

British Powerlifting Organisation

2010 BRITISH CHAMPIONSHIPS 5th 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		16	-100	95.80	Jakob Kristensen 32	London	Open	300.0	-315.0	-315.0	300.0	222.5	230.0	235.0	535.0	300.0	315.0	-325.5	850.0	526.75	1.					0.6197
m		13	-110	100.50	William Tinkler 39	Swansea	Open	225.0	-245.0	245.0	245.0	130.0	142.5	-150.0	387.5	215.0	232.5	-240.0	620.0	376.59	2.					0.6074
m		14	-110	108.70	Artur Chrzaszcz 27	Crawley	Open	275.0	305.0	325.0	325.0	170.0	185.0	-200.0	510.0	280.0	-305.0	320.5	830.5	490.58	1.					0.5907
m		14	-125	110.50	Paul Stevenson 29	Isle of Wight	Open	320.0	-340.0	340.0	340.0	170.0	180.0	190.0	530.0	270.0	280.0	-290.0	810.0	476.04	4.					0.5877
m		16	-125	114.00	Oliver Williamson 24	Nottingham	Open	285.0	297.5	305.0	305.0	-220.0	220.0	-230.0	525.0	280.0	290.0	-302.5	815.0	474.66	3.					0.5824
m		14	-125	116.60	Mairbeck Aslakhano 30	Swansea	Open	-340.0	340.0	370.0	370.0	-220.0	220.0	240.0	610.0	320.0	-340.0	-340.0	930.0	538.47	1.					0.5790
m		16	-125	112.40	James Connell 33	Stockton on Tees	Open	260.0	-280.0	-280.0	260.0	200.0	210.0	-225.0	470.0	260.0	-300.0	-300.0	730.0	426.83	5.					0.5847
m		18	-125	123.00	Scott Heaton 32	Sheffield	Open	260.0	280.0	-295.0	280.0	190.0	220.0	-230.0	500.0	290.0	320.0	332.5	832.5	476.02	2.					0.5718
m		16	-125	115.20	Hamish Davidson 55	Glasgow	M55+	180.0	190.0		190.0	125.0	125.0	-130.0	315.0	200.0	-215.0		515.0	299.11	1.					0.5808
m		20	-140	130.90	David Evans 38	Port Talbot	Open	260.0	280.0	300.0	300.0	180.0	200.0	-210.0	500.0	265.0	285.0	-300.0	785.0	443.45	1.					0.5649
m		14	-140	134.20	Duncan Tanner 38	Woking	Open	225.0	-250.0		225.0	225.0	237.5	250.0	475.0	200.0	240.0	280.0	755.0	424.69	2.					0.5625
m		14	140+	142.30	Dave Gladwell 33	St Ives	Open	280.0	300.0	310.0	310.0	200.0	210.0	215.0	525.0	260.0	-270.0	275.0	800.0	446.00	1.					0.5575
m		16	140+	161.20	Richard Fricker 49	Radstock	M45+	280.0	-335.0	-335.0	280.0	170.0	175.0	180.0	460.0	240.0	260.0	270.0	730.0	399.75	1.			280.5		0.5476
BENCH PRESS																										
m			-100	98.70	Jeff Adams	Llanelli	Open					160.0	175.0	-180.0	175.0				175.0	107.07	1.					0.6118
m			-110	109.60	Sebastian Wajncetel 34	Harlow	Open					270.0	290.0	-295.0	290.0				290.0	170.87	1.					0.5892
m			-125	113.30	Paul Edmonds 49	Wrexham	M45+					200.0	220.0	-230.0	220.0				220.0	128.35	1.					0.5834
m			-140	134.20	Duncan Tanner 38	Woking	Open					225.0	237.5	250.0	250.0				250.0	140.63	1.					0.5625
m			140+	161.10	Richard Fricker 49	Radstock	M45+					170.0	175.0	180.0	180.0				180.0	98.59	1.					0.5477
DEAD LIFT																										
m			-110	108.70	Artur Chrzaszcz 27	Crawley	Open								280.0	-305.0	320.5	320.5	189.32	1.						0.5907
m			-110	107.70	Gareth Jones30	Deeside	Open								250.0	275.0	-290.0	275.0	162.91	2.						0.5924
m			140+	161.10	Richard Fricker 49	Radstock	M45+								240.0	260.0	270.0	270.0	147.88	1.			280.5			0.5477

HEAD-REFEREE

NAME: Dean Drury INT

BRITISH RECORD

EUROPEAN RECORD

WORLD RECORD

LEFT-REFEREE

NAME: Dave Tickle INT

RIGHT-REFEREE

NAME: David Carter INT