

British Powerlifting Organisation

2010 WELSH & ENGLAND CHAMPIONSHIPS 3rd FLIGHT

FOUR SEASONS, LLANSAMLET, SWANSEA, WALES - 14TH MARCH

M/N	NR	ST.	CAT.	BDW.	NAME	TOWN/CITY	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	PL.	4. SQ	4. BP	4. DL			
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.									
m					POWERLIFTING																						
m			-100	94.10	Jacob Kristensen	London (E)	Open	280.0	300.0		300.0	215.0	-225.0	225.0	525.0	280.0	300.0	-320.0	825.0	515.38	1.						
m			-110	100.20	Jeff Adams	Llanelli (W)	Open	220.0	230.0		230.0	160.0	170.0	180.0	410.0	230.0	240.0	250.0	660.0	401.35	1.						
m			-110	106.00	Junior Gelsthorpe	Chesterfield (E)	Junior	200.0	-230.0	230.0	230.0	180.0	190.0	-200.0	420.0	210.0	230.0	245.0	665.0	396.07	1.						
m			-110	103.50	Jack John	Haverfordwest (W)	Junior	-200.0	200.0	215.0	215.0	140.0	150.0	160.0	375.0	250.0	270.0	285.0	660.0	396.40	1.						
m																											
m			-110	108.50	Artur Chrzaszcz	Crawley (E)	Open	265.0	285.0	300.0	300.0	145.0	160.0	167.5	467.5	265.0	292.5	302.5	770.0	455.07	1.						
m			-110	109.00	Paul Stevenson	Isle of Wight (E)	Open	280.0	300.0	320.0	320.0	170.0	-180.0	-180.0	490.0	260.0	270.0	-280.0	760.0	448.55	2.						
m																											
m			-125	118.10	Jack Gellatley	Chesterfield (E)	Junior	200.0	215.0	-240.0	215.0	170.0	192.5	202.5	417.5	200.0	225.0	250.0	667.5	385.21	1.						
m			-125	116.80	Oliver Williamson	Nottingham (E)	Open	-285.0	290.0	302.5	302.5	217.5	-230.0	-230.0	520.0	270.0	282.5	290.0	810.0	468.75	2.						
m			-125	122.00	Scott Heaton	Sheffield (E)	Open	265.0	285.0	-300.0	285.0	180.0	205.0	220.0	505.0	280.0	310.0	-335.0	815.0	466.83	1.						
m			-140	130.00	David Evans	Port Talbot (W)	Open	260.0	280.0		280.0	170.0	190.0	200.0	480.0	260.0	280.0		760.0	429.86	1.						
m																											
m					BENCH PRESS																						
m			-110	107.90	Sebastian Wajncetel	Harlow (E)	Open					230.0	270.0	285.0	285.0				285.0	168.75	1.						
m																											
m			-125	111.80	Paul Edmonds	Wrexham (W)	M45+					200.0	210.0	220.0	220.0				220.0	128.83	1.				225.0		
m			-125	122.00	Scott Heaton	Sheffield (E)	Open					180.0	205.0	220.0	220.0				220.0	126.02	1.						
m																											
m					DEAD LIFT																						
m			-125	122.00	Scott Heaton	Sheffield (E)	Open									280.0	310.0	-335.0	310.0	177.57	1.						

HEADREFEREE

NAME: Dean Drury INT
BRITISH RECORD

LEFT-REFEREE

NAME: Bob Campbell Int

RIGHT-REFEREE

NAME: David Carter Int