

BRITISH DRUG FREE POWERLIFTING ASSOCIATION  
 British Powerlifting Championships 2010  
 Bournemouth University, Bournemouth - 28/03/2010

	W.Cl.	U/E	Competitor Name		age	cat	B.W.	Squat	Bench	Deadl.	TOTAL	POINTS	Qual.	
w 1	1	44kg	U Imelda FLANAGAN	EM	49	M2	42.5	65 WR* 66 WR*	35	105 WR* 107.5 WR*	205 WR*	233.413	YES	(140).
w 1	1	53kg	U Patricia KIM	NE	29	Snr	51.3	80	55	126 NR	260	254.618	YES	(200).
w 1	1	55.5kg	U Louise FOX	EC	37	Snr	55.4	100 102.5 NR	70	167.5 WR	337.5 WR	310.298	YES	(215).
w 2	1	55.5kg	U Janet SCOTT	NM	48	M2	53.3	65	40	110 NR*	215	204.078	YES	(195).
w 1	1	58.5kg	U Rosimery LIMA	SC	33	Snr	58.4	97.5	55	142.5	295	259.6	YES	(227.5).
w 1	1	63kg	U Louise WATTON	SC	23	Jnr	62.3	120 ER*	75 ER*	175 WR* 177.5 WR	370 WR*	308.432	YES	(215).
w 2	1	63kg	U Melanie GOLDING	SE	50	M3	62.1	97.5	60 NR*	140 NR*	297.5 NR*	248.651	YES	(205).
w 3	1	63kg	U Sally MOSS	SW	34	Snr	62.5	107.5	60	125	292.5	243.155	YES	(240).
w 4	2	63kg	U Hannah STAMMAS	SC	20	Jnr	61.5	75	45	115	235	198.035	YES	(215).
w 1	1	70kg	U Kristine MEZALE	NE	22	Jnr	67.3	87.5	45	120	252.5	197.127	YES	(230).
w 1	1	80kg	U Mary ANDERSON	SCO	42	M1	78.9	150	90	180	420	292.152	YES	(260).
w 2	1	80kg	U Lisa HICKS	SC	16	T2	72.1	82.5	52.5	115	250	185.575	YES	(197.5).
w 1	1	90kg	U Gabrielle BENNETT	NE	17	T2	89.5	110 WR* 112.5 WR*	60 ER* 62.5 ER*	142.5 WR*	312.5 ER*	197.906	YES	(215).
1	1	56kg	U Ronald RODRIGUEZ	SC	19	T3	54.8	95 WR* 100 WR*	80	150 WR*	325 WR*	291.233	YES	(282.5).
1	1	60kg	U Terry STANSBIE	WM	39	Snr	58.9	135	95	187.5	417.5	345.941	YES	(375).
2	1	60kg	U Mark GREEN	SC	14	T1	56.9	137.5 WR*	95 NR*	160 WR*	392.5 WR*	337.432	YES	(247.5).
1	1	67.5kg	U Alistair CANNINGS	SC	19	T3	66.8	172.5	110	215 NR*	497.5 NR*	364.518	YES	(337.5).
2	1	67.5kg	U Steven TYERS	SC	20	Jnr	62.4	152.5 NR*	105	235 WR*	492.5 WR*	384.84	YES	(375).
3	1	67.5kg	U Paul RICHARDS	SC	32	Snr	67.3	160	107.5	220	487.5	354.803	YES	(417.5).
4	1	67.5kg	U Paul RUTHERFORD	SCO	40	M1	66.9	157.5	100	187.5	445	325.607	YES	(397.5).
5	1	67.5kg	U Ted BYRNE	NM	58	M4	66.2	115 NR*	82.5	170 NR*	367.5 NR*	271.472	YES	(340).
6	1	67.5kg	U Max BARBATO	SC	14	T1	63.3	102.5	75	155	332.5	256.225	YES	(275).
7	1	67.5kg	U Martin J GODDEN	SC	65	M6	65.7	95 NR*	80	140	315 NR*	234.329	YES	(307.5).

