

**2005 BPO BRITISH POWERLIFTING & BENCH PRESS CHAMPIONSHIPS**  
**17th APRIL - MIND & BODY GYM, PORT TALBOT - WALES**

Gender	Weight	Age					SQ	SQ	SQ	SQ	BP	BP	BP	BP	Sub.	DL	DL	DL	DL	Total	Place
M/W	Class	Class	Age	BW	Comp	Name	1	2	3	Result	1	2	3	Result	Total	1	2	3	Result	Result	Place
<b>Group 1</b>																					
F	60kg	40+	44	58.9	PL	Challacombe Lynda	130	140	145	145.00	65	70	72.5	72.50	217.50	140	160	170	170.00	387.50	1
M	75kg	Open	25	74	PL	Reardon-Davies Philip	130	150	165	165.00	110	120	130	130.00	295.00	180	190	200	190.00	485.00	1
M	82.5kg	40+	42	76.8	PL	Shipman Andrew	160	180	200	180.00	140	145	145	145.00	325.00	170	200	220	220.00	545.00	1
M	75kg	65+	68	71.5	PL	Evans Barry	140	152.5	157.5	157.50	60	60	65	65.00	222.50	140	155	165	165.00	387.50	1
M	82.5kg	Junior	23	82.3	PL	Wiak Luksaz	245	245	255	255.00	145	155	165	165.00	420.00	245	245	260	260.00	680.00	1
M	82.5kg	Open	36	81.1	PL	Murphy Paul	255	275	290	290.00	160	167.5	171	171.00	461.00	265	285	290.5	290.50	751.50	1
M	90kg	T15-19	17	86	PL	Reardon James	150	170	195	195.00	110	120	130	130.00	325.00	180	200	215	215.00	540.00	1
M	90kg	Open	36	-	PL	Watkins Phil	-	-	-	0.00	-	-	-	0.00	0.00	-	-	-	0.00	0.00	-
M	90kg	40+	41	83.2	PL	Drury Dean	250	270	290	270.00	150	160	168	168.00	438.00	250	270	280.5	270.00	708.00	1
M	90kg	65+	66	87.7	PL	Irons Ken	120	135	142.5	120.00	75	83	85	85.00	205.00	170	190	192.5	192.50	397.50	1
<b>Group 2</b>																					
M	100kg	T15-19	19	92.3	PL	Young Kyle	160	170	180	180.00	100	110	115	115.00	295.00	190	202.5	210.5	210.50	505.50	1
M	110kg	Junior	21	102	PL	Faulkner Mark	160	160	170	170.00	90	100	100	90.00	260.00	190	200	200	200.00	460.00	2
M	100kg	Open	31	98	PL	Coombs Craig	310	330	350	330.00	210	225	232.5	232.50	562.50	280	280	300	280.00	842.50	1
M	100kg	Open	24	100	PL	Watts Steve	205	215	215	215.00	155	165	170	170.00	385.00	215	225	230	225.00	610.00	2
M	100kg	40+	41	97.5	PL	Nicholas Geraint	240	260	270	270.00	145	152.5	152.5	145.00	415.00	255	270	285	270.00	685.00	1
M	110kg	45+	45	106.8	PL	Belcher David	200	210	210	200.00	130	140	140	140.00	340.00	220	230	240	230.00	570.00	1
M	110kg	Junior	22	107.8	PL	Ellis Keith	270	295	310	310.00	175	182.5	190	182.50	492.50	255	275	275	255.00	747.50	1
M	110kg	40+	40	107.8	PL	Block Stephen	250	270	285	285.00	175	180	180	180.00	465.00	250	280	286	286.00	751.00	1
M	110kg	40+	40	109.3	PL	Yemm Colin	260	270	270	270.00	170	177.5	180	177.50	447.50	235	245	-	235.00	682.50	2
M	125kg	Junior	23	120	PL	Reynolds Peter	260	260	280	0.00	180	190	195	0.00	0.00	-	-	-	0.00	0.00	-
M	140kg	Junior	22	132.1	PL	Pavey Gareth	240	250	270	250.00	155	165	172.5	172.50	422.50	252.5	270	290	270.00	692.50	1
<b>Group 3</b>																					
M	110kg	Open	36	104.9	PL	Davies Shaun	330	345	360	0.00	235	235	235	0.00	0.00	-	-	-	0.00	0.00	-
M	125kg	Open	31	112.5	PL	Griffiths Mark	320	332.5	350	350.00	200	210	220	210.00	560.00	310	310	320	320.00	880.00	1
M	110kg	Open	32	107.5	PL	Hardy Steve	200	230	250	250.00	130	145	155	155.00	405.00	240	260	280	260.00	665.00	2
M	110kg	Open	37	106.1	PL	Squires David	310	330	350	330.00	210	210	215	215.00	545.00	280	300	300	300.00	845.00	1
M	125kg	Open	36	123.5	PL	Ashford Greg	230	260	280	260.00	180	190	200	200.00	460.00	245	265	275	275.00	735.00	2
M	125kg	Open	39	121.8	PL	Evans Charlie	260	280	300	260.00	160	175	182.5	182.50	442.50	240	260	275	260.00	702.50	3
M	125kg	40+	42	122.2	PL	Scott Anthony	280	-	-	280.00	180	200	210	210.00	490.00	280	300	-	300.00	790.00	1
M	140kg	Open	28	133.3	PL	Bolt Dean	260	280	305	280.00	160	180	200	200.00	480.00	280	300	322.5	322.50	802.50	1
M	140kg	Open	33	132.8	PL	Tanner Duncan	270	270	270	270.00	190	205	220	205.00	475.00	220	240	260	240.00	715.00	2
M	140+kg	40+	44	165.5	PL	Fricker Richard	220	255	300	300.00	150	165	180	180.00	480.00	240	275	290.5	275.00	755.00	1
<b>Benchpress</b>																					
<b>Group 1</b>																					
M	82.5kg	Open	36	81.1	BP	Murphy Paul					160	167.5	171	171.00						171.00	1
M	67.5kg	Open	32	65.5	BP	Davies Stephen					90	100	105	105.00						105.00	1
M	82.5kg	40+	41	82.2	BP	Beniston Philip					145	160	170	170.00						170.00	1
<b>Group 2</b>																					
M	100kg	Open	30	99.8	BP	Wiak Jacek					232.5	242.5	250	250.00						250.00	1
M	100kg	40+	42	-	BP	Brown Tony					-	-	-	0.00						0.00	-
M	110kg	45+	47	109	BP	West Richard					170	185	185	170.00						170.00	1
M	110kg	Open	38	107.2	BP	Duke Tim					200	215	215	200.00						200.00	1
<b>Group 3</b>																					
M	140kg	Open	33	132.8	BP	Tanner Duncan					190	205	220	205.00						205.00	2
M	140+kg	40+	44	165.5	BP	Fricker Richard					150	165	180	180.00						180.00	1
M	140kg	Open	36	129.6	BP	Hickman Paul					200	210	225	210.00						210.00	1

**Champion of Champions Open Powerlifter: Murphy Paul**  
**Champion of Champions Master Powerlifter: Evans Barry**  
**Champion of Champions Ten/Jun Powerlifter: Wiak Luksaz**  
**Champion of Champion Bench Presser: Wiak Jacek**  
**al Nick Luffman Memorial Trophy for Best Squat: Griffiths Mark**

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