

BRITISH DRUG FREE POWERLIFTING ASSOCIATION  
British Single Lift Championships 2010  
Horncastle Golf Country Club - 06/03/2010

<b>Squat</b>														
			<b>W.Cl.</b>	<b>U/E</b>	<b>Competitor Name</b>		<b>age</b>	<b>cat</b>	<b>B.W.</b>	<b>Result</b>	<b>4th Lift</b>	<b>POINTS</b>	<b>Qual.</b>	
w	2	1	70kg	U	Melanie GOLDING	SE	49	M2	63.4	97.5 <b>WR*</b>	100 <b>WR*</b>	80.0768	YES	(80).
w	1	1	70kg	U	Manon BRADLEY	EM	43	M1	67.4	100		77.96	YES	(85).
w	3	1	70kg	U	Kristine MEZALE	NE	22	Jnr	67.7	77.5 <b>NR*</b>		60.1865	NO	(80).
w	1	1	90kg	U	Mary ANDERSON	SCO	42	M1	82.3	150 <b>WR</b>		101.145	YES	(102.5).
w	2	1	90kg	U	Gabrielle BENNETT	NE	16	T2	87.9	110 <b>WR*</b>		70.62	YES	(80).
w	1	1	55.5kg	E	Janet SCOTT	NM	48	M2	53.3	80 <b>WR*</b>		75.936	YES	(75).
w	1	1	90kg	E	Mary ANDERSON	SCO	42	M1	82.3	185 <b>WR</b>		124.746	YES	(117.5).
	1	1/1	75kg	U	Mark FLEMING	NE	26	Snr/MPF	74.6	200		133.46	YES	(162.5).
	1	1	82.5kg	U	Paul C GOLDING	SE	47	M2	81.6	180		112.338	YES	(160).
	1	1	90kg	U	Daniel GEACH	SW	24	Snr	86.5	195		117	YES	(185).
	1	1	100kg	U	Philippe M CRISP	SE	40	M1	96.9	205		115.251	YES	(182.5).
	2	1	100kg	U	Alan MURPHY	NM	48	M2	99.6	172.5		95.7375	YES	(172.5).
	3	1	100kg	U	Andy DAVIES	NW	65	M6	91.6	150 <b>WR*</b>		86.895	YES	(135).
	1	1	125kg	U	Les PILLING	NW	55	M4	113.7	230 <b>WR*</b>		122.498	YES	(167.5).
	1	1	75kg	E	Dean MIKOSZ	SC	41	M1	74.6	230		153.479	YES	(167.5).
	1	1	90kg	E	Neil ABERY	EM	32	Snr	86.8	267.5		160.126	YES	(200).
	2	1	90kg	E	Rick MELDON	SE	45	M2	84.5	250		152.325	YES	(180).
	1	1	100kg	E	Alan MURPHY	NM	48	M2	99.6	170		94.35	NO	(192.5).
		---	110kg	E	Martins CERINS	NE	32	Snr	109.2	---		---	NO	(217.5).
	1	1	125kg	E	Les PILLING	NW	55	M4	113.7	240 <b>WR*</b>		127.824	YES	(185).
<b>Bench</b>														
w	1	1	50.5kg	U	Pat REEVES	WM	64	M5	49.7	32.5		32.6593	YES	(25).
w	1	1	53kg	U	Gina SITARENOU	WM	36	Snr	52	45		43.587	YES	(40).
w	1	1	55.5kg	U	Janet SCOTT	NM	48	M2	53.3	45		42.714	YES	(37.5).
w	1	1	63kg	U	Nicola ELDING	NM	41	M1	61.4	62.5 <b>NR*</b>		52.7375	YES	(45).
w	1	1	70kg	U	Manon BRADLEY	EM	43	M1	67.4	75		58.47	YES	(47.5).
w	2	1	70kg	U	Kristine MEZALE	NE	22	Jnr	67.7	45		34.947	YES	(45).
w	1	1	90kg	U	Mary ANDERSON	SCO	42	M1	82.3	87.5 <b>WR*</b>		59.0013	YES	(57.5).
w	2	1	90kg	U	Gabrielle BENNETT	NE	16	T2	87.9	60 <b>WR*</b>		38.52	YES	(45).
w	1	1	90kg	E	Mary ANDERSON	SCO	42	M1	82.2	117.5 <b>WR</b>		79.3008	YES	(72.5).
	1	1	67.5kg	U	Ted BYRNE	NM	58	M4	66.3	80		59.016	YES	(80).
	1	1/1	75kg	U	Mark FLEMING	NE	26	Snr/MPF	74.6	165 <b>WR†</b>		110.105	YES	(112.5).
	2	1	75kg	U	Kallum PENNINGTON	NW	21	Jnr	72.7	133 <b>NR*</b>	135 <b>NR*</b>	90.259	YES	(102.5).

