



European Classic Open, Junior and Sub-Junior Powerlifting Championships, Västerås, Sweden 2021

ROUND UP OF THE COMPETITION

DAY ONE, SUB JNR WOMEN

At the European Classic Open, Junior and Sub-Junior Powerlifting Championships in an icy cold Västerås, Sweden, it was an exciting start today with the 47 kg, 52 kg, 57 kg and 63 kg sub junior ladies setting the tempo for the whole competition. We even saw a new world record by Esmee Neeleman of the Netherlands who set a new bench record of 70 kgs in the 57 kg class. Best total points went to Valeriia Mustafina (UKR) in the 47kg class, with 280 points; Polina Bagautdinova (RUSS) in the 52 kgs class with 305 points; Veronica Pavlenko (RUSS) in the 57 kgs with 385 points; and Juuli Kostian (FIN) with 385 points. The Russian girls were certainly strongly represented in these lighter sub-junior classes today, but more excitement was to come in the heavier classes this afternoon.



Nina Heikinen (FIN) set a new 76kg World sub-junior squat record. In Bench press Elinora Potoni (ITA) set a new European record with her 92.5 kg opener and then went on to set a new World record in the third round with her 95.5 kg bench press. In the Deadlifts section, Cassandra Annergren (SWE) set a new world record in the second round with her 200 kg lift in the 84 kgs class. She made a valiant attempt to top it in third round with a 213 kg lift but sadly failed. Best totals went to Elinora Pontoni (ITA) 69 kgs; Lova Norblomm (SWE) 76 kgs; Cassandra Annergren (SWE) 84 kgs and Yevheniia Yelovska (UKR) 84+ kgs.

The end of Day One of the European Classic Open, Junior and Sub-Junior Powerlifting Championships in Västerås, what a start to the competition it was! Today the Sub Junior ladies did us proud.

DAY TWO, SUB JNR MEN

The first session of Day Two of the European Classic Open, Junior and Sub-Junior Powerlifting Championships in Västerås, and the day started with the Sub Junior men 59kg, 66 kg and 74 kg weight classes. What a stupendous performance from Hugo Almstrom of Sweden on his home ground. We saw him set a new European squat record in the second round of the 74 kg class with 223 kgs. He then followed in the third round with a new World record of 230.5 kgs.



In the Bench section, the 59 kg gold went to Dymtro Butenko (UKR), 66 kg gold to Yenor Mishienko (UKR) and 74 kg gold to Hugo Almstrom (SWE). Deadlift golds to Mitityk (RUS), Pulenko (UKR) and Almstrom (SWE). And overall best results were 59 kg Mark Mikityk of Russia, 66 kg Krzysztof Liszkiewicz Poland and 74 kg Hugo Almstrom of Sweden. What a great day for Sweden!

All in all, it was an enthralling morning of first class sub-junior lifting ending in a gripping deadlift battle for the medals. Great lifting from Jiri Patočka of Czechia, Jakub Chmielecki of Poland and Anton Belkin of Russia. Minh Le unfortunately had to bail out after the second round of deadlifts but Marcos Romero of Spain battled on valiantly to the end.



The second session in the afternoon and was the 83 kg, 93 kg, weight classes. Bench, and Theo Goff (GBR) won gold in the 83 kg class with silver going to Augusto Cuomo (ITA) and bronze to Mikulas Sikora (CZK).

In the 93 kg class a new world record was set twice by Malik Triolet (FRA) who beat his own second round 190 kg record in the third round with 193 kgs. Fantastic lifting by Triolet, pushing Hopkins to the final minute with Jack Hopkins (GBR) gaining the silver and Dominik Fischer (AUS), winning on body weight for the bronze.

Deadlifts saw Sikora (CZK) achieving a new Sub Junior world record with 287 kgs in the 83 kg class.

Followed by the Special Olympics and total weights for Matthilda Bergenhal (SWE) 315 kgs, Janos Lehoczki (HUN) 470 kgs, Elmer Baranyi (HUN) 475 kgs, Fredrik Lundval 525 kgs and Torok Zoltan 430 kgs.

Yesterday evening saw the turn of the 120 kg and 120+ kg Sub Junior men. Again, a gripping session with some amazing record-breaking performances. Deadlift records were smashed by Krystian Muczynski (POL) with a new 306 kg world 120 kg sub junior record. And Axel Isberg (SWE) setting a new 120+ kg sub junior record with his 300.5 kg lift. Total gold went to Krystian Muczynski with 768.5 kgs and Axel Isberg with 728 kgs.

