

EUROPEAN EQUIPPED OPEN, SUB-JUNIOR AND JUNIOR POWERLIFTING CHAMPIONSHIPS, PILSEN, CZECHIA, MAY 3RD TO 8TH 2022



On the first day of the European Equipped Open, Sub-Junior and Junior Powerlifting Championships in Pilsen, Czechia the Sub Juniors impressed us all and it was a great pleasure to hear the Ukraine national anthem played so many times as the Ukrainian team, despite almost insurmountable

odds, managed to come here to Pilsen for what promised to be an outstanding week of lifting. We also saw great performances from the Czech, Polish and Slovakian teams. Best female team was Ukraine. Best male team, Ukraine again. Well done to all the young people who competed today, we look forward to seeing you many more times as you progress through to Juniors and onwards!



The second day started with the 53 to 83 kg junior men. In the Bench section, there were new PB's for Zareba, Poland and Brandecker Austria, Cecchetti, Italy and Moen, Norway.

Moen went on to achieve new PB's in all three disciplines. And in the afternoon, there was even

more excitement with records falling when the Junior women took to the stage. Agata Sitko, Poland set a new World Bench record with a lift of 188 kgs. And later, a new World Open deadlift record of 251.5 kgs and a new total record of 704.5 kgs.



Also, some stunning performances from Julianna Sletness, Norway, Julia Bilicka, Poland and Emily Finnern, Germany. Total gold medals went to Georgescue, Romania, Kovac, Czechia, Debicki, Poland, Brandecker, Austria and Moen, Norway for the men.

And Sukhodleieiva, Ukraine, Kula, Poland, Finnern, Germany, Tjelte, Norway, Slettness, Norway, Slecza, Poland and Sitko, Poland, for the women.

On the third day we saw the -93 kg to 120 + kg Junior men. Great lifting and improvement to be seen today with these Junior men.



The standards were reassuringly high, given the difficulty of many to achieve a full training schedule. Best Lifters were Ondrej Sip, Czechia, gold, Damien Szczepanski, Poland, silver, and Ludvik Moen of Norway in the -83 kg class, bronze. Best teams, Czechia gold, Poland silver and Romania Bronze.

On Day Four of the competition and Day One of the Open lifting, the day started with the Open women, 47 kg, 52 kg and 57 kg weight classes.



The legendary Eva Buxbom set a new World Masters 2 squat record of 180 kg, and a new World Masters 2 deadlift record with 177.5 kg. And for Eva, a new World Total record. Great to hear that Eva has been selected to compete in the World Games.

There was also a new European deadlift record for Emma Godwin of Great Britain. And another British woman, Ellie Steel was the new European champion in the 57 kg class with a 9 for 9. Ellie has also been selected for the World Games. Best total medals were won by Lisette Hansen of Denmark in the 47 kg class, Karen Hesthammer of Norway in the 52 kg class and Ellie Steel of Great Britain in the 57 kg class.



The afternoon brought us the Men's -59 kg to -74 kg weight classes. We watched the action in two flights and in the Deadlift section all eyes were on the stage from a full hall as we watched the story unfold. Phenomenal lifting in this section from Kjell Egil Bakkelund of Norway and Diego Milani of Italy. With falling

records and close calls, this was a fantastic afternoon of powerlifting. The total golds went to Dariusz Wizola, Poland, Hassan El Belghetti, France and Kjell Bakkelund, Norway.

In an electrifying final to the day the -83 kg men battled it out for a place on the podium. Robert Palmer, GBR, secured a new European Masters One squat record with 335 kgs. And bench gold medal to Andrei Irimie, Romania with a lift of 250 kgs. Deadlift was a fantastically long session with one flight of



14 athletes. Deadlift gold was won by Kolomiets, silver Harri Olak and bronze, Robert Palmer. 2022 Champion with 885 kgs total is Kolomiets of Ukraine, silver medal winner Robert Palmer, GBR with 860 kgs and bronze medallist Andriy Naniev of Ukraine with 835 kg.

Day five and the penultimate day of this competition and the morning session was for the 63 kg and 69 kg women. Total medals in the 63 kg class went to Lena Sjoel of Norway in the 63 kg and Skalleberg of Norway in the 69 kg class. Norway have won every class they've entered so far this week, impressive to say the least.





The afternoon session was four hours of building tension as these 93 kg and 105 kg men lifted massive weights under extreme pressure. The audience was amazing today, giving a phenomenal level of support to all the lifters irrespective of their nationality

European Champion in the 93 kg class was Konstantyn Mussiienko of Ukraine with a massive total of 1,000 kgs. In the 105kg class, the title was won fair and square by fellow Ukrainian Sergii Bilyi, lifting a total of 1,065 kgs, closely followed by yet another Ukrainian, Oleksandr Rubets, who battled through to the end of the competition despite an obvious painful injury and lifting a respectable 992.5 kgs.

On the final day of these championships in Pilsen, the athletes brought us the very best in world class lifting. Starting with the -76 kg women, we saw Francesca Parrello, Italy, set a new European squat record, and Soley Jonsdottir, still only a junior, competing in an Open competition. In fact, we witnessed two juniors at the top of the leaderboard, with Sonja Krueger setting a new World Squat record with 275 kgs. And Soley Jonsdottir won the 84+ kg squat gold by a massive 20 kgs lead! – 84 kg bench gold to Sonja Stefanie Kruegar with another World record of 210 kgs and 84+ gold, Hildeberg Hugdal with a new World bench record of 228 kgs. 2 world records in 2 lifts! In deadlifts, another World record, this time for Marte Elverum of Norway with 250 kgs. Best lifter, Sonja Stefanie Krueger and Best Team Norway!



In the afternoon, it was the men's competition, under and over 120 kgs. In the 120+ class Jaroslav Soukal, Czechia, set a new World Masters 2 record with a bench press of 307.5 kgs. He also set a new 120+ kg World Masters 2 deadlift record with 290 kgs. Konstantyn Musiienko, Ukraine won Best Lifter medal and best team was Ukraine. What an outstanding championship with stupendous performances, particularly from the Ukrainian athletes. Massive respect and gratitude to them all.