

British Powerlifting Organisation

2010 BRITISH RECORD BREAKERS CHAMPIONSHIPS

BARN INN & RESTUARANT, MORRISTON, SWANSEA, WALES - 5th DECEMBER

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.
BENCH PRESS																									
m			-67.5	67.50	Dawn Morrell 49	Devizes	WM45+	25.0			25.0	-75.0	-75.0	75.0	100.0				100.0	77.10	1.		77.5		0.7710
m																									
m																									
m			-82.5	82.50	Stephen Fellows 25	Milford Haven	O				140.0	145.0	150.0	150.0				150.0	100.49	1.					0.6699
m			-90	89.10	Chris Brown 28	Reading	O				110.0	122.5	-130.0	122.5				122.5	78.61	1.					0.6417
m			-110	104.10	Jack John 20	Haverfordwest	J				180.0	-187.5		180.0				180.0	107.89	1.					0.5994
m																									
DEAD LIFT																									
m			-140	137.70	Andrew Cairney 31	Glasgow	O				230.0	245.0	-250.0	245.0				245.0	137.25	1.					0.5602
m			140	164.00	Richard Fricker 49	Radstock	M45+				150.0			150.0				150.0	81.93	1.					0.5462
DEAD LIFT																									
m			-67.5	67.50	Dawn Morrell 49	Devizes	WM45+	25.0			25.0				25.0	110.0	120.0	130.0	155.0	119.51	1.			140.0	0.7710
m			-90	84.50	Michael Phillips 55	Dundee	M55+									-220.0	220.0	230.0	230.0	151.94	1.				0.6606
m			-90	89.10	Chris Brown 28	Reading	O								175.0	187.5	200.0	200.0	128.34	1.				0.6417	
m			-90	89.00	Dominic Avo 72	Swansea	M70+								160.0	170.0	175.0	175.0	112.37	1.				0.6421	
m			-110	104.10	Jack John 20	Haverfordwest	J								280.0	290.0	-300.0	290.0	173.83	1.				0.5994	
m			-140	137.70	Andrew Cairney 31	Glasgow	O								280.0	305.0	-320.0	305.0	170.86	1.				0.5602	
m			140	164.00	Richard Fricker 49	Radstock	M45+								150.0			150.0	81.93	1.				0.5462	

HEAD-REFEREE

NAME: Dean Drury INT

BRITISH RECORD

David Berg Memorial Shield Best Bench Press: Andrew Cairney

Eddy Pengelly Memorial Shield Best Dead Lift: Jack John

LEFT-REFEREE

NAME: David Carter INT

RIGHT-REFEREE

NAME: Robert Campbell INT