DAY THREE, JNR MEN 53 to 74 kg, JNR WOMEN 43 and 52 kg

The first session of Day Three, another morning of outstanding lifting this time with the 53 kg, 59 kg and 66 kg Junior men. Andrei Georgescue (ROM), Egor Khutorov (RUS), Alvaro Davila (SPA) and David Perez (SPA) and Ciaron Murray were all outstanding. Best total points, and the 53 kg championship went to Georgescue, 59 kg to Perez and 66 kg to Ciaron Murray (IRL).

A new European deadlift record in the 66 kg class for Alex Cremins (IRL) with his 263.5 kg lift. And what a sensational 66 kg session this was with Russia losing out at the end to the Irish boys. There'll be some craic in Ireland tonight!



The second session of Day Three, more fabulous record-breaking lifting brought to us by the 43 kg, 47 kg and 52 kg Junior women. Anna Maramotti (FRA) won gold in the second round of the 52 kg squat section, lifting 144 kgs, a new World junior record. Cosmiama Montenaro (ITA) won gold in the 47 kg class and Marina Mikova (RUS) gold in the 43 kg class. In the bench section, Selma Ramberg (NOR) set a new world record in the third round with 113.5 kgs. And in deadlift Cosmiama Montenaro set yet another world record lifting 166 kgs. These lighter women certainly gave us a spectacular afternoon of entertainment.

But if this wasn't enough, the evening brought us even more record-breaking sport with the 74 kg Junior men. In squats, Andrea Bonetto (FRA) set a new European junior record in round 3 with 258 kg. Silver went to Ade Omisakin (GBR) with a new PB of 255 kgs and bronze to Arnold Veenhoff (NED) with a new PB of 245.

Bench results saw Aleksei Sergeenko (RUS) take gold with 187.5 kg, Andrea Bonetto (FRA) silver with 165 kg and Ade Omisakin (GBR) bronze with 160 kg.

And a thrilling finale in the deadlift section with Omisakin setting a new world record of 308 kg and a new European total record of 723 kg. And all this in round 2. Round 3 and Omisakin failed to better his round 2 result but retained his gold while Bonetto and Veenhoff battled through to gain their silver and bronze medals. Total weights, Omisakin 723, Bonetto 683 and Veenhoff 655.



DAY FOUR, JUNIOR WOMEN 57 to 76 kg



The first session of Day Four and this morning we welcomed the 57 kg and 63 kg junior women to the podium. What a treat we had in store for us! The 57 kg squats were smashed by Jade Jacob (FRA) with a 167.5 kg squat. In the 63 kg class, Chiara Bernardi (ITA) took the gold with 186 kg. This was a simply fantastic squat session with the promise of more excitement to come in the bench section, and we weren't disappointed when Anja Adelmann (AUT) came through to win gold with a 105 kg bench press. Deadlifts in the 57 kg class and we saw Janneke Brauckman (NED) fight hard for the silver but it was Jade Jacob who outshone everyone with a fantastic 200 kg lift to secure a new world record total of 425 kgs. Brauckman took the silver with a total of 405 kg and Anja Adelmann the bronze with 402.5 kg.

In the 63 kg class, Chiara Bernardi (ITA), having produced the best squat, went on to get the best deadlift with 215 kg, although she failed to deliver a bench. Totals were Sara Neldi (ITA), gold with 483.5, Aletta Rozsnyai-Kovacs (HUN), silver, with the best bench of 120 kg and a 465 kg total. Bronze went to Inmaculada Soto Ruiz (ESP) with 450 kg.

The afternoon session brought us the 69 kg junior women. There were a lot of contenders, so the session was split into two flights. This meant that a lot of the ladies worked very hard, knowing that there would be no medals for them today. And what an amazing session it was, possibly the best of the competition so far. It was a close-run session, starting with the squats and Agnes Rudin (SWE) just taking the gold with 177.5 kg followed hot on the heels by Ramune Vainauskyte (LTH) and Mariella Fisher (GBR) both with 175 kg.

Again, it was a close competition in bench. Well matched athletes fought tooth and nail for gold, bronze and silver medals. Another gold for Agnes Rudin with 110 kg, with Clara Payraud and Amira Bleuca Marak (ESP) fighting it out for silver and bronze.



The deadlift section and out of a total of 24 attempts, only 2 failed which says something for the quality of the athletes we saw here today in Vasteras. Rudin and Malak were equal at the end of the second round and had a fight on their hands in the third round. Malak came through on the final lift of the session with a 69 kg junior deadlift world record of 208 kg. Totals at the end of play, Payraud 484.5, Rudin 482.5 and Malak 475.5. A truly amazing day and one more session to go this evening.

