



**EUROPEAN OPEN, SUB JUNIOR, JUNIOR & MASTER CLASSIC & EQUIPPED BENCH PRESS CHAMPIONSHIPS 2023  
MERIGNAC, FRANCE**

**DAY ONE - CLASSIC**



Starting the week with the Men's M4 and a startling reminder that powerlifting is truly a sport for all and a sport that you can not only take up later in life, but go on to compete on the international stage. Jean Noel Dubus age 74 of France has only been competing for 3 years in the -120 kg class while Michall Ellender age 78 has been competing 47 years in the -93 kg class yet they were both here today on the platform. M4 Markku Kempaine of Finland, 10 years competing, won gold in the -66 kg class. Laurent Guy of France, gold in the -74 kg class. Gerhard Baumeister of Germany, gold in the -83 kg class. Antonio Luis Riso of Spain, age 71 and only 6 years competing, gold in the -93 kg class, closely followed by Michael Ellender of Great Britain, age 78 and

47 years competing. Gold in the -105 kg class, Harri Tirronen of Finland and -120 kg gold to Jean Noel Dubus of France, age 74, with only three years of competing behind him. Best M4 team, France and Best Lifter Harri Tirronen. In Masters 3 we again saw some remarkable lifting from athletes new to the sport. Stephen Vineberg, competing only 2 years in the -83 kg class, against Erik Rasmusson of Denmark, a 38 year veteran, and Thomas Ring of Sweden with a staggering 45 years of competing behind him. Stanislave Mentel of Poland won gold in the -93 kg class, setting a new European record with 190.5 kgs, in his last year in M3. And a World record for Erkki Rajala of Finland in the -74 kg class with a lift of 160 kg in his second round. In the -105kg class, Andrew Rigby set a new World record of 208 kg, after opening on 190 kg! And this is after only 6 years of competing. Werner Wieninger of Germany won gold in the -120's with his 165 kg opener and Mark Notschade of Luxembourg gold in the 120+ with 170kg on the bar. Best M3 team Germany, Best Lifter Andrew Rigby.

In the afternoon it was time for the Masters Women to take to the platform, starting with M4. A European record with 65.5kg, for Anita Thim of Germany, in the -63 kg class, age 73 and with 35 years of lifting. Gold medalists were -47 kg Guillemette Baudron of France, -52 kg Françoise Heligon of France, -57 kg Andree Duboux of France, -63 kg Anita Thim of Germany and -84 kg Martine Laurent of France. Best M4 team, France and best lifter Anita Thim. Masters 3 and Patricia Maciejewski of France set a new 83.5 kg World record in the -69 g class, with a European record for Christine Lesellier of France in the -57 kg class with 82.5 kg in her second round. Hats off to Yvonne Dymock of Sweden, taking a bronze in -63 kg after only one year of competing. Demonstrating again a big contrast in time competing with Evelyne Herbin of France, racking up 34 years and Eva Speth of Germany, 36 years. Best M3 team, France and best M3 lifter was Christine Lesellier. Finally, in the evening the M2 ladies came out with some World class lifting from Lincoln T Rose in the -69 kg class. Virginie Phillippe of France secured gold in -52 kg with Geraldine Verlainne winning silver and a new PB of 72.5 kg. Marie Cabos of France, gold in the -69 kg class, with Zarhin Mazal of Norway securing bronze after only one year of competing. A staggering achievement, well done Zarhin! Sanna Oksanen of Sweden, gold in -63 kg, Lincoln Rose of Great Britain, gold in -69 kg, Tiina Voho of Finland, gold in -76 kg. Another Tiina from Finland, this time Tiina Mattsson, won gold in the -84 kg class and finally Joanne Laird of Great Britain, gold in the 84+ class.

**DAY TWO - CLASSIC**

Day two began with Men's Masters 2. Christian Klein of Germany achieved a new European record of 122.5 kg in the -59 kg class. And for Mickael Lager of France, a new European record with 170 kg in the -74 kg class. -83 kg gold went to Ove Henning Lorentzen of Norway and -93 kg gold to aptly named Herve France of France. The -105 kg champion was Darius Eriksonas of Lithuania. In the -120 kg class, sadly Sean Gaffey of Great Britain bowed out leaving team mate Darren Ball to jump into third position and take bronze with a lift of 177.5 kg, a massive 17.5 kgs heavier than his second attempt. -120 champion was Janos Cserna of Hungary and 120+ champion Jean Jacques Savoie of France. Best M2 lifter Mickael Lager of France, Best Team, France.