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		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS	Qual.
1	1	82.5kg	U	Mike JOSEPH	EC	38	Snr	79.9	170		107.695	YES (120).
2	2	82.5kg	U	Pawel KRAMER	SE	33	Snr	82.1	170		105.638	YES (120).
3	3/1	82.5kg	U	Michael YULE	SC	31	Snr/MPF	82.5	162.5		100.636	YES (120).
4	4	82.5kg	U	Alex TOSH	WM	27	Snr	80.6	155		97.5725	YES (120).
5	5/2	82.5kg	U	Phil TEMPEST	EM	38	Snr/MPF	79.8	145		91.9445	YES (120).
6	1	82.5kg	U	Gary CONWAY	WM	54	M3	79.7	137.5		87.2713	YES (105).
7	1	82.5kg	U	Peter LINNETT	EM	46	M2	80	135		85.4415	YES (110).
8	1	82.5kg	U	Ashley SINCLAIR	SCO	59	M4	80.5	132.5		83.4883	YES (100).
9	2	82.5kg	U	David WILLIAMS	SW	56	M4	81.6	132.5		82.6933	YES (100).
10	2	82.5kg	U	Michael JOHN	WM	49	M2	77.1	125		81.3125	YES (110).
11	1/3	82.5kg	U	Jonathan MITCHELL	NE	23	Jnr/MPF	80.1	125		79.05	YES (107.5).
12	1	82.5kg	U	Bill LEGG	SC	70	M7	81	82.5		51.7523	YES (77.5).
13	1	82.5kg	U	Gren ELMORE	WM	83	M9	79.6	75		47.64	YES (62.5).
	---	82.5kg	U	Ben GRIFFITHS	WM	17	T2	78.7	---		---	NO (87.5).
1	1	90kg	U	Henry TOSH	WM	30	Snr	89.7	170		99.705	YES (127.5).
2	2	90kg	U	Jan MAKSYMCIK	SW	37	Snr	87.2	152.5		91.0273	YES (127.5).
3	1	90kg	U	Daniel PENNINGTON	NW	19	T3	88.3	140	143 NR*	82.908	YES (102.5).
4	3/1	90kg	U	Jon MOORE	NE	27	Snr/MPF	88.6	135		79.785	YES (127.5).
5	4	90kg	U	Jamie WEBSTER	WM	32	Snr	88.1	130		77.09	YES (127.5).
6	5/2	90kg	U	Dave TEMPEST	NW	37	Snr/MPF	87.3	127.5		76.0538	YES (127.5).
7	2	90kg	U	Joe BALLINGER	WM	19	T3	88.2	100		59.26	NO (102.5).
8	1	90kg	U	Joe WEBB	NM	15	T1	88	90 NR*	95 NR*	53.406	YES (82.5).
9	1	90kg	U	John FULTON	EC	83	M9	84.2	80		48.856	YES (65).
1	1	100kg	U	Alistair MURDOCH	SE	42	M1	98.9	202.5 WR*		112.752	YES (127.5).
2	1	100kg	U	Andrew RIGBY	NW	47	M2	97.6	200.5 WR*	202.5 WR*	112.04	YES (120).
3	1	100kg	U	Richard WHISKER	NM	24	Snr	96.4	182.5		102.857	YES (135).
4	2	100kg	U	John MC COMISH	EC	41	M1	98.8	160		89.12	YES (127.5).
5	1	100kg	U	Martin FLETT	NW	54	M3	99.9	160		88.688	YES (115).
6	2	100kg	U	Chris MARSHALL	EM	38	Snr	97.4	145		81.316	YES (135).
7	3	100kg	U	Phillipe M CRISP	SE	40	M1	96.9	130		73.086	YES (127.5).
8	1	100kg	U	Gareth WALL	WM	22	Jnr	97.6	127.5		71.4255	YES (122.5).
9	2	100kg	U	Paul HAMMOND	NM	46	M2	98.5	110		61.358	NO (120).
1	1/1	110kg	U	Jay HOLLINGSWORTH	NE	25	Snr/MPF	108.5	195 WR†		104.988	YES (140).
2	2	110kg	U	Simon MARSHALL	EM	38	Snr	104.9	187.5		101.981	YES (140).
3	3/2	110kg	U	Neil THOMAS	EC	38	Snr/MPF	109.7	170		91.256	YES (140).
4	1	110kg	U	Pete GASKIN	SCO	47	M2	105.5	147.5		80.0778	YES (125).
1	1	125kg	U	Gary DADA	NM	39	Snr	119.3	200		105.52	YES (142.5).
2	2	125kg	U	Paul SPENCER	NM	31	Snr	114	170		90.491	YES (142.5).
3	1	125kg	U	Les PILLING	NW	55	M4	113.7	138 NR*		73.2325	YES (115).
1	1	145kg	U	Paul MERRICKS	WM	34	Snr	143.7	228 ER	230 ER	113.591	YES (150).
2	1	145kg	U	Haydn ROWLANDS	NM	53	M3	144.3	195		97.2465	YES (127.5).
1	1	+145kg	U	Graham MELLOR	NM	15	T1	156.2	105 WR*	110 WR*	51.114	YES (102.5).