The third session of Day Four brought us the 76 kg Junior women. This was a session that made it hard to believe that we were watching a Junior competition, the standard was so high. In squat Nusa Zeleznik (SLO), after a total of six red lights in the first two rounds, bounced back in the third round with a 167.5 kg lift to win her the bronze. Vilma Olsson (SWE) set a new



Junior 76 kg world record with a massive 205.5 kg, winning her the gold and the silver went to Alice Francis-Freeman (GBR) with 182.5 kg.

In the bench section, gold was won again by Olsson, lifting 115 kg with a slightly heavier Francis Freeman coming in with silver, again on 115 kg. Bronze went to Isobel Adolfsen (NOR) with 102.5 kg.

The final deadlifts – and what a fantastic performance by all with Vilma Olsson setting a new World Junior 76 kg record of 520.5 kg, making her the champion in this competition. Francis Freeman took the deadlift gold with 210 kgs and silver overall with a total of 507.5 kgs and Isobel Adolfsen won bronze with 452.5 kg total.

This late session ended a dramatic day with the Junior Women!

DAY FIVE, JNR WOMEN 84 and 84+ kg, JNR MEN 83 and 93 kg

In the first session of this freezing cold day here in Vasteras, we saw the 84 kg and 84+ kg Junior women take the podium and what a fantastic competition it was. In the Squat section there were only two no-lifts out of 42. Kelly Millecamps (FRA) achieved a new world record of 200 kgs and took the gold medal. Silver went to Henna Kaasalainen (FIN) with 195 kg and bronze to Anastasia Eskova (RUS) with 190.



Bench section and a gripping session with some stunning performances. In the 83 kg class, Giada Palma (ITA) achieved gold with a lift of 107.5 kg, followed by Lystus Ebosele (IRL) with 105 kg and Anastasia Eskova (RUS) with 102.5 kg.

In the 83+ kg class, Olga Kuzmina (RUS) took gold with a 125 kg bench press and Victoria Borgvall (SWE) silver with 92.4 kg.

Deadlifts saw a fantastic competition for Toth Eniko (HUN) but Henna Kaasalainen (FIN) got the gold in the 84 kg category and European Champion with 500 kgs and 207.5 kg. Giada Palma, 195 kg in deadlift and 482.5 kg total and Anastasia Eskova 196 kg deadlift and 482.5 kg total. In the 84+ kg class it was Kuzmina with 545 kgs and Borgvall with 485 kgs.

And at the end of the Junior Women's Powerlifting Championships, Best Lifter on points went to Jade Jacob with 107.8 points, second Sara Naldi with 106.4 points and third Vilma Olsson with 104.8 points.

Then it was the turn of the 83 kg Junior men. Split into two groups because of the number of entries, this competition didn't fail to deliver in terms of excitement and tension throughout. Squats finished with Nathan Gevao (GBR) in gold with 275 kg, Jose Lopez Lorrente in silver with 272.5 kg and James Adcock (GBR) in bronze with 270 kg. Two Brits in the line-up and this was just the start.



Bench, and from the first flight, Simen Myrvold Johnson (NOR) won the gold with 190 kg, Vadym Yarzhenmskyi (UKR) silver, with 187.5 kg and Anthony Costarigot (FRA) bronze, with 182.5 kg.

Finally, deadlift and James Adcock, after opening with 300 kg on the bar, got the deadlift gold. In the total scores, Nathan Gevao achieved the gold medal with a 762.5 kg total, closely followed by his GB teammate, James Adcock, taking silver with 735 kg and finally, Soulieman Turki (FRA) with 715 kg for the bronze.

The third session commenced at 6.30 pm and it was the 93 kg Junior men who brought us a stunning evening of entertainment such as we have never seen before in a Junior competition. Squats gave us a glimpse of what was to come with Richmond Baiden (FRA) taking the gold medal with a 295 kg lift, followed closely by Yulang Li (SWE) winning silver with 292.5 kg and way ahead of Benjamin Rastum (FRA) who lifted 275 kg for the bronze medal.



Bench press, and again Richmond Baiden achieved the gold medal with 187 kg, followed closely but this time by Jacob Florelius (NOR) with 185 kg for the silver and Guillaume Parisot some way behind with 177.5 kg for the bronze.

The real drama came in the deadlift section. Richmond Baiden, having won gold in the squat and bench, was pipped at the post by Chris Onuoha (GBR) who grabbed the gold medal with his stunning 340 kg deadlift, a full 15 kgs ahead of Baiden's 325 kg. So, for Baiden, it was silver medal in the deadlift and bronze went to Yulong Li (SWE). Overall totals and gold to Richmond Baiden with 807.5 kg, silver to Chris Onuoha with 760 kg and bronze to Yulong Li with 757.5 kg. These junior men are incredibly good at what they do, and this evening was powerlifting at its very best!

