

British Powerlifting Organisation

2010 WELSH & ENGLAND CHAMPIONSHIPS 1st FLIGHT

FOUR SEASONS, LLANSAMLET, SWANSEA, WALES - 14TH MARCH

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																											
n			-52	52.00	Kiley MacKay	Haverfordwest (W)	W-Open	-60.0	70.0	90.0	90.0	30.0	37.5	40.0	130.0	80.0	100.0	120.0	250.0	311.65	1.						1.2466
n			60	60.00	Alison Lawson	Kidderminster (E)	W-Open	-80.0	-80.0	-80.0	-80.0				-80.0				-80.0	-89.19	B						1.1149
m			-82.5	80.00	Joseph Phippard	Weston Super mare	T15-19	130.0	145.0	155.0	155.0	90.0	100.0		255.0	190.0	200.0	215.0	470.0	320.87	1.						0.6827
m			-75	74.00	Dayle Longford	Rhyl (W)	Junior	-210.0	210.0	220.0	220.0	-140.0	140.0	150.0	370.0	240.0	255.0	-265.0	625.0	449.56	1.						0.7193
m			-75	73.90	Sam Whittall	St Ives (E)	Junior	180.0	-190.0	-190.0	180.0	125.0	-130.0	-130.0	305.0	210.0	-215.0		515.0	370.80	1.						0.7200
m			-82.5	75.50	Mike King	Suffolk (E)	M40+	170.0	185.0	-200.0	185.0	120.0	-125.0	125.0	310.0	190.0	200.0	-205.0	510.0	361.74	1.						0.7093
m			-75	74.90	David Webb	Crawley (E)	M50+	140.0	155.0	170.0	170.0	115.0	125.0	130.0	300.0	-180.0	180.0	202.5	502.5	358.38	1.						0.7132
m			-82.5	81.40	Paul Fishlock	Southampton (E)	Open	205.0	215.0	225.0	225.0	120.0	-125.0	125.0	350.0	210.0	225.0	-230.0	575.0	388.36	1.						0.6754
m			-82.5	77.50	Paul Rees	Llanelli (W)	M40+	200.0	220.0	-230.0	220.0	140.0	150.0	152.5	372.5	220.0	240.0	250.0	622.5	433.82	1.						0.6969
BENCH PRESS																											
n			-60	59.70	Allison Seabright	Southampton (E)	WM40+					80.0	85.0	-90.0	85.0				85.0	95.13	1.						1.1192
n			-60	60.00	Alison Lawson	Kidderminster (E)	W-Open					35.0	40.0	-42.5	40.0				40.0	44.60	1.						1.1149
m			-67.5	66.80	Graham Dowers	Banbury (E)	M45+					130.0	135.0	-140.0	135.0				135.0	104.96	1.						0.7775
m			-75	70.70	Robert Truscott	Derby (E)	Open					180.0	-190.0	-190.0	180.0				180.0	133.87	1.						0.7437
m			-75	68.50	Richard Montana	Bristol (E)	M45+					120.0	130.0	140.0	140.0				140.0	106.69	1.			-145.0			0.7621
DEAD LIFT																											
n			-60	60.00	Alison Lawson	Kidderminster (E)	W-Open												100.0	110.0	115.0	115.0	128.21	1.			1.1149
m			-82.5	82.10	Frankie Vaughan	Swansea (W)	Junior												230.0	250.0	-261.0	250.0	167.98	1.			0.6719

HEADREFEREE
 NAME: Dean Drury INT
 BRITISH RECORD

LEFT-REFEREE
 NAME: Bob Campbell Int

RIGHT-REFEREE
 NAME: David Carter Int