

British Powerlifting Organisation

2009 British Championships

University of Bath, Bath 18th & 19th April Day One 2nd Flight Powerlifting & Dead Lift

NR	ST.	CAT.	BDW.	NAME	Town/City	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	PL.
							1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.			
POWERLIFTING																				
		-82.5	82.00	Paul Murphy	Tenby	M40+	265.0	-292.5	-292.5	265.0	155.0	-160.0	-160.0	420.0	250.0			670.0	450.51	1.
		-90	89.70	Russell Martin	Weston-S-Mare	Open	100.0	120.0	130.0	130.0	110.0	-117.5	-117.5	240.0	180.0	-200.0	200.0	440.0	281.38	1.
		-90	88.60	Lee Hough	Southampton	M40+	200.0	220.0	-230.0	220.0	135.0	145.0	150.0	370.0	185.0	200.0	-210.0	570.0	366.85	1.
		-90	88.00	Roy Brown	Kiddeminster	M60+	140.0	150.0	-160.0	150.0	80.0	-90.0	-90.0	230.0	160.0	170.0	180.0	410.0	264.82	1.
		-90	88.00	David Clements	Kidderminster	M65+	-160.0	160.0	170.0	170.0	-120.0	120.0	-126.0	290.0	170.0	185.0	-202.5	475.0	306.80	1.
		-90	89.30	Dominic Avo	Swansea	M70+	150.0	155.0	157.5wr	155.0	100.0	105.0	107.5wr	260.0	160.0	165.0	167.5wr	425.0	272.43	1.
		-110	101.90	Ryan Law	Southampton	T15/19	100.0	110.0	120.0	120.0	60.0	65.0	-70.0	185.0	130.0	137.5	147.5	332.5	200.86	1.
		-100	93.60	Ciaran Murphy	Swansea	Jun	270.0	290.0	308.0	308.0	150.0	160.0	-170.0	468.0	260.0	-275.0		728.0	455.95	2.
		-100	97.00	Oliver Williamson	Nottingham	Jun	235.0	-252.5	255.0	255.0	190.0	200.5	-205.0	455.5	275.0	292.5	300.0	755.5	465.61	1.
		-100	94.00	Stephen Knight	Kidderminster	Open	280.0	-300.0	-300.0	280.0	185.0	195.0	205.0	485.0	200.0	260.0	270.0	755.0	471.88	1.
DEAD LIFT																				
		-82.5	82.00	Paul Murphy	Tenby	M40+								250.0				250.0	168.10	1.
		-100	98.00	Gareth Jones	Wrexham	Open									-250.0			-250.0	-153.40	
		-125	118.00	Andrew Ward	Derby	M45+								290.0	300.0	310.0	310.0	310.0	178.93	1.

br = British Record - er = European Record = wr =World Record

HEADREFEREE
NAME: Dean Drury INT

LEFT-REFEREE
NAME: Phil Lindsey INT

RIGHT-REFEREE
NAME: Robert Campbell INT