

2006 BPO WELSH POWERLIFTING & BENCH PRESS CHAMPIONSHIPS
19TH MARCH - SPATZ GYM, SWANSEA

Weight	Age						SQ	SQ	SQ	SQ	BP	BP	BP	BP	Sub.	DL	DL	DL	DL	Total				
Class	Class	Age	BW	Comp	Name	Nation	Team	1	2	3	4th	1	2	3	4th	Tot.	1	2	3	4th	Result	Comments		
					POWERLIFTING																			
60	T15/19	17	57	P	Adam Jones			120	132.5br	140		80	85	90		217.5	120	140	150.5br		357.5br	1st		
82.5	T15/19	19	79.3	P	Chris Donoghue			150	160	170		100	110	115		285	160	170	180		656	1st		
82.5	Open	27	82	P	Christian Hughes			200	215	215		120	130	135		350	215	230	240		580	1st		
100	Open	26	97.9	P	Lee Dennis			240	260	275		170	170	180		440	280	290	300		740	1st		
100	M55+	56	92.6	P	Ken Williams			200	220br	-		135	140	145br		365	220	235br	0		600br	1st		
140	Open	34	152.5	P	Robert Thomas			240	260	280		220	230	240		510	230	250	-		760	1st		
					BENCH PRESS																			
90	M65+	66	86.7	BP	Dennis Williams							100	100	110br	112.5br						110	1st		
140	Open	34	152.5	BP	Robert Thomas							220	230	240							240	1st		

Best Overall Powerlifter: Ken Willimas

br: denotes British Record
Referees: David Carter
Brian Clement
Charlie Evans

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