

**21<sup>st</sup> Men's and Women's IPF World Bench Press Championships**  
**2<sup>nd</sup> Men's and Women's IPF World Sub-Junior and Junior Bench Press Championships**  
**Killeen, Texas, USA. 24-29 May 2010**



Men's Open Team Trophy

The World Bench Press Championship started in a small town with 236 lifters from 30 different country's near Austin in Texas, the town of Fort Wood, Killeen. A town with one of the biggest army bases in the USA, as they got 50 000 army personnel. The weather was nice and warm with the occasional WARM wind blowing throughout the day, but hey, this is Texas! Altogether there were 41 continental and world records broken, just as it should be!

The championship kicked off with the women 44kg-52kg class, it included the Sub-Junior, Junior and Open class. One of the many highlights in the Sub-Junior class was by Anna Filimonova (52kg) for Russia with a bench of 97,5kg to win the gold, it also secured her the title of Overall lifter; she was followed by Katie Durham from the host country with a bench of 77,5kg. Roxan Luckock (48kg) from Great Britain had a bench of 72,5kg to bring the gold back home, with Sheila Mayes (44kg) from USA with a bench of 62,5kg to get the gold. In the 56kg class Tatiana Gabidulina from Russia benched 82,5kg for the gold, Natalia Melnikova (60kg) also from Russia, benched 90kg to get the gold, she also got 3<sup>rd</sup> place in the Overall Lifters. Marta Szabo (67,5kg) got 1<sup>st</sup> place with 85kg. In the 75kg class USA's Kirsten Olson won with 107,5kg, she also is runner-up for Overall lifter. Stacie Pomrening (82,5kg) from USA got gold with 107,5kg and Samantha Fretwell (90kg+) also got gold for the US with 102,5kg In the team points USA is leading with 66 points, with Russia in 2<sup>nd</sup> place with 36 points and Finland in 3<sup>rd</sup> with 17 points.

One of the highlights in the Junior class came from Canada with Rhaea Fowler (75g) with a huge bench of 155,5kg to win the gold, set a new Junior World record and get the Overall Lifter award! Eva Makrai (48kg) from Hungary got a bench of 100kg to get the gold and 2<sup>nd</sup> place in the Overall. Maj Rames (60kg) from Denmark bench 115kg to win the gold and secure her 3<sup>rd</sup> place in the Overall. The sweet Nina

Eriksson (56kg) from Sweden got the gold with 102,5kg. Alesha Summers (44kg) from USA grab the gold with a press of 67,5kg. Marina Kainleinberger (52kg) from Austria also won the gold with a bench of 72,5kg. Tiffany McKinney (82,5kg) from USA got 1<sup>st</sup> place with 137,5kg. Agnes Szabo (90kg) from Hungary also got 1<sup>st</sup> place with 145kg. Katie Sons (90kg+) from the host country got a bench of 132,5kg to secure the gold. In the team points USA got 1<sup>st</sup> place with 63 points, Hungary 2<sup>nd</sup> with 41 points with Russia in 3<sup>rd</sup> place with 38 points.



Eva Makrai (48kg Junior) from Hungary

The highlight of the competition for the women in the Open class just had to be Irina Lugovaya (90kg+) who won the gold and got Overall 3<sup>rd</sup> for Russia with a huge bench of 205kg, the crowd were in awe to see how easy that bench was! Justyna Kozdryk (48kg) from Poland secure her gold medal and Overall lifter with a 130kg press, it is also a new European record! Larisa Kotkova (56kg) from Russia went 3 for 3 with a bench of 142,5kg to get the gold and 2<sup>nd</sup> place in the Overall. In the 52kg class there was a real fight between Kaori Nagaya from Japan who weighed in at 51,70kg and Kriszina Nagypal who weighed in at 51,10kg. With the 3<sup>rd</sup> attempts coming up both lifters had 130kg on the bar, but only one could prevail to become World Champion. That was the Japanese lifter Kaori Nagaya! Kriszina Nagypal came 2<sup>nd</sup> with a bench of 120kg. The beautiful mother of 2 Jennifer Thompson (60kg) from USA got the gold with 147,5kg. Yulia Medvedeva (67,5kg) from Russia got 1<sup>st</sup> place with 157,5kg. With probably the biggest support of the competition from the host country was Christy Newman (75kg) who got a bench of 155kg to bring the gold back home! There was a lot of emotion going on in the 82,5kg class, with Devan Doan from USA missing her first 2 attempts, the last attempt was “do or die”. And she prevailed with 145kg! Jelja Strik won her 7<sup>th</sup> consecutive World Championship with a press of 175kg, she missed the World record of 185kg.

