

British Powerlifting Organisation

Name of contest

2009 Welsh & England Championships

Place and date

Four Seasons, Llansamlett Swansea

8th March

M/N	CLASS	AGE	AgeClass	COMP	BdyWt	NAME	Town	Nation	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	POS	4. SQ	4. BP	4. DL	Coef.	
									1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.								
POWERLIFTING																											
1st FLIGHT																											
m	56	15	T15/19	PL	49,3	Jamie Hough	Southampton	E	75.0	85.0	95.0	95.0	30.0	35.0	-40.0	130.0	90.0	100.0	110.0	240.0	249.4	1st			112.5	1.0390	
n	75	35	W-Open	PL	71,1	Jodi Law	Southampton	E	115.0	125.0	135.0	135.0	-55.0	55.0	-60.0	190.0	120.0	130.0	-137.0	320.0	315.0	1st				0.9843	
n	75	40	WM40+	PL	73,8	Sue Davies	St Ives	E	130.0	-140.0	145.0	145.0	95.0	100.0	-105.0	245.0	140.0	155.0	167.5	412.5	397.7	1st				0.9604	
m	75	21	Jun	PL	73,4	Arwyn Brain	Carmarthen	W	180.0	195.0	-	195.0	127.5	135.0	-140.0	330.0	185.0	195.0	202.5	532.5	385.3	1st				0.7235	
m	75	35	Open	PL	74,4	Andras Csiszar	Folkstone	E	210.0	230.0	-250.0	230.0	150.0	155.0	160.0	390.0	210.0	230.0	250.0	640.0	458.6	1st				0.7166	
m	82.5	17	T15/19	PL	80,4	Jake Jones	Liverpool	E	100.0	120.0	-130.0	120.0	100.0	-120.0	-	220.0	180.0	-200.0	200.0	420.0	288.1	1st				0.6806	
m	82.5	38	Open	PL	78,9	Paul Fishlock	Southampton	E	180.0	190.0	200.0	200.0	115.0	125.0	-130.0	325.0	190.0	20.0	210.0	535.0	368.5	1st				0.6888	
m	82.5	35	Open	PL	77,7	Nick Hinde	Bristol	E	-165.0	182.0	-200.0	182.5	90.0	95.0	-100.0	277.5	165.0	182.5	190.0	467.5	315.9	2nd				0.6957	
n	90+	18	WT15/19	PL	97,4	Kaiya-Marie Buechell	Chippenham	E	50.0	85.0	92.5	92.5	40.0	55.0	62.5	155.0	100.0	-125.0	-140.0	255.0	214.0	1st				0.8393	
2nd FLIGHT																											
m	90	17	T15/19	PL	87,8	Joshua Keys	Swansea	W	160.0	180.0	-200.0	180.0	115.0	125.0	130.0	310.0	180.0	205.0	220.0	530.0	342.8	1st				0.6467	
m	90	28	Open	PL	89,7	Andy Brown	Swansea	W	-270.0	270.0	-290.0	270.0	-170.0	170.0	-180.0	440.0	250.0	-270.0	-290.0	690.0	441.3	1st				0.6395	
m	90	26	Open	PL	89,4	Russell Martin	WestonSuperMare	E	60.0	80.0	-	80.0	100.0	105.0	-110.0	185.0	175.0	195.0	205.0	390.0	251.9	1st				0.6499	
m	90	26	Open	PL	87,0	Neil Morley	Derby	E	-180.0	-180.0	180.0	180.0	-140.0	140.0	160.0	320.0	-160.0	-	-	160.0			Bombed				0.6499
m	90	27	Open	PL	83,4	Stephen Morris	Swansea	W	165.0	185.0	-192.5	185.0	-140.0	-140.0	-140.0	185.0	-	-	-	185.0			Bombed				0.6156
m	90	70	M70+	PL	84,7	Andy Mckee	St Ives	E	-120.0	120.0	130.0	130.0	95.0	100.0	-105.5	230.0	135.0	-140.0		365.0	240.8	1st				0.6597	
m	90	70	M70+	PL	89,9	Dominic Avo	Swansea	W	145.0	150.0	155.0	155.0	95.0	102.5	105.5	255.5	150.0	160.0	165.0	425.5	273.0	1st				0.6424	
m	100	22	Jun	PL	94,1	Ciaran Murphy	Swansea	W	-310.0	-310.0	-310.0	-310.0	-	-	-	-310.0	-	-	-	-310.0			Bombed				0.6249
m	110	16	T15/19	PL	101,1	Ryan Law	Southampton	E	90.0	100.0	-110.0	100.0	45.0	55.0	65.0	165.0	125.0	135.0	140.0	305.0	184.8	1st				0.6060	
3rd FLIGHT																											
m	100	45	M45+	PL	91,9	John Boyer	Southampton	E	205.0	215.0	225.0	225.0	150.0	-160.0	-160.0	375.0	-200.0	200.0	215.0	590.0	372.0	1st				0.6318	
