

2010 WELSH & ENGLAND CHAMPIONSHIPS 2nd 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		
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.								
m					POWERLIFTING																					
m			-82.5	81.90	Sam Sandhu	Aldershot (E)	M65+	110.0	120.0	127.5	127.5	75.0	-85.0	-85.0	202.5	110.0	120.0	-135.0	322.5	217.01	1.					
m			-90	89.70	Adam Jones	Aldershot (E)	T15-19	130.0	140.0	-150.0	140.0	65.0	82.5	92.5	232.5	140.0	155.0	175.0	407.5	260.60	1.					
m			-90	87.70	Arram Eghoyan	Chingford (E)	Open	200.0	215.0	230.0	230.0	150.0	160.0	165.0	395.0	220.0	230.0	240.0	635.0	410.91	1.					
m			-90	90.00	Russell Martin	WestonSuperMare(E)	Open	140.0			140.0	120.0			260.0	190.0	207.5		467.5	298.45	1.					
m			-90	90.00	Geraint Nicholas (W)	Bridgend (W)	M45+	210.0	225.0		225.0	120.0	127.5	132.5	357.5	235.0	250.0	272.5	630.0	402.19	1.					
m			-100	94.10	John Boyer	Southampton (E)	M45+	205.0	220.0	237.5	237.5	130.0	145.0	155.0	392.5	190.0	-215.0	220.0	612.5	382.63	1.					
m																										
m					BENCH PRESS																					
m			-82.5	79.40	Rafal Marczuk	Flint (W)	Junior					140.0	150.0	-160.0	150.0				150.0	102.90	1.					
m			-82.5	82.30	Lee Hough	Southampton (E)	M40+					130.0	135.0	137.5	137.5				137.5	92.25	1.					
m			-90	87.10	Thomas Hatton	Southampton (E)	T15-19					125.0	-150.0	150.0	150.0				150.0	97.43	1.					
m			-90	87.70	Arram Eghoyan	Chingford (E)	Open					150.0	160.0	165.0	165.0				165.0	106.77	1.					
m			-110	101.70	Colin Payne	Llansamlet	M50+					140.0	150.0	160.0	160.0				160.0	96.74	1.					
m					DEAD LIFT																					
m			-90	87.70	Arram Eghoyan	Chingford (E)	Open									220.0	230.0	240.0	240.0	155.30	1.					
m			-90	90.00	Geraint Nicholas	Bridgend (W)	M45+									235.0	250.0	272.5	272.5	173.96	1.					
m			-110	108.20	Gareth Jones	Deeside (W)	Open									250.0	270.0	-290.0	270.0	159.73	1.					

HEADREFEREE

NAME: Dean Drury INT
BRITISH RECORD

LEFT-REFEREE

NAME: Bob Campbell Int

RIGHT-REFEREE

NAME: David Carter Int