DAY SIX, JNR MEN 105 to 120+ kg

In the first session we watched the 105 kg Junior men battle it out for the medals here in Vasteras. The squats, and gold went to Rene Caky (SUI) with 317.5 kg, silver to Antonio Perez Barros (ESP) also with 317.5 kg and bronze to Oleksandr Hanhur (UKR) with 302.5 kg.

Bench press and again Rene Caky (SUI) made it look easy, setting a new World Open record with 233.5 kg. For silver came Elnor Jarvisalo (FIN) with 185 kg and bronze was won by Oleksandr Hanhur (UKR) with 180 kg.



In the deadlift section we saw massive weights lifted by these 105 kg junior men. Rene Caky once again won gold with 340 kgs in the second flight, failing to top this in the third flight, but still getting the gold. Silver medal to Oleksandr Hanhur with 325 kg and bronze to Elnor Jarvisalo with 320 kg. Antonio Perrez Barros (ESP) sadly failed to achieve third place, not quite managing to hold on to the bar long enough to get him a medal today, but a valiant effort, nonetheless. And another great performance from Oleksandr Hanhur but neither he nor Elnor Jarvisalo could get anywhere near Caky's total of 891 kg, coming a massive 80 kgs behind him with 807.5 and 795 kg respectively. What a fantastic battle and a stunning performance from Caky – still only a junior, where does he go from here?!



The afternoon sessions brought out the 120 kg and 120+ kg junior men. In the 120 kg class squats, gold medal to Anton Wasser (SWE) with 320 kg, silver to Nicolas Payraud (FRA) with 312.5 kg and bronze to Bereczki-Kiraly Szilard (HUN) with 307.5. In the 120+ kg class gold was won by Giacomo Bifaro (ITA) with 370 kg, silver to Temur Samkharadze (GEO) with 362.5kg and bronze to Bogdan Prokopov (RUS) with 350 kg.

Bench 120 kg medals, and it was Szilard (HUN) with 210 kg for the gold, Payraud (FRA) with 207.5 kg for the silver and Wasser (SWE) with 197.5 for the bronze. And the 120+ medals, Bifaro (ITA) with 225.5 kg for the gold, Samkharadze (GEO) with 217.5 for the silver and Bana Milan (HUN) with 207.5 for the bronze.

But again, the real battles were to come in the deadlift section, and we weren't disappointed, watching these big junior lifters performing as if they weren't juniors at all. In the 120 kg class deadlift gold went to Anders Lillemoe Broelen (NOR) with 345 kg, silver to Jakub Sigut (CZE) with 332.5 kg and bronze to Nicolas Payraud (FRA) with 330 kg, failing his third round record attempt of 350 kg, but no matter, in the final totals he still won gold with 850 kg. Silver went to Szilard (HUN) with 830 and bronze to Ashley Butler (GBR) close behind with 825 kg. However, it was Payraud who sat comfortably ahead of his rivals by a massive 20 kg.

In the 120+ kg class, Temur Samkhardze (GEO) failed to better his first round 360 kg with a record attempt of 385.5 kg in his second and again third rounds. In the end it didn't matter, he still won deadlift gold with his first round 360 kg lift. Deadlift silver in the 120+ class was won by Nuuti Mansukoski (FIN) with 335 kg, 25 kg behind Samkhardze, and bronze went to James McCarthy of Ireland, with a slightly heavier bodyweight, again with 335 kg.

Totals in the 120+ kg class and Temur Samkhardze (GEO) won gold with a total of 940 kg, Giacomo Bifaro (ITA) silver with a total of 892.5 kg and Bogdan Prokopov (RUS) with 872.5 kg.

And so it was the end of an amazing day of titanic powerlifting by the Juniors, and the end of the Junior competitions here in Vasteras.



DAY SEVEN, OPEN WOMEN 47 to 63 kg



Day seven of the European Classic Powerlifting Championship in Vasteras, Sweden and the day started with the 47 kg women in the first day of the Open competition. Squat gold in the 47 kg weight class went to Tiffany Chapon (FRA), setting a new world record with 153 kg. Silver was won by Ana Lores Fernandez (ESP) with 132.5 kg and bronze went to Karen Angelini (ITA) with 127.5 kg. We also saw a new world record set by Pleun Dekkers (NED) in the 52 kg weight class, with 161 kg in the third round of the squat section. Noemi Allabert (FRA) won the silver with 157.5 kg and Galida Mari (ITA) won the bronze medal with 147.5 kg.

What a fantastic start to the day this first session proved to be!

