

2004 UK Open Powerlifting & Bench Press Championships - Venue: Train Station Gym, Frome, Somerset - Date 19th September

Gender	Weight	Age							SQ	SQ	SQ	SQ	BP	BP	BP	BP	Sub.	DL	DL	DL	DL	Total	
M/W	Class	Class	Age	BW	Comp	Name	Nation	Team	1	2	3	4th	1	2	3	4th	Tot.	1	2	3	Result	Result	Comments
POWERLIFTING																							
Group 1																							
M	75	65+	68	72.9		Barry Evans	GB		135	145			Bombed										
M	82.5	M40+	42	81.1		Charles Spring	GB		110	130			80				210	140	160	180		390	
M	82.4	M45+	45	79		David Webb	GB		160	180	190		120		132.5		322.5	200	210	222.5		545	
M	90	M65+	65	88		Ken Irons	GB		120	130	140	140.5br	82.5br				212.5	170	185.5br	187.5br		410br	
M	100	M50+	50	96.5		David Tickle	GB		170	180	190		155	160			350	200	210	215		565	
M	110	M45+	45	106.2		David Belcher	GB		180	200	210		125	130	135		345	210	220	230		575	
M	110	JUN	20	110		Owain AP Gwyn	GB		235	260	280		150	160	170		450	290	310			760	
M	110	Open	35	106.9		Tim Davies	GB		310	330			220	230			560	290	300	310		870	
M	110	Open	36	105		Shaun Davies	GB		285	300	310		200	212.5	222.5		532.5	290	305			837.5	
M	110	Open	34	107.9		David Squires	GB		280	290	300		200				500	280	290	300		800	
M	140+	M40+	43	163.8		Richard Fricker	GB		280	315			180	205			520	250	280	287.5		807.5	
BENCH PRESS																							
Group 2																							
M	67.5	Open	32	66.1		Stephen Davies	GB						87.5	95	100							100	
M	82.5	M45+	45	79		David Webb	GB						120		132.5							132.5	
M	100	M50+	50	96.5		David Tickle	GB						155	160								160	
M	125	M45+	49	121.7		John Walker	GB						185	195	207.5br	215br						207.5	
M	140+	M40+	43	163.8		Richard Fricker	GB						180	205								205	

Best Overall Bench Press: John Walker

Best Overall Open Powerlifter: Tim Davies
 Best Overall Master Powerlifter: Richard Fricker

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