

British Powerlifting Organisation

2010 BRITISH CHAMPIONSHIPS 3rd FLIGHT

UNIVERSITY OF BATH, BATH, ENGLAND - 24TH & 25TH APRIL

M/N	NR	ST.	CAT.	BDW.	NAME	Town/City	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.								
POWERLIFTING																										
m		13	-82.5	81.40	Phil Beniston 46	Nottingham	M45+	230.0	250.5	260.5	260.5	175.0	-185.5	-185.5	435.5	230.0	-240.0	-240.0	665.5	449.48	1.					0.6754
m		14	-82.5	81.90	Andrew Shipman 47	Fleet	M45+	180.0	200.0	220.0	220.0	150.0	155.0	160.0	380.0	180.0			560.0	376.82	2.					0.6729
m		14	-82.5	80.90	Sam Sandhu 69	Aldershot	M65+	115.0	125.0	130.0	130.0	75.0	80.0	85.0	215.0	115.0	125.0	135.0	350.0	237.27	1.					0.6779
m		20	-90	89.10	Adam Jones 18	Aldershot	T15-19	-120.0	140.0	150.0	150.0	80.0	90.0	100.0	250.0	170.0	180.0	190.0	440.0	282.35	1.					0.6417
m		16	-90	88.80	Russell Martin 28	Weston Super Mare	Open	170.0	182.5	195.0	195.0	145.0	152.5	-157.5	347.5	210.0	220.0	230.0	577.5	371.22	2.					0.6428
m		14	-90	89.80	Stephen Knight 35	Kidderminster	Open	180.0	195.0	200.0	200.0	135.0	145.0	150.0	350.0	220.0	240.0	250.0	600.0	383.46	1.					0.6391
BENCH PRESS																										
m		11	-90	88.90	Dean Drury 46	Fleet	M45+	240.0	260.0	300.0	300.0	160.0	170.0	180.0	480.0	245.0	260.0		740.0	475.38	1.					0.6424
m		15	-90	89.90	Geraint Nicholas 46	Newport	M45+	215.0	230.0	240.0	240.0	120.0	127.5	132.5	372.5	240.0	262.5	265.0	637.5	407.24	2.					0.6388
m		15	-90	87.40	David Clements 67	Kidderminster	M65+	160.0	-170.0	-170.0	160.0	115.0	120.0	-126.0	280.0	170.0	185.0	-201.0	465.0	301.46	1.					0.6483
BENCH PRESS																										
m			-82.5	81.40	Phil Beniston 46	Nottingham	M45+					175.0	-185.5	-185.5	175.0				175.0	118.20	1.					0.6754
m			-90	87.10	Thomas Hatton 18	Derby	T15-19					-155.0	-155.0	155.0	155.0				155.0	100.67	1.					0.6495
m			-90	86.80	Robert Preston 41	Kidderminster	M40+					205.0	-210.0	210.0	210.0				210.0	136.65	1.		215.0			0.6507
BENCH PRESS																										
m			-82.5	81.40	Phil Beniston 46	Nottingham	M45+								230.0	-240.0	-240.0		230.0	155.34	1.					0.6754
m			-90	83.50	Michael Phillips 55	Dundee	M55+								212.5	-225.0	-225.0		212.5	141.33	1.					0.6651
m			-90	89.90	Geraint Nicholas 46	Newport	M45+								240.0	262.5	265.0		265.0	169.28	1.			267.5		0.6388

HEAD-REFEREE

NAME: Hamish Davidson NAT

BRITISH RECORD

EUROPEAN RECORD

WORLD RECORD

LEFT-REFEREE

NAME: Bob Campbell INT

RIGHT-REFEREE

NAME: David Carter INT

Mark Eager NAT