

WORLD CLASSIC CHAMPIONSHIPS 4TH – 15TH JUNE 2019
HELSINGBORG, SWEDEN
MASTERS REPORT

We took 39 Lifters to the Worlds, 18 Ladies and 21 Men.

M4s: MALCOM, 66, ERNIE 74 AND CLIVE 93 on Platform 1 and

M2: JUNE 47 AND M3 LINDA 52 on Platform 2

At 6am – 7.30am weigh-in for an 8 o'clock start in front of an empty venue is NOT THE BEST way to get the Lifters' performing – But perform they did.

I WILL WRITE UP AS GROUPS AND NOT AS THE COMP TIMETABLE

M4 MEN

MALCOM BAINBRIDGE 66

4 Golds and 3 British Records. Malcom really is a Class Act on the platform and inspires all that follow him. A GOOD DAY!

ERNIE PARKES 74

Ernie had a terrific battle with the Japanese Lifter at last years' Worlds (coming out on top) and expected the same this year. The threat from the Japanese Lifter didn't really materialise; Ernie doing the business. A Silver in Squat, Bronze in BP; Gold in Deadlift and Gold overall. This is Ernie's 5th World Championship Title (nothing more to add!)

CLIVE LINGARD 93

Clive in the 93's was looking for some PBs and achieve he did. British Record in BP, DL and Total. Achieving Gold in Bench, Bronze in Deadlift and Bronze Total. He was very pleased with his day's work. Clive drives to championships in his camper van, so the effort was well rewarded .

M3 LADIES

We took 2 M3 Ladies and look what they achieved.

LINDA KAMINSKI 52

Linda achieved Gold in Squat, DL and Total

GLORIA FITZPATRICK 72

Gloria had a full house achieving Gold in Squat, BP, DL and Total

Both ladies were fantastic – 2 Firsts!!

M3 MEN

KEVIN PAYNE 74

Kevin had a good comp, going 6 out of 9 with a PB bench and gaining more experience on the World stage.

PHIL BURGE 83

This was Phil's second International and with 7/9 lifts he did very well with a PB DL and a strong Total.

NIGEL HAIGH 120+

Nigel was looking for a WR Squat if things worked out as planned. An opener of 217.5, followed by 227.5 set him up for a 234 WR attempt. BOOM – He now has the WR Squat. Nigel's shoulders are not the best so just 2 attempts, both good. A surprising bronze in the DL gave the big man plenty! Gold in Squat, Bronze in DL, PB Total and 4th overall. Nigel's huge smile said it all.

M2 LADIES

JUNE STAMP 47

June had some stiff competition (after all it is the Worlds). Missing her first 2 Squats didn't help the nerves but she got her 3rd attempt which also gave her a Silver Medal. A PB BP and PB DL contributed to an equal PB Total which placed her 4th Overall. A great finish after a sticky start.

KAREN BURNS 57

This was Karen's first International and she was superb. 122.5 Squat for Silver. 155 DL for Gold and attempted a 160 last attempt DL to come 1st overall. It was just too much but what a performance on her first International – 3 medals – 2nd overall. Thanks to Aaron Kelly her coach for making the trip to support her.

LYNDA BANKS 63

Lynda is an experienced International Lifter, but this was a really tough class. Lynda did very well coming 5th overall, achieving the same total she did at the Europeans.

DIANE STOCKWELL 63

This was Diane's first trip at International and she showed No nerves. Diane gained PBs in Squat, BP and Total, coming 7th overall. A Good performance and Robbie her coach at Putney should be happy.

JOY MINEO 72

2 Squats gave Joy a Bronze, followed by a Bronze in the Bench. A big pull of 167.5 secured Gold in DL and Silver overall. (2 Bronze, 1 Gold, 1 Silver). A good day's work for Joy. Thanks to Marc Giles for preparing Joy for this comp she is always Ready to Lift !

JACKIE BLASBERY 84

Jackie had recently lifted at the Worlds Bench in Tokyo, so it would be interesting to see if she had recovered. She was probably a bit off her best but a Bronze in the Bench was some reward for all the Air Miles!!

