



Greater London Development Squad

Organised under the Great Britain Powerlifting Federation

Date: Saturday, 14th November 2009

Venue: British Barbell, London

British Barbell hosted the second Development Squad for Greater London. Since the Club hosted the first development squad back in April, there have been similar events taking place across the country, overseen by the National Development Officer, Paul Rees.

The day was open to GBPF members in and around the division, and was overseen by former GB Junior Team Manager, John Halfacre, and current GB Team member, Ben Banks. Each of the ten participants received pointers and advice on techniques and training for each lift, while many worked up to moderate weights in each of the three disciplines. A number of those in attendance were preparing for either the British Universities Championships next week or the Greater London Championships in three weeks time.



The Squad was open to all, with a full range of people in attendance, from those building up to their first competition, to those hoping to compete for places on the international teams next year.

There are similar squads organised in other divisions, contact the GBPF National Development Manager, Paul Rees (dpaul.rees@ntlworld.com), for further details. British Barbell will also be hosting another development squad for Greater London in the New Year, following the British Junior Powerlifting Championships; anyone interested in attending the next event for the region should contact the Greater London Development Manager, Ben Banks (developmentmanager@londonpowerlifting.org.uk).