BRITISH POWERLIFTING ORGANISATION

2011 UK OPEN CHAMPIONSHIPS - 3RD FLIGHT - SINGLE LIFT BENCH PRESS

NEW DOCK STARS CLUB, LLANELLI, CARMARTHENSHIRE, WALES - 11TH SEPTEMBER

								SQUAT				BENCHPRESS				DEADLIFT								
M/N	NR	ST.	CAT.	BDW.	NAME	Town/City	CAT.	1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilks	PL.	4. SQ	4. BP	4.DL	Coef.
m					BENCH PRESS																				
m																									
m																									
m																									
m			-75	74.20	Matthew Price 21	Ebbw Vale	Jun					115.0	120.0	-122.5	120.0				120.0	86.15	1.				0.7179
m																									
n																									
m																									
n			-75	74.00	Jonathan Davies 40	Abergavenny	M40+					130.0	135.0	-140.0	135.0				135.0	129.42	1.				0.9587
m																									
m			-75	73.60	Maldwyn Gardner 66	Ebbw Vale	M65+					92.5	100.0	105.0	105.0				105.0	75.82	1.				0.7221
m			-90	87.10	Lee hough	Southampton	M40+					135.0	140.0	-150.0	140.0				140.0	90.93	2.				0.6495
m			-90	86.60	Paull Fraine	Kirby in Ashfield	M40+					120.0	130.0	140.0	140.0				140.0	91.21	1.				0.6515
m			-90	88.10	Phil Beniston 48	Kirby in Ashfield	M45+					170.0	182.5	-190.5	182.5				182.5	117.80	1.				0.6455
m																									
m			-90	88.40	Thomas Keeble 22	Blackwood	Jun					140.0	145.0	150.0	150.0				150.0	96.66	1.				0.6444
m			-90	86.70	Endaf Phillips 39	Llanelli	Open					180.0	190.0	-200.0	190.0				190.0	123.71	1.				0.6511
m			-90	84.30	Sebastian Najarian 30	Guest IPO	Open					157.5	-162.5	162.5	162.5				162.5	107.49	G				0.6615
m																									
m			-100	93.80	Sean Harrison 40	Kirby in Ashfield	M40+					170.0	180.0	-185.0	180.0				180.0	112.63	1.				0.6257
m																									
m			-110	108.90	Scott Massingham 40	Nancledra	M40+					205.0	210.0		210.0				210.0	123.96	1.				0.5903
m			-110	105.40	Tony Brown 48	Bewdley	M45+					-250.0	-250.0	250.0	250.0				250.0	149.20	1.		-257.5		0.5968
m																									
m			-140	138.00	Dave Gladwell 34	St Ives	Open					250.0	255.0		255.0				255.0	142.80	1.				0.5600
m			140	160.00	Richard Fricker 50	Radstock	M50+					140.0	-170.0		140.0				140.0	76.75	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