

The Equipped Junior Powerlifting team at the European Championships Plzen, Czech Republic

April 28th.-May 1st.2019, Park Hotel/Conference Centre. **Manager's Report.**

As the Open Team and Jnr/Sub/Jnrs are run in tandem, we had the added luxury of the presence of Dean Bowring coaching and preparing our lifters for the contest. The first lifter out on the platform was Horncastle's finest Sub/Jnr **Ben Hartley** on Sunday afternoon, coached and mentored by Marc Giles ,Ben is in my opinion, one of the most technically gifted young lifters, equipped or unequipped, attached to British Powerlifting, his mechanics and economy of movement are inch perfect and good to watch. Ben opened in the squat with 180kg, which looked well within his comfort zone and received 3 white lights. A second choice of 187kg was also dispatched with ease. On his 3rd attempt of 197kg it didn't go quite to plan and although out of the hole with ease, Ben couldn't quite finish it. I can see Ben hitting 200kg within the next 6-12 months. He has endless potential and the talent to deliver as he matures and grows. For a lad of 18 tender years, there is time in abundance to improve under the watchful eye of his coach Marc. On bench press Ben opened with an easy 100kg; took on 110kg second lift also a good lift. Third outing seen him tackle 115kg, which unfortunately was a bit too heavy on the day. Again I am certain that he will move his bench press on in the coming months as his technique is top notch. In the deadlift Ben opened up with 160kg, which he pulled with ease, followed by 172.5kg and was given 3 white lights. The third attempt of 182.5kg was just a little bit too heavy on the day. Ben achieved third place in all three disciplines and third place overall and I can state in confidence that this young man will go on to do great things in his chosen sport. Technique, attitude, natural athleticism, strength and all round ability will see to that!

Amelia Maycock lifted on the second day of the championships, in her first outing in the junior age group. Lifting against young ladies, three and even four years older than her! Amelia started out with a 122.5kg squat, which unfortunately wasn't given. Then making amends second time out with 122.5kg executed with ease. For one so young she has a very controlled temperament, unfazed by her surroundings, even given the uphill task in hand. Her third squat attempt 142.5kg was accomplished in a steady fashion; not a grind or a gift, but a determined and controlled movement and very well deserved. Amelia will grow into the new category and will go on improving and deserving her status in the junior team. Bench press saw her come out for 70kg, pressed with ease. Unfortunately that was her only success in benchpress. She will of course in the coming weeks, work hard to build her bench and we will see improvement in the near future. Deadlift is the discipline that Amelia won first place in last year on the very same stage as a Sub/Jnr lifter. It was never going to go the same way this year against her current opponents, but given time she will make her mark at this level in the near future. She set out on 145kg giving a very strong pull; second lift 157kg, again a strong pull given and rounded off with a strong looking 165kg deadlift. To her credit in such a big strong group she had no need to stretch herself, but that wouldn't be Amelia's way! I look forward to witnessing the improvements of both Horncastle lifters, which no doubt will be imminent!

Lizzie Jones in what was her first International as an "Equipped" athlete and a nightmare of a build up to the contest; Lizzie showed true grit by just being there. Whilst on honeymoon, the newly wed Lizzie fell victim to a rather fierce ear infection, which prevented her from flying home from Bali for four days after the trip was officially over!; followed by a stomach bug which further depleted her reserves of strength, leading to the need not to lift as strongly as we all know she can. Lizzie lifted off on Tuesday morning in the 72kg Jnr Ladies class, in what was a very strong field and given her illness, a subdued performance was the order of the day, to prevent any personal disasters happening to her! Her first squat at 165kg went well; the second at 172.5kg wasn't given - perhaps a lack of depth. Lizzie came back out on her third to re-try the 172.7kg and the lift was good. Her benchpress opener of 102.5kg was a success and looked relatively easy; on her second attempt again a 107.5kg press was very nicely executed; her third attempt at 110kg, which on a good day she would have pressed with ease, was too heavy.

An accomplished and strong deadlifter, a domestic record holder, Lizzie I am sure would have liked to have brought her best to the platform; but given her preparation and lead up to the competition it was decided to err on the side of caution. She came out on 167.5kg looked very strong and pulled it easily; 175kg on the second visit came up well; on her third, Lizzie attempted 177.5kg, but the gas had run out and she couldn't finish it off. She actually deserved a medal for just being there ill and far below her best and I take this opportunity to thank her and her mum for travel-

ling out to Plzen and taking part ,in order to gain points for the team. I cannot praise her enough for her attitude and determination knowing what she could have done if in first class condition free from illness.

