

British Powerlifting Organisation

2010 UK OPEN CHAMPIONSHIPS - 1st FLIGHT

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

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.	
POWERLIFTING																										
m				-56	52.80	Jamie Hough 17	Southampton	Teen	105.0	112.5	-120.0	112.5	55.0	60.0	-62.5	172.5	120.0	130.0	-140.0	302.5	292.15	1.				0.9658
m				-67.5	66.60	Chris Phelps 23	Abegele	Jun	130.0	150.0	180.0	180.0	-105.0	112.5	117.5	297.5	160.0	180.0	200.0	497.5	387.75	1.		-120.0		0.7794
m				-75	75.00	David Thomas 25	Bangor	Open	180.0	190.0	-200.0	190.0	-120.0	120.0	-127.5	310.0	210.0	220.0	230.0	540.0	384.80	1.				0.7126
m				-75	75.00	Des Drury 40	Winchester	M40+	140.0	155.0	-170.0	155.0	100.0	-110.0	110.0	265.0	150.0	170.0	-185.0	435.0	309.98	2.				0.7126
m				-75	75.00	Mike King 41	Wissett	M40+	180.0	190.0	-200.0	190.0	120.0	-125.0	125.0	315.0	190.0	200.0	-210.0	515.0	366.99	1.				0.7126
m				-82.5	81.10	Dale Bines 50	Crawley	M50+	120.0	140.0	-160.0	140.0	100.0	110.0	-120.0	250.0	140.0	160.0	180.0	430.0	291.07	1.				0.6769
m				-82.5	81.00	Arwyn Brain 23	Carmathen	Jun	220.0	240.0	-250.0	240.0	160.0	-172.5	-172.5	400.0	215.0	227.5	-240.0	627.5	425.07	2.				0.6774
m				-82.5	82.00	Dayle Longford 21	Rhyl	Jun	240.0	-250.0	252.5	252.5	160.0	-170.0	170.0	422.5	262.5	275.0	-290.0	697.5	469.00	1.				0.6724
m				-82.5	82.20	Arram Eghoyan 26	Chingford	Open	220.0	230.0	245.0	245.0	150.0	160.0	175.0	420.0	220.0	240.0	252.5	672.5	451.52	1.				0.6714
m				-82.5	81.50	Paul Fishlock 40	Southampton	M40+	215.0	-230.0	230.0	230.0	125.0	130.0	132.5	362.5	215.0	230.0		592.5	399.88	1.				0.6749
m				-82.5	82.50	Phil Beniston 47	Nottingham	M45+	50.0			50.0	150.0	-160.0	-180.0	200.0	100.0			300.0	200.97	1.				0.6699
BENCH PRESS																										
m				-75	73.30	Graham Dowers 46	Banbury	M45+					-150.0	155.0	165.0	165.0				165.0	119.49	1.		170.0		0.7242
m				-82.5	81.00	Arwyn Brain 23	Carmathen	Jun					160.0	-172.5	-172.5	160.0				160.0	108.38	1.				0.6774
m				-82.5	82.50	Rob Jones 32	Rhyl	Open					-145.0	150.0	-160.0	150.0				150.0	100.49	1.				0.6699
m				-90	84.10	Paul Fraine 41	Nottingham	M40+					110.0	120.0	-130.0	120.0				120.0	79.49	1.				0.6624
m				-82.5	82.50	Phil Beniston 47	Nottingham	M45+					150.0	-160.0	-180.0	150.0				150.0	100.49	1.				0.6699
DEAD LIFT																										
m																										
m																										
m																										

BRITISH RECORD

MC: Allison Seabright
 HEAD-REFEREE
 NAME: Dean Drury Int

LEFT-REFEREE
 NAME: Bob Campbell Int

RIGHT-REFEREE
 NAME: Mark Eager Nat