

British Equipped Masters team Managers Report. European Masters Equipped competition at Sibiu, Romania 03-07/07/19.

This year we fielded the largest team with 14 ladies and 17 men competing totalling 31 including myself. A large vote of thanks must go to those who have kindly come to support the team. Especial thanks to Steve Wall and Dean Bowring who worked tirelessly for most of the competition also to Gary who kept me on course, Kitty Burrows and James Mutrie who worked hard and for all the team members who made this work so well. The competition got off to a bumpy start with the team fragmented across 5 hotels of varying quality. We spent our first day checking out the locations etc, but we had no choices as the major cycling event had taken all the alternatives. The organiser, Marius was very kind and supportive throughout our stay, the venue, equipment and spotting team were all very good and the competition ran very smoothly. The ambient temperature was the biggest issue as the locals refer to this period as the fire month. We experienced temperatures of up to 44C with very high humidity due to the storms, this was a problem for everyone but especially the heavier lifters and this definitely contributed to the 22 lifters failing to total giving some an unexpected boost.

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 Master's can, supporting and helping with generosity and humour throughout the competition.

First the ladies, what a master class they were, 14 competitors, 12 place medals, 7 European champions as the chart below demonstrates but then we come to a clean sweep of the team medals:

Masters 1, team Gold.

Masters 2, team Gold.

Masters 3, team Gold.

Best Lifters awards,

M1, Bronze for Jennifer Keane.

M3, Gold for Jennifer Hunter.

Unfortunately Dawn Morrell, like so many, failed to get a bench in. I know she is very upset about this and has returned to the gym to prevent a future repeat. The heat made it very difficult to get the optimum shirt position as talcum powder quickly turned to paste.

Ladies European Masters Equipped medals chart.

	Squat	Bench	D/lift	Total	Points
Gold	5	5	6	7	84
Silver	5	4	4	3	27
Bronze	3	3	3	2	16
Other	1	1	1	1	7
Bomb		1		1	
Totals	14	14	14	14	134

What a performance this was to follow!

Although the men performed extremely well, we also suffered 2 lifters who did not total. Starting with the highs we fielded 17 lifters, 11 finished on the podium with 5 European Champions, this leaves 6 that finished off the podium 4 of whom provided valuable team points as demonstrated in the below chart.

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So, to the Men's team medals that are again pretty impressive.

Masters 1, team Silver.

Masters 2, team Gold.

Masters 4, team Silver

Best Lifter awards:

Masters 1, Gold for Phil Richard.

Masters 2, Gold for Bernie McGurk.

Masters 3, Bronze for Karnail Singh.

Masters 4, Silver for Michael James'

Men's European Masters Equipped medals chart.

	Squat	Bench	D/lift	Total	Points
Gold	4	6	5	5	60
Silver	5	2	2	4	36
Bronze	2	2	1	2	16
Other	5	6	9	4	26
Bomb	1	1		2	0
Totals	17	17	17	17	138

This just leaves the dramas that are sadly part of our sport, Allan Ottolangui and Doug D'Gama unfortunately did not total on squat and bench press respectively. The heat was a huge hurdle, Doug was very unwell and had considered pulling out that morning with sickness and feeling very unwell. Allan simply did not find that line/position on the squat.

Bernie was also very ill and fainted under his squat, the medical crew were very thorough, but it was clear he was badly dehydrated from his stomach problems. I supplied a bottle of cola to help but in the meantime, he was violently sick, declared that he felt better and went on to win resoundingly (I have no idea how he achieved that as he looked exhausted).

Huge thanks to Charlotte for continuing to accept the limitations of my training nights and for the enormous amount of work she puts in, for cheering the team, her friends and anyone on a bomb without missing a single session as always.

I would like to thank all the team for your dedication, support, humour and forbearance throughout this challenging competition. I am really proud of all and everyone of you whether the day went as you wanted or not, the effort application was at absolute maximum, nobody can ask for more than that.

British Masters Equipped still rocks!

Report compiled by Mick Ellender 15/07/19.