

The sub/Jnr.lifters started on the Sunday, 6th.May, with Horncastle lifter Amelia Maycock ,(57kg.bodyweight) first on to the platform. Marc Giles made the journey in order to get the best from his lifters; Amelia had lifted internationally in classic powerlifting, but had just recently made the transition into equipped. This fabulous young lady disappointed no one with an immaculate display going 9 from 9, winning Bronze on Bench,52.5-57.5-60kg.in a t-shirt, Bronze on her total a P.B. of 340kg and a gutsy display in deadlift, gained her a first place and Gold Medal, with a pull of 152.5kg.This little girl from Lincolnshire won praise and accolades from all quarters of the competition; she has a great future in our sport.

Second lifter out was 16 year old Sub/Jnr. Ben Hartley,(66kg.bodyweight) - another from the Marc Giles gym. Ben as with Amelia went 9 x 9 in immaculate fashion; Squat,145-155-165kg; Benchpress,80-87-90kg;the last bench gave him a P.B. Deadlift,150-160-165k.This performance earned Ben "4 Bronze Medals", but the medals were surpassed by this young man's approach and demeanour. I swear he has ice in his veins and he was of course guided through his first ever International by Marc Giles. Ben quite simply performed like a veteran with an inch perfect showing in all his 9 lifts. It was stunning to watch and I cannot wait to see him develop in powerlifting. He is an all-round star of school sport, including a high standard of Squash, but this all comes secondary as Ben has opted to make powerlifting his priority and it is pretty certain all will soon know the name of Ben Hartley!

Our third Sb/Jnr was 15 year old Ray Bowring on his "Equipped International debut". In a very strong 120kg.Sub/Jnr.group, Ray was of course being coached by his dad Dean. I have to say, I don't recall Ray squatting as well as he did inPlzen,going,180-200-210kg.,big numbers for a 15yr.old,I am sure you will agree the bench press had one glitch, the opener of 135kg.touched a little too far down the chest and the spotters had to take and as you would expect from the Bowring camp, Ray came out to deal with 140kg.,and147.5kg.with very little trouble, all credit to him; showing maturity and good technique with the last two lifts. He managed two deadlifts,185kg.-202.5kg.,but missed the third attempt of 210kg.,Ray did not place in the competition, but showed all and sundry the obvious potential he has and again I look forward to watching his progress.

We had two Jnr.Ladies ,in the 63kg.class; Lucy Hart, who trains with Dean Bowring when not at Cambridge University and the multi-talented Emily-Jane Sheppard. Although not in medal contention, these two fabulous young ladies did not just go through the motions; both pushed it to the limits in all three lifts. Lucy went on to Squat 145kg.-150kg.unfortunate with her third attempt of 162.5kg. She missed her first benchpress losing control near the chest on the descent, but came back out and expertly nailed 72.7kg.&77.5kg. She went on to deadlift 130kg.-142.5kg,but failed her last attempt of 152.5kg.This was Lucy's first and last outing as a Jnr. equipped lifter as she moves into the "Open "category next year It was an absolute pleasure to meet and spend time with Lucy and I of course wish her well ,not only in powerlifting, but in her chosen career of medicine.

Emily-Jane Sheppard, all singing, all dancing Emily trains with Charlie S.G. and Charlie was on hand to coach and prepare Emily for the platform. With a successful first attempt squat in the bag,(125kg.)she went out to an attempt of 135kg.,which on the walk-out slipped from her grip and she unfortunately stepped out from under the bar , in effect dumping the bar,

I of course appealed to the 3 man Jury, as Emily was not under "start"orders. The appeal was turned down, I presume due to the wording of the rule, which doesn't specify under what circumstance the bar is dumped. Emily also failed the third attempt of 140kg.,possibly unsettled by the previous failed squat. Her bench press started with a failed 62.5kg.attempt,but unfazed by that she went on to press 67.5kg,and 70kg.,with no mistakes showing will power and strength. She went on to Deadlift 120kg.-127kg, unable to lock out the third attempt of132.5kg.This young lady as a huge personality; again a pleasure to get to know her and hope to see her move her game forward for the future.

Parkhead's Joe Sherwood, an ever present in "equipped powerlifting" for 2-3 years made the transition from 66kg.b/weight,to 74kg. On this occasion none too successfully, weighing in at an unsustainable 67.95kg after I personally weighed him 4 weeks earlier at 72 +kg. His strength obviously compromised. Joe only managed 1 squat, a 195kg.attempt,after squatting 215kg.in preparation,3 weeks earlier. He came out to bench his first attempt raw, as he

sometimes does, missed that and failed two further attempts with a bench shirt on. Joe took only one deadlift attempt, 177.5kg., well below his capabilities and all in all a very disappointing show from Joe He will have to prove his worth in the coming months by sticking to a reverse diet programme that Jo Beck is writing up for him, in order to gain appropriate weight and prepare in the correct fashion in order to be selected for the equipped juniors in the future. I am sure he will do all that is possible to put right the problems encountered in Plzen.

The last female lifter of Team G.B. was Hannah Louise Graham, another Horncastles junior lifter. Hannah lifted at 72kg and as to be expected she lifted under the guidance of her coach Marc Giles. To say that this young lady smiled her way through the competition wouldn't do her justice. She was an absolute star, charming the socks off of the Czech loading team every time she took to the platform. Hannah set to work and put in three good squats of 110kg.-120kg.-and 125kg, all good lifts. Her first bench was 60kg, she failed the second 65kg., but came out again to 65kg.and nailed it, giving her a 7.5kg.bench personal best. Known as a strong deadlifter, Hannah came out on 155kg..goodlift,167.5kg..goodlift,a third attempt of a massive 182.5kg.,was a step to far and she failed to lock out.

Last to lift was 120kg.lifter Jack Johnson. Jack was forecast to do very well from this competition, but unfortunately it wasn't a good day for the big guys, with squat after squat turned down. 3 lifters in the group, including Jack, failed to post a squat! I couldn't possibly comment on the situation, which has to be accepted as it is. Jack being Jack set out to make amends by winning gold on benchpress and gold on deadlift. Jack's squat of345kg.was turned down three times; it was a tough place to be for a large percentage of 120-120+ lifters, The benchpress went much better for Jack with 277.5k.-282.5k.-292.5k.for the gold medal. Deadlift started at 292.5k.-a sizable jump to322.5k and a final deadlift of 340k.for the gold medal. The G.B. contingent all agreed that here was the strongest junior 120kg.lifter in Europe!

I have to thank all who came to help and support and made the competition a great place to be. The parents: Ben's mum & dad, Amelia's mum and Hannah's dad, our team in warm-up and wrap, Charlie (SG.)Marillier, Jo Louise Beck, Arun,Dean, Marc,Jack,Amelia Ray thank you all very much for your support, not only at the championships, but in the world of equipped lifting, which we all promote and sustain. Seven members of our team are juniors into next year and I know that we will all work hard to improve numbers not only in junior "equipped" ranks, but also in B.P. In general it has been again an absolute pleasure and an honour to be Team Manager of the Junior Equipped Team and I am very much looking forward to continuing and promoting Junior Equipped Powerlifting for as long as I am required to do so.J.B.McGill,,,,(Jim)