

**BRITISH POWERLIFTING ORGANISATION
2011 BRITISH OPEN BENCH PRESS RECORD BREAKERS CHAMPIONSHIPS
RIPPED GYM, HARLOW, ESSEX, ENGLAND
4th DECEMBER**

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.
BENCH PRESS 1st FLIGHT																									
n			-60.0	58.90	Josie Thomas 31	Kidderminster	WO					50.0	55.0	-57.5	55.0				55.0	62.21	1.				1.1310
n			-75.0	71.60	Dawn Morrell 50	Devizes	WM50+					87.5	92.5	-95.0	92.5				92.5	90.62	1.				0.9797
m			-75.0	69.50	Stephen Davies 39	St Leonards	Open					90.0	-97.5	97.5	97.5				97.5	73.47	2.				0.7535
n			-82.5	77.40	Sue Davies 43	St Ives	WM40+					105.0	110.0	-115.0	110.0				110.0	102.59	1.				0.9326
m			-75.0	74.90	Robert Truscott 38	Ripley	Open					210.0	-221.0	-221.0	210.0				210.0	149.77	1.				0.7132
m			-90.0	88.30	Jack Woodyatt 18	St Ives	T15-19					130.0	135.0	140.0	140.0				140.0	90.26	1.				0.6447
m			-90.0	85.30	Sebastian Najarian 30	IPO Guest	Open					150.0	-160.0	160.0	160.0				160.0	105.12	G				0.6570
m			-90.0	87.30	Arwyn Brain 24	Llanelli	Open					-180.0	-180.0	180.0	180.0				180.0	116.77	2.				0.6487
m			-90.0	88.40	Endaf Phillips 39	Llanelli	Open					-190.0	190.0	200.0	200.0				200.0	128.88	1.				0.6444
m			-90.0	87.50	Lee Hough 45	Southampton	M45+					135.0	145.0	-150.0	145.0				145.0	93.95	1.				0.6479
m			-100.0	94.50	Terry Smith 48	Shirley	M45+					180.0	187.5	190.0	190.0				190.0	118.47	1.				0.6235
BENCH PRESS 2nd FLIGHT																									
m			-100.0	91.40	Adam Jones 19	Aldershot	T15-19					110.0	-115.0	-120.5	110.0				110.0	69.69	1.				0.6335
m			-100.0	99.70	Robert Preston 42	Kidderminster	M40+					180.0	190.0	-200.0	190.0				190.0	115.77	1.				0.6093
m			-110.0	108.20	Sebastian Wajncetel 36	Harlow	Open					280.0	295.0	-3025.0	295.0				295.0	174.52	1.				0.5916
m			-125.0	111.30	Scott Massingham 40	St Ives	M40+					-200.0	-200.0	200.0	200.0				200.0	117.28	1.				0.5864
m			-110.0	107.90	Kevin Maher 50	Stourport	M50+					210.0	212.5	-223.0	212.5				212.5	125.82	1.				0.5921
m			-140.0	133.00	Andrew Cairney 32	Glasgow	Open					180.0	190.0	200.0	200.0				200.0	112.68	2.				0.5634
m			-140.0	136.40	Dave Gladwell 34	St Ives	Open					250.0	255.0	-260.0	255.0				255.0	143.06	1.				0.5610
m			-140.0	130.40	Sean Hayes 40	Andover	M40+					225.0	237.5	-255.5	237.5				237.5	134.26	1.				0.5653
m			140+	132.70	Robert Wiejas 34	Livingston	Open					-285.0	295.0	-300.0	295.0				295.0	166.26	1.				0.5636

MC: Allison Hough
HEAD-REFEREE
NAME: Dean Drury INT
BRITISH RECORD

LEFT-REFEREE
NAME: David Carter INT

RIGHT-REFEREE
NAME: Robert Campbell INT

David Berg Memorial Shield Best Bench Press: Sebastian Wajncetel 174.52 points