

**BPO BENCH PRESS & DEAD LIFT RECORD BREAKERS CHAMPIONSHIPS**  
**1st DECEMBER 2007 - VENUE: UNIVERSITY OF BATH**

Gender	Weight	Age							SQ	SQ	SQ	SQ	BP	BP	BP	BP	Sub.	DL	DL	DL	DL	Total	Comments			
M/W	Class	Class	Age	BW	Comp	Name	REGION	TOWN	1	2	3	4th	1	2	3	4th	Tot.	1	2	3	4th	Result	Comments			
<b>BENCH PRESS</b>																										
<b>1st Flight</b>																										
W	60	O	26	59	BP	Heather Scullion	Mid	Derby					40	45								40	1st			
M	67.5	M40+	43	62.2	BP	Adam Willis	SE	Southampton						115								115	1st			
M	67.5	O	35	66.7	BP	Stephen Davies	SE	St Leonard					90									90	1st			
M	75	T15/19	16	72.6	BP	Matthew Wild	N	Preston					85									85	1st			
M	82.5	O	36	78.8	BP	Andy Knight	Mid	Kiddy							160							160	1st			
M	90	M40+	41	85	BP	Lee Hough	SE	Southampton							135							135	1st			
M	90	O	27	89	BP	Wayne Derbyshire	SW	Swindon					115									115	1st			
M	100	M40+	44	90.4	BP	John Boyer	SE	Southampton							155							155	1st			
M	100	O	35	92.5	BP	Joseph Roderick	Wales	Bridgend					147.5									147.5	1st			
M	110	M45+	45	104.9	BP	Tony Brown	Mid	Bridgnorth							235br							235	1st			
M	140	O	36	135	BP	Duncan Tanner	SE	Woking							232.5							232.5	1st			
M	140+	M45+	46	145	BP	Richard Fricker	SW	Radstock							130							130	1st			
<b>DEAD LIFT</b>																										
<b>1st Flight</b>																										
W	52	WM45+	47	50.9	DL	Deb Hickman	Mid	Bewdley	25						50.5br					120		195.5	1st			
W	60	WO	26	59	DL	Heather Scullion	Mid	Derby	25				25								135		185	1st		
M	67.5	M40+	43	62.2	DL	Adam Willis	SE	Southampton	25				25								200br		250	1st		
M	67.5	O	35	66.7	DL	Stephen Davies	SE	St Leonard	25				25								145		195	1st		
M	75	T15/19	19	73.1	DL	Kyle Nicholas	Wales	Llanelli	25				25						216br			256	1st			
M	75	T15/19	16	72.6	DL	Matthew Wild	N	Preston	25				25								157.5		207.5	2nd		
W	75	W-Jun	22	74.2	DL	Louise Price	Mid	Kiddy	25				25									141br		191	1st	
M	82.5	Jun	20	79	DL	Arwyn Brain	Wales	Carmarthen	25				25								192.5		242.5	2nd		
M	82.5	Jun	22	79.6	DL	Matt Jenkins	Wales	Llanelli	25				25								260.5br		310.5	1st		
M	90	O	25	83.4	DL	David Smith	Mid	Derby	25				25								240		290	2nd		
M	90	O	27	89	DL	Wayne Derbyshire	SW	Swindon	25				25									240		290	3rd	
M	100	M40+	44	99	DL	Geraint Nicholas	Wales	Bridgend	25				25					260					310	1st		
M	100	M40+	44	90.4	DL	John Boyer	SE	Southampton	25				25								205		285	2nd		
M	100	T15/19	19	96.2	DL	James Ferenandes	Home	Slough	25				25						210				260	1st		
M	110	Jun	23	102.2	DL	Mohammed Ajmal	Home	Slough	25				25								270		320	1st		
M	100	M50+	53	98.3	DL	Nigel Wilding	Wales	Llanelli	25				25						255				305	1st		
M	110	O	30	101	DL	David Foster	Mid	Kiddy	25				25								240		290	2nd		
M	100	O	38	97.6	DL	Craig Guest	Mid	Derby	25				25									250		300	1st	
M	90	O	33	88.9	DL	Stephen Knight	Mid	Kiddy	25				25									255		305	1st	
M	100	O	35	92.5	DL	Joseph Roderick	Wales	Bridgend	25				25									222.5		272.5	2nd	
M	110	O	32	105.9	DL	Delroy McQueen	Home	Reading	25				25									363br		413	1st	
M	125	Jun	21	114.7	DL	Christopher Drew	Mid	Worcester	25				25									260		310	1st	
M	125	O	34	114.1	DL	Mark Griffiths	Mid	Derby	25				25								320		370	1st		
M	125	M40+	44	110.8	DL	Andrew Ward	Mid	Derby	25				25										275		325	1st
M	140	O	36	135	DL	Duncan Tanner	SE	Woking	25				25										270		270	1st

Best Overall Bench Press: Tony Brown 2006  
 Best Overall Dead Lifter: Delroy McQueen 2006

br: denotes British Record

Referees: Bob Campbell Allison Seabright David Carter