



Strongwoman: Emma competing in the World Drug-Free Powerlifting Federation World single lift championships in Rome

Surprise results in sweltering heat

Strongwoman Emma Whiteman recently flew to Rome to take part in the World Drug-Free Powerlifting Federation World single lift championships. Here, the mother-of-two from Chandos Road, N2, recalls the experience and how she came away with more than she bargained for.

The championships were possibly the worst actual conditions I've ever lifted in! It was 38 degrees outside and there was no air-conditioning in the venue, so even hotter inside! I drank maybe eight litres of water both days.

There was a strong GB contingent and we took the award for the country with the most placed athletes over the course of the championships.

I took part in the bench press more for fun. It's something I've really been working on for the last year, and I pressed 80kg for a new personal best,

which was also enough to give me a totally surprise win.

Next day was the deadlift. I have been focussed for two years on going for the world record, which has stood since 2010. As I move out of my age group in November, this was probably my last chance to go for it. I was so focused that, when my coach asked if I wanted to go for the win, it hadn't really occurred to me that I was also competing for a medal. All I wanted was the record!

But I knew the heat would have an impact and I really

wasn't sure I'd even get my first lift in. Then when I did get that I just kept going and it paid off. I broke the world record by 0.5kg and was 185.5kg in the end. A truly unexpected weekend to win both, especially in those conditions.

Be prepared

Training wise, I have a small gym in my back garden and work with an online powerlifting coach. I lift three times a week. Every session involves bench press but only two have deadlifts, as it takes more of a toll on my body! I'm lucky in that I work in cricket, so I can

generally train around matches or, when we're travelling away, I'll always have access to a good gym.

I love competing in strength sports, especially as a woman over 40. The masters lifting community (lifters over the age of 40) is so welcoming, and within the British Drug-Free Powerlifting Federation, is growing every year. It's so wonderful to see.

I head to the European Championships in September and I'd love to try and extend my world record, if I can.

From The Archer archives...

By Jane Marsh

10 years ago: September 2015

Transport for London announced that the ticket office at East Finchley Tube station would close in January 2016, as part of its modernisation programme. Other Northern line ticket offices were scheduled to close before the end of 2015. Regular station staff were to be redeployed elsewhere and passengers would have to rely on ticket machines, online top-ups and contactless payments in future.

15 years ago: September 2010

The Phoenix Cinema reopened after an extensive restoration project, including the building of a new first-floor café area. The project was completed as the cinema approached its centenary. Ten years on in 2025, it has just undergone further building work to provide a second screen space, plus much-needed new seating in the main auditorium.

25 years ago: July 2000

Popular local pub, the Windsor Castle, in The Walks, N2, won the title 'Best Bloomin' Pub in Barnet' for its impressive array of tubs, window boxes and hanging baskets. The then managers, David and Carole Shephard, had won many prizes in local and London-wide competitions during the eight years they had been running the establishment, ably assisted by regular customer and keen gardener Brian Davies.

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