2 squats and just missed her 3<sup>rd</sup>, Joy was the centre of some drama when, after getting 142.5kg on her opener, was grabbed early by the spotters at the top of her second squat when she was going for 150kg. She nodded her head as if to say 'I've got this' which the spotter misread as 'take the bar'. The Jury granted her a re-lift which she had 4 minutes to prepare for. She remained calm and professional the whole time and then came out and got the 150kg, she had to fight but proved how tough she is! She wisely elected to pass her last squat attempt in order to save herself for the rest of the competition. Emma got her first 2 benches and Joy hit all her bench attempts leading us up to the big finale. Emma had narrowly missed out on a bronze in deadlift last year in Belarus but this time she dug deep and showed how much she wanted that medal, her last deadlift of 177.5kg was the perfect number and ended up giving her that bronze she missed out on last year. If you watch the clip of the lift you can see how happy she as by the way she nearly rugby tackles her handler (Jason Coultman) down to the ground! Meanwhile Joy was in a battle for first with Marissa Inda. Joy hit 192.5kg for a world record on her second attempt putting her in first place, Marissa came out for 190kg to make Joy lift again...she missed and Joy won! Joy came out for a 3<sup>rd</sup> on 195.5kg. She smashed it and finished with a world record deadlift, world record total and best female lifter as well. Not a bad day's work for Joy and Emma.

Thursday started off with a 7am weigh in for our two 57kg women, Lucia Puricelli and Jodie Cook. Lucia got a flying start and nailed all 3 squats, missing out on bronze only by bodyweight. Jodie was having some problems with hitting depth on her warm ups but got her opener (always a massive relief to both lifter and handler at an international) then she narrowly missed the next 2 attempts. Lucia got all 3 benches and Jodie got her first 2 but missed her 3<sup>rd</sup>. Both lifters are strong pullers and Jodie finished with a 170kg deadlift and a 377.5kg total finishing a creditable 11<sup>th</sup> (tied with 10<sup>th</sup> on total) in a very tough class. Lucia got 162.5kg on her second deadlift attempt placing her in 5<sup>th</sup>, she went for a last attempt of 167.5kg to try and grab an extra place for the team but it wasn't quite there on the day. Coming 5<sup>th</sup> against the best lifters in the world in her first major competition was a huge achievement for Lucia and she should be very proud of how she performed.

Friday's early session had our first two male lifters; James Duff and Chris Wong in the 74kg class. An early weigh-in at 6am was managed perfectly by both lifters with no issues at all. Chris' squats were looking great in his warm-ups and he went out and hit all 3 with a bit more in the tank. James also nailed each lift and finished on 250kg for a new British record. This left them both 3 for 3. There were a lot of missed lifts in that flight with 2 lifters bombing. Chris hit all 3 benches and James only just missed his last bench, it was so close and agonising to watch! Chris and James went into the deadlifts looking at trying to grab 6<sup>th</sup> place overall. Chris got all his deadlifts and secured an incredible 6<sup>th</sup> place ahead of the Algerian lifter with a PB total of 667.5kg at 73.63kg bodyweight. James went for a huge last deadlift in an attempt to climb the leader-board and earn us some team points but couldn't get his last deadlift and finished on 655kg and in 10<sup>th</sup> overall. He would have finished higher had he not sacrificed himself for the team points, a true example of being the ultimate team player.

Friday evening saw the next 2 members of GB men's team take to the platform. In front of a packed house, crowded balcony and electric atmosphere we saw a huge battle between the worlds top 83kg lifters. GB had Owen Hubbard (seasoned international lifter and owner of British Powerlifting's most recognisable bench set-up) alongside international newcomer Jurins Kengamu. Owen weighed in at a svelte 82.49kg and with a high lot number (allowing us more leeway when it came to strategic attempt selection) we knew there was going to be an epic battle. Owen's new found depth in the squat meant he had no trouble sinking all 3 lifts without a single red light and putting a marker down for everyone else with his final lift of 277.5kg. Jurins was a little nervous and after missing his second squat he nailed his third on 252.5kg. Jurins hit all 3 benches perfectly finishing with a final lift of 152.5kg. Owen was locked in a battle with Brett Gibbs for gold in the bench and the bench world record as well. With the higher lot number Owen just had to sit on Brett's tail and lift 0.5kg more on each lift. Owen finished on 214.5kg for a new world record and gold in the bench. In truth Owen's last attempt was much easier than Brett's and if need be Owen could have beaten him by another 5kg. The deadlift saw Jurins get his first 2 lifts and miss his third on 285kg for a 685kg total and superb placing of 8<sup>th</sup> in the world, a great result for this lifter who is packed full of potential. Owen went into the deadlift knowing that an overall bronze medal was possible. He did everything he could with 3 perfectly judged attempts to finish on a 285kg deadlift and a British record total of 777kg. The Algerian and the Russian could take his medal if they got their last lifts, Owen had put them under pressure and...they missed! A respectful celebration backstage by Owen was the perfect end to a perfect 9 lifts showing what can be done when you build a total with patience and composure. Unfortunately he undid all this good work by holding up the Welsh flag on the podium...I'm joking of course!

Saturday was our busiest day for the seniors with 4 lifters across 4 weight classes. Hendrick Famutimi was first up in the 93kg men's class. It was Hendricks first international and he handled himself with control and focus. He was a little high in his opening squat but got 2 white lights and after that he settled and got all 3 squats and finished on 262.5kg. He judged his bench attempts well and again went 3 for 3 finishing on 172.5kg. Now he was onto the deadlift, going into the comp Hendrick was targeting a medal in the deadlift and he opened up nicely on 305 which moved smoothly. Then he put the bar up to 325kg which looked like a sensible number.

