

2005 BPO ENGLAND POWERLIFTING & BENCH PRESS CHAMPIONSHIPS
6TH FEBRUARY - TRAIN STATION GYM, FROME

Weight Class	Age Class	Age	BW	Comp	Name	Nation	Team	SQ 1	SQ 2	SQ 3	SQ 4th	BP 1	BP 2	BP 3	BP 4th	Sub. Tot.	DL 1	DL 2	DL 3	DL 4th	Total Result	Comments	
					POWERLIFTING																		
56	W-Open	38	56	P	Arbon - Allison			105	115	120		72.5	77.5	80		200	115	125	132.5		332.5	1st	
56	WM40+	41	55	P	Murphy - Lyn			65	70	72.5br		32.5	35	37.5		105	100	110	115		220br	1st	
90	O	24	89.8	P	Jenkins - Chris			260	282.5			160	170	177.5		430	300	310	326		740	1st	
90	M65+	66	89	P	Irons - Ken				100	120	141br	75	80	83br		195	160	175	188br		383	1st	
100	O	29	97.6	P	Coombes - Craig			280	305	320		180	200	220		540	270	300	310		840	1st	
110	O	27	104.9	P	Evans - Neil	GUEST		240	250	260		190	200	210		460	260	280	290		740	G	
110	O	23	108	P	Turner - Alex			160	175	175		140	145	150		325	200	210	215		535	1st	
110	M40+	40	103.8	P	Block - Stephen			250	270	280		160	170	175		455	250	270	280		705	1st	
140+	M40+	43	162	P	Fricker - Richard			250	275	300		180	190	200		490	240	265	280		770	1st	
					BENCH PRESS																		
56	W-Open	38	56	BP	Arbon - Allison							72.5	77.5	80							80	1st	
67.5	O	32	64.7	BP	Davies - Stephen							87.5	95	102.5							102.5	1st	
125	O	38	110.9	BP	Duke - Tim							202.5	212.5	220							212.5	1st	
125	O	36	123	BP	Hickman - Paul							170	170	180							180	2nd	
140+	M40+	43	162	BP	Fricker - Richard							180	190	200							190	1st	

Best Overall Bench Press:

Best Overall Powerlifter:

Tim Duke

Craig Coombes

Open

Allison Arbon

Woman

Richard Fricker

Master

br: denotes British Record

Referees:

Bob

Brian

Dean

Campbell

Clement

Drury

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