

British Powerlifting Organisation

2011 ENGLAND CHAMPIONSHIPS

RIPPED GYM, HARLOW, ESSEX, ENGLAND - 6TH MARCH

| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| n | 4 | -75 | 71.70 | Dawn Morrell 50 | Devizes | WM50+ | 100.0 | 110.0 | -120.0 | 110.0 | 70.0 | 72.5 | 75.0 | 185.0 | 115.0 | 125.0 | -135.0 | 310.0 | 303.43 | 1. | | | | | | 0.9788 |
| m | 6 | -82.5 | 81.10 | Andy Knight 39 | Kidderminster | Open | 140.0 | 150.0 | 155.0 | 155.0 | 140.0 | 130.0 | 135.0 | 295.0 | 160.0 | 170.0 | 180.0 | 475.0 | 321.53 | 1. | | | | | | 0.6769 |
| m | 6 | -90 | 84.00 | Justin Oon 31 | Buckhurst Hill | Open | 110.0 | 130.0 | 150.0 | 150.0 | 110.0 | -125.0 | -125.0 | 260.0 | 200.0 | 225.0 | 240.0 | 500.0 | 331.40 | 1. | | | | | | 0.6628 |
| m | 7 | -90 | 89.20 | David Clements 67 | Kidderminster | M65+ | -140.0 | 140.0 | 145.0 | 145.0 | 90.0 | 100.0 | -105.0 | 245.0 | 150.0 | 160.0 | 170.0 | 415.0 | 266.14 | 1. | | | | | | 0.6413 |
| m | 7 | -100 | 95.90 | Rupert Jenkins 39 | Devizes | Open | 160.0 | 175.0 | 185.0 | 185.0 | 130.0 | 140.0 | -150.0 | 325.0 | 160.0 | | | 485.0 | 300.41 | 2. | | | | | | 0.6194 |
| m | 7 | -100 | 91.50 | Stephen Knight 36 | Kidderminster | Open | 190.0 | 200.0 | 205.0 | 205.0 | 140.0 | 150.0 | | 355.0 | 240.0 | -250.0 | -250.0 | 595.0 | 376.69 | 1. | | | | | | 0.6331 |
| m | 7 | -110 | 100.30 | Rob Todd 64 | Kidderminster | M60+ | 100.0 | 120.0 | 130.0 | 130.0 | 80.0 | 90.0 | 95.0 | 225.0 | 130.0 | 140.0 | 150.0 | 375.0 | 227.96 | 1. | | | -110.0 | | | 0.6079 |
| m | 7 | -110 | 105.70 | David Mills 41 | Kidderminster | M40+ | 210.0 | 220.0 | 230.0 | 230.0 | 160.0 | 170.0 | 185.0 | 415.0 | 230.0 | 240.0 | 250.0 | 665.0 | 396.47 | 1. | | | | | | 0.5962 |
| m | 8 | -140 | 127.00 | Junior Gelsthorpe 23 | Chesterfield | Jun | -290.0 | -300.0 | 300.0 | 300.0 | 250.0 | 260.0 | -270.0 | 560.0 | 280.0 | -300.0 | -300.0 | 840.0 | 477.20 | 1. | | | | | | 0.5681 |
| m | 7 | -125 | 123.70 | Oliver Williamson 25 | Nottingham | Open | -315.0 | 315.0 | -340.0 | 315.0 | 230.0 | 240.0 | -247.5 | 555.0 | 290.0 | -297.5 | 302.5 | 857.5 | 489.72 | 1. | | | | | | 0.5711 |
| BENCH PRESS | | | | | | | | | | | | | | | | | | | | | | | | | | |
| n | | -75 | 71.70 | Dawn Morrell 50 | Devizes | WM50+ | | | | | 70.0 | 72.5 | 75.0 | 75.0 | | | | 75.0 | 73.41 | 1. | | | | | | 0.9788 |
| m | | -75 | 70.10 | Graham Dowers 46 | Banbury | M45+ | | | | | 100.0 | 115.0 | 125.0 | 125.0 | | | | 125.0 | 93.58 | 1. | | | | | | 0.7486 |
| m | | -90 | 89.90 | Elliot Greenberg 24 | Leeds | Open | | | | | 142.5 | 152.5 | -157.5 | 152.5 | | | | 152.5 | 97.42 | 1. | | | | | | 0.6388 |
| m | | -90 | 85.30 | Lee Hough 44 | Southampton | M40+ | | | | | -130.0 | 130.0 | -140.0 | 130.0 | | | | 130.0 | 85.41 | 1. | | | | | | 0.6570 |
| m | | -90 | 88.60 | Christopher Npark 44 | Bath | M40+ | | | | | 100.0 | 107.5 | 110.0 | 110.0 | | | | 110.0 | 70.80 | 2. | | | | | | 0.6436 |
| m | | -90 | 87.30 | Gary Hallsworth | Nottingham | M50+ | | | | | 100.0 | 120.0 | 130.0 | 130.0 | | | | 130.0 | 84.33 | 1. | | | | | | 0.6487 |
| m | | -110 | 109.20 | Sebastian Wajncetel 35 | Harlow | Open | | | | | 280.0 | 300.0 | -307.5 | 300.0 | | | | 300.0 | 176.94 | 1. | | | | | | 0.5898 |
| m | | -125 | 120.20 | Marcus Griffiths 28 | Kidderminster | Open | | | | | 150.0 | 170.0 | 175.0 | 175.0 | | | | 175.0 | 100.57 | 1. | | | | | | 0.5747 |
| m | | -140 | 127.10 | Sean Hayes 40 | Andover | M40+ | | | | | 185.0 | 200.0 | -218.0 | 200.0 | | | | 200.0 | 113.60 | 1. | | | | | | 0.5680 |
| m | | 140+ | 163.90 | Richard Fricker 49 | Radstock | M45+ | | | | | 135.0 | 150.0 | 160.0 | 160.0 | | | | 160.0 | 87.39 | 1. | | | | | | 0.5462 |
| DEAD LIFT | | | | | | | | | | | | | | | | | | | | | | | | | | |
| n | | -75 | 71.70 | Dawn Morrell 50 | Devizes | WM50+ | | | | | | | | | 115.0 | 125.0 | -135.0 | 125.0 | 122.35 | 1. | | | | | | 0.9788 |
| m | | -90 | 88.80 | Arram Eghoyan 26 | Chingford | Open | | | | | | | | | 220.0 | 240.0 | 250.0 | 250.0 | 160.70 | 1. | | | | | | 0.6428 |
| m | | 100 | 98.00 | Scott Higgins 26 | Mansfield | Open | | | | | | | | | 200.0 | 210.0 | 220.0 | 220.0 | 134.99 | 1. | | | | | | 0.6136 |

HEAD-REFEREE
NAME: Dean Drury INT
BRITISH RECORD

LEFT-REFEREE
NAME: Robert Campbell INT

RIGHT-REFEREE
NAME: David Carter INT

MC: Allison Hough - Best Overall Powerlifter: Oliver Williamson 489.72 points - Best Overall Bench Press: Sebastian Wajncetel 176.94 points