

## Western European Open Championships Team Report, San Zenone al Lambro (Italy).

September 6 - 8th 2019

The Western European Champions open competition started on Saturday 7th September with -52kg Linzi Waite being first up onto the platform in the afternoon session. This was Linzi's second international competition with her first being last years WEC competition. Linzi had a strong start to the competition in this very close class with her subtotal putting her in 1st place, however there were some strong Deadlifters in the class, she finished with a 335kg total and 3rd place, just 7.5kg behind 1st place and unfortunately losing out on the silver medal on body weight.

Next up also on Saturday 7th was -74kg Paul Campbell who put in a solid performance equalling his Squat and Deadlift PBs, with his Deadlift opener securing him 1st place and a 685kg total to become WEC 2019 Champion which also saw him achieve 3rd best lifter overall on IPF points.

The Morning session on Sunday the 8th took us back to the women's competition for what was the busiest session of the competition with 5 GB women going back to back in two flights. In the first of these busy two flights were -63kg Lifters Lauren Elder and Lucy Hart, alongside -72kg Rachel Steedman. All three women made a strong start to the competition with Lucy and Rachel within 2.5kg of their Squat PBs and Lauren securing herself 170kg on her second attempt for a 10kg PB in this weight class. This flight went into Bench press with a tense start with both Lauren and Lucy failing their opening attempts. However, both girls held their composure to get Benchpresses on the board with Lucy achieving 90kg for a well earned 5kg PB. Whilst Rachel a very accomplished bench presser who frequently features in Bench only teams put in a very technical performance which saw her finish with a strong 107.5kg. Rachel went on to Deadlift raw going 3/3 to finish with a 420kg total. Lucy unfortunately had some problems with her suit with it ripping in her warm ups, however she still managed 2/3 of her Deadlifts to secure herself an equal PB total of 412.5kg. Lauren put on a fantastic performance for Deadlifts finishing with 193kgs which was a championship record and a 10.5kg PB which saw her end the competition with a 443kg total for a massive 30.5kg total PB securing her 1st place to become GBs second WEC 2019 Champion of the competition.

In the second flight of Sunday Mornings two flight competition we had -84kg Christie Civetta and +84kg Katrina Sweatman. Christie a seasoned international lifter put in a near perfect performance gaining herself personal bests in every single lift. This saw her finish the competition with a 12.5kg total PB of 540kg and 4th Place in what was arguably the toughest class with all 3 of the competitions best female lifters based on IPF points coming from this class and finishing 1-3 above her. Katrina then lifting in the +84kg class was unfortunately lifting uncontested, however this did give her the opportunity to load the bar on her third Bench Press

to 170kg for a British record attempt despite failing her 2nd Bench at 157.7kg. On this occasion Katrina was unsuccessful at the record due to downward movement on the descent, however the press was very easy for her so I'm sure we will see benching from her at and above this number very soon. Katrina went on to finish the competition as WEC 2019 Champion with a total of 547.5kg.

Sunday Afternoon saw the final 3 GB lifters take to the platform, -93kg lifters Matt Watson and Khalon Hodson, alongside +120kg Lifter James Brincat-Smith. First out in the 93s was seasoned International lifter Matt alongside international new comer Khalon whom both achieved equal PB squats. Moving on to Bench, Matt achieved a 2.5kg PB and Khalon just 2.5kg shy of his. Matt remained steady in 3rd place throughout the competition, and his deadlifts saw him maintain this placing achieving a PB total of 715kg. Whilst Khalon's opening deadlift of 230kg gained him a total of 675kg to finish his first international experience in a respectable 4th place. Last out and to close the competition was James who had the biggest Squat of the competition with 367.5kg which was a massive 12.5kg PB. James had a few technical issues on Bench, however his opening lift of 220kg and his equal PB Deadlift of 260kg was enough to secure him 3rd place overall with a PB total 847.5kg.

Both our Women's and Men's Teams finished in 2nd place overall out of 8 and 9 competing nations respectively, marking a successful end to this years Western European Championships. Once again 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. Our attentions now turn to the up and coming Open World Championships in Dubai in November.

Regards

Senior Equipped Team Head Coach

Dean Bowring