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		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS	Qual.	
1	1	60kg	E	Aaron GIDEON	SE	30	Snr	59.1	145 NR		119.727	YES (100).	
1	1	75kg	E	Lee James MEACHEN	EC	44	M1	75	172.5 WR*		114.626	YES (117.5).	
2	2	75kg	E	Dean MIKOSZ	SC	41	M1	74.5	150		100.2	YES (117.5).	
1	1	82.5kg	E	Mike JOSEPH	EC	38	Snr	80.5	170		107.117	YES (132.5).	
2	1	82.5kg	E	David WILLIAMS	SW	56	M4	81.2	160 WR*		100.192	YES (110).	
3	2/1	82.5kg	E	Phil TEMPEST	EM	38	Snr/MPF	80	150		94.935	YES (132.5).	
4	1	82.5kg	E	George KING	NM	23	Jnr	81.9	135		84.024	YES (120).	
1	1	90kg	E	Jan MAKSYM CZUK	SW	37	Snr	87.7	170		101.099	YES (140).	
2	1	90kg	E	Paul C MASON	NW	48	M2	89.6	130		76.297	YES (125).	
1	1	100kg	E	Richard WHISKER	NM	24	Snr	96.6	210		118.23	YES (147.5).	
2	1	100kg	E	Martin FLETT	NW	54	M3	100	195 WR*		108.03	YES (125).	
3	2	100kg	E	Terry JEX	SC	54	M3	99.8	145		80.4025	YES (125).	
4	1	100kg	E	Paul HAMMOND	NM	46	M2	98.5	140		78.092	YES (132.5).	
1	1	110kg	E	Mark NORTON	NE	45	M2	106	230 WR*		124.683	YES (137.5).	
2	2	110kg	E	Wayne CATTERALL	NW	47	M2	105.6	190		103.113	YES (137.5).	
1	1	125kg	E	Marc SIDNEY	SE	47	M2	118.4	206 WR*		108.322	YES (142.5).	
2	1	125kg	E	Les PILLING	NW	55	M4	115.5	160 ER*		84.944	YES (127.5).	
<b>Deadlift</b>													
w	1	1	50.5kg	U	Pat REEVES	WM	64	M5	49.5	100 WR*	100.82	YES (65).	
w	1	1	53kg	U	Patricia KIM	NE	29	Snr	51.7	130 NR	126.503	YES (85).	
w	1	1	55.5kg	U	Louise FOX	EC	37	Snr	54.8	160	148.432	YES (90).	
w	2	1	55.5kg	U	Janet SCOTT	NM	48	M2	53.5	115 WR*	108.813	YES (80).	
w	1	1/1	63kg	U	Sarah Elizabeth JONES	SW	21	Jnr/MPF	61.4	120 NR*	101.256	YES (90).	
w	2	1	63kg	U	Nicola ELDING	NM	41	M1	61.2	115	97.313	YES (95).	
w	1	1	70kg	U	Kristine MEZALE	NE	22	Jnr	67.4	117.5 NR*	120.5 WR*	91.603	YES (100).
w	1	1	90kg	U	Mary ANDERSON	SCO	42	M1	82.2	185 WR*	124.857	YES (125).	
w	2	1	90kg	U	Gabrielle BENNETT	NE	16	T2	87.5	140 WR*	90.188	YES (97.5).	
w	1	1	55.5kg	E	Janet SCOTT	NM	48	M2	53.5	112.5 WR*	106.448	YES (87.5).	
w	1	1	90kg	E	Mary ANDERSON	SCO	42	M1	82.2	212.5 WR	143.416	YES (135).	
1	1	67.5kg	U	Jordan BUCHANAN	SW	16	T2	63.9	195 WR*	200 WR*	148.902	YES (120).	
2	1	67.5kg	U	Richard TAPER	SW	26	Snr	63.4	185		142.339	YES (165).	
3	1	67.5kg	U	John MC GATHAN	NW	21	Jnr	66.6	175 NR*		128.573	YES (147.5).	
4	2	67.5kg	U	Luke DIXON	NM	21	Jnr	66.7	175 NR*		128.398	YES (147.5).	
5	1	67.5kg	U	Ted BYRNE	NM	58	M4	66.3	172.5 NR*		127.253	YES (135).	
1	1	75kg	U	Andrew BURT	SW	17	T2	71.1	200 WR*		138.78	YES (132.5).	
2	1	75kg	U	Peter ARON	NM	29	Snr	73	190		128.991	YES (180).	
3	2	75kg	U	Glynne THOMAS	NM	27	Snr	70	180		126.558	YES (180).	
4	1	75kg	U	Adam BALLINGER	WM	18	T3	73.7	175		117.898	YES (147.5).	

