

Simpson secures second title

Merimbula builder Alan Simpson can add a new world crown to his showcase after securing his second title at the Drug Free Powerlifting National Single Lift Championships.

Held at the Merimbula RSL Club on Saturday, June 13, Simpson led the charge for the locals and proved the crowd pleaser after shattering the long-standing M5 division squat benchmark.

Simpson secured his second world title with a lift of 135.5kg.

His overall career tally is impressive with seven national and state titles already in his coffer.

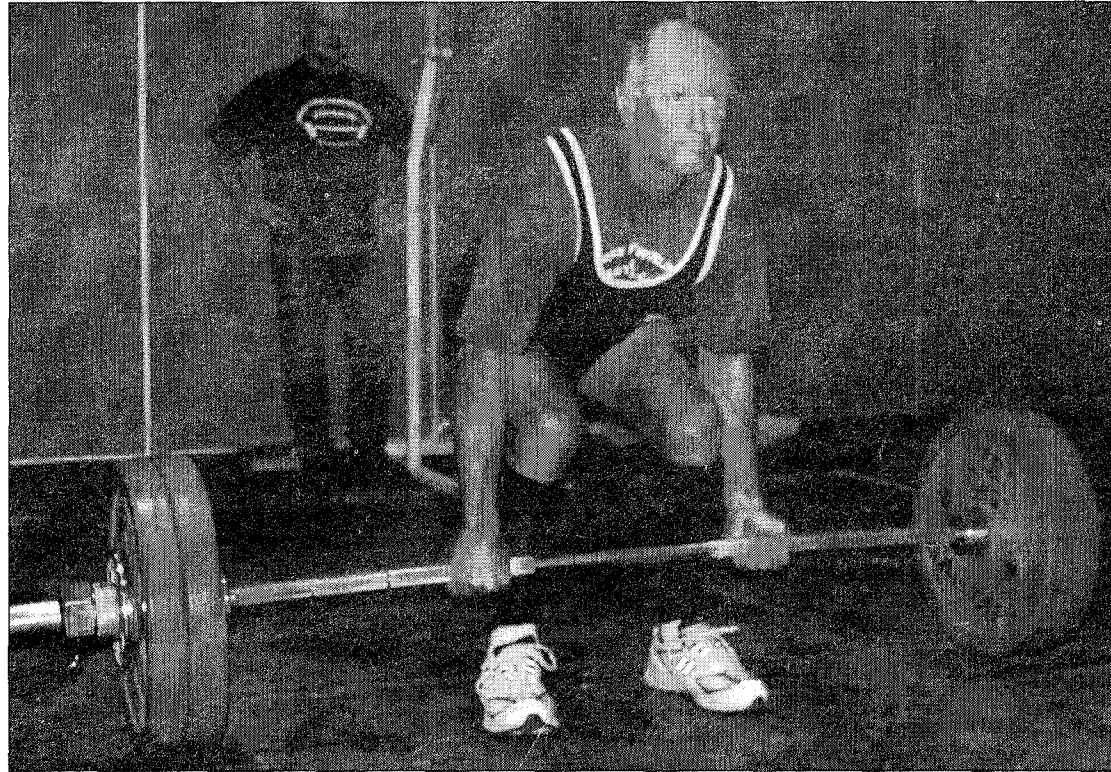
Not to be outdone, fellow Merimbula builder Austin Morrison also set another world record with a squat of 176kg in his respective group.

Another local to impress was Ashley Malone who set three state records in the teenager division.

He completed a 100kg squat, 65kg bench-press and 150kg dead-lift.

Merimbula doctor Mark Sands established three new national and state records, including completing a personal best bench-press of 90kg.

Rounding out the local contingent was Mitch Collins, who set three state records with a 165kg squat, 135kg bench-press



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and a 230kg dead-lift.

South Australian competitor Rose Gow was the pick of the ladies securing two world records; 100kg squat and 140kg dead-lift. She also set three national titles.

Maryborough lifter Grace Sutton set two national records with a 40kg bench-press and a 100kg dead-lift.

Considered the godfa-

ther of the sport, Bendigo's John Clow smashed the world squat record in his weight division with a lift of 160kg. Canberra's Craig Schmidt set a state bench-press record with a lift of 130kg, while Bendigo's Bob Parker set a new national bench-press record with a lift of 152.5kg.

A good crowd attend

the championships, which attracted 12 lifters from four states.

Not only do they compete against each other on the day, but also against previous set records by lifters from around the world.

Local power lifting facilitator Austin Morrison said the local lads did well.

"We did expect to go

pretty well and our results were terrific," he said.

"All the local boys lifted well and just when you think Simmo is over the hill he comes up with another world record.

"We would like to thank all the volunteers who helped on the day and the Merimbula RSL for allowing the championships to be held at the club."

Top defence from Top Guns



HOCKEY

Merimbula Hockey

Top Guns played a much improved Eagles side last weekend.

After a weeks break, Top Guns came out slow and lethargic, allowing Eagles to score first.

With a bit more determination, Top Guns levelled the score with a fine goal from Kim Szery.

In the second half two more goals were scored by Stephanie Purcell and Laura Swingler, but Eagles persisted and also scored a second goal.

The Top Guns defence held the opposition out for the remainder of the game, with the final score being 3-2 to Top Guns.

Great determined play by Dalton Browne and Kim Szery.

The Hotshots had a tough game against Candelo on the weekend, and after a pretty shaky start which saw them concede eight goals in the first half, the team lifted to play a much better game in the second half.

With improved marking and positional play, they created the opportunity to score through Steven Thresher, and held the opposition in defence to allow only two goals

against in the second half of the game which was fantastic.

It was a wonderful glimpse of what the team is capable of.

Great games from floaters Hannah Ubriehen and Alannah, fantastic on field play from Tiarne Pointon and Steven Delacort, and great positional play from Jasmine Harris, particularly in the second half.

The Flicks also had a tough game up against Eagles, a team that is dominating the women's competition this year.

Penny Umback did an awesome job in goals covering Vanessa's absence, and was certainly made to work hard with the Eagles pressing their attack fairly constantly throughout the game.

The Flicks also had their attacking opportunities, culminating in a goal following a fantastic lead up from Loren Smith, who crossed it into the circle where Helen Haywood was ready to finish the task and pop the ball into the net.

Final score was 7-1 to Eagles.

Next week, Top Guns play Caltex B and Hot Shots play Eagles at midday, while the Flicks play Caltex A at 1.30pm.

Best of luck teams!