However, he got out of position and missed it. Hendrick is a conventional lifter and generally speaking once a conventional lifter misses a weight there is very little chance they are going to get it on the next try. It looked like the medal chance was gone but he put the same number in for his third and gave it everything...he got it! It was a battle both physically and mentally but Hendrick came through and took the gold medal in the deadlift and 6<sup>th</sup> overall in his first international, not bad.

The afternoon session had our last 2 GB women lifting. We had Takara in the 84s and Camille in the 84+ class. This was Takara's first international competition and she's only been involved in powerlifting for a very short time so she was obviously feeling a bit nervous. She didn't show it on the platform because she hit all her squats, all her benches and only just missed her last deadlift which would have given her a top 5 finish. Her final position of 6<sup>th</sup> in the world was a great achievement and with so much potential and a fantastic attitude I'm sure that this is just the start of a glittering international career for the West Midlands lifter. Camille was in the second flight with all the other 84+ ladies. Camille is a joy to work with and a smile is never too far away from her even when she's sick with nerves. Her plan on the squats was to go 220, 230 and 240 for a huge European record (at the time she already held it with 230kg) but this came off the rails a little when she missed her second squat (230kg) on depth, she's never missed on depth before and it looked a close call but we had a quick decision to make with what to do for her last attempt, 230kg wouldn't be enough for a medal and 232.5kg would put her in bronze with another lifter to go. She had to guts to go for 232.5kg and she nailed it! This just meant if the lifter from Taipei missed her last lift Camille would be a world bronze medallist...which is what happened. Cue tears of joy and hugs all around. Camille had dug deep from a tough position and come through, she finished off the comp in style hitting all 6 remaining lifts and placing 6<sup>th</sup> in the world, couldn't happen to a nicer person! This drew the women's competition to an end.

The final session on Saturday was the 105kg men with Josh Greenfield as the GB representative. Josh has had a busy and tough year with injuries and becoming a father for the second time but he showed up in great shape and executed a perfect weight cut as well. The evening sessions in Canada always had the most intense atmosphere and the battle of the 105s was probably the most intense 3 hours of the whole competition. Josh's best lift is his squat and he wanted to fight for the gold, his warm-ups were good and his opener on 305kg was smooth. A sensible jump to 317.5kg was made for his second and he got it nicely with one red light, just as Jason (his handler) was putting in his 3<sup>rd</sup> lift we were told that his second lift had been overturned by the jury because he moved his foot after the start command (Josh has a little set-up routine in which he twitches his foot slightly) this was a big blow and left Jason with about 15 seconds to make an incredibly tough call. The conventional wisdom is to always re-take a missed weight but Josh hadn't missed because of strength and 317.5kg wasn't going to win him the gold on squat. Jason looked at the board, made a quick calculation and put in 327.5kg. When Josh came out for his last squat he knew he was lifting for gold or going home with nothing. This was a pressure lift and Josh got it! The rest of the comp wet well for Josh, he got 5 of his next 6 lifts and finished 6<sup>th</sup> overall. This was Josh's first year as a senior and he walked away with an IPF gold medal in the squat, plenty more to come from this promising young lifter.

Sunday was the last day of the whole competition with the 120kg men getting us started. Baruch (Bo) Sekenofsky was the GB representative for this class. Going into the comp Bo was hoping for a medal in the squat and a possible top 5 finish. Bo warmed up smoothly and hit all his squat attempts to leave him with 330kg in the squat and the silver medal as well what a great start to his first international! Bo's bench didn't go quite as smoothly as one of the judges thought his shoes weren't flat on the floor and wouldn't give him the start command. For his second bench he swapped shoes with one of the coaches and got the lift, he followed that with 202.5kg on his 3<sup>rd</sup> bench which moved nicely. His opening deadlift of 310kg was easy enough but the jump to 322.5kg proved a little too much, he'd already secured a superb 5<sup>th</sup> place for the team and the jump he took meant he sacrificed some kilos on his total in order to try and earn an extra point for the team. This was yet another example of one of our lifters putting the team ahead of their own performance.

This brings us to the final session of the competition, the super heavyweights. Big Jord McLaughlin was the GB lifter on the platform for this session. It was hot and sweaty with only 9 lifters so the turn-around between lifts was brutal. A lovely squat opener on 330kg, which was super deep, got him off to a great start. The opening round of lifts saw half the flight fail on depth, at this stage Jord was on for gold! Unfortunately his second lift of 345kg was missed, he probably went too deep. He went up on his 3<sup>rd</sup> attempt to 347.5kg because this gave him a chance for a squat bronze but it was just too much for him on the day. His 3 benches were perfectly judged finishing on 220kg. Jord got his first 2 deadlifts of 310kg and 320kg but just missed 330kg. A total of 870kg was a little short of the 900 he wanted but considering the conditions and speed of the comp I would say Jord performed as well as he could on the day.

Special mention should go to all the coaches who pitched in and made this senior competition so successful for GB; Jason Coultman, Martin Bass, Luke Rogers, Ali Woodward, Norman Cheung and Arun Singh. We had one of the largest teams of lifters but also one of the smallest team of coaches, every coach played their part and worked tirelessly all week.

Our senior women finished 3<sup>rd</sup> overall and the men finished 6<sup>th</sup>. The next international is the Western European Cup followed by the Euro Classic in November.

Kind regards

Henry Tosh  
Classis Team Head Coach  
British Powerlifting