

BRITISH POWERLIFTING ORGANISATION

2009 BRITISH OPEN BENCH PRESS & DEAD LIFT RECORD BREAKERS CHAMPIONSHIPS 6TH DECEMBER

FOUR SEASONS LLANSAMLET SWANSEA WALES

M/N	NR	ST.	CAT.	BDW.	NAME	NATION	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	PL.	4. SQ	4. BP	4. DL	Coef.	
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.								
BENCH PRESS 2ND FLIGHT																										
m			-100	94.80	Mike Haywood	Kidderminster	M40+	25.0				25.0	-200.0	200.0	210.0	235.0	65.0			300.0	186.78	1.		-215.5		0.6226
m			-110	106.90	Harry Whale	Kidderminster	M50+						180.0	202.5	210.0	210.0			210.0	124.72	1.		-220.0		0.5939	
m			-110	104.60	Rhys Browning	Tefforest	T15/19						-120.0	125.0	130.0	130.0			130.0	77.79	1.		135.0		0.5984	
m			-110	101.50	Jack John	Haverfordwest	T15/19						125.0	-165.0	-165.0	125.0			125.0	75.63	2.				0.6050	
DEAD LIFT 2ND FLIGHT																										
m			-100	90.90	Stephen Knight	Kidderminster	Open						180.0	190.0	-200.0	190.0	260.0	267.5	-270.0	457.5	290.60	1.				0.6352
m			-110	103.80	David Foster	Kidderminster	Open						160.0	170.0	-180.0	170.0	240.0	255.0	-260.0	425.0	255.00	2.				0.6000
m			-110	108.10	Artur Chrzaszcz	Crawley	Open									260.0	280.0	-300.0	280.0	165.68	1.				0.5917	
m			-100	101.50	Jack John	Haverfordwest	T15/19									240.0	260.0	272.5	272.5	164.86	1.		-280.5		0.6050	
m			-110	109.00	Tony Rook	Kidderminster	M50+						110.0	120.0	125.0	125.0	200.0	225.0	235.0	360.0	212.47	1.				0.5902
m			-125	117.20	James Connell	Stockton	Open									262.5	280.0	-300.0	280.0	161.90	1.				0.5782	
m			-125	114.50	Hamish Davidson	Glasgow	M55+									200.0	-210.0		200.0	116.34	1.				0.5817	
m			-140	125.80	Ross Stone	Bridgend	Open									290.0	320.0	-330.0	320.0	182.11	1.				0.5691	

DENOTES BRITISH RECORD

HEADREFEREE
NAME: Bob Campbell INT

LEFT-REFEREE
NAME: Dean Dury INT

RIGHT-REFEREE
NAME: David Tickle INT