

2008 BPO WELSH & ENGLAND POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

Date: 16th March - Venue: FOUR SEASONS, LLANSAMLET, SWANSEA

Gender	Weight	Age	Age	BW	Comp	Name	Nation	Team	SQ	SQ	SQ	SQ	BP	BP	BP	BP	Sub.	DL	DL	DL	DL	Total	Comments	
M/W	Class	Class	Age						1	2	3	4th	1	2	3	4th	Tot.	1	2	3	4th	Result		
POWERLIFTING																								
1st FLIGHT																								
W	56	WM45+	47	55.2	P	Hickman Debbs	E		80	90	100br		45	50br	52.5br		152.5	x	100	0		252.5	1st	
M	67.5	Jun	23	65.5	P	Beniston Adam	E		100	x	x		60	67.5	x		167.5	125	145	155		322.5	1st	
W	75	W-Jun	22	72.5	P	Price Louise	W		80	90	100		70	x	76br		176	120	130	140	142.5br	316	1st	
M	75	M45+	49	74.7	P	Webb David	E		155	170	180		120	130	135		315	200	210	x		515	1st	
M	82.5	Jun	20	78.7	P	Brain Arwyn	W		170	x	x		130	x	x		300	170	185	x		470	1st	
M	82.5	O	26	82.4	P	Morris Stephen	W		x	160	x		100	110	117.5		267.5	130	165	180		467.5	2nd	
M	82.5	M65+	67	82	P	Sandhu Sam	E		85br	x	105br		60br	70br	x		175	85br	105br	120br	125br	295br	1st	
M	90	O	34	89.9	P	Husk Ivan	E		160	170	x		90	95	100		270	180	190	200		470	2nd	
M	90	O	33	89.5	P	Knight Stephen	E		240	250	x		160	x	165		415	240	250	x		665	1st	
M	90	M40+	44	89.6	P	Boyer John	E		200	215	220		145	155	x		375	197.5	207.5	212.5		587.5	1st	
M	90	M40+	41	86.9	P	Hough Leece	E		190	202.5	210		135	140	142.5		342.5	190	202.5	210		562.5	2nd	
M	90	M60+	64	88.1	P	Clements Dave	E		120br	130br	140br		110br	120br	x		260	150br	160br	170br	175br	400br	1st	
M	100	Jun	20	91.7	P	Fernandes James	E		130	150	165		80	90	105		270	170	180	200		470	1st	
M	100	Jun	20	97.4	P	Reardon James	W		200	220	230		x	x	x								Bombed	
M	100	O	27	99.4	P	Derbyshire Wayne	E		x	x	x												Bombed	
M	100	O	33	92	P	Loveridge Henry	E		180	195	205		140	150	152.5		357.5	180	190	210		567.5	1st	
M	100	O	30	99.8	P	Foster David	E		140	150	160		155	x	x		315	230	240	x		555	2nd	
M	100	M40+	40	96	P	Hughes Michael	E		x	x	x												Bombed	
M	125	O	31	117.7	P	Connell James	E		x	260	x		140	160	x		420	250	270	x		690	1st	
M	125	O	31	120.5	P	Jenkins Mark	E		180	190	200		120	130	x		330	250	260	270		600	2nd	
M	110	O	27	107.3	P	Scott Richard	E		260	x	x		180	200	205		465	260	280	x		765	1st	
M	140+	M45+	46	160	P	Fricker Richard	E		150	180	200		100	130	137.5		337.5	150	200	220		557.5	1st	
BENCH PRESS																								
1st Flight																								
M	67.5	Jun	20	66.6	BP	Tolley Richard	E						85	x	x							85	1st	
M	75	O	30	73.8	BP	Ives Johnathan	E						125	x	x							125	1st	
M	82.5	O	36	82.3	BP	Knight Andy	E						x	150	155							155	1st	
M	90	O	38	89.6	BP	Preston Robert	E						190	100	202.5							202.5	1st	
4																								
2nd Flight																								
M	100	M40+	44	90.4	BP	Beniston Phil	E						170	180	190							190	1st	
1st	110	M45+	45	104.2	BP	Brown Tony	E						237.5br	x	245br							245br	1st	
M	125	Jun	21	113.9	BP	Drew Christopher	E						x	190	200							200	1st	
M	125	Jun	22	124	BP	Kerr Gavin	W						172.5	187.5	x							187.5	1st	
M	140+	M45+	46	160	BP	Fricker Richard	E						100	130	137.5							137.5	1st	
DEAD LIFT																								
2nd Flight																								
M	125	Jun	22	124	DL	Kerr Gavin	W											230	250	270		270	1st	
M	140+	M45+	46	160	DL	Fricker Richard	E											150	200	220		220	1st	

W = Wales
E = England

br: denotes British Record
Referees: Allison
Robert
David

Seabright
Campbell
Carter

Best Powerlifter
Best Bench Presser

Richard Scott
Tony Brown