A HUGE THANKS FROM ME for all the effort in the warm up area. She has been a World Champion many many times and is a great example to anyone in our sport – a proper Team Person.

LIBBY BLAIR 84+

Libby had a good day at her first International going 8/9 with a PB in the Squat and 4th overall in a very very strong class; a really composed performance from Libby.

BETTY GRAY 84+

Betty unfortunately missed all her Squats. She was a bit flat for a while but came back to pull a massive 202.5 DL which gave her a Gold medal. Obviously she was disappointed not to have totalled, but showed plenty of determination to pull her last Deadlift.

M2 MEN

HENRY CHAY 59 AND SHAUN BATEMAN 59

The 2 59's went head-to-head with Shaun coming out on top this time. Henry had a Silver in DL and Bronze overall.

Shaun, a Bronze in Squat and DL, plus Gold on Bench and Silver overall.

I look forward to seeing the battle renewed at the Masters Championships – should be good.

ROBERT RODNEY 83

Robert looked as if he may have had some competition this year, but unfortunately the USA man didn't attend. Everything was looking comfortable for Robert until his first Bench , when he injured his elbow resulting in a swelling the size of a small orange!!! Obviously no 2nd or 3rd attempts on the Bench. He took one Deadlift which was enough to give him another World Title. A Silver on the Bench plus Gold on Deadlift and Total. All with an orange for an elbow!

DAVE CLIFFORD 93

Dave started very well. A big Squat PB, followed by a PB Bench. Now for the Deadlifts. An easy opener followed by 2 misses. To say Dave was disappointed would be an understatement. Dave is capable of a Big Total and i am sure we will see it at the British Masters .

RICHARD PARISH 93

Richard came in as a late reserve for Paul Cooper and was just looking for experience at this level and he did very well. Not overawed by the occasion he went 6/9 and put up a good Total.

TIBOR MATA 105

Tibor also came in at short notice and was carrying a slight niggle. He was a bit off his European Total but 7/9 at the Worlds was a good day.

Thanks to Eric, Tibor's son for keeping his dad in one piece.

ALISTAIR MURDOCK 120

Alistair was looking for something Special. 2/3 on the Squats then on to Bench. Alistair is a big Bencher and so he proved. He took 213 for a WR on his 3rd attempt BOOM Success. 2 Deadlifts and he was done. He achieved 4th place overall and Gold and a WR Bench – a good good day.

ANDY RODNEY 120+

Andy moved up to the 120+ with a shot at the title. His opener was all Andy got on the Squats. 3/3 on the Bench seemed to put him back on track. Deadlift next – Andy missed 3 times!!! He hasn't bombed since 1995, so to say it was a surprise is an understatement. These things happen.

M1 LADIES

REBECCA HEATH

At her first Masters, Rebecca dominated the opposition. A full house with Gold in Squat, BP, DL and Total. A World Champion and a great addition to the Masters Team.

CATHERINE SHAMEL

Cat went 7/9 with medals and PBs all over. Bronze in Squat, Silver in Bench, DL and Total along with 2 British Records to keep them company. A really impressive performance at her first Worlds.

HELEN HUGHES 57

After her little trip to Tokyo, Helen was back to the 3 Lifts. She achieved 7/9, 3 Squats, 3 Deadlifts, only 1 Bench but that was enough to earn her a Bronze medal (not sure who was happiest, Helen or Ellie Steel). A good performance on the back of whizzing round the World.

SHARON HOLMES 63

This was Sharon's second International this year and she went 7/9. She did very well in a very strong class. She was slightly off her European Total which disappointed her, but considering she was carrying a few niggles, was a gutsy performance.

ENO MAJOMI 72

Eno was something to look forward to. She has had some injuries since the Europeans and has been carefully managed by Acos her Coach. They obviously have been doing it right as she went 8/9 with a full house. Gold in Squat, Bench Press, Deadlift and Total. World Champion AGAIN.

JENNI SHERWOOD 84

Jenni went 8/9. 3 Squats, 3 Benches (last one a PB) and 2 Deadlifts. The second attempt 185 for a Gold medal. Gold in Deadlift and 3rd overall. A Great Performance.