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	W.Cl.	U/E	Competitor Name	age	cat	B.W.	Squat	Bench	Deadl.	TOTAL	POINTS	Qual.	
1	1/1	75kg	U Mark FLEMING	NE	26	Snr/MPF	73.4	202 WR <sup>†</sup>	150	245	595	402.22	YES (457.5).
2	2/2	75kg	U Oliver HARDY	WM	25	Snr/MPF	75	170	130	235	535	355.508	YES (457.5).
3	1	75kg	U Terrence J MINTY	SC	19	T3	72.1	180 WR <sup>*</sup>	110	230 NR <sup>*</sup>	520 NR <sup>*</sup>	356.668	YES (372.5).
3	3	75kg	U Mark WILSON	WM	24	Snr	72.1	167.5	122.5	230	520	356.668	YES (457.5).
5	1	75kg	U Adam ELKINS	SC	20	Jnr	74.9	177.5	112.5	225	515	342.578	YES (412.5).
6	1	75kg	U Tommy MEREDITH	SW	53	M3	69.3	170	117.5	200	487.5	345.735	YES (392.5).
7	1	75kg	U Philip MATON	SC	46	M2	75	175	105	200	480	318.96	YES (412.5).
8	2	75kg	U Alex VIVIAN	SC	18	T3	68.1	160	110	207.5	477.5	343.848	YES (372.5).
9	4/3	75kg	U Diljeet SINGH	NE	25	Snr/MPF	74.8	160	115	197.5	472.5	314.638	YES (457.5).
10	2	75kg	U Paul DUDLEY	SW	21	Jnr	73.2	147.5	112.5	210	470	318.378	YES (412.5).
11	5	75kg	U Matthew HULL	SE	27	Snr	73.5	155	112.5	192.5	460	310.592	YES (457.5).
12	6	75kg	U Joseph COOGAN	SC	35	Snr	74.6	150	105	200	455	303.622	NO (457.5).
13	1	75kg	U Lewis RIDETT	SC	16	T2	73.1	135	107.5	205	447.5	303.495	YES (335).
										211 ER <sup>*</sup>			
14	7	75kg	U Daniel HOPKINSON	SC	30	Snr	75	160	105	182.5	447.5	297.364	NO (457.5).
15	2	75kg	U Kevin YEUNG	SC	17	T2	72.1	152.5	95	195	442.5	303.511	YES (335).
16	3	75kg	U Mykola KURTYN	SC	17	T2	74.4	135	95	185	415	277.511	YES (335).
17	1	75kg	U Kai T HOLLAND	SW	15	T1	73.2	140 WR <sup>*</sup>	82.5	165	387.5 ER <sup>*</sup>	262.493	YES (302.5).
1	1	82.5kg	U Paul MC CAFFREY	NE	30	Snr	82.4	255 WR	142.5	250	647.5	401.321	YES (490).
2	1	82.5kg	U Craig CUTLER	SW	18	T3	80	202.5	125	245 ER <sup>*</sup>	572.5 ER <sup>*</sup>	362.335	YES (395).
3	2	82.5kg	U Alex TOSH	WM	27	Snr	80.9	175	155	235	565	354.764	YES (490).
4	3	82.5kg	U Nicolas HANCOCK	SW	28	Snr	81	190	140	235	565	354.425	YES (490).
5	4	82.5kg	U Russell JOLLEY	SC	24	Snr	81.3	195	117.5	240	552.5	345.699	YES (490).
6	5/1	82.5kg	U Michael YULE	SC	31	Snr/MPF	82.5	165	162.5 WR <sup>†</sup>	225	552.5	342.163	YES (490).
