

## 10<sup>th</sup> World Masters Benchpress Championship, Orlando, USA

Powerlifting is the sport which will not leave you throughout your whole life. A Russian poet once said: "*All ages are obedient to Love*", so it is possible to make comparison to powerlifting: "*All ages are obedient to Powerlifting*". The World Master Bench press championship in the USA has become the next acknowledgement to this fact.

Not even the quantity of participants amazes imagination, but their age range. Among the women there were 24 representatives have taken part at the age of 50 till 70 years; 40 men at the age from 60 till 82 years, 44 lifters in age range from 50 till 60 years. It is no wonder that the considerable quantity of participants are from Japan, Germany and the USA, where life expectancy and respect for sports is the highest in the world.

The way in which these people work on a platform, causes an admiration. Completely collecting all the power, they are going to the bar with such a respect and desire, like they are doing this the last time in their life. Their sense of ecstasy after the victory over the weight simply makes everyone to believe in eternal youth!



The United States dominated the IPF 10<sup>th</sup> Master World Bench which was held in Orlando, Florida. The US team has won all 5 age division with the closest nation 15 points behind! There were 134 men and 46 women competing on the big stage, all doing their best for all the hours of hard work they put in.

In the Women's M40-50 division April Shumaker (48kg) shined out with her impressive 100kg press, the lift also secured her the Champion of Champions Trophy for Women Master 1. Tomoko Sakamaki (56kg) from Japan got 2<sup>nd</sup> place in the Best lifters award with 110kg and Germany's Regina Haas (75kg) placed 3<sup>rd</sup> with a bench press of 132,5kg.

In the team points Germany came 2<sup>nd</sup> with 29 points. France, Philippines and Japan came 3<sup>rd</sup> with 24 points. Finland got 6<sup>th</sup> place, with South Africa, Canada, Hong Kong and Great Britain all in the 7<sup>th</sup> position.

German athlete Eva Speth (90kg+) pressed 137,5kg and became the Champion of Champions for M50-60. Chiyomi Sawa (67,5kg) from Japan got the 2<sup>nd</sup> place with a press of 110kg and United States own Jill Arnow (90kg) got the 3<sup>rd</sup> place with a press of 130kg.

In the team points Germany came 2<sup>nd</sup> with 50 points followed by France in 3<sup>rd</sup> with 34 points. Japan and Russia both secured the 4<sup>th</sup> place with 12 points with Finland right behind them with 9 points in the 6<sup>th</sup> position.

In the men's division there was much excitement, with stars from America like Dennis Cieri, Danny Thurman, Horace Lane, Mike Hara and Dan Gaudreau that all won Gold medals!

In the M40-50 Dennis Cieri (90kg) secured his win with 255kg, he missed an attempt at the IPF Open World Record with 295,5kg.

Eito Eigo (100kg) from Japan got the top honours as being crowned Champion of Champions! He pressed 280kg to secure his win.

Danny Thurman (82,5kg) also took home the gold with an impressive 250 kg, he missed his final attempt at the USAPL American Record of 272,5kg. He also got 2<sup>nd</sup> at the Best lifter award for M40-50.

Horace Lane (125kg) got the bronze in the Best lifter award and a Gold medal by pressing 280kg.

In a surprise, Anton Kraft (67,5kg) from Denmark, the IPF World Record holder at 56kg (202,5kg) missed weight at 60kg, competed at 67,5kg, still finishing second by pressing 170kg. Kraft missed his attempt at 185kg, he also competed raw.

In the team points Japan came 2<sup>nd</sup> with 41 points, with both Finland and France securing 3<sup>rd</sup> place with 38 points. Germany got the 5<sup>th</sup> place with 376 points with the Hungarians right behind them with 15 points in 6<sup>th</sup> place. Great Britain got 7<sup>th</sup> place, Poland 8<sup>th</sup> place with Slovakia, Canada 10<sup>th</sup>, Denmark 11<sup>th</sup>, Estonia and Philippines both got 12<sup>th</sup> places with Sweden at 14<sup>th</sup> place. The lifters from Norway and United Arab Emirates have bombed out and have no team points.

In the age category M50-60 Mike Hara (75kg) pressed 192,5kg and win the gold. He missed his last attempt of 250kg.

Daniel Gaudreau (125kg+) upped his own M2 IPF World Record by 500 grams by pressing 295.5kg. He missed his final attempt with 320kg. Gaudreau also took the Champion of Champions award for M50-60 bench.

Gary Pamplin (110kg) from USA bench pressed 255kg to finish runner-up to Gaudreau, and Finland's Kari Vilppola came 3<sup>rd</sup> with a press of 240kg.

In the team points Japan got 2<sup>nd</sup> place with 48 points, Germany 3<sup>rd</sup> with 39, Finland 4<sup>th</sup> with 37. Great Britain got the 5<sup>th</sup> spot with 21 points, Poland behind them with 15 points, Sweden got 7<sup>th</sup> place with 15 points. Kazakhstan got 12 points the secure 8<sup>th</sup> place and Canada got 9<sup>th</sup> place with 12 points as well. France came 10<sup>th</sup> with 8 points, with Norway and Bulgaria securing 11<sup>th</sup> place with 7 points. Costa Rica and Australia both got the 13<sup>th</sup> spot with 5 points each.

In the Master III division there was 3 World Records set, all 3 from Japan, and those 3 men were also the best lifters!

First one came from Japan's 67 year old Toru Magome (67,5kg), he bench pressed 170,5kg. The lift also secured his win as Champion of Champions!

In the 2<sup>nd</sup> place, also with a Gold medal Yuji Kato (75kg) pressed 181,5kg on his last attempt. Just behind him and also Gold medal winner is Toshio Kitano (82,5kg) who successfully attempted 195kg on his last lift.

In the team points Japan got a 2<sup>nd</sup> place again with 48 points, Germany trailing them with 41 points in hand, with France in the 4<sup>th</sup> position with 26 points. Great Britain got 5<sup>th</sup> place with 14 points; just behind them with 12 points in the 6<sup>th</sup> place is South Africa. Denmark and Finland both got 7<sup>th</sup> place with 9 points. Belgium and Norway got also secured the 9<sup>th</sup> spot with 8 points, while Greece and Australia got the 11<sup>th</sup> place with 7 points. Sweden got 13<sup>th</sup> with 6 points and Czech Republic got the 14<sup>th</sup> spot with 5 points. Estonia did not get any team points as the lifter bombed out.

There were 5 lifters in the Master IV age division; they were lead by Japan's 73 year old Hiraku Fushimi (56kg) with a World Record performance of 122,5kg! The oldest competitor of the competition was also from Japan, the 82 years old Yasumitsu Takei (67,5kg), he got a bench press of 90kg. It just show you that you can never be to old to go and lift competitively, that the Master IV lifters can even give the young lifters of today a run for their money. That is truly amazing!

Overall this was a great competition, with only 12 bomb outs. The next big competition which is also held in the USA will be the IPF Open World Bench Press Championship held with the Junior/Sub-Junior World Bench Press Championship in Killeen, Texas. Historically this will be the biggest Bench Press competition that will be showcased on the grandest stage of them all, the "IPF World Bench Press Champs".

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