

2007 BPO WELSH & ENGLAND POWERLIFTING & BENCH PRESS CHAMPIONSHIPS
4TH MARCH - YMCA, STEPNEY STREET, LLANELLI

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	
					GROUP ONE																		
POWERLIFTING																							
82.5	M40+	40	82	P	Lee Hough	E		175	185	195		120	130			325	185	195			520	1st	
100	O	36	95	P	Will Tinkler	P		200	215	225		115	120			345	200	220			565	1st	
100	O	32	98.7	P	Steve Knight	E		230	240	250		160	170	172.5		422.5	270	275			697.5	1st	
100	O	26	96.2	P	Wayne Derbyshire	E		135	145	155		105	115			270	200	215			495	2nd	
125	O	33	119.2	P	Michael Williams	W		180				185				365	250				615	1st	
140+	O	30	143	P	Dean Bolt	W		200				160				360	200	332.5			692.5	1st	
BENCH PRESS																							
67.5	T15-19	16	63.6	BP	Gurnail Birring	E						85	95	100							100	1st	
90	Jun	20	87.8	BP	Chris Donoghue	W						130	135	140							140	1st	
90	O	37	88.8	BP	Rob Preston	E						180	190	200							200	1st	
125	O	33	119.2	BP	Michael Williams	W						185									185	1st	
140+	O	34	161.2	BP	Jason Rees	W								282.5br							282.5	1st	

W = Wales
E = England

br: denotes British Record
Referees: David Carter
 Robert Campbell
 David Tickle