

BPO BENCH PRESS & DEAD LIFT RECORD BREAKERS CHAMPIONSHIPS
11TH DECEMBER 2005 - VENUE SPATZ GYM, SWANSEA

| Gender | Weight | Age | | | | | | | SQ | SQ | SQ | SQ | BP | BP | BP | BP | Sub. | DL | DL | DL | DL | Total | |
|--------------------|--------|--------|-----|-------|------|------------------|-----------|------------|----|----|----|-----|-------|---------|---------|--------|-------|-------|---------|---------|-----|--------|----------|
| M/W | Class | Class | Age | BW | Comp | Name | REGION | TOWN | 1 | 2 | 3 | 4th | 1 | 2 | 3 | 4th | Tot. | 1 | 2 | 3 | 4th | Result | Comments |
| DEAD LIFT | | | | | | | | | | | | | | | | | | | | | | | |
| F | 56 | WM40+ | 40 | 56 | DL | Rachel Smith | Midlands | Derby | 25 | | | | 25 | | | | 50 | 10.5b | 122.5br | 130 | | 127.5 | 1st |
| M | 60 | M40+ | 41 | 59.7 | DL | Graham Dowers | Midlands | Banbury | 25 | | | | 90 | 100 | 102.5br | | 127.5 | 170 | 180 | 190br | | 317.5 | 1st |
| M | 75 | JunU24 | 22 | 74.6 | DL | Alexander Wheatm | South Eas | Crawley | 25 | | | | 25 | | | | 50 | 185 | 205 | 515.5br | | 255 | 1st |
| M | 75 | M45+ | 47 | 74.4 | DL | David Webb | England | Crawley | 25 | | | | 130 | 135 | 137.5br | | 142.5 | 200 | 215 | - | | 357.5 | 1st |
| M | 82.5 | O | 37 | 81.9 | DL | Paul Murphy | Wales | Tenby | 25 | | | | 25 | | | | 50 | 265 | 282.5 | 292.5 | | 332.5 | 1st |
| M | 90 | O | 27 | 82.5 | DL | Gavin Owen | Wales | Vrexhar | 25 | | | | 25 | | | | 50 | 10 | 125 | 155 | | 205 | 2nd |
| M | 100 | T15-19 | 17 | 92 | DL | Kyle Evans | Wales | Vrexhar | 25 | | | | 25 | | | | 50 | 90 | 105 | 115 | | 165 | 1st |
| M | 90 | O | 37 | 90 | DL | Philip Watkins | Midlands | Derby | 25 | | | | 25 | | | | 50 | 300 | 305 | - | | 355 | 1st |
| M | 110 | O | 32 | 101.4 | DL | Mark Griffiths | Midlands | Derby | 25 | | | | 25 | | | | 50 | 300 | 310 | 310 | | 350 | 1st |
| M | 125 | O | 24 | 118.9 | DL | Peter Reynolds | Midlands | Hereford | 25 | | | | 170 | 195 | 205 | | 195 | 300 | 300 | 310 | | 505 | 1st |
| BENCH PRESS | | | | | | | | | | | | | | | | | | | | | | | |
| F | 60 | WM50+ | 50 | 58.2 | BP | Toni Hollis | Midlands | Oxford | | | | | 70 | 72.5 | 75br | 77.5br | | | | | | 75 | 1st |
| M | 60 | M40+ | 41 | 59.7 | BP | Graham Dowers | Midlands | Banbury | | | | | 90 | 100 | 102.5br | | | | | | | 102.5 | 1st |
| F | 67.5 | WM45+ | 47 | 67.5 | BP | Linda Evans | Midlands | Witney | | | | | 47.5 | 50br | 52.5 | | | | | | | 50 | 1st |
| M | 67.5 | T15-19 | 18 | 63.6 | BP | Gurwinder Johal | Midlands | Derby | | | | | 110 | - | - | | | | | | | - | - |
| M | 75 | M45+ | 47 | 74.4 | BP | David Webb | South Eas | Crawley | | | | | 130 | 135 | 137.5br | | | | | | | | 1st |
| M | 82.5 | O | 28 | 77.5 | BP | Johnathan Ives | Midlands | Woodstock | | | | | 110 | 115 | 117.5 | | | | | | | 117.5 | 2nd |
| M | 82.5 | O | 32 | 80.2 | BP | Neil Newman | Midlands | Oxford | | | | | 115 | 120 | 122.5 | | | | | | | 122.5 | 1st |
| M | 90 | M40+ | 42 | 88.7 | BP | Phil Beniston | Midlands | Nottingham | | | | | 182.5 | 192.5 | 195br | | | | | | | 195 | 1st |
| M | 110 | O | 37 | 105.3 | BP | Shaun Davies | Wales | Swansea | | | | | 225 | 240.5br | 242.5 | | | | | | | 240.5 | 1st |
| M | 125 | O | 24 | 118.9 | BP | Peter Reynolds | Midlands | Hereford | | | | | 170 | 195 | 205 | | | | | | | 170 | 1st |
| M | 140 | M40+ | 40 | 130.4 | BP | Charlie Evans | Wales | Vrexham | | | | | 170 | 180br | 190 | | | | | | | 180 | 1st |
| M | 140+ | O | 34 | 150.9 | BP | Robert Thomas | Wales | Maerphilly | | | | | 220 | 235 | 235 | | | | | | | 220 | 1st |

Best Overall Bench Press: Shaun Davies
Best Overall Dead Lifter: Phil Watkins

br: denotes British Record
Referees: Bob Campbell
Brian Clement
David Tickle

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