

# British Powerlifting Organisation

## 2010 BRITISH CHAMPIONSHIPS 4th FLIGHT

UNIVERSITY Josh Hill

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.									
m					POWERLIFTING																						
m		18	-100	94.60	Andrew Peters 20	Bristol	Jun	180.0	195.0	-205.0	195.0	100.0	115.0	-117.5	310.0	200.0	225.0	232.5	542.5	338.09	1.						0.6232
m		18	-100	95.30	John Boyer 46	Southampton	M45+	220.0	240.0	-250.0	240.0	155.0	162.5	-170.0	402.5	205.0	220.0	-225.0	622.5	386.63	1.						0.6211
m		17	-100	95.60	Roy Brown 62	Kidderminster	M60+	160.0	170.0	-180.0	170.0	95.0	100.0	-105.0	270.0	170.0	185.0	195.0	465.0	288.44	2.						0.6203
m		13	-100	97.00	Ken Williams 60	Swansea	M60+	210.0	225.0	230.0	230.0	120.0	145.0	-155.0	375.0	210.0	225.0	235.0	610.0	375.94	1.						0.6163
m		10	110	105.50	Josh Hill 23	Bath	Jun	-320.0	-320.0	-320.0	-320.0				-320.0				-320.0	-190.91						0.5966	
m		16	-110	108.00	Junior Gelesthorpe 22	Chesterfield	Jun	230.0	245.0	-260.0	245.0	-200.0	207.5	-226.5	452.5	220.0	245.0	250.0	702.5	415.81	1.						0.5919
m		16	-110	109.00	Darren McCarroll 44	Glasgow	M40+	255.0	275.0	-300.0	275.0	-160.0	-165.0	165.0	440.0	250.0	270.0	-275.0	710.0	419.04	1.						0.5902
m		14	-125	113.30	David Belcher 50	Isle of Wight	M50+	210.0	-230.0	240.0	240.0	135.0	-145.0	155.0	395.0	220.0	240.0	-250.0	635.0	370.46	1.						0.5834
m		17	-110	106.40	Harry Whale 54	Kidderminster	M50+	200.0	220.0	230.0	230.0	-201.0	201.0	205.0	435.0	180.0	205.0	220.0	655.0	389.59	1.						0.5948
m		13	-110	107.20	Tony Rook 56	Kidderminster	M55+	-180.0	180.0	200.0	200.0	115.0	130.0	135.0	335.0	210.0	230.0	240.0	575.0	341.15	1.						0.5933
m		16	-125	110.30	Jack Gellately 21	Chesterfield	Jun	-60.0	60.0		60.0	210.0	-220.0	-220.0	270.0	240.0	260.0	-270.0	530.0	311.64	1.						0.5880
m		18	-125	110.10	Mark Eager 40	St Ives	M40+	250.0	270.0		270.0	165.0	172.5	-182.5	442.5	280.0	300.0	-315.0	742.5	436.81	1.						0.5883
m					BENCH PRESS																						
m																											
m			-110	102.80	Joshua Keys 18	Swansea	T15-19					-180.0	-190.0	-205.0													0.6021
m			-110	106.10	Tony Brown 47	Kidderminster	M45+					235.0	-242.5	242.5	242.5					242.5	144.38	1.					0.5954
m			-110	101.70	Nigel Wilding 56	Llanelli	M55+					150.0	160.0	170.0	170.0					170.0	102.78	1.					0.6046
m					DEAD LIFT																						
m			-110	104.00	Jack John 20	Haverfordwest	Jun									282.5	290.0	298.0	298.0	178.68							0.5996

HEAD-REFEREE  
NAME: Dean Drury INT

LEFT-REFEREE  
NAME: Dave Tickle INT

RIGHT-REFEREE  
NAME: David Carter INT

BRITISH RECORD  
EUROPEAN RECORD  
WORLD RECORD