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## **19<sup>th</sup> IPF WORLD BENCH PRESS CHAMPIONSHIPS**

**To be held in Prague, Czechia, June 25<sup>th</sup> to June 28<sup>th</sup>, 2008**



**Daisuke Midote of Japan - man with the most - 353.5kg**

In less than two weeks there will be nearly 300 powerlifters in the Czech city of Prague for the 19<sup>th</sup> IPF Women's/Men's World Open Bench Press Championships, organised by the Czech Powerlifting Federation and the International Powerlifting Federation.

The Czech Federation are experienced in running Powerlifting Championships over the years, the most successful was the recent 2008 European Women's/Men's Powerlifting Championships held in Frydek-Mistek at the beginning of May under the directorship of the Meet Director, Vladimir Mati.

With the organisation now in place for the lifters, we can expect the best from almost 300 women and men from 35 countries ready to contest the most popular of the three lifts in the IPF, the Two Hands Bench Press at the venue, which is the Congress Hall in the Hotel Olympik Tristar in the centre of Prague.

There are 19 bodyweight classes:-

**WOMEN'S CHAMPIONSHIPS - 9 bodyweight classes - 48kg up to 90+kg**

**MEN'S CHAMPIONSHIPS - 10 bodyweight classes - from 56kg to +125kg**

The World Open Bench Press Championships is the highlight of the year for the big benchpressers in the 100 plus IPF countries. The lift is favoured by the biggest of the big men. When these giants appear on stage on the last day of the Championships there are certain to be many bench presses over 300kilos.

Going all out to win the +125kg World title will be the mighty Midote from downtown Tokyo, Japan and he will be using his immense bulk of 139kilos trying to beat his own world record of 353.5kg.

He will not have it all his own way with strong opposition from Johnny Wahlqvist and Fredrik Svensson of Sweden and with Finland's Ove Lehto and new rising star Fredrik Smulter close behind, this will truly be a titanic class.

Other outstanding lifters to look for in the Men's category will be more world record holders intent on winning the World title are Anton Kraft from Denmark, Michael Hara from the USA , Daiki Kodama from Japan.

In the Women's classes, lifters to watch out for include the 53 year old Hana Takacova from Czechia, the current world champion, taking on the 21year old Devan Doan of America. The lightest champion, Yukako Fukushima from Japan, will be looking to improve on her own world record of 129kg.

Ielja Strik, the 90kg world champion from the Netherlands, looks set to beat her world record of 182.5kg and in the 90+ kg bodyweight class, the very strong Hildeborg Hugdal from Norway is sure to top 190kg.

This will be a great opportunity to see a thrilling three days of powerful benchpressing in this competition where there will be many exciting battles for the World titles from the top powerlifters in the IPF.

Many of the lifters seen in the World Bench Press in Prague will be competing next November in Canada in the next IPF World Open Powerlifting Championships where the lifters contest World titles on all three disciplines, the Squat, Bench Press and the Dead Lift.

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