

WPC World Championships 2014 – West Palm Beach, Florida

10-16 November 2014.

Day 1 - 10th November - Single Ply Divisions

John Antrobus 90kg open class Single ply bench press 170kg Single ply deadlift 245 (World Record)

John East 67.5kg open class single ply bench press 137.5kg - British record GOLD

David Sloan 100kg open single ply deadlift only class 265kg (world record) GOLD

Emma James 90kg open and M1 class single ply bench press 215kg 2 x GOLD 2 x World Records in each division and best overall female bench press open and Masters

DAY 2 - 11th November RAW Divisions

Simon Norcup 110kg class M2 RAW full power division - 282.5 squat, 185kg bench and 300kg deadlift - 4th attempt DL of 315 for a WORLD RECORD and GOLD!!!

Precious Collins 75kg class Junior full power RAW - squat 135kg bench 75kg deadlift 155kg GOLD!!!!!!!!!!!!

Day 3 - 12th November 2014

Mitchell Horrocks - 75kg Junior RAW full power squat 190kg bench 120kg deadlift 240kg GOLD

Aron Holliday 67.5kg open class full power RAW squat 160kg bench 137.5kg 217.5kg BRONZE!

Anthony Zawalij 75kg open 75kg class full power RAW squat 170kg bench 110kg deadlift 220kg 4th place (heavily contested class)

George Briley T3 140kg class full power RAW Squat 251kg (world record!!!) bench 150kg deadlift 235kg GOLD!

Sarah Edgar 75kg open class full power RAW Squat 152.5kg bench 90kg deadlift 180kg BRONZE!

Darren Hammond 140+kg class, no hang on.... 110kg class open full power RAW Squat 230kg bench 145kg deadlift 300kg 4th place (the biggest 110kg class ive seen yet - he did brilliantly)

Ashraf Ali T1 82.5kg class full power RAW Squat 150kg bench 80kg deadlift 195kg 4th attempt deadlift 251kg WORLD RECORD and GOLD!!!!!!!!

Steve Day 100kg open full power RAW class Squat 235kg bench 170kg deadlift 275kg (WORLD RECORD SUB MASTERS!!!!!!) 4th place (seems there was actually another lifter in the class no one realized was in the pack as over 11 lifter in that category. ALSO Steve injured his bicep on his last world record deadlift and we wish him a speedy recovery.

Lewis Etienne Morin (Beastie) 82.5kg Junior full power RAW class Squat 205kg bench 167.5kg deadlift 285kg and a SILVER MEDAL! Thank you xx

Lee Titmus 100kg open full power RAW class Squat 235kg bench 150kg deadlift 275kg The 100kg class was full and the guys did SO WELL!!!!

James Bees 100kg open full power RAW class 215kg bench 150kg deadlift 250kg The 100kg class was full and the guys did SO WELL!!!!

Day 4 - Multi Ply Full power

Anthony Giddings 110kg Multiply Full power M1 division Squat 330kg bench 230kg deadlift 300 GOLD!

Steve Plunkett 90kg Multiply Full power M1 Division Squat 300 bench 215kg deadlift 240kg GOLD!

Day 5 - all sorts of stuff!

Gary Topley 100kg class bench only RAW - bench 190kg 4th place

George Briley 140kg class T3 bench only raw - 140kg GOLD!

Corinne Ingman - 67.5kg open womens RAW bench - getting the numbers for her GOLD!

Michael Phipps - 67.5kg open mens RAW bench - getting the number for him - BRONZE!

Day 5 - oooh the deadlifts.....

Anthony Zawalij 82.5kg class open deadlift only RAW - 230kg 4th place

Mitchell Horrocks - 75kg class junior deadlift only RAW - 240kg GOLD AND BEST OVERALL JUNIOR BEST LIFTER!

John East 67.5kg class open deadlift only RAW - 217.5kg SILVER!!

Sarah Edgar 67.5kg class open deadlift only RAW - 170kg SILVER!

Monique Amy Newton 52kg Junior deadlift only RAW - 127.5kg GOLD!

John Antrobus 100kg class open deadlift only RAW 245kg 4th place and noisiest deadlift award

George Briley - 140kg class T3 AND Open deadlift only RAW - 240kg WORLD RECORD for T3 division - GOLD in T3 division and Bronze in the open!