

Report for the 2016 World Masters Equipped Competition held at Tallinn Estonia.

This competition was a completely new venue for all of the team, the facilities, organisation and running were almost without hitch. The spotters were outstanding with some instinctive catching that was amazing and saved some severe potential injuries. The banquet was top drawer challenging many of the 'experienced' venues.

The British team had an eventful competition as described below. The following are the results but the description that follows them paints a different picture. We took two Cat.2 referees out but returned with three as Phil passed his Cat.2 exam.

The British team results are as follows. (G S B = Gold, Silver, Bronze).

Ladies.

M1	B/Wt.	Squat	Bench	D/lift	Total	Points
Joanne Barnes	-72	155 B	87.5 B	152.5 S	395 B	8
Michelle Brand	-84	160	95	155	410	7
M2						
Jackie Blasbery	+84	155 G	115 G	180 G	450 G	12
M3						
Marina Cornwall	-47	85 S	47.5 S	122.5 S	255 S	9
Sue Hollands	+84	160 G	40 G	65 G	265 G	12
Ladies points						48
Men						
M1						
Phil Richards	-74	290 G	207.5 S	252.5 S	750 G	12
Jasvinder	-83	0	167.5	255 S	DSQ	-
M2						
Allen Ottolangui	-74	215 B	130	210 B	560	7
Doug D'gama	-83	210	145	240	595	4
T.S Adewale	-83	Injured			DSQ	-
Phil Frost	-120	247.5	185	245	677.5	5
M3						
Steve Walker	-74	215 G	160 G	240 G	615 G	12
Hari Singh Cheema	-74	190 B	125 B	210 B	525 B	8
M4						
Peter Barrett	-66	130 S	75 S	177.5 G	382.5 S	9
Mick Ellender	-93	145 B	127.5 S	220 S	492.5 S	8
Men's Points						65
Points Total.						113

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Joanne Barnes. Lifted very well for a deserved Bronze and a PB total.

Michelle Brand. Competed bravely, with a heavy cold that would normally stop a training session, in a strong group to claim fourth.

Jackie Blasbery. Blitzed her opponent for 4 golds.

Marina Cornwall. Was pushed into 2nd by a strong New Zealand challenge in spite of a strong performance.

Sue Hollands. Suffered an injury to her thigh on the opening squat, the 2nd attempt made it clear a 3rd was not on. Sue was upset to have to take token lifts in pain for bench and squat for unopposed gold. Everybody knows this is not her style as Sue always gives 100%.

Phil Richards. Was on top form as always and was able to shake off the Jury's decision to overturn his last squat, passed by the referees, to blast into the gold position.

Jasvinder Singh Cheema. Had a disappointing competition, opening on a very shallow squat, tried desperately to get depth with a very wide position and overbalanced on the second, the last attempt was also very shallow. Jas gave his best on the bench and deadlift but unfortunately finished on a bomb.

Allan Ottolangui. Competed well in a very strong group with a bronze on the squat and placed 4th overall.

Doug D'gama. Also found himself in a large strong group and in spite of an impressive deadlift was placed 7th with some coaching attention distracted by the next event.

TS Adewale. Opened on a large squat but was shallow, his next attempt was deeper but injured his quad with an audible bang heard in the front row. TS was carried from the platform and had immediate treatment from the resident medic. The spotters were brilliant in avoiding much greater damage with a very fast and competent catch for which I shook their hands. It was clear that TS could not continue and was retired from the competition and returned early to the UK for hospital attention.

My attention in trying to ensure TS was looked after inevitably distracted me.

Phil Frost. Competed very well after the nervous tension of taking his Cat.2 referees exam but was beaten into 6th place by a very strong group. There can be no shame in being beaten by a likable giant like Jon Luc from Belgium.

Steve Walker. Claimed to be having a rough day, 4 golds and a world record deadlift, I think "a rough day" represents the British love of understatement.

Hari Singh Cheema. Was unlucky enough to be in the same group as Steve but lifted a very creditable bronze with a solid performance.

Peter Barrett. Continues to improve with his 2nd international silver, his coaches played a bit of chess to obtain a deadlift gold in the process.

Mick Ellender. My performance disappointed me as I was hoping to improve on my European total but finished by missing 2 squats and my last deadlift for a surprising silver. I did not have a good day but my opponents had a worse one! I have been berated for feeling like this but we all have a target.

I would like to wish Sue and TS a speedy recovery from their injuries.

Congratulations go to Jackie Blasbery, Sue Hollands, Steve Walker and Phil Richards all achieving golds. Steve achieved Best M3 lifter plus a world record deadlift and Phil 3rd Best M1 Lifter. Also congratulations to Phil Frost in becoming a Cat.2 International Referee, welcome to the club!

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My personal thanks go to Charlotte for all the admin. work that she has completed so ably and her unfailing support for the whole team every day, to Gary and all the team members who worked tirelessly in coaching, loading and all round help, to all the supporters who have suffered the disappointments, enjoyed the successes but unfailingly cheered on the team. In my opinion there is no atmosphere to compete with the Masters and no team to compare with the spirit apparent in the British Masters Team.

I am sure the whole team would agree that this was a very competently run competition in a lovely venue with unrivalled breakfast and banquet, well done to all involved including all the hard working IPF officials.

In conclusion I have observed that there is a need to address some clear training issues (mine included) so in the near future I will be scheduling a series of clinics that have been discussed over the years but will soon be happening.

Several venues have been kindly offered so I will be sorting out the best geographically placed options for easiest access where we can become even more competitive.

Report compiled by Mick Ellender October 17th 2016.