

**2010 BPO
LIFTER OF THE YEAR
POSITION
AS AT JULY**

<u>LIFTER</u>	Total	Position
Richard Fricker	300	1
Arram Eghoyan	225	2
Phil Beniston	150	3
Geraint Nicholas	136	4
Artur Chrzaszcz	125	5
Frankie Vaughan	115	6
Scott Heaton	110	7
Alison Lawson	100	8
Arwyn Brain	100	8
Duncan Tanner	100	8