In the bench section, the 47 kg women, and Tiffany Chapon (FRA), still a junior at 20 years old, achieved another world Junior bench press record with 87.5 kg. Emma Granlund (SWE) got the silver with 77.5 kg and Lenka Pilnikova (GBR) the bronze also with 77.5 kg. In the 52 kg class, Tetiana Shchavinska (UKR) won gold with 105 kg, Noemie Allabert (FRA) with 80 kg and Dalida Mari (ITA) bronze, with 77.5 kg.



And as usual, all the excitement came in the deadlift section! In the 47 kg weight class, Tiffany Chapon again excelled with 162.5 kg and Karin Angelina (ITA) with 145 kg. And what a fantastic effort by Emma Granlund (SWE), pushing Lenka Pilnikova (GBR) out of the bronze position on total. In the 52 kg class Shizuka Rico (FRA) set a new world deadlift record with 196.5 kg.

On totals, in the 47 kg class, gold was won by Tiffany Chapon with 403 kg, silver by Karin Angelina with 342.5 kg and bronze by Emma Granlund with 340 kg. In the 52 kg class, Noemi Allabert (FRA) managed a new world total record for with 436 kg. Silver on total with 419 kg was won by Shizuka Rico (FRA) and bronze by Kleun Dekkers on 406 kg with a 165 kg deadlift.



In the second session of the day, it was the turn of the 57 kg women who gave us an exciting, close-run competition with all the lifters going to their limits, particularly in the deadlifts.

In squats, Mylene Van der Spek (NED) won gold with 150 kgs. Melissa Hexter (GBR) got silver with 147.5 kg and bronze won by Donna Berglund (SWE) also on 147.5 kg.

The bench press section produced a new world open record by Donna Berglund (SWE) with 121.5 kg and also a new single bench world record. Melissa Hexter won silver for Great Britain with 110 kg and Agnes Alves (FRA) the bronze with 92.5 kg.

What a close-run session the deadlift was. This time it was the turn of Laura Rey Villamea (ESP) to win gold with 175 kg. Jodie Cook (GBR) came a very close second with 172.5 kg and Mylene Van de Spek (NED) won the bronze with 170 kg. Total weights went to Melissa Hexter with 427.5 kg, Donna Berglund with 424 kg and Mylene Van der Spek with 402.5 kg.

At the end of the daytime sessions, the evening brought us the 63 kg women for another super-exciting session of lifting. And it was a fascinating competition. We saw a lifter from Group 1, Emma Arusyak Badalyon (DEN) get the best lift of the squat section with 180 kgs, closely followed by Iris Scholten (NED) also with 180 kg, and the bronze was won by Annie Nelson (GBR) with 175 kgs.

In bench press, Annie Nelson (GBR) achieved a new personal best with 90 kgs but the medals went to Iris Scholten (NED), gold, with 115 kg, Pantea Supanetz (AUS), silver, with 105 kg and Sunniva Nordskog (NOR), bronze, with 102.5.



This was a great deadlift session for the 63 kg women. The gold and silver medals were won by Galina Abramova (RUS) with a deadlift of 205 kg and Annie Nelson (GBR) with 202.5 kg on her second attempt. Bronze went to Sophia Granstad (SWE) with 200 kg. Natalia Zhukovskavke (UKR) was the best of the rest with a new Master's record of 197.5 kg.

And total weights in the 63 kg class, were lifted by Iris Scholton (NED) gold, with 482.5 kg, Pantea Supanetz (AUS) silver, with 472.5 kg and Annie Nelson (GBR) bronze, with 467.5 kg.

DAY EIGHT, OPEN MEN 59 to 83 kg, OPEN WOMEN 69 kg



The second day of the Open championships in Vasteras and the eighth day of the European Classic Open, Junior and Sub-Junior Powerlifting Championships, Västerås, Sweden 2021. The day dawned warmer than it has been and it certainly hotted up once we got under way this morning at the Malarengi Arena. The day's action started with the Open Men 59 and 66 kg weight classes. The 59 kg squat section started the day well with a new World Masters 1 record by Evgenii Mukhomedianov (RUS) with a 212.5 kg lift. He got the gold, of course. Silver went to Antoine Garcia (FRA) with 205 kg and bronze to Dariusz Wszola (POL).

The 59 kg bench competition was won by Dariusz Wszola (POL), silver was Aleksander Petrov (BUL) and bronze Evgenii Mukhomedianov (RUS). And finally, deadlift, with Julien Gutierrez (FRA) winning through with 232.5 kg, Evgenii Mukjomedianov on silver with 230 kg and Antoine Garcia with 227.5 kg.

And the competition moved swiftly on to the 66 kg men performing to their absolute best ability. In the squat section, Ilya Marichev (RUS) set a new European Junior record with 250 kg. Panagiotis Tarinidis (FRA) also achieved 250 kg but at a slightly heavier bodyweight and Eddie Berglund (SWE) got the bronze with 245 kg. In bench, Eddie Berglund pushed through for the gold with 202.5 kg followed this time by Tarinidis with 170 kg, some way behind Berglund, and in the bronze position was Gheorghe Moise (ROU), again, quite a way behind, with 147.5 kg.