7	6	82.5kg	U James LEAVER	SC	34	Snr	81.9	170	150	227.5	547.5	340.764	YES (490).
8	7	82.5kg	U Robert CHAUNT	SC	28	Snr	81.5	180	130	235	545	340.407	YES (490).
9	1	82.5kg	U Paul C GOLDING	SE	47	M2	82.3	185	112.5	210	507.5	314.802	YES (442.5).
10	8	82.5kg	U Matt SHORE	SE	35	Snr	81.8	165	127.5	210	502.5	313.058	YES (490).
11	1	82.5kg	U Thomas MCGING	NW	21	Jnr	82.1	175	105	220	500	310.7	YES (440).
12	1	82.5kg	U David J FREEMAN	WM	59	M4	77.8	140 NR <sup>*</sup>	95	175	410	264.901	YES (400).
	---	82.5kg	U Mike A DAVIES	NM	71	M7	82	0	0	0	---	---	NO (342.5).
1	1	90kg	U Andy BONNER	SC	54	M3	89.7	245	152.5	277.5	675	395.888	YES (447.5).
2	1	90kg	U Henry TOSH	WM	30	Snr	89.6	210	175	275	660	387.354	YES (520).
3	2/1	90kg	U Colin HARRISON	NW	34	Snr/MPF	89.4	220 WR <sup>†</sup>	150	275	645 WR <sup>†</sup>	379.067	YES (520).
4	3	90kg	U Mark LOWE	SW	38	Snr	88	222.5	172.5	245	640	379.776	YES (520).
5	1	90kg	U Vince MINTY	SC	42	M1	90	205	165	242.5	612.5	358.496	YES (495).
6	1	90kg	U David MORGAN-OWEN	SW	22	Jnr	85.1	180	140	252.5	572.5	347.164	YES (467.5).
7	4	90kg	U Stuart PELLING	NM	28	Snr	89.4	180	152.5	232.5	565	332.051	YES (520).
8	1	90kg	U Adrian TUCKER	SE	48	M2	85.9	200	125	225	550	331.485	YES (470).
9	2	90kg	U Matthew BOLTON	SC	22	Jnr	87.5	190	125	235	550	327.58	YES (467.5).
10	5	90kg	U Sebastien LENIK	SC	24	Snr	89	170	132.5	210	512.5	302.016	NO (520).
11	3	90kg	U Edward GLOVER	SE	20	Jnr	87.2	170	105	235	510	304.419	YES (467.5).
12	6	90kg	U James A AMOS	SC	28	Snr	88.1	175	120	215	510	302.43	NO (520).
13	1	90kg	U Robert PALMER	NE	18	T3	87.4	185	100	210	495	295.02	YES (420).
14	4	90kg	U Robert JENNINGS	NE	20	Jnr	87	180	120	190	490	292.922	YES (467.5).
15	1	90kg	U Ben HURRELL	EC	17	T2	87.3	145 NR <sup>*</sup>	110 ER <sup>*</sup>	205 NR <sup>*</sup>	460 NR <sup>*</sup>	274.39	YES (377.5).
16	2	90kg	U Andrew BRAY	SC	17	T2	89.7	150 NR <sup>*</sup>	100	200 NR <sup>*</sup>	450	263.925	YES (377.5).
17	2	90kg	U Ricky EVANS	SC	18	T3	88	145	97.5	190	432.5	256.646	YES (420).
	---	90kg	U Edward VAN NIEKERK	SC	54	M3	88.8	0	0	0	---	---	NO (447.5).

