

**BRITISH POWERLIFTING ORGANISATION
2011 UK OPEN CHAMPIONSHIPS - 2ND FLIGHT - POWERLIFTING & DEAD LIFT
NEW DOCK STARS CLUB, LLANELLI, CARMARTHENSHIRE, WALES - 11TH 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		8	-90	89.00	Arram Eghoyan 27	Chingford	Open	220.0	240.0	260.0	260.0	165.0	180.0	-187.5	440.0	230.0	250.0	262.5	702.5	451.08	1.					0.6421
m		8	-90	88.70	Mark Swinden 32	Bristol	Open	210.0	-220.0	-220.0	210.0	140.0	160.0	170.0	380.0	220.0	245.0	255.0	635.0	408.43	2.					0.6432
m		7	-90	84.30	Sebastian Najarian 30	Guest IPO	Open	140.0	145.0	150.0	150.0	157.5	-162.5	162.5	312.5	185.0	195.0	200.0	512.5	339.02	G					0.6615
m		8	-90	83.30	Justin Oon 32	Buckhurst Hill	Open	120.0	130.0	150.0	150.0	130.0	140.0	150.0	300.0	220.0	-232.5	-232.5	520.0	346.37	3.					0.6661
m		6	-90	88.10	Phil Beniston 48	Kirby in Ashfield	M45+	230.0	250.0	260.0	260.0	170.0	182.5	-190.5	442.5	225.0	245.0	255.0	697.5	450.24	1.					0.6455
n		9	-100	97.50	David Clements 68	Kidderminster	M65+	180.0	191.0	200.0	200.0	130.0	-141.0	-141.0	330.0	180.0	200.0	211.0	541.0	332.72	1.	-210.0		220.0		0.6150
m		9	-110	108.30	David Foster 34	Kidderminster	Open	230.0	-245.0	-245.0	230.0	165.0	172.5	177.5	407.5	260.0	270.0	275.0	682.5	403.63	1.					0.5914
n																										
m		9	-110	104.30	Rob Todd 65	Kidderminster	M65+	160.0	170.0	180.0	180.0	125.0	-130.0	-130.0	305.0	170.0	180.0	190.0	495.0	296.51	1.					0.5990
m																										
m		11	-125	115.80	Aaron Myers 29	Nottingham	Open	150.0	160.0	170.0	170.0	150.0	0.5	160.0	330.0	200.0	210.0	220.0	550.0	319.00	1.					0.5800
m		7	-125	110.80	Tony Rook 56	Kidderminster	M55+	-210.0	210.0	230.0	230.0	135.0	145.0	-150.0	375.0	220.0	-240.0	-240.0	595.0	349.38	1.					0.5872
m		11	-140	126.00	Sean Hayes 40	Andover	M40+	-210.0	220.0	-250.0	220.0	200.0	210.0	220.0	440.0	210.0	230.0	255.0	695.0	395.39	1.					0.5689
m		12	140	144.30	Mark Jenkins 35	Stourport-on-Severn	Open	200.0	205.0	220.0	220.0	110.0	115.0	117.5	337.5	240.0	250.0	260.0	597.5	332.39	1.					0.5563
m		9	140	160.00	Richard Fricker 50	Radstock	M50+	200.0	245.0		245.0	140.0	-170.0		385.0	220.0	240.0	-282.5	625.0	342.63	1.					0.5482
DEAD LIFT																										
m			-90	88.40	Thomas Keeble 22	Blackwood	Jun									200.0	210.0		210.0	135.32	1.					0.6444
m			-90	84.30	Sebastian Najarian 30	GUEST IPO	Open									185.0	195.0	200.0	200.0	132.30	G					0.6615
m			-100	99.90	Scott Higgins 27	Mansfield	Open									230.0	240.0	255.0	255.0	155.24	1.					0.6088
m			140	160.00	Richard Fricker 50	Radstock	M50+									220.0	240.0	-282.5	240.0	131.57	1.					0.5482

MC. David Carter

HEAD-REFEREE
Dean Drury INT
BRITISH RECORD

LEFT-REFEREE
NAME: Robert Campbell INT

RIGHT-REFEREE
NAME: Frank Heaton NAT