Wednesday was the final day of the junior competition and we had "five" men lifting on the same day. Fortunately we had with us Phil Frost, Joanne Barnes and Rana Singh to help Dean with the coaching/handling as I was tied to referee duties and for that I thank them all very much.

Thomas Morgan, first man out on Wednesday morning, Tom lifting in the 83kg.category,very much a novice in equipped and out in Europe for the first time, only lifted in kit for a few months prior to the British Championships, but did well enough to be called into the squad, a thoroughly nice young man. He came out to squat 235kg, but was turned down through lack of depth, and bearing that in mind, his second attempt at the same weight was successful!. He then came out on 242.5kg.and that too was a successful attempt. The benchpress was a bit of a learning curve for Thomas by way of timing out on his first attempt of 160kg. He came out again on 160kg and nailed it with a strong push; his third at 170kg was unfortunately too heavy on the day. Thomas moved into the deadlift with a strong 205kg pull; his second just as easy at 220kg and also a successful third attempt of 230kg. Thomas thoroughly enjoyed his international debut and will no doubt go on to improve his lifts and hopefully continue to be a member of the squad.

Farris Collins was next up in the 93kg.weight class. Farris has been around for a while in powerlifting, but not necessarily as an out and out equipped lifter, he would be the first to admit that his equipped experience is limited. Nevertheless, he came out for an opening squat of 260kg.and nailed it with ease; his second was at 275kg.and was also a good lift; his third at 280kg.was just too heavy on the day. After looking strong in the bench press warm-up, Farris had 160kg on the bar for three attempts all too heavy, which was an astounding outcome, given his very accurate and strong warm-up. That is sometimes the way in equipped, the unpredictable way of the bench shirt! Farris naturally carried on with the final discipline, the deadlift, opening with an easy 210kg. His second attempt was at 225kg also a good lift, his third deadlift of 232.5kg.was a fail, a bit too heavy on the day. I do hope that Farris will put all that behind him and carry on in equipped. A thoroughly nice young man and a pleasure to have him on the team.

Aytan Sarisoy another young lifter completely new to equipped lifting. Aytan was one of two lifters in the 105kg.category. He may well be a novice in equipped, but a naturally strong and willing athlete. Aytan was absolutely delighted to be out on the Czech Republic and be part of the team. He opened at 240kg in the squat, a very smooth and easy lift, followed by a strong 252.5kg squat, but not given. His third at 252.5kg made amends for the previous fail. Aytan's benchpress went as smooth as it could possibly go; nothing spectacular ,but a pleasing 3 from 3; opening on 130kg very strongly executed, a second successful attempt of 140kg and to finish a 150kg push and one very happy guy. His deadlift opener 265kg was not given, but he came back out at it for a successful second attempt and a third at 275kg. A good day's work and a happy young man, who I sure will use the experience to go on to greater things.

Kieran Perry was our second lifter at 105kg. Unfortunately, even after a strong warm-up Kieran failed to post a squat; three attempts at 265kg all failed on depth. Kieran has been training in equipped less than 10 months and in the glare of the lights in Plzen it showed. His first ever international will be remembered for all the wrong reasons with no time to put it right as he moves into the "open" category in 2020. His benchpress went well enough with a successful opener of 145kg., followed by a strong 152.5kg;a third attempt of 160kg failed, In the deadlift, a strong opener of 260kg,followed by an equally strong 270kg.second pull; a third at 272.5kg.did'nt quite get there. Not the way he wanted things to go I am sure. A big strong lad is Kieran and with time on his side, spent with the right coaching set up, his equipped game will I'm sure improve. A likable decent lad and I wish him well in all he does in the future.

Jack Johnson a well-established junior lifter, in the 120kg class. Jack is in transition between 120 and 105kg. body-weight and weighed in light, but no less strong for all that. Jack started his campaign at the Euros with a strong opening squat of 285kg, his second attempt was an equally strong and good lift 305kg,the third at 317.5kg was just too heavy, leaving him in fourth place in the Squat. Jacks Benchpress went 3 for 3; 220kg, 230kg, 240kg, giving him second place and silver. His deadlifting was superb, a faultless demonstration on how it's done with a 280kg.opener, 300kg to follow and a mighty pull for the gold medal at 317.5kg. He also placed second overall silver medal position.

Jim McGill