

British Powerlifting Organisation

2009 British Championships

University of Bath, Bath 18th & 19th April Day Two Powerlifting 1st Flight

NR	ST.	CAT.	BDW.	NAME	Town/City	CAT.	SQUAT				BENCHPRESS			DEADLIFT			TOT.	Wilks	PL.	
							1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.				3.
POWERLIFTING																				
1st Flight																				
		-110.0	110.00	Mairbek Aslakhonov	Swansea	Open	300.0	-320.0	-330.0	300.0	-200.0	200.0	220.0	520.0	280.0	290.0	305.0	825.0	485.51	1.
		-110	105.90	David Mills	Kidderminster	Open	260.0	-275.0	280.0	280.0	205.0	210.0	220.0	500.0	255.0	265.0	275.0	775.0	461.75	2.
		-125	120.10	James Connell	StocktonOnTees	Open	252.5	272.5	-282.5	272.5	182.5	202.5	-217.5	475.0	272.5	-292.5	292.5	767.5	441.16	1.
		-125	112.00	Mark Eager	St Ives	Open	275.0	-280.0	-282.5	275.0	-165.0	165.0	-175.0	440.0	290.0	305.0	312.5	752.5	440.44	2.
		-125	119.20	Colin Yemm	Stoke	M40+	230.0			230.0	140.0			370.0	-200.0	200.0		570.0	328.21	1.
		-125	116.60	David Belcher	Isle of Wight	M45+	200.0	220.0		220.0	130.0	140.0	-150.0	360.0	230.0	250.0	260.0	620.0	358.98	1.
		-125	118.80	Richard West	Polegate	M50+	220.0	240.0	-250.0	240.0	-170.0	-170.0	170.0	410.0	180.0	200.0	225.0	635.0	365.95	2.
		-125	113.30	Hamish Davidson	Port Glasgow	M50+	180.0	200.0	-210.0	200.0	130.0	-137.5	-137.5	330.0	200.0	-220.0		530.0	309.20	3.
		-125	116.80	Harry Whale	Kidderminster	M50+	-200.0	-200.0	210.0	210.0	195.0	205.0	-210.5	415.0	180.0	200.0	220.0	635.0	367.47	1.
		-140	133.30	Andrew Cairney	Glasgow	Open	-300.0	-300.0	300.0	300.0	180.0	200.0	-220.0	500.0	280.0	-295.0	-295.0	780.0	439.22	3.
		-140	132.30	Duncan Tanner	Woking	Open	-250.0	250.0	-275.0	250.0	220.0	230.0	240.0	490.0	260.0	285.0	295.0	785.0	442.66	2.
		-140	127.50	Dave Gladwell	St Ives	Open	320.0	-330.0	-330.0	320.0	190.0	-200.0		510.0	275.0	-282.5	282.5	792.5	449.82	1.
		140	160.70	Richard Fricker	Radstock	M45+	250.0	300.0	-332.5	300.0	170.0			470.0	200.0	-250.0		670.0	367.09	1.

br = British Record - er = European Record = wr =World Record

HEADREFEREE

NAME: Phil Lindsey INT

LEFT-REFEREE

NAME: David Tickle INT

RIGHT-REFEREE

NAME: Adam Willis NAT