The men’s lifting kicked off with the Sub-Juniors with Isaac Nunez (60kg) from USA with a bench of 145kg, he got gold and 2<sup>nd</sup> place for Overall lifter. Andrey Prodchenko (75kg) from Russia got 3<sup>rd</sup> Overall and gold with 175kg . Tyler Whippie (56kg) won the gold with a press of 122,5kg. Rusty Burriss (67,5kg)

got gold with 147,5kg. Florian Bottinger (82,5kg) from Austria got gold with 170kg. Matthew Rosensweet (100kg) won with 125kg and Martin Raich (110kg) from Austria also won the gold with 100kg. The Overall lifter and the owner of the new Sub-Junior World record and World Champion is Norbert Mikula from Hungary, the crowd was really supporting him with a lot of emotion, with such great Sub-Juniors as we saw here at the World Championship there will definitely be a bright future for powerlifting and the IPF. In the team points USA is in 1<sup>st</sup> place with 66 points with Austria in 2<sup>nd</sup> place with 24 points and Germany in 3<sup>rd</sup> place with 18 points.

In the Juniors Krut Kirill (52kg) from Russia benched 122,5kg to win the gold. Phillip Rotar (56kg) from the USA won gold for his country with a press of 130kg. In the 60kg class Maxim Korolev walked away with gold, by pressing 155kg. Michael Broussard (67,5kg) from USA walked away with gold with a bench of 195kg. Daigoro Kitagawa (75kg) from Japan won gold with a huge 207,5kg. Dmitry Inzarkin (82,5kg) from Russia had tremendous bench of 240kg, he got 3<sup>rd</sup> place Overall lifter. Igor Trifonov (90kg) from Kazakhstan got gold with 225kg. Boguslaw Waszczuk (100kg) from Poland got 240kg for the gold. Luke Haarsma (110kg) from the host country got 277,5kg and also secured the Overall 2<sup>nd</sup> place. The last day there was much excitement, as the heavyweights got on stage! Ferenc Kovacs won the gold medal in the 125kg class with a press of 282,5kg, while Tuomas Korkia-Aho from Finland in the 125kg+ class won the gold medal and Overall Junior lifter with a massive 327,5kg! In the team points USA got 61 points for 1<sup>st</sup>, Finland came 2<sup>nd</sup> with 37 points and Poland is in 3<sup>rd</sup> place with 37 points.



Spotters and loaders in action!

The Open men started with the 56kg class with Japan's Naoya Ikeda winning the gold with a 180kg bench!

There was 7 lifters in the 60kg class, taking the lead was a battle between Japan's Hisayuki Nakayama and Denmark's Anton Kraft. Both weighed in the same, 59,60kg. And both took the same attempts. It was with the final press of strength and energy that Hisayuki Nakayama from Japan can call himself World Champion; he got a bench of 207,5kg with Anton benching 202,5kg.

Toshihiko Noda (67,5kg) from Japan took the lead with a 215kg press, he did not take his 3<sup>rd</sup> lift. In the 75kg class there was much excitement as there were 3 lifters who weighed in the same, but at the end it was USA's Michael Hara who won the gold and also broke the Master II World record! The 82,5kg class

had really great competition with 2,5kg separating the top 3 places. In the end it was Hiroyuki Fujita from Japan that won the gold with 250kg, Daniel Thurman also got 250kg but weighed in more than Hiroyuki. In the 90kg class Jan Wegiera from Poland won the gold and got the 2<sup>nd</sup> Overall place with a bench of 282,5kg!

There was much excitement in the 100kg class as the top 4 places had 7,5kg difference! The top lift was awarded on bodyweight as both Sergey Vaigant from Kazakhstan and Eigo Ito from Japan got 280kg, in the end it was Sergey who prevailed and became World Champion!

In the 110kg class Karol Koltanski from Poland got the gold with a new World record of 307,5kg, it was sheer amazement to see top class lifting like this at the competition and also the excitement of the lifter!

The 125kg class had a lot of emotions and crowd support, as Sweden's Marcus Hirvonen battled Horace Lane from USA as they both took 315kg in their last attempt, by being 500grams lighter Marcus Hirvonen won the gold and became World Champion! One of the best moments of the whole competition was the team of Sweden who sang their national anthem for Marcus's victory; they are a really great team who always gives a lot of emotion into the support of their fellow teammates.

The 125kg+ class had a lot of emotion and controversy in the last 2 attempts, as Kenneth Sandvik from Finland got 330kg Fredrik Svensson from Sweden went and got 332,kg for the win...but...while he got 3 white lights the jury got a complaint that the lift was no good because he dipped the bar, the jury had to make a final decision. In the end the lift was reversed and the gold medal and title of World champion and Overall lifter went to Finland's Kenneth Sandvik. There was lot of emotion going on and different opinions from other lifters as well. But you could see just how much a World Championship means to lifters as they give their all and train hard throughout the year. In the team points Japan placed 1<sup>st</sup> with 64 points, USA 2<sup>nd</sup> with 55 points and Sweden with 52 points.



Kenneth Sandvik (125kg+ Open lifter) from Finland

By: Heinrich Janse van Rensburg