In the afternoon the Masters One women took over the action. The only -47 kg lifter, Mariann Bouvard of France lifted a staggering 70 kgs giving her a well-earned gold medal. -52 kg gold was won by Jadwiga Radwanska of Poland and -57 kg gold, Helen Hughes of Great Britain. Gold in the -63 kg class was won by Niina Koninki of Finland with 97.5 kg. In the -69 kg class, Mari Engberg, achieved a new 112.5 kg personal best and the gold medal. And a new personal best for Stephanie Duboux of France. A special mention for Stephanie Alberti of France, gold medal winner in the -76kg after less than a year of competing, and also Delyth Jones of Great Britain, competing for only one year. -84 kg gold was won by Danielle Arts of the Netherlands and the 84+ kg class won by Rebecca Coggle of Great Britain with a 130 kg personal best. This brought to an end the M1 Women's competition with Best M1 lifter Rebecca Coggle and best team Finland.

On to the M1 Men for the evening session. There were lots of personal bests for Ben Richens , Great Britain; Jan Kluwe, Germany; David Litchfield , Great Britain; Marco Bologna , Germany ; Nathan Oxford , Great Britain; Daniel Kohut ,Great Britain; Simon Scott ,Great Britain and Sven Mueller of Germany. Champions were -59 kg Stefan Mohr of Germany, -66kg Sławomir Sledz of Poland, -74 Jani Haapamaki of Finland , -83 Raino Hellberg of Finland , -93 k Mariusz Marciniak of Poland, -105 Jussi Kuusikko of Finland , -120 Simon Scott of Great Britain and finally, the titanic Polynesian, Tario Teraiharoa of France, who with a bodyweight of more than 185 kgs, won the 120+ gold medal with a new personal best of 232.5 kgs. Best M1 male lifter was Sven Mueller of Germany and best men's team, Finland.

### DAY THREE - CLASSIC



Day three heralded the start of the Junior and Sub Junior competition, beginning with the Sub Junior women. There were impressive and confident performances from these Sub Junior girls. Jenna Tarvainen, Finland and Borska Kohalmi of Hungary, both still only 15 years old, with many exciting years of competing ahead of them. In this first session of the day, there was a big Finland presence with a new European Sub Junior record from Juuli Kostian of Finland lifting 100.5 kg in the -63 class. The champions were, -47kg Jenna Tarvainen of Finland; -52kg Marie Thibaud of France; -57kg Eerika Palasaari of Finland; -63kg Juuli Kostian of Finland; -69kg Maria-Sophie Hinz of Germany; -76kg Milla

Haapamaki of Finland; -84 kg Wiktorja Bochnivak of Poland with a 70 kg personal best and -84kg Natalia Selwiak also of Poland with a 75kg personal best. Best Lifter Juuli Kostian of Finland and Best Team Finland. The Sub Junior men produced an almost unbroken run of personal bests. -53 kg champion is Stanislav Yaramenko of Ukraine with a 105 kg pb; -59 kg champion Urbain Huchet of France made a 107.5 pb; -66kg champion Romain Pipart of France, a 135 kg pb ; -74 kg champion Martin Rehak of Czechia a 142.5 kg pb; -83 kg champion Jakob Grandl of Austria a 172.5 pb; -93kg champion Piotr Fabia of Poland; -105 kg champion Ossi Rambala of Finland with a 152.5 pb; -120 kg champion Daniil Vinnytski with David Zybura of Poland coming second in this his first year of competing with a 142.5 pb. Good work David! And finally, the 120+ kg champion Brandon Lee of Great Britain and second Abel Szekers of Hungary, just 15 years old and very tall, with a 117.5 pb. Great lifting Abel!

