



## Press Release from Bournemouth University

16 November 2009

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### **BU hosts British University and College Powerlifting Championships**

Powerlifters from 40 universities and colleges across Great Britain will be coming to Bournemouth later this month for the British University and College Powerlifting Championships.

The Championships take place at Oakmead College on 21-22 November, and Bournemouth University's (BU) sportBU department is pleased to be co-hosting the event.

With Oxford and Cambridge heading the line up over 100 powerlifters from all over Great Britain will be taking part including many local competitors with a chance of winning a Championship Award.

This large group of young sportsmen and women will compete for the Great Britain Powerlifting Federation which is affiliated to the I.P.F. the largest powerlifting federation of its kind in the world.

Powerlifting tests the performance in the popular gym lifts or variations developed from the Squat, Bench Press and Deadlift.

All competitors agree to dope testing in and out of competition in line with the World Anti Doping Agency and compete in this mainstream form of powerlifting traditional from the sports first appearance on the World scene in the early 1970s.

Alistair Cannings lifting in the 67.5kg (under 11 stone) bodyweight class representing Bournemouth University has the pedigree to win in style and could break the British age 18 records. Alistair returns to Oakmead, his former school, as the current British Sub Junior Champion.

Louise Watton , well known Wimborne athlete and a Weymouth schoolteacher, is the favourite in her 60kg(under 9 stone) bodyweight class. Louise leads a strong Exeter University Team .

Guests lifting include several members of the British World Championship team.

Entry is by Help the Heroes Raffle ticket and full trade support from the top British strength, power and fitness companies Pullumsports and York will be present.

Lifting starts each day at 10am with the lighter mens classes and a full ladies roster lining up on Saturday. Men from the 90kg class up to the giants in the 125+ class compete on Sunday.

All enthusiasts will be welcome at Oakmead near Bear Cross over the weekend of the event.

**Notes to Editors:**

1. sportBU is the university's new brand for sport and recreation activity. Further information about sportBU is available at <http://www.bournemouth.ac.uk/sportBU/index.html>
2. BU is the UK's Number One New University (first place among all institutions that became universities since 1992) according to The Guardian University Guide 2009 & 2010. ([www.guardian.co.uk/education](http://www.guardian.co.uk/education))
3. In the 2008 [Research Assessment Exercise](#) (RAE) BU is the fourth most improved university in the UK for the quality of its research (according to *Times Higher Education*).

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