

European Open Championships Team Report, Plzen Czech Republic, May 2nd - 4th 2019

The senior competition started on Thursday 2nd May with -83kg Dean Robertson being first up onto the platform in the morning session. This was Dean's international debut and only his third competition in full kit. Dean achieved a 270kg squat on his 3rd attempt, having failed it on his 2nd. Moving on to perfect performance on Benchpress going 3/3 with a new PB of 180kg and an equal PB deadlift of 275kg. He performed fantastically achieving a new PB total of 725kg, adding 12.5kg to his total from the British Championships, placing him 9th in a strong class.

Thursdays afternoon session saw 47-63kg women take to the platform, making it a busy session for the coaching team with GBs -52kg Emma Goodwin, -57kg Ellie Steel, -63kg Lucy Hart and -63kg Lauren Elder all lifting in back to back flights. First out being the lighter lifter was Emma, who made a strong start achieving a new British Record Squat of 165kg which secured her 3rd place. Next out was Ellie, who after some technical difficulties with her opening squat went on to squat 200kg on her 3rd attempt making it look easy, this secured her 3rd place with the same weight as 2nd place, Ellie unfortunately missing out on silver due to a heavier body weight. Last to start in this 3 flight competition were 63kg lifters Lucy and Lauren. Both lifters missed their opening attempts; however neither of them let this phase them as they then moved on to secure attempts of 155kg and 157kg respectively.

Moving on to benchpress Emma only secured her opener, none the less she was pleased to have put a number on the board. Ellie then took to the platform with a world class benchpress performance finishing with a new British Record Bench of 145kg and 2nd place, the same weight as 1st place, again unfortunately losing out due to a heavier body weight. Lauren, like Emma only achieved her opening weight on bench, however having failed it on her first attempt she showed real composure to get it on her second attempt. Lucy had a great day on bench where she confidently achieved a PB on her second lift with 80kg.

When deadlifts arrived we were all set for an exciting few rounds with both Emma and Ellie in contention for overall medals and it did not disappoint. Emma attempted 185kg on her 3rd attempt to pull for a silver medal on deadlift, unfortunately it was just out of reach for her and she ended with 180kg securing her 3rd place on Deadlift as well as 3rd overall. Next up was Ellie in an exciting class that could have seen any of 4 become the 2019 European Champion. Ellie finished the day with a 175kg deadlift, giving her a 520kg total which was equal to 2nd place overall and just 10kg behind 1st place, but yet again she lost out on placing due to a heavier body weight, giving her 3rd Place Overall. Finishing off day 1 of the open competition were Lucy and Lauren, both of whom performed outstandingly. Lucy having come into this competition with a less than ideal prep went 3/3 ending with a new deadlift PB of 165kg and an equal total PB of 400kg. Lauren like Lucy also went 3/3 ending with new PBs of 182.5kg deadlift and 412.5kg Total adding 7.5kg to her total from the British.

Friday saw day 2 of the open competition begin which was set to be another busy day for the coaching team. The morning session saw 72-84+kg women take to the platform with -72kg Kim Cowell, -84kg Sheri Miles, 84+ Kate Sweatman and 84+ Laura Berry in back to back flights. Kim lead the team out with an outstanding international debut and squat performance going 3/3 ending with a PB of 185kg which really set the tone for the excellent days lifting she had ahead of her. Next up was Sheri, an experienced international lifter who has recently transitioned to equipped lifting. Sheri ended with a 175kg squat from her second attempt after the jury overturned her previously successful 182.5kg 3rd attempt. However, she took this in her stride like the experienced lifter she is moving into benchpress happy with her PB squat. Last out in the women's team were Kate and Laura who both got off to a rocky start failing their first two attempts having difficulty hitting the required depth. Laura managed to secure a successful lift and keep herself in the competition on her 3rd attempt with a 190kg squat, but unfortunately Kate was not able achieve this and therefore wasn't able to make a total.

On to benchpress and back to Kim in the 72s who continued to shine on her international debut

with a massive PB and new British Record Bench of 127.5kg which she was delighted with. Next up, Sheri who un-phased by her squats, achieved a PB bench of 112.5kg a whopping 12.5kg more than her top bench at the British. Following this Kate and Laura who having both had a stressful time on squats were both very relieved to secure their opening bench presses. Kate achieved 140kg, however she also pressed 150kg on her second attempt but was very unlucky when the jury overturned the decision and deemed it a no lift. With Laura going 3/3 to achieve a new British and Commonwealth Record of 167.5kg which is the heaviest benchpress by a British female in the history of British Powerlifting.

Kim came out to deadlift with high hopes fueled by her flawless performance so far in the competition and she did not disappoint going again 3/3 finishing with a 170kg Deadlift giving her a PB total of 482.5kg, a massive 32.5kg increase from the British. Next out Sheri who going into openers we knew could be in with a chance at a deadlift medal, she did everything that was asked of her and pulled 220kg for what would have been a bronze medal, but unfortunately the decision did not go our way and it was deemed a no lift leaving Sheri with a best of 200kg from her second attempt. Closing the women's competition were Kate and Laura who both ended their competitions going 3/3 on deadlifts. Kate deadlifting without kit finished on 190kg and Laura finished with 185kg giving her a PB total of 542.5kg.

Fridays afternoon session took us back to the Men's team with -93kg Andy Champ and -105kg George Seeger. Andy had a really strong competition making his PB 3rd attempt squat of 305kg look easy to redeem himself after failing his second on a technical error. He then followed with further PBs on bench with 242.5kg and deadlift with 285kg giving him a 15kg PB total of 832.5kg. George then followed making his equipped international debut, where he got off to an excellent start going 3/3 with a comfortable squat PB of 327.5kg. Unfortunately George wasn't so successful on the benchpress where he was not able to make his opening weight, this ultimately lead him to being unable to make a total in the competition, but as a strong deadlifter George picked himself up from this disappointment and focused on the task ahead. He put on an excellent show and secured himself 3rd place on his second pull with 327.5kg, then uncatchable in 3rd place he went on to attempt 350kg for an all-time PB on his 3rd attempt but this was just a little out of reach on the day.

Saturday 4th May saw the last day of competition and GBs final lifter 120+ Ranbir Sahota. Ranbir a seasoned international lifter, returned to the international platform after a period of leave with his years of experience shining through in his calm perfectly executed performance. He went 3/3 on squat finishing with 372.5kg despite nearly timing out on his second attempt. He then followed this by also going 3/3 on bench finishing with 227.5kg; ending his competition with a top deadlift of 305kg giving him a total of 905kg which is 15kg more than his total from the British.

Our women's team finished a respectable 4th place out of 12 competing nations. With our men's team being at a severe disadvantage, having just 4 lifters out of a possible 8, finished in 20th. Ending my first competition as head coach I would like to thank all that came to help and support the team, without their assistance it would not have been possible to manage, particularly in the busy sessions. I look forward to building on the success of this week's European Championships and will now set my focus to the Western European Cup in September.

Regards

Senior Equipped Team Head Coach
Dean Bowring