After a great finish to the Sub Junior competition we moved swiftly on to the Juniors, starting with the women. Again, there was a clear run of personal bests across all weight categories, making for an exciting afternoon of competition . Gold medals to -47 kg Merel Van der Bosch of Netherlands with a 67.5 kg personal best; -52 kg Ines Herbaux of France with an 82.5 kg personal best; -57 kg Julie Ribere, France with a 92.5 kg personal best; 63 kg Marine Peltret, France with a 95 kg personal best; -69 kg Yasmin Burt, Great Britain with a 97.5 kg personal best, after only one year of competing; -76 kg Bettina Hanlon, Great Britain with a 102.5 personal best, again after only one year of competing; -84 kg Anna Tambert of Germany with a 107.5 kg personal best and finally 84+ to Emily Greaves, Great Britain with a 95 kg personal best. Very well done to Great Britain for your three gold medals in the Junior Women's competition! In the last session of the day, the Junior men, in four flights, lasting throughout the evening, cheered on by a substantial crowd. The champions were, -59 kg Hermann Charbonnier, France; -66 kg Martin Nguyen, GBR; -74 kg Anton Nykanen, Finland with a 180 kg personal best; -83 kg Simen Johnson Myrvold, Norway; -93 kg Jakob Riis Nielsen, Denmark in a close last minute race for the gold. -105 kg Tornike Paatashvili, Georgia in another close run to the finish; -120 kg Kristian Hangan, Norway and finally 120+ kg, Wouter Klaver, Netherlands with a 205 kg personal best.

### DAY FOUR - CLASSIC

Day 4 of this event and the last day of the Classic Powerlifting in Merignac with the Men's and Women's Open, all weights. We saw Emil Lundgren of Sweden, still a junior at 20 years old, competing in the Open -74 kg class, and as a contrast, Oleksandr Chernyshov of Ukraine, a Masters 2 at 57, in the same competition, 66 kg, after 33 years of competing. Today's champions were Frederik Myrvang, 59kg, Norway; Tsoten Bezhashvili, 66kg, Georgia; Ivan Chupryenko, 74kg, Ukraine. During this first flight, Levani Giligashvili of Georgia set a new -74 kg M1 record with 177.5 kgs. The second flight, the -83 and -93 kg classes, the happy smiling Jose Carlos Dominguez of Spain achieved a new personal best with 165 kg, it was a pleasure to watch him compete. But it was Volodymyr Tsurian of Ukraine who became -83kg champion with his 210kg personal best. Special mentions for silver medallist Jonathan Henningsson of Sweden, only 22 and still a junior and Wasu Jaideep of Great Britain, not yet in the medals, but only competing for one year. Champion in the -93 kg category was Josef Eriksson of Sweden.



Later in the day, we returned to the men for the heavier weight classes, but first the women's competition. -47 and -52kg champions were Emelie Aslund of Sweden and Lorraine Balbiani of France with 100 kg. In the 57kg class, champion was Johanna Forstrum, Finland with a 100 kg personal best, second Erika Salamon also with 100 kgs and third Sara Andreassen, Demark, again with 100 kgs, bodyweight alone deciding the ranking between these three. The 63kg champion was Anna Rykun of Ukraine. In the next flight of -69 to 84+kgs, 69kg champion was Stina Lindell of Finland with a 120 kg personal best. Nicola Edkins of Great Britain achieved a new personal best of 85 kg in her first year of competing in the -76 kg class but the -76 kg gold medallist was Michelle Barth of Germany with 120 kg personal best. In the -84kg class, gold medallist was Annika Zelander of Sweden and 84+ Amelie Mierger of France. The classic competition concluded with the -105 to 120+ men, accompanied by a packed room and a buzzing atmosphere, bringing the competition to a tense conclusion. 105 gold medallists were Joni Tajakka of Finland, -120 gold, Kevin D'Heer, France with a 237.5 personal best, and 120+ gold Marek Novak of Czechia with a 262.5 personal best.

#### DAY FIVE - EQUIPPED



Day five of these championships but the start of the Equipped competition, kicking off with the Masters 4 athletes. Always a delight to watch, Michael Ellender of Great Britain, age 78 and 47 years of competing and Goran Malmerg of Sweden, age 80 and 48 years of competing. Seppo Komppa of Finland, age 78 and an amazing 50 years of competing, winning the -93 gold medal, and Mark Huchet of France, 85 yrs old and still competing. For John Terragni of Denmark, a new personal best of 135 kg in the -74 kg class at age 76, securing him the gold medal. – 66kg gold medallist was Marku Kampainen, of Finland, 83 kg gold medallist was Gernard Baumeister, Germany, 105kg gold

