

British Powerlifting Organisation

2011 WELSH CHAMPIONSHIPS

OLD BARN INN, SWANSEA, WALES - 27TH FEBRUARY

M/N	NR	ST.	CAT.	BDW.	NAME	Town/City	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	PL.	4. SQ	4. BP	4. DL	Coef.			
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.										
POWERLIFTING																												
m																												
n		-60		57.70	Kiley MacKay 29	Newcastle Emlyn	W-Open	80.0	90.0	110.0	110.0	30.0	35.0	40.0	150.0	80.0	100.0	125.0	275.0	316.09	1.							1.1494
m		-75		72.70	Liam Lynch 17	Haverfordwest	T15-19	160.0	180.0	190.0	190.0	110.0	120.5	130.0	320.0	170.0	187.5	205.0	525.0	382.46	1.		135.0	-216.5				0.7285
m																												
m																												
m		-90		89.30	James Reardon 23	Llanelli	Jun	210.0	220.0	240.0	240.0	100.0	140.0	145.0	385.0	200.0	210.0		595.0	381.40	1.							0.6410
m		-90		88.70	Geraint Nicholas 47	Bridgend	M45+	215.0	235.0		235.0	130.0	135.0	-145.0	370.0	240.0	275.0	282.5	652.5	419.69	1.							0.6432
m		-90		87.80	Dominic Avo 72	Swansea	M70+	150.0	155.0	160.0	160.0	95.0	100.0	-102.5	260.0	165.0	170.0	177.5	437.5	282.93	1.							0.6467
m		-100		98.80	William Tinkler 40	Swansea	M40+	80.0			80.0	120.0	130.0		210.0	100.0			310.0	189.60	1.							0.6116
m		-125		121.90	Scott Heaton 33	Sheffield	Open	250.0	260.0	270.0	270.0	210.0	220.0	-225.0	490.0	300.0	320.0	330.0	820.0	469.78	1.							0.5729
m																												
m		-140		130.00	David Evans 39	Port Talbot	Open	270.0			270.0	170.0			440.0	260.0			700.0	395.92	1.							0.5656
POWERLIFTING																												
m																												
m																												
m		-90		88.30	Christopher Apark 44	Bath	M40+					100.0	105.0	-110.0	105.0				105.0	67.69	1.							0.6447
m																												
m		-110		108.00	Kevin Maher 49	Stourport-on-Severn	M45+					150.0	170.0	180.0	180.0				180.0	106.54	1.							0.5919
m																												
m		-140		128.10	Robert Wiejas 34	Livingston	Open					260.0	270.0	-276.0	270.0				270.0	153.12	1.							0.5671
POWERLIFTING																												
m																												
m		-75		71.90	Jamie Peters 23	Llanelli	Jun									210.0	225.0	230.0	230.0	168.94	1.					232.5		0.7345
m		-90		88.70	Geraint Nicholas 47	Bridgend	M45+									240.0	275.0	282.5	282.5	181.70	1.							0.6432

HEAD-REFEREE: Dean Drury INT
BRITISH RECORD

Best Overall Powerlifter: Scott Heaton 469.78 points

LEFT-REFEREE: David Carter INT
Ken Williams NAT

RIGHT-REFEREE: Robert Campbell INT