

COACHES REPORT 2013 4 NATIONS

The team met at Glasgow Airport and there were a lot of nervous lifters, who can blame them, they were about to lift in the biggest comp in their powerlifting careers. Once we landed in Belfast the nerves gradually eased when we boarded the bus for the hotel with Apple playing Eye Spy, brilliant piece of work Apple, took everyone's mind of the task ahead and great team bonding. I'm starting to ease down now and onto the lifting.

Every member of the team done brilliant and I can't remember for the life of me what each individual lifted but I will pick out the ones I do.

The unequipped ladies team was Lee Hellstrom, Jo Kane and Eye-Spy Apple Doepner all three ladies lifted great and really set the tone for the rest of the team to follow. Lifts that stood out for me were Lee's last deadlift, Jo's super 160 deadlift (Jo was 2nd best unequipped female) and Apple's benches which I made a mistake and apologised to her after (no more mistakes I told myself). The unequipped men's team was William Murray, Aidan Donnelly and big Darren Leggatt the continued the great start we had and also lifted superbly. Some of the lifts that stood out for me were William's bench 132.5 and last deadlift, Aidan's last deadlift pb 222.5, very tidy lifter this guy and Darren's squats and a pb 165 bench and this was after a 2 wk lay off due to an injury. Great effort by all.

Onto the equipped and this team lifted out their skins, they just wanted to do better than the unequipped and boy did they do it. Ladies team of Louise Murray, Lisa Davidson and Michelle Brand lifted great. Lifts that stood out were Louise's bench 90 kg and her last deadlift, Lisa's squat and bench, this lady was actually injured. She benched 80 kg easy but using her head decided to call it quits on the bench so she could deadlift, nice shout Lisa, thinking of the team before herself. Michelle who put me through hell 2 wks prior to the comp lifted 140 kg squat 77.5 kg bench and pb 142.5 kg deadlift, so nearly pulled 150 kg. She was in the zone the minute she started lifting. A great effort by all three. Louise finished runner up best lifter equipped in the ladies. I'm saying to myself that's a hard task for the male lifters to follow and didn't they do well. Daniel Marmander, Bernie McGurk and Rob Love. Daniel's last attempt on deadlift was 180 kg more than 3 times b/weight just failed, Bernie's squats were superb and a big 260 deadlift this guy is ready for European and World Masters lifting. What can I say about Rab, I'm gonna be biased cos I'm allowed, best lifter for Scotland by a distance. Biggest squat 330 kg of the comp a pb, pb bench 195 kg and pb total, truly world class lifting.

The equipped team won best equipped team, I'm chuffed to bits for them then they announce **SCOTLAND WON THE OVERALL TITLE**....well I just lost it as witnessed. A BIG THANX TEAM AND never to forget the background team of Kenny Picken, Tom McEachan, Lara and the wives who travelled not just to support their men but the whole team was supported, the ref's Campbell Higgins and Steve McQuade and Team Manager Pat Higgins. THE REASON WE WON WAS WE WERE AND ACTED LIKE A TEAM...can't thank you enough for a most enjoyable weekend this for me was like winning a world title and you don't get any better than that. All lifters keep training and lifting like that you never know WORLD TITLE...EVERY LIFTER HAS THE CAPABILITY...HOW HUNGRY ARE YOU, YOU GOTTA WANT IT.

CHEERS GUYS AND GALS A REALLY GREAT TEAM EFFORT.