medallist Harri Tirronen, of Finland; and finally, 120 kg gold medallist Ivan Vesely, of Czechia and 120+ kg gold medallist Karl May, of Germany. Masters 3 and the 59 kg gold was won by Stefan Kolsovsky of Slovakia; 66kg gold medallist, Hannu Perasalo, Finland. For Anton Mihok of Slovakia a new personal best of 150 kg in the 74 kg class, he's been competing for 45 years and is still only 66 years old. 83kg gold, Tomas Ring of Sweden and 93 kg gold, Stanislaw Mentel of Poland. 105 kg gold medallist Mariusz Hadryslak of Poland, 120 kg, Andrew Rigby of Great Britain with a 222.5 personal best, and we must mention Ringvold Vidar Alexander of Norway, a massive 49 years of competing at age 68. 120+ gold medallist was John Christensen of Norway. Masters 2 and in the first flight 59kg champion Volodymyr Moroz of Ukraine; 66kg champion, Oleksandr Chernyshov of Ukraine, age 57 and already competing 33 years. 74 kg champion Bartosz Zelazko of Poland; 83kg champion, Ove Lorentzen of Norway and a new personal best for Stuart Peskett of Great Britain with 180 kg, earning him the silver medal. It was a tough start in the second flight, leaving 5 lifters with no opener but there was some recovery in the second round. 93 kg gold medallist, Grzegorz Nocek of Poland; 105 gold medallist, Mario Schnurr of Germany; -120kg gold medallist Bjarne Haunen of Norway and 120+ Gert Koovit of Estonia.

The afternoon session brought in the Masters women in a mixed first flight. Masters 4 52 kg gold medallist Judith McCauley of Great Britain, aged 75 and 7 years competing, Judith then going on to win Best Lifter. M3 52 kg champion was Vaclava Zodererova of Czechia; M3 57 kg champion, Audhilde Mathiesen of Norway with a European M3 record of 84.5 kg. M3 69kg gold medallist was Patricia Maciejewski of France and M3 84kg gold medallist was Ann Jorbebo of Sweden. In the Masters 2 classes, 52 kg gold medallist was Geraldine Verlaine of France, 57 kg Erika Salamen of Hungary, 63 kg champion Sanno Okanen of Finland, 69 kg champion, Maureen Gordon of Great Britain, 76 kg champion, Katarzyna Kowalik of Poland with a 82.5 kg personal best, -84 champion, Pernilla Rohr of Sweden and M2 84+ champion, Joanne Whiteley of Great Britain. What a great battle at the end of this session between the two Brits, Jo Whiteley and Joanne Laird! In the final session of the day the M1 women took the platform, with so many of these ladies making new personal bests today. -57 kg gold medallist Lene Alexandre Oren of Norway with a PB of 92.5kg, -63 kg gold, Melisa Meunier of France with a pb of 85 kg, -69 Krisztina Loja of Hungary. 76 kg, Sandra Jakobsson of Sweden with a pb of 142.5kg. In the -84's, Charlie Marillier of Great Britain was gold medallist with silver going to Stephanie Bastien of France who jumped a massive 35 kg in weight between the first and second rounds. Finally 84+ and Siobhan Taylor of Great Britain European champion with a 142.5 personal best.

#### DAY SIX – EQUIPPED

Day 6 of these championships and the second day of Equipped was a mixed day of Jnrs, Sub Jnrs and the M 1 men competing in the evening. Starting the day with Sub Jnr men, the champions were 59 kg Daniel Sajben of Hungary with a 105 pb; 66 kg, Oleksandr Ponomarenko, Ukraine with a 147.5 pb; 74 kg Martin Rehak of Czechia with a 175 pb; 83 kg Jan Pilar, Czechia, 145 kg on his first attempt; 93 kg Gabriel Blazicek, Slovakia with 190 kg pb and 120+ Samuel Marcin, Slovakia. Best Sub Jnr was Martin Rehak and Best Sub Jnr Team, Ukraine.