Finally deadlifts and this time we saw Ilia Marachev (RUS) set another record, this time a World Junior record, with his 287.5 kg deadlift. Close on his heels came Tarinidis with 280 kg and Oleksii Titov (UKR) brought up the rear with 260 kg.

The 74 kg and 83 kg weight classes were split into two groups within each weight group, due to the extremely high number of nominations. First, we saw Group B 74 kg men and squat gold was won by Robin Petersson (SWE) with a 255 kg squat. Elias de Buck (BEL) got the silver with 230 and Jose Villarubia Tordesillas (ESP) the bronze with 225 kg. In the bench section de Buck won the gold medal with 172.5 kg, Remco Sanders (NED) silver with 157.5 kg and finally, Robin Petersson lifted 155 kg for the bronze. Deadlift medals, gold to Sanders with 282.5 kg, silver to Petersson with 270 kg and bronze to de Buck, also with 270 kg.

And we moved straight on the 83 kg group B weight class, the lifting this morning keeping a fast pace with the number of lifters making the schedule very tight. We joined the bench section, as Teemu Hallfers (FIN) won gold with 182.5 kg, Stefano Montano (ITA) silver with 172.5 kg and Urban Mur (SLO) bronze with 170 kg.

Finally, in deadlifts, gold went to Jaime Cortes Heredia (ESP) with 300 kg, setting the bar high for the A Group, silver to Mur with 267.5 and bronze to Stefano Motano with 260.

A short break and straight into the 74 kg and 83 kg Group A which is where most, but not all, of the medals were won. In the 74 kg squat we saw Denis Fastelli (ITA) win the gold with 260 kg, only 5 kg above Robin Petersson's 255 kg squat in the earlier Group B. Matti Christenson (DEN) won bronze with 257.5 kg and then we saw Robin Petersson win the bronze with his Group B squat of 255 kg. Then straight in to the 83 kg squats with Jurins Kengamu (GBR) winning the gold with a 290 kg squat, followed by Emilio Cotti Cometti (ITA) with 280 kg and by Johannes Kristensen with 250 kg.



In the bench section the 74 kg class was won by Matti Christensen (DEN) with a 190 kg lift. Joshua Wright (GER) took the silver with 177.5 kg and Alexander Eriksson (SWE), the bronze with 175 kg. And the pace continued with the 83 kg men taking their turn with bench. This time Jack Solderberg (SWE) won the gold, again with 190 kg. Konstantin Dunin (RUS) won silver the 187.5 and Teemu Hallfors (FIN) won the bronze with 182.5.

And finally, the deadlifts. The 74 kg men took the stage first, with Paul Rembauville (FRA) winning deadlift gold with his 317.5 kg lift, Anatoli Goriochok (RUS) silver with 302.5 kg and Alexander Eriksson (SWE) 300 kg. The 74 kg weight class totals showed Alexander Eriksson (SWE) the clear winner with 725 kg, Paul Rembauville (FRA) with 717.5 and Joshua Wright (GER) with 715 kg.

Finishing the afternoon were the 83 kg men in the Group A deadlifts. Pierre Renaud (FRA) won gold with 338.5 kg, Yanis Bouchou (FRA), silver with 338 kg and Emilio Cotti Cometti (ITA) with 337.5. This was one of the closest finishes in a very long time with so many lifters competing for the title. Totals for the 83 kg men, and Yanis

Bouchou (FRA) won gold with 783 kg, with Emilio Cotti Cometti (ITA) very close behind with 780 kgs and even closer behind him was Jurins Kengamu (GBR) with 775.5 kg.

This was an absolutely gripping, fast-paced and somewhat hard to follow afternoon of world class powerlifting at its very best!

In the evening session we saw the 69 kg women in a group of only 8 lifters. Priscilla Bavoil (FRA) moved up from the 63 kg class despite only weighing 65 kg, to win a new world record of 205.5 kg in the 69 kg squats, the most she has ever lifted. Susanna Argile (GBR) won the silver with 185 kg and Ivana Horna (SVK) the bronze with 180 kg.



In bench, Priscilla Bavoil again took the gold medal with 112.5 kg, Ivana Horna the silver, with 105 kg, a lighter body weight than Argile also at 105 kg who took the bronze medal. And Matilda Vilmer (SWE), narrowly missed the podium, again with 105 kg. We also saw a great lift by Raphaela Jungmann (AUT) of 102 kg, setting a new Austrian national record.

