

British Powerlifting Organisation

2010 UK OPEN CHAMPIONSHIPS - 2nd FLIGHT

BARN INN & RESTAURANT, MORRISTON, SWANSEA, WALES - 5th SEPTEMBER

M/N	NR	ST.	CAT.	BDW.	NAME	Town/City	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.								
POWERLIFTING																										
m			-100	90.80	Geraint Nicholas 47	Bridgend	M45+	215.0	225.0	235.0	235.0	120.0	127.5	132.5	367.5	235.0	255.0	270.0	637.5	405.20	1.					0.6356
m			-90	87.70	Andy McKee 72	St Ives	M70+	140.0	150.0	-160.0	150.0	-100.0	100.0	-108.5	250.0	120.0	135.0	145.0	395.0	255.60	1.					0.6471
m			-100	97.00	Jakob Kristensen 32	London	Open	220.0			220.0	227.5	240.0		460.0	280.0	302.5		762.5	469.93	1.					0.6163
m			-100	99.80	Derrick Mirikitan 31	London	Open	240.0	255.0	270.0	270.0	162.5	165.0	167.5	437.5	220.0	235.0	250.0	687.5	418.76	2.					0.6091
m			-125	110.30	Richard West 52	Polegate	M50+	180.0	210.0	-230.0	210.0	150.0	160.0	-170.0	370.0	180.0	200.0	220.0	590.0	346.92	1.					0.5880
m			-125	121.70	Domenic Fazzani 19	Newport	Tenn	270.0	-282.5	282.5	282.5	-200.0	-200.0	200.0	482.5	230.0	-240.0		712.5	408.33	1.					0.5731
m			-125	122.70	Scott Heaton 32	Sheffield	Open	280.0	290.0	295.0	295.0	200.0	-220.0	220.0	515.0	315.0	330.0	-340.0	845.0	483.42	1.					0.5721
m			-140	131.80	David Evans 39	Port Talbot	Open	270.0	290.0	-305.0	290.0	180.0	200.0		490.0	260.0	290.0		780.0	440.08	1.					0.5642
m			140+	158.00	Richard Fricker 49	Radstock	M45+	200.0	240.0	265.0	265.0	130.0	140.0		405.0	-230.0	230.0	-250.0	635.0	348.74	1.					0.5492
BENCH PRESS																										
m			-75	71.70	Robert Truscott 37	Derby	Open					-210.0	-210.0	210.0	210.0				210.0	154.56	1.		-212.5			0.7360
m			-90	87.40	Lee Hough 43	Southampton	M40+					130.0	140.0	145.0	145.0				145.0	94.00	1.					0.6483
m			-100	92.60	Richard Patman 30	Cambridge	Open					170.0	180.0	-190.0	180.0				180.0	113.31	1.					0.6295
m			-110	105.70	Terry Smith 47	Croydon	M45+					175.0	185.0	195.0	195.0				195.0	116.26	1.					0.5962
m			140+	158.00	Richard Fricker 49	Radstock	M45+					130.0	140.0		140.0				140.0	76.89	1.					0.5492
DEAD LIFT																										
m			-90	89.90	Justin Oon 30	Buckhurst Hill	Open									200.0	220.0	230.0	230.0	146.92	1.					0.6388
m			-100	105.70	Terry Smith 47	Croydon	M45+									200.0	210.0	227.5	227.5	135.64	1.					0.5962
m			140+	158.00	Richard Fricker 49	Radstock	M45+									-230.0	230.0	-250.0	230.0	126.32	1.					0.5492

BRITISH RECORD

MC: Allison Seabright

HEAD-REFEREE

NAME: Dean Drury Int

LEFT-REFEREE

NAME: Bob Campbell Int

RIGHT-REFEREE

NAME: Mark Eager Nat