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	W.Cl.	U/E	Competitor Name		age	cat	B.W.	Squat	Bench	Deadl.	TOTAL	POINTS	Qual.
1	1	100kg	U Philip NOSKO	SC	28	Snr	94.9	230	155	290	675	383.468	YES (550).
2	1	100kg	U Stephen SPRANGE	SW	42	M1	97.9	240	145	260	645	360.813	YES (522.5).
3	1	100kg	U Adam KERSHAW	NE	23	Jnr	98	207.5	155	270	632.5	353.631	YES (495).
4	2	100kg	U Matthew ADCOCK	SC	34	Snr	96.8	220	160	250	630	354.312	YES (550).
5	2	100kg	U Brett LE CRAS	SC	21	Jnr	93.9	210	122.5	282.5 NR*	615	351.411	YES (495).
6	3	100kg	U Daniel CHESHAM	WM	28	Snr	99.4	205	147.5	260	612.5	340.244	YES (550).
7	3	100kg	U Liam ALLISON	WM	22	Jnr	100	215	130	267.5	612.5	339.325	YES (495).
8	4/1	100kg	U James COX	SW	27	Snr/MPF	96.6	210	132.5	260	602.5	339.208	YES (550).
9	5	100kg	U James CARRIGAN	SC	27	Snr	96	180	130	260	570	321.936	YES (550).
10	4	100kg	U Mike ROBERTS	WM	22	Jnr	94.9	155	120	230	505	286.891	YES (495).
11	1	100kg	U Mark PRICE	NM	45	M2	98.3	165	155	180	500	279.15	YES (497.5).
12	2	100kg	U Paul HAMMOND	NM	46	M2	99.1	162.5	117.5	185	465	258.68	NO (497.5).
13	1	100kg	U Andy DAVIES	NW	65	M6	92.5	160 WR*	100	200 WR*	460 WR*	265.006	YES (405).
14	3	100kg	U Alan MURPHY	NM	48	M2	99.1	180	90	180	450	250.335	NO (497.5).
15	1	100kg	U Marcus ROYALL	SC	19	T3	97.5	137.5	110	195	442.5	248.021	NO (445).
---		100kg	U Terry JEX	SC	54	M3	99.2	0	0	0	---	---	NO (472.5).
1	1	110kg	U John MITCHELL	WM	50	M3	101.1	275	160	286 WR*	720 WR*	397.08	YES (487.5).
2	1/1	110kg	U Paul HOOKER	SC	47	M2/MPF	103.3	250 WR†	170	276 WR†	695 WR†	380.096	YES (512.5).
3	1	110kg	U James VINCE	SW	29	Snr	109.2	225	165	275	665	357.438	YES (567.5).
4	2	110kg	U Steve STANISLAUS	SE	46	M2	110	220	152.5	285	657.5	352.749	YES (512.5).
5	1	110kg	U Thomas MORLEY	NE	22	Jnr	104.9	210	145	280	635	345.377	YES (510).
6	2	110kg	U William WATTS	SC	24	Snr	108.9	210	155	265	630	338.814	YES (567.5).
7	3	110kg	U David HOLLOWAY	SC	47	M2	109.5	225	147.5	252.5	625	335.688	YES (512.5).
8	3	110kg	U Tim DEACON	WM	29	Snr	107.6	192.5	155	260	607.5	327.807	YES (567.5).
9	2	110kg	U Perry CHUINKAM	NW	23	Jnr	108.4	215	127.5	265	607.5	327.139	YES (510).
10	4	110kg	U Lewis BEER	WM	24	Snr	100.2	190	140	270	600	332.16	YES (567.5).
11	5	110kg	U Sam BOND	SC	26	Snr	107.9	200	152.5	230	582.5	314.084	YES (567.5).
12	1	110kg	U Mike LEADBETTER	NW	58	M4	109.6	180	135	250	565	303.405	YES (462.5).
13	2	110kg	U Malcolm GREEN	SE	57	M4	102.7	180	120	210	510	279.531	YES (462.5).
14	1	110kg	U James COLLINS	SC	15	T1	105.4	150 WR*	90 ER*	175 WR*	415 WR*	225.387	YES (372.5).
1	1	125kg	U Peter SUTTON	WAL	44	M1	121.4	255	202.5 ER*	292.5	750	394.2	YES (552.5).
2	1	125kg	U Stuart AINSLEY	SC	39	Snr	120.6	260	145	255	660	347.424	YES (582.5).
3	1	125kg	U Les PILLING	NW	55	M4	114	230 WR*	140	270	640 WR*	340.672	YES (475).
4	2	125kg	U Christopher J PENGELLYEM		35	Snr	115.4	212.5	150	260	622.5	330.548	YES (582.5).
5	1	125kg	U Joshua RUSHTON	SC	17	T2	111.2	200 WR*	147.5 WR*	250 WR*	597.5 WR*	319.722	YES (425).
								210 WR*					
6	3	125kg	U Tim JEWITT	SW	28	Snr	121.6	205	140	240	585	307.359	YES (582.5).
1	1	145kg	U Tom KELLY	SC	29	Snr	133.5	280	180	300	760	388.208	YES (610).
2	2	145kg	U Luke ANDREWS	SC	29	Snr	136.3	230	160	255	645	327.338	YES (610).

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

**Best Lifters:**

**Women, unequipped**

1st Louise FOX: 310.2975 Points

2nd Louise WATTON: 308.432 Points

3rd Mary ANDERSON: 292.152 Points

**Men, unequipped**

1st Mark FLEMING: 402.22 Points

2nd Paul MC CAFFREY: 401.3205 Points

3rd John MITCHELL: 397.08 Points