In the deadlifts, Bavoil excelled once again, setting a new deadlift record of 230 kg and a new world total record of 548 kg. Second in the deadlifts was Ivana Horna with 220 kg and third, Sonia Goncalves da Silva (GER) with 192.5 kg. In the total weights, Bavoil, 548 kg, Horna, 505 kg and Argile, 482.5 kg. This was a stellar performance by Priscilla Bavoil, totalling a massive 43 kg more than Ivana Horna. Fabulous lifting all round from these 69 kg women.

DAY NINE, OPEN WOMEN 76 kg, OPEN MEN 93 and 105 kg



And Day 9 began with the 76 kg women. In the squat section, Marte Kjenner (NOR) squatted 195 kg for the gold, closely followed by Emily Greenway (GBR) with 190 kg and Jacqueline Klaver (NED) on 180 kg. Bench press and Marte Kjenner again won gold with 115 kg, Sophia Ellis (GBR) silver with 110 kg and Leena Saastamon (FIN) bronze with 107.5 kg.

As always, the deadlift proved to be an exciting session with Sophia Ellis (GBR) setting a new European record with a deadlift of 230.5 kg. Marta Kjenner this time moved into second place with 220 kg and Nino Tchrikishvili (GEO) third with the bronze and a lift of 217 kg. There were two Brits on the podium for the totals, Sophie Ellis won silver with 500.5 kg and her team mate Emily Greenway won bronze with 482.5 kg. Marte Kjenner won the gold with 530 kg. Over the two days, what a fantastic display of strength from the 69 kg and 76 kg women!

After a morning of stunning powerlifting by the 76 kg women, it was time for the 93 kg and 105 kg men to give us a back-to-back session of incredible men's powerlifting at it's very best. Nothing seemed too much for these athletes today.

Starting with the 93 kg squats and in Round 2, Vladimir Karaman (RUS) set a new European Master's One record of 280 kg which he then broke in Round 3 with a lift of 287.5 kg. And it was heartwarming to see how happy Ruben Rodriguez Castro (ESP) was with his Round 3 300 kg lift! However, gold was won by Gustav Hedlund (SWE) with 315 kg, while the silver went to Rodriguez Castro and William Pickering (GBR) won the bronze with 287.5 kg.



The lifting carried straight on and into the 105 kg class, with barely time for the commentator, Martin Flett, to draw breath! There were two failed world record attempts in the second and third rounds for Anatolii Novopismennyi (UKR) and that meant that Emil Norling (SWE) sailed through to take gold with his 342.5 kg lift, with Novopismennyi running up with his 340 kg opener. Bronze went to Abdul Majeed Sulayman (GBR) with 310 kg.

The mood in the arena was becoming electric with a good crowd of spectators cheering the athletes on for the bench press when we saw virtually faultless lifting from the 93 kg men with Gustav Hedlund (SWE) winning gold with 205 kg, much to the delight of the Vasteras audience. Silver went to Teodor Radev (BUL) with 197.5 kg and bronze to Rob Esselens (BEL) with 187.5 kg.

And the pace never let up as we forged ahead to the 105 kg class for their bench session. Again, there was immense support from the audience, particularly for the Swedish lifters and the atmosphere was enthusiastically supportive in Vasteras this Saturday afternoon! Bench medals in the 105 kg class were won by Novopismennyi (UKR) with 225 kg, Jonas Gurdemann (SWE) with 200 kg and Tuomas Hautala (FIN) with 200 kg, in an incredibly close-run battle with Emil Norling (SWE), also lifting 200 kgs but dropping out of the medals on weight. Sadly, Artem Gonchar (UKR), failed to stay in the competition with three no lifts.

And we hurtled into the final section, the deadlifts. In the 93 kg weight class, we saw two rounds of good lifts for all. The third round told a different story, but what stellar performances by Rob Essellens (BEL), Cian Madden (IRL) and William Pickering (GBR), compelling viewing for everyone. Cian Madden achieved a huge personal best today with 300 kg. But the medals went to Hedlund (SWE) with 345 kg, Pickering (GBR), with 335 kg, and Radev (BUL) with 317.5 kg.



There was no time to reflect on the scoreboard as we zoomed straight into the 105 kg class with some last-minute changes reflecting the battle ahead. There were incredible weights lifted in this final part of the competition and a massive progression of weights through the rounds. The results were nothing short of amazing! We saw Emil Norling smilingly lift an incredible 375 kg as if it were a matchstick! He certainly played to the crowd today, on his home turf. Tuomas Hautala (FIN) won silver with 357.5 kg and Novopismenyi (UKR) the bronze with 350 kg. And final total results for the 105 kg men were Emil Norling 917.5 kg, Anatolii Novopismenyi

915 kg and Tuomas Hautala 842.5 kg.

