

## **NEWS FLASH!!!!!!**

Great Britain powerlifters lift the “Best Team” in Europe Trophy at the 2008 European Powerlifting Championships in Forchhien, Germany, with Holland in silver position and Germany bronze.

### **Powerlifting Team**

Allison Seabright won gold in the Women’s 56kg Master class 40+ and broke a WR squat with 130kg.

Adam Willis won gold in the 67.5kg Master’s class 40+ and broke a ER squat with 195kg.

Maurice Green won gold in the 75kg Master’s class 40+.

Andrew Shipman won gold in the 82.5kg Master’s class 45+ and broke a ER on bench press with 163kg.

Ben Tickle won gold in the 90kg Teenager class.

Paul Murphy won gold in the 90kg Open class.

Dean Drury won gold in the 90kg Master 40+ class and broke a WR squat with 316kg

Lee Hough won bronze in the 90kg Master 40+ class.

David Belcher won silver in the 125 kg Master 45+ class.

David Carter won gold in the 140kg Master 60+ class and broke WR on squat with 345kg, 178kg Bench press and 833kg total.

Duncan Tanner won silver in the 140kg+ open class.

Allison Seabright won the Best Overall Women’s lifter award and David Carter won the Best Overall Master’s award.

Great Britain Bench Pressers powerlifters lift the “Bronze Team Award” in Europe Trophy at the 2008 European Bench Press Championships in Forchhien, Germany, with only three athletes, with Holland silver position and Germany gold.

### **Bench Press Team**

Allison Seabright won gold in the Women’s 60kg class.

Adam Willis won gold in the 67.5kg Master’s 40+ class.

David Tickle won silver in the 90kg Master’s 50+ class.

Allison Seabright won the Best Overall Women’s lifter award.

Congratulations to Allison Seabright on also passing her International referees exam with 97% pass mark at these championships.