PAOLA ROCCUZZO 84

This was Paola's first International. She went 7/9 with a big 172.5 DL to finish and 5th overall. Paola showed very little nerves and enjoyed herself throughout.

JO WHITELY

This was Jo's last year as an M1. She was nominated behind 2 USA ladies and would do very well to split them. 3 Squats finishing on 195 gave Jo European and British Records, plus a Gold Medal. On the Bench Jo finished on 100 for a British Record and Bronze medal. It came down to the Deadlift to see where she would place. A British Record Deadlift of 195 gave her Gold and helped her to finish 2nd overall. To split the USA ladies was a magnificent achievement with PBs across the board.

M1 MEN

GREG MURRAY 66

Greg had a problem with his hip during the warm-up so a 145 opener was put in. He completed this Lift but was in a lot of discomfort so decided to pass on his next two attempts. On the Bench 115, 122.5 missed 127.5. On the Deadlift he was not sure what would happen so an easy 210 for opener (comfortable). 225, followed by a big 235 earned

Greg a Silver Medal in the DL. Overall Greg came 5th which was a very good performance considering the problem with his hip.

NICK BENTLEY 74

This was Nick's second International and he was hoping to improve on his European Total. Not a very good start, getting only 1 Squat. Things got better – 2 Benches and 2 Deadlifts which gave him PBs in DL and Total. (up 20k from the Europeans). Very well done.

MARTIN SMITH 74

Martin pulled something whilst warming up in the Squats and he was in considerable discomfort. A 160 opener was enough and he left his 2nd and 3rd attempts. The same happened on the Bench. Just his opener as he couldn't set up properly. 3 easy Deadlifts 100, 120, 140 to make a Total, finished Martin's Comp. Obviously he was very disappointed but he did all he could. Till the next time.

WILL MANN 83

Will was next up in the 83s. Unfortunately Paul Cooper, our other 83 couldn't make it so it was all on Will to improve on his European Total. This he did – PBs in Squat, BP and Total. A top 10 finish (9th) in a really competitive Class. This was Will's 2nd International and each time he has lifted extremely well. Young Eric Mata coaches Will and is doing a good job preparing him for comp time.

THOMAS CELESTINE 105

This was Tom's 2nd International, having lifted at the Europeans last year. Tom has been squatting well in training so a 257.5 2nd attempt PB was his reward. 262.5 for his 3rd was just too much on the day. Tom will be the first to admit that his Bench needs some work (Long term injury) so 122.5, 125, 127.5 got that done! There was an outside chance on a Deadlift Medal, 287.5 for opener followed by 305. Tom needed 310 to secure a medal on the DL. The 310 was completed but unfortunately had soft knees, so 3 reds (no complaints). A PB Squat and Total from Tom. And oh so nearly a medal!

SCOTT SIMON 105

Scott went 3/3 on the Squat, 245, 255 and 260 PB. There was a chance for a medal on the Bench if all went right. 182.5 opener - not convincing. 187.5 much better for his 2nd. Then a huge 190 to secure BRONZE at the WORLDS. The 190 was the best Lift of the 3 and the job was done. 270 opener on the DL followed by 280 for his second. 290 for Scott's 3rd was just too much. A PB Squat plus Bronze Medal in the Bench and 7th place Overall in a very tough class. Fantastic!

DARREN GREVILLE 105

Darren was our last Lifter. What was really good was that all of our Lifters who were still at the venue came to support along with some of the new junior GB arrivals. Darren had come in at short notice, and did a good job. He went 7/9. A PB Bench at 175 and 5th Overall. A fantastic performance .

A little summing up!

The Masters Team were a pleasure to work with, always giving their best and helping each other. On the men's side I had to draught in plenty of reserves Lifters who all acquitted themselves well and contributed to what is essentially a team effort.

A special mention must go to Alan Joseph who helped me and Acos who came as work permitted with the coaching and handling. Also to all the Lifters who helped in the warm-up area both before and after they had competed. A Special Thanks to Jackie Blasbery and Diane Stockwell for looking after our warm platform all week.

Team Places:	M1 men	6	M1 ladies	2
	M2	4	M2	3
	M3	9	M3	3
	M4	2		

Regards
Martin

