

British Powerlifting Organisation

2009 BRITISH OPEN BENCH PRESS & DEAD LIFT RECORD BREAKERS CHAMPIONSHIPS 6TH DECEMBER

FOUR SEASONS. LLANSAMLET, SWANSEA, WALES

NR	ST.	CAT.	BDW.	NAME	NATION	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	PL.	4. SQ	4. BP	4.DL	Coef.
							1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.							
BENCH PRESS 1ST FLIGHT																								
		-60	58.00	Deborah Hickman	Kidderminster	M45+	25.0			25.0	55.0	60.0	62.5	87.5	120.0	130.0	140.0	227.5	260.42	1.		65.0		1.1447
		-60	59.50	Alison Lawson	Kidderminster	Open					35.0	40.0	-45.0	40.0				40.0	44.88	1.				1.1221
		-67.5	67.20	Richard Montana	Bristol	M45+					-100.0	110.0	120.5	120.5				120.5	93.24	1.		125.0		0.7738
		-75	72.60	Robert Truscott	Derby	Open					-165.0	165.0	170.0	170.0				170.0	123.98	1.				0.7293
		-75	74.70	David Webb	Crawley	M50+					120.0	130.0	-137.5	130.0				130.0	92.90	1.				0.7146
		-82.5	81.60	Leslie Kent	Kidderminster	Open	25.0			25.0	180.0	-190.0	190.0	215.0	-240.0	250.0	260.0	475.0	320.34	1.				0.6744
		-82.5	82.10	Andy Knight	Kidderminster	Open					140.0	155.0	160.0	160.0	190.0	-200.0	-200.0	350.0	235.17	2.				0.6719
		-90	89.50	Jakob Kristensen	London	Open					225.0	230.5	-235.0	230.5				230.5	147.57	1.				0.6402
		-90	89.60	Russell Martin	Weston Super Mare	Open					130.0	135.0	-140.0	135.0				135.0	86.37	2.				0.6398
		-90	89.70	Robert Preston	Kidderminster	M40+					185.0	195.0	202.5							1.		-205.0		
		-90	90.00	David Clements	Kidderminster	M65+		25.0		25.0	115.0	-120.0	120.0	120.0	-170.0	-180.0	180.0	300.0	191.52	1.		125.5	200.5	0.6384
		-100	92.40	Kaiya Buechel	Chippenham	T15/19					75.0	82.5	85.0	85.0				85.0	72.68	1.				0.8550
DEAD LIFT 1ST FLIGHT																								
		-60	59.00	Alison Lawson	Kidderminster	Open									100.0	-120.0	-120.0	100.0	112.95	1.				1.1295
		-90	75.00	Michael Phillips	Dundee	M50+									185.0	200.0	208.0	208.0	148.22	1.				0.7126
		-90	89.50	Jakob Kristensen	London	Open									-290.0	302.5	-326.0	302.5	193.66	1.				0.6402
		-90	89.70	Robert Preston	Kidderminster	M40+									190.0	200.0	210.0	210.0	134.30	1.				0.6395
		-90	88.50	Roy Brown	Kidderminster	M60+	25.0		25.0	25.0	85.0	-90.0	95.0	120.0	170.0	182.5	-190.0	302.5	194.81	1.		-97.5		0.6440
		90	92.40	Kaiya Buechel	Chippenham	T15/19									130.0	150.0	-162.5	150.0	128.25	1.				0.8550

Denotes British Record

David Berg Annual Memorial Shield for Best Overall Bench Press: Jakob Kristensen 147.57 points

Eddy Pengelly Annual Memorial Shield for Best Overall Dead Lift: Jakob Kristensen 193.66 points

HEADREFEREE
NAME: Bob Campbell INT

LEFT-REFEREE
NAME: Dean Drury INT

RIGHT-REFEREE
NAME: David Tickle INT