



Russian championship of girevoy sport is a strongest kettlebell competition around the world. This year Russian championship was held 24-26 May in Saint Petersburg. Lifters can take part of this event only by special invitation from RGSF (Russian Girevoy Sport Federation). This year they in Russia have some new rules for competitions. Now they have less bodyweight categories: only 5 male classes (63,68,73,78,85,+85) and only 2 female classes (63 and +63). But Russian ladies have a new official discipline – two arm long cycle. Weight in procedure should be two hours before competition.

There are many really strong results. The first day was long cycle competition and ladies snatch. BW class 68 kg was most interesting flight for watching. First place – Aleksey Ryabkov (78 reps), 2nd place – Vladimir Kobzar (76 reps) and 3rd place – Anton Ryzhkov (74).

Alexandra Vasileva won 63 kg category with 180 repetitions. Irina Martynova won “over 63 kg.” category with 200 snatches of 24 kg.

Irina Martynova has a strongest result of ladies long cycle – 54 reps (2*24 kg.).

Biathlon. The strongest flights were bw classes 73 kg and over 85 kg. Vladimir Smirnov won 73 kg category with 244,5 point (it is new Russian record). Vladimir Gurov and Ivan Marov had same points – 267 reps in biathlon. V. Gurov’s bodyweight was little less and he won this competition.

First three teams of team competition are Saint Peterburg, Tyumen region and Kaluga region.