What an amazing day this was!

DAY TEN, OPEN WOMEN 84 and 84+ kg, OPEN MEN 120 and 120+ kg

On the final day of the European Classic Powerlifting Championships 2021 here in Vasteras, Sweden, what an incredible ten days it has been for the lifters, the federations, and participating nations and also for the spectators, both in the arena and online. During these ten days we have seen no less than 90 world records broken, with powerlifting moving ever and ever onwards and upwards.



Some of the greatest lifting has been in the last four days of the championships and today has been gripping as we have watched -120 kg men in A and B groups, and 120+ men battle it out for a place on the podium.

But the day started in a spectacular display of strength with the 84 kg and 84 kg+ women who brought a fantastic end to the women's competitions with outstanding performances throughout by women of all ages and weight classes.

This morning, the records were tumbling. We started with the 84 kg squats, and Heidi Hille Arnesen set a new World Masters 2 record with her 167.5 kg squat. Kristen Thorhallsdottir (ISL) won gold with 220 kg, Elinor Svensson (SWE) silver with 192.5 kg and Katja Jorgensen (DEN) bronze with 175 kg. In the 84+ kg class Camille Holland (GBR) won gold on bodyweight with 240 kgs, Daria Efimtseva (RUS) silver, again with 240 kg and Anna-Lena Bellqvist (SWE) again with 240 kg.

In the 84+ kg Bench section, Annaliese Mierger (FRA) set a new European Bench record and a new European Single Bench record with her lift of 150 kg in the second round, leaving her only 1 kg away from the world record in round three. Meanwhile, Daria Efimtseva (RUS) set a new World Junior record with 145 kg. And then, in round 3, sure enough, Amelie Mierger secured a new World Open Bench record of 153 kgs. Silver in 84 kg was won by Katja Joegenssen with 105 kg and bronze was won by Krystyna Waterhouse (SUI) with 102.5 kg. Silver, in the 84+ kg was won by Daria Efimtseva with a lift of 145 kg, and bronze by Emelie Leach (SWE) with 137.5 kg.

Finally, the deadlift section brought us yet another Masters 2 record for Heidi Hille Arnesen with 197.5 kg. And the results of the deadlifts were, in the -84 kg class, Kristen Thorhallsdottir 225 kg, Katja Jorgensen 222 kg and Elinor Svensson 212.5 kg. In the 84+ kg class it was Emilie Leach with 240 kg, Amelie Mierger with 230.5 kg and Anna-Lena Belqvist with 222.5 kg.

After a short break, we moved on to the Mens -120 kg, which was split into A and B groups, and the Mens +120 kg group. And these sessions went through at a fast and furious pace! First round was the -120 kg B Group together with the 120+ men. The results of the 120+ kg were gold, Ajay Sharma (GBR) with 370 kg, silver, Dymtro Vovk (UKR) with 365 kg, bronze, Maksim Prokorov (RUS) 350 kg. In the Group A -120 kg, Daniil Ermolaev (RUS) won gold with 345 kg, Dmytro Pavlenko (UKR) silver with 337.5 kg and bronze, Victor Matsson (SWE) with 330 kg. This was a fascinating squat battle in the A Group with some outstanding lifting.





Bench and -120 kg gold went to Kostiantyn Yezyk (UKR) with 230 kg, silver to Kieron Gray (GBR) with 225 kg, and bronze to Mateusz Grzesik (POL) with 220 kg. In 120+ kg, Dymtro Vovk (UKR) 255 kg, Romuald Masse (FRA) with 252.5 kg, and Steve Ringoot (BEL) 227.5 kg.

And finally, we came to deadlift, the last section of the last competition of the championships. In the 120+ kg class, the results were Jari Saario (FIN) 360 kg, Maksim Prokorov (RUS) 352.5 kg and Janis Ansmits (LAT) 342.5 kg. The -120 kg class was won by Carl Peter Sommereth (NOR) with 352.5 kg, Friedrich Von Hennig (GER) with 350 kg and Mateusz Grzesik (POL) also with 350 kg. And the total weights for the whole competition in the -120 kg class went to Kieran Gray (GBR) with 892.5 kg, Mateus Grzesik (POL) with 880 kg and Daniil Ermolaev (RUS) with 867.5 kg. And in the 120+ kg class the total gold was won by Dmytro Vovk (UKR) with 960 kg, Maksim Prokurov (Rus) with 925 kg and Ajay Sharma (GBR) with 922.5 kg.

This was the end of a fantastic competition, with many records broken. Superbly organised by the Swedish Powerlifting Federation. We look forward to seeing this championship event next year in Poland!