Following with the Jnr Men, 59kg champion Dominik Wegener of Germany with a 120 kg pb; 66 kg gold, Radoslaw Debicki of Poland with 155 kg pb; 74 kg gold to Arvid Sandstrom of Sweden; 83 kg gold to Maciej Zastawny of Poland with a 220 pb; 93 kg gold to Vette Skundberg of Norway with a 237.5 pb. 105 kg champion was David Warnquist of Sweden with 262.5 pb and -120 champion Mark Dolzenko of Ukraine just ahead of Dawid Pietrykowski of Poland who took a massive 75 kg jump from his first to his second round, finishing with silver on a 220 kg pb. Finally, 120+ Dmytro Vovchok of Ukraine, with a 220 kg pb. Best Jnr Mark Dolzenko and Best Team Poland. The afternoon belonged to the Sub Jnr and Jnr women. Sub Jnr champions were 47 kg Zuzanna Znojek of Poland with a single lift. Karolina Milatova of Slovakia won 52 kg gold with a 72.5 kg pb; 57 kg Eerika Palosaari of Finland, 97.5 pb; 63 kg Sandra Dziezok of Poland with a 77.5 pb; 69 kg Jana Rojkova of Czechia with 110 kg pb; 76 kg Gracie Besant of Great Britain with a 77.5 pb; -84kg Justyna Pietrykowska of Poland and 84+ Natalia Selwiak of Poland. Best Lifter Jana Rojkova and Best Team Poland. Then the Jnr women, -43 kg Oksana Sukhodieiva of Ukraine lifted a massive 82.5 kg, all but twice her bodyweight, to win the gold. 52 kg champion Mariia Polianska of Ukraine; 57 kg champion Sofie Finkova of Czechia with a 110kg pb; 63kg champion Linnea Forslund of Sweden; 69 kg champion Hilma Westerberg of Sweden and finally, 76 kg champion, Natalia Wojtowicz of Poland with a 100 kg pb. Best Lifter was Linnea Forslund and Best Team Ukraine.

## DAY SEVEN – EQUIPPED



In this, the last day of the European Bench Powerlifting Championships 2023, the day began with the Open Women and lots of pb's in this first session. Champion in the -47 category was Oksaza Motrunchuk of Ukraine with a 102.5 pb at more than twice her bodyweight. 52 kg champion was Marcela Sandvik of Finland with a 105 kg pb; 57kg champion, the legendary Zuzanna Kula with a 152.5 pb. 63kg champion, tax inspector Lea-Sophie Gersberg of Germany with a 130 kg pb. In the second flight, 29 year old nurse Ingvild Hansen of Norway won gold in 69 kg category and in the 76 kg category, 31 year old nurse Annemia Pretzmann of Denmark won the gold. In the third and final

flight of the women's open, another nurse takes gold. This time it was for 37 year old Ankie Timmers of the Netherlands. Hats off to the nurses! 84+ champion was 40 year old teacher Hildeberg Hugdal with a World Open 84+ record of 235 kgs! Best Lifter Hildeberg Hugdal, Best Team Ukraine.

In the final session of these championships, and not without a fair amount of excitement, a packed hall and an exuberant atmosphere! The first gold medallist, 33 year old Daniel McGauley, became 59 kg Special Olympics Champion with three perfectly executed lifts. Congratulations to Daniel! The next gold medallist was Eskil Myrvang of Norway, in the 59 kg category, lifting a massive 185 kgs, well over 3 times his bodyweight! 66 kg gold medallist was Mariusz Grotkowsky of Poland with 205 kgs, and silver medallist was 24 year old Kinishchuk Rostyslav of Ukraine with a 202.5 kg pb. 74 kg Ivan Chuprinko of Ukraine, 21 years of competing, lifted 260 kgs on his first attempt and that was enough to secure the championship with Jani Haapamaki of Finland winning silver with a 210 pb. 83 kg champion was Andrii Balenkov of Ukraine with 270 kgs, 40 year old teacher, Mads Friche of Denmark, taking the silver with 262.5 kgs. In the second flight, 93 kg Rafal Zalewski of Poland won gold with a 300 kg pb and 105 kg champion was 33 year old coach Allan Grenier of France, with a lift of 302.5 kgs.

Finally, what we were all waiting for, the last session of the day and the 120 and 120+ categories. 34 year old teacher Per Marius Hole of Norway failed his World record attempt but still went away with the gold medal in the 120 kg category for his 347.5 kg second round lift. Relative newcomer Gabriel Ndoja of Luxembourg, 28 years old and also a teacher came second with a respectable 235 kgs but a fair way to go to catch up with Per Marius! 120+ European champion was Kenneth Sandvik, the mailman from Finland, with a 325 pb, Rasmus Mirblom coming second with the same weight on the bar but weighing in at a lighter bodyweight. What a great end to a great day and this brought to a close these championships. Thank you to our sponsors Rogue, SBD, Maniak Fitness and Hansu Power, without whom none of this could happen! See you next year!