



Greater London Bench Press Championships

This was the first competition in the new federation, and the first to be hosted by Bethnal Green in recent years. The club was very well equipped and proved to be a great venue for divisional competitions.



There were a total 18 lifters lifting unequipped, including 3 guest lifters, and with this competition being the last opportunity to qualify for the British Unequipped Bench Press in May, there were a total of 12 Greater London lifters achieving the qualification mark:

U23 - Tom Ellingham (100kg)

Open - Aaron Gideon (60kg), Yaman Mustafa (82.5kg), Ed Hawthorne (90kg), Ola Oyefeso (100kg), Dominic Patmore (100kg), Paul Doherty (125kg) and Ben Banks (125kg)

M1 - Roxanne Salmon (90kg+), Alan Joseph (82.5kg)

M2 - Roy Banks (75kg)

M3 - Ken Crickmore (110kg)

In addition there were five Greater London Records, two of which were also British Records:

Tom Ellingham (U23) 115kg at 100kg

Aaron Gideon (Open) 120kg at 60kg - British Record

Ben Banks (Open) 205.5kg at 125kg - British Record

Roxanne Salmon (M1) 82.5kg at 90kg+

Roy Banks (M2) 87.5kg at 75kg

Special thanks go to Bethnal Green for hosting the competition, including spotters Martin Bass and Pat Atteridge, Competition Organiser Gary Bellinger and Referees Tony Stevens, Rebecca Yeoh and Gary Bellinger.

