

# NEWS FLASH!!!

Congratulations on Great Britain Team's for Powerlifting, Bench Press and Dead Lift return from the 2009 World Championships held in Las Vegas, USA on 11<sup>th</sup> to 16<sup>th</sup> November with hoards of medals records and titles.

## POWERLIFTING

<b>Dayle Longford</b>	<b>75 kg</b>	<b>Junior</b>	<b>Bronze</b>
<b>Arwyn Brain</b>	<b>82.5 kg</b>	<b>Junior</b>	<b>Silver</b>
<b>Maurice Green</b>	<b>75 kg</b>	<b>M50+</b>	<b>Silver</b>
<b>Paul Murphy</b>	<b>82.5 kg</b>	<b>M40+</b>	<b>Gold</b>
<b>Kaiya Buechel</b>	<b>90+ kg</b>	<b>WT15/19</b>	<b>Gold, WR - Squat 165 kg BP 95 kg DL 160 Total 420</b>
<b>Ben Tickle</b>	<b>90 kg</b>	<b>T15/19</b>	<b>Silver</b>
<b>Ciaran Murphy</b>	<b>90 kg</b>	<b>Junior</b>	<b>Gold</b>
<b>Dean Drury</b>	<b>90 kg</b>	<b>M45+</b>	<b>Bronze BR Squat 295 kg BP 190 kg Total 752.5 kg</b>
<b>Dominic Avo</b>	<b>90 kg</b>	<b>M70+</b>	<b>Gold ER DL 175 kg</b>
<b>Mairbek Aslakhanov</b>	<b>110 kg</b>	<b>Open</b>	<b>Silver</b>
<b>Mark Eager</b>	<b>110 kg</b>	<b>Open</b>	<b>Gold</b>
<b>David Belcher</b>	<b>110 kg</b>	<b>M50+</b>	<b>4th</b>
<b>David Carter</b>	<b>140 kg</b>	<b>M60+</b>	<b>Gold</b>
<b>Andrew Cairney</b>	<b>140 kg</b>	<b>Open</b>	<b>Silver</b>
<b>Duncan Tanner</b>	<b>140 kg</b>	<b>Open</b>	<b>Bronze</b>
<b>Richard Fricker</b>	<b>140+kg</b>	<b>M45+</b>	<b>Gold</b>

## BENCH PRESS

<b>Robert Truscott</b>	<b>75 kg</b>	<b>Open</b>	<b>Gold</b>
<b>Arwyn Brain</b>	<b>82.5g</b>	<b>Jun</b>	<b>Gold</b>
<b>Andrew Shipman</b>	<b>82.5 kg</b>	<b>M45+</b>	<b>Gold ER 165 kg</b>

<b>Paul Edmonds</b>	<b>110 kg</b>	<b>M45+</b>	<b>Bombed</b>
<b>Duncan Tanner</b>	<b>140 kg</b>	<b>Open</b>	<b>Bronze</b>
<b>Richard Fricker</b>	<b>140+kg</b>	<b>M45+</b>	<b>Silver</b>

### **DEAD LIFT**

<b>Paul Murphy</b>	<b>82.5 kg</b>	<b>M40+</b>	<b>Gold, WR 270 kg</b>
<b>David Tickle</b>	<b>90 kg</b>	<b>M55+</b>	<b>Silver</b>
<b>Mark Eager</b>	<b>110 kg</b>	<b>Open</b>	<b>Gold, WR 300 kg</b>
<b>Andrew Ward</b>	<b>125 kg</b>	<b>M45+</b>	<b>Gold, WR 315 kg</b>

### **TEAM RESULTS:**

**OPEN POWERLIFTING: 1<sup>st</sup> USA, 2<sup>nd</sup> Iceland, 3<sup>rd</sup> Ireland, 4<sup>th</sup> GB**

**MASTER POWERLIFTING 1<sup>st</sup> USA, 2<sup>nd</sup> GB**

**BENCH PRESS: 1<sup>st</sup> USA, 2<sup>nd</sup> Germany, 3<sup>rd</sup> GB**

**DEAD LIFT: 1<sup>st</sup> USA, 2<sup>nd</sup> GB**