m	110	23	Jun	PL	106,10	Oliver Williamson	Nottingham	E	150.0	180.0	202.5	202.5	-185.0	190.0	-200.0	392.5	265.0	277.5	290.0	682.5	406.4	1st				0.5954	
m	110	29	Open	PL	109,9	Mairbek Aslakhonov	Swansea	W	280.0	290.0	310.0	310.0	170.0	-190.0	190.0	500.0	270.0	280.0	-290.0	780.0	437.5	1st				0.5887	
m	125	32	Open	PL	119,7	James Connell	StocktonOnTees	E	250.0	260.0	270.0	270.0	182.5	200.0	-220.0	470.0	265.0	280.0	-300.0	750.0	431.5	1st				0.5753	
m	125	38	Open	PL	111,1	Mark Eager	St Ives	E	-245.0	245.0	250.0	250.0	145.0	160.0	165.0	415.0	275.0	290.0	300.0	715.0	422.8	2nd				0.5867	
m	125	44	M40+	PL	124,8	Colin Yemm	Stoke	E	180.0	-	-	180.0	150.0	-	-	330.0	200.0	-	-	530.0	302.2	1st				0.5701	
m	125	53	M50+	PL	114,1	Harry Whale	Kidderminster	E	120.0	140.0	160.0	160.0	170.0	182.5	187.5	347.5	170.0	180.0	187.5	535.0	313.0	1st	190.0			0.5823	
m	140	31	Open	PL	130,5	Dave Gladwell	St Ives	E	290.0	300.0	310.0	310.0	200.0	-210.0	-210.0	510.0	260.0	270.0	-280.0	780.0	444.5	1st				0.5699	
m	140+	45	M45+	PL	145,0	Neville Price	Swansea	W	180.0	-220.0	220.0	220.0	110.0	120.0	-140.0	340.0	160.0	180.0	200.0	540.0	300.2	1st				0.5560	
BENCH PRESS																											
1st FLIGHT																											
n	90+	18	WT15/19	BP	97,4	Kaiya-Marie Buechell	Chippenham	E					40.0	55.0	62.5					62.5	52.5	1st					0.8393
2nd FLIGHT																											
m	75	17	T15/19	BP	74,2	Sam Bryant	Folkstone	E					75.0	85.0	-90.0					90.	61.0	1st					0.7197
m	82.5	35	Open	BP	78,4	Robert Truscott	Derby	E					-155.0	155.0	-160.0					155.0	107.2	1st					0.6916
m	90	42	M40+	BP	88,9	Lee Hough	Southampton	E					135.0	145.0	-150.0					145.0	93.1	1st					0.6424
m	90	26	Open	BP	87,0	Neil Morley	Derby	E					-140.0	140.0	-160.0					160.0	91.0	1st					0.6499
m	100	22	Jun	BP	96,3	Richard Whisker	Lincoln	E					175.0	182.5	187.5					187.5	112.8	1st					0.6183
3rd FLIGHT																											
m	100	50	M50+	BP	99,7	Colin Payne	Swansea	W					-160.0	-160.0	160.0					160.0	97.5	1st					0.6096
m	110	48	M45+	BP	109,6	Paul Edmonds	Wrexham	W					180.0	-200.0	-200.0					180.0	106.7	1st					0.5823
m	110	53	M50+	BP	114,1	Harry Whale	Kidderminster	E					170.0	182.5	187.5					187.5	109.2	1st	190.0				0.5893
m	140+	36	Open	BP	160,0	Jason Rees	Glanaman	W					227,5	242,5	-262,5					242,5	132,9	1st					0.5482
DEAD LIFT																											
1st FLIGHT																											
n	90+	18	WT15/19	DL	97,4	Kaiya-Marie Buechell	Chippenham	E									100.0	-125.0	-145.0	100.0	84.0	1st					0.8393
2nd FLIGHT																											
m	90	26	Open	DL	87,0	Neil Morley	Derby	E									-160.0	-	-			Bombed					0.6499
m	100	29	Open	DL	99,6	Gareth Jones	Wrexham	E									255.0	270.0	-285.0		165.0	1st					0.6096

REFEREES: Robert Campbell, David Carter, Adam Willis TECHNICAL OFFICER: Robert Campbell MC: Allison Seabright, Jane Jordan, David Carter MEET DIRECTOR: Ken Williams

PLATFORM CREW: Ken Williams, Nigel Wilding, Adam Jones, William Tinkler

BRITISH RECORDS: Jamie Hough S,BP,DL,T - Arwyn Brain S,DL - Kaiya Marie Buechell S,BP,T - Dominic Avo S,BP,DL,T - Harry Whale BP

BEST OVERALL POWERLIFTER: Andra Csiszar