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		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS	Qual.			
1	1	82.5kg	U	Charles P BUCHANAN	SW	53	M3	82.5	280		173.404	YES	(165).		
2	1	82.5kg	U	Russell BAIN	NW	41	M1	81.5	242.5		151.466	YES	(182.5).		
3	1	82.5kg	U	Alex TOSH	WM	27	Snr	80.9	230		144.417	YES	(192.5).		
4	2	82.5kg	U	Luke DU-CASSE	SE	30	Snr	81.6	220		137.302	YES	(192.5).		
5	2	82.5kg	U	David LOEBELL	SE	42	M1	82.5	210		130.053	YES	(182.5).		
6	3	82.5kg	U	Daniel SAUNDERS	NM	24	Snr	82.5	200		123.86	YES	(192.5).		
7	1	82.5kg	U	Mike A DAVIES	NM	71	M7	82.5	130	NR*	80.509	YES	(122.5).		
8	1	82.5kg	U	Gren ELMORE	WM	83	M9	79.6	116	WR*	73.048	YES	(100).		
1	1/1	90kg	U	Colin HARRISON	NW	34	Snr/MPF	88.3	285		168.777	YES	(205).		
2	2	90kg	U	Henry TOSH	WM	30	Snr	89.9	270		158.139	YES	(205).		
3	3/2	90kg	U	Jon MOORE	NE	27	Snr/MPF	88.5	250		147.85	YES	(205).		
4	4/3	90kg	U	Robert COOPER	SW	28	Snr/MPF	88.8	240		141.624	YES	(205).		
5	5	90kg	U	Daniel GEACH	SW	24	Snr	87	232.5		138.989	YES	(205).		
6	1	90kg	U	Matthew INCHLEY	NM	19	T3	83	227.5		140.299	YES	(167.5).		
7	6	90kg	U	Jamie WEBSTER	WM	32	Snr	88.3	227.5		134.726	YES	(205).		
8	1	90kg	U	Dominic REDBOURN	WM	17	T2	86	225	NR*	230.5	WR*	135.495	YES	(150).
9	1	90kg	U	Nick KIRKWOOD	NE	40	M1	87.5	210		125.076	YES	(195).		
10	2	90kg	U	Joe BALLINGER	WM	19	T3	87.9	210		124.719	YES	(167.5).		
11	7	90kg	U	John FOY	NW	30	Snr	88.4	195		115.401	NO	(205).		
12	1	90kg	U	Eddie BENNETT	NE	72	M7	90	170		99.501	YES	(130).		
13	1	90kg	U	Richard SCOTT	NM	47	M2	82.7	160		98.928	NO	(185).		
1	1	100kg	U	Terry JEX	SC	54	M3	99.8	285	WR*	158.033	YES	(185).		
2	1	100kg	U	Brett LE CRAS	SC	21	Jnr	93.2	275	WR*	157.768	YES	(192.5).		
3	1	100kg	U	James COX	SW	37	Snr	96.1	260		146.77	YES	(215).		
4	2	100kg	U	Paul VAN DANZIG	EM	38	Snr	99.4	250		138.875	YES	(215).		
5	1	100kg	U	Philippe M CRISP	SE	40	M1	96.9	215		120.873	YES	(205).		
6	1	100kg	U	Andy DAVIES	NW	65	M6	92.6	210		120.918	YES	(150).		
7	2	100kg	U	Martin FLETT	NW	54	M3	100	187.5		103.875	YES	(185).		
1	1	110kg	U	Mike LEADBETTER	NW	58	M4	110	272.5	WR*	146.196	YES	(182.5).		
2	1	110kg	U	Simon GARDENER	NW	44	M1	101.7	240		132.048	YES	(212.5).		
3	1	110kg	U	Pete GASKIN	SCO	47	M2	105.9	230		124.706	YES	(202.5).		
4	1	110kg	U	Paul JAMES	SW	28	Snr	103.6	222.5		121.552	YES	(222.5).		
1	1/1	125kg	U	Phil LAING	NM	46	M2/MPF	124.5	302.5		157.814	YES	(210).		
2	2	125kg	U	Steve STANISLAUS	SE	46	M2	115.4	285		151.335	YES	(210).		
3	1	125kg	U	Les PILLING	NW	55	M4	115.5	250		132.725	YES	(190).		
4	1	125kg	U	Ian MC ARDLE	SE	27	Snr	119.2	250		131.925	YES	(232.5).		
1	1	+145kg	U	Graham MELLOR	NM	15	T1	156.2	180	WR*	87.624	YES	(165).		
1	1	67.5kg	E	Roger J LITTLE	NM	67	M6	66.8	140	WR*	102.578	YES	(122.5).		
---		67.5kg	E	Ted BYRNE	NM	58	M4	66.3	---		---	NO	(142.5).		
1	1	82.5kg	E	Chris MORGAN	SE	36	Snr	82	260		161.694	YES	(202.5).		
2	1	82.5kg	E	Russell BAIN	NW	41	M1	81.5	235		146.781	YES	(192.5).		
3	1	82.5kg	E	Alex SMITH	SE	23	Jnr	79.7	215		136.461	YES	(182.5).		

