

British Equipped Masters team Managers Report.

Worlds Masters Equipped competition at Ulaanbaatar 01-06/10/18.

This was a larger team than I expected to manage in view of the cost and difficulty to reach Mongolia from the UK, we eventually fielded a team of 11- 5 ladies and 6 men.

Tuesday first up was Jenny Hunter who was sublime as always to take Gold, next it was my turn, my preparation went wrong on Tuesday before leaving home, with a heavy cold that turned into sinusitis after arriving in Mongolia quickly followed by chronic diarrhoea and nausea. I found difficulty breathing with the stomach issues and came perilously close to bombing getting my reduced opening squat on the third attempt, I was disappointed with my 465 total but the third place was all I could hope for on the day with two very strong German opponents.

The opening ceremony completed the day with the unusual addition of two local entertainers, the first was a horse hair fiddle player by in national costume, this was followed by a very flexible contortionist who performed some incredible moves using simple stands for her hands then followed by a move where she was supported only on a stand held in her mouth. Everyone appreciated her agility and strength.

Wednesday were Michelle Franklin and Jackie Blasbery who lifted well for straight silvers and golds respectively, Bernie McGurk was next in the afternoon for a very hard-fought gold finishing on a nail-biting world record deadlift that ended probably the most exciting battle of the competition.

Thursday were Keith Blacknell and Jim Mutrie who were in a large very strong group, they lifted well and finished 5th and 8th respectively.

Friday was Dean Bowring who squatted 305 for silver that also caused a back injury making hyper-extension impossible, he then suffered with a really poor, unbalanced, handout from the (undersized) loaders on the first and second attempt at the bench further stressing the injury, the third attempt was better but after fighting (injured) for line and position it was just too much, the 305 deadlift was a solid gold medal but unfortunately no points. In the afternoon it was Catherine Gordon and Kitty Burroughs turn, unfortunately it was Catherine who suffered drama as she picked up a shoulder injury on the platform that made it impossible to complete the lift despite her best efforts, it was a solid performance (in her first international competition) on squat and deadlift, but it was not the outcome she wanted, Kitty then blasted to impressive straight golds.

Saturday. It was Dylan Davies turn to compete in the heavyweight class where he was heavily outgunned but still achieved 7th out of 8 and just missed the medals on the last deadlift.

We finished with 4 World champions, 1 World record, 1 Silver and 1 Bronze, 9 out of 11 lifters in the points. M2 Ladies Silver team award. M3 Ladies Bronze team award and Best lifter Silver for Jenny. M2 Men best lifter award Gold for Bernie. All the lifters found the rarefied, heavily polluted air difficult possibly adding to the high level of bombing present across the board.

I have developed a quick reference medal chart for the ladies and the men to demonstrate how well the team performed, the team pulled together as only the Masters can, supporting and helping with generosity and humour throughout the competition.

Ladies 2018 Worlds Masters Equipped medals chart.

	Squat	Bench	Deadlift	Placing	Points
Gold	3	3	4	3	36
Silver	2	1	1	1	9
Bronze	0	0	0	0	0
Other	0	0	0	0	0
Totals	5	4	5	4	45

Mens 2018 Worlds Masters Equipped medals chart.

	Squat	Bench	Deadlift	Placing	Points
Gold	1	0	2	1	12
Silver	1	0	0	0	0
Bronze	0	1	1	1	8
Other	4	4	3	3	13
Totals	6	5	6	5	33

This was a challenging, competition in many ways, the venue was good especially as it was held in the main hotel (not remotely as planned), the warm up area was very cramped making it difficult to get on a bar with the larger groups who were run without an A/B split this was made worse as one station was moved downstairs. The spotting/loading team were very willing but were undersized when dealing with the larger lifters and made more mistakes than usual culminating in a 25kg squat unbalance for an unfortunate Japanese lifter, also missed by the referees in place, hopefully without lasting damage. A chronic shortage of officials meant all the referees worked much harder than usual especially the jury, we also ran most sessions without a TC.

As always, the British team more than pulled their weight, I refereed 4 sessions and Charlotte spent every day working the manual system beside Boris on the computer.

My personal thanks must go to the whole team for their dedication, support and help but especially to Dean, Blackie and Jim who worked hard at the back for most of the days. A big shout out to Charlotte for stepping into the breach and running the table so competently when it was clear there was nobody to do this.

Lifter of the day accolade has to go to Bernie, he left everything to the last minute making his trip more difficult and expensive but reached into a very dark corner on the day to culminate in a new world record 280kg deadlift that was a both a pleasure to watch and a heart stopping, very emotional moment, Bernie's smile made up for all his pain getting there.

In conclusion I feel the Mongolian Powerlifting Federation put on a cracking competition despite the above problems, the hotel was great with the exception of clearly having a drains issue, the banquet was not to everyone's taste, but the food was plentiful and full of flavour. The music initially was pleasant and aimed at the right audience but degenerated into a disco that was far too loud bordering on pain, making conversation impossible, so the bulk of the audience left at this point, this was a shame as a valued part of the banquet is the interaction between the teams where people swap seats and catch up with their many respective friends.

Charlotte and I enjoyed a last day out seeing a little of the local area before packing and facing the long drag back home.

Report compiled by Mick Ellender 11/10/18.