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	W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS	Qual.	
1	1	90kg	E Matthew INCHLEY	NM	19	T3	83	230 NR*		141.841	YES	(172.5).
1	1/1	100kg	E Steve VAN KEMPEN	EC	43	M1/MPF	98.7	220		122.606	YES	(215).
2	1	100kg	E David HOWARTH	NW	62	M5	99.9	220		121.946	YES	(175).
	---	100kg	E Philippe M CRISP	SE	40	M1	96.9	---		--- (inj)	NO	(215).
1	1	110kg	E Marc GILES	NM	45	M2	102.5	240		131.64	YES	(210).
1	1	125kg	E Steve STANISLAUS	SE	46	M2	115.4	280.5 WR*		148.68	YES	(217.5).
2	1	125kg	E Les PILLING	NW	55	M4	115.5	230 NR*		122.107	YES	(197.5).

(\*\* drug tested; WR/ER/NR - World/European/National Records: \* Age class Record/† MPF Record)

**Best Lifters:**

**Women, unequipped, SQUAT**

1st Mary ANDERSON: 101.145 Points  
2nd Melanie GOLDING: 80.07675 Points  
3rd Manon BRADLEY: 77.96 Points

**Women, unequipped, BENCH PRESS**

1st Mary ANDERSON: 59.00125 Points  
2nd Manon BRADLEY: 58.47 Points  
3rd Nicola ELDING: 52.7375 Points

**Women, unequipped, DEADLIFT**

1st Louise FOX: 148.432 Points  
2nd Patricia KIM: 126.503 Points  
3rd Mary ANDERSON: 124.8565 Points

**Women, equipped, SQUAT**

1st Mary ANDERSON: 124.7455 Points  
2nd Janet SCOTT: 75.936 Points  
3rd :

**Women, equipped, BENCH PRESS**

1st Mary ANDERSON: 79.30075 Points  
2nd :  
3rd :

**Women, equipped, DEADLIFT**

1st Mary ANDERSON: 143.41625 Points  
2nd Janet SCOTT: 106.4475 Points  
3rd :

**Men, unequipped, SQUAT**

1st Mark FLEMING: 133.46 Points  
2nd Les PILLING: 122.498 Points  
3rd Daniel GEACH: 117 Points

**Men, unequipped, BENCH PRESS**

1st Paul MERRICKS: 113.59075 Points  
2nd Alistair MURDOCH: 112.752 Points  
3rd Andrew RIGBY: 112.04 Points

**Men, unequipped, DEADLIFT**

1st Charles P BUCHANAN: 173.404 Points  
2nd Colin HARRISON: 168.777 Points  
3rd Henry TOSH: 158.139 Points

**Men, equipped, SQUAT**

1st Neil ABERY: 160.1255 Points  
2nd Dean MIKOSZ: 153.479 Points  
3rd Rick MELDON: 152.325 Points

**Men, equipped, BENCH PRESS**

1st Mark NORTON: 124.683 Points  
2nd Aaron GIDEON: 119.7265 Points  
3rd Richard WHISKER: 118.23 Points

**Men, equipped, DEADLIFT**

1st Chris MORGAN: 161.694 Points  
2nd Steve STANISLAUS: 148.68 Points  
3rd Russell BAIN: 146.781 Points