

BRITISH DRUG FREE POWERLIFTING ASSOCIATION
British Powerlifting Championships 2011
Palace of Art, Glasgow - 16/04/2011

		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Squat	Bench	Deadl.	TOTAL	POINTS	
w	1	1	47.5kg	U	Haley RUTHERFORD	SCO	15	T1	46	52.5 WR*	30 ER*	72.5 WR*	155 WR*	165.757
w	1	1	58.5kg	U	Jess JONES	NE	49	M2	57.8	110.5 WR	72.5	162.5 WR	345 WR	306.222
w	1	1	63kg	U	Louise HOWELL	NE	25	Snr	63	100	57.5	140	297.5	245.646
w	1	1	55.5kg	E	Janet SCOTT	NM	49	M2	55.4	90	47.5	110	247.5	227.552
w	2	1	55.5kg	E	Nicola ELDING	NW	43	M1	53.1	50	55	90	195	185.66
w	1	1	58.5kg	E	Suzanne COYLE	SCO	27	Snr	57.4	87.5	42.5	130	260	232.128
w	1	1	80kg	E	Mary ANDERSON	SCO	43	M1	76.3	190	110	200	500	356.35
w	1	1/1	90kg	E	Bernie MC KINLEY	SCO	31	Snr/MPF	84.5	195 WR ¹	125 WR ¹	185	505	333.906
	1	1	100kg	U	Liam ARMSTRONG	SCO	27	Snr	99.4	240	160	260	660	366.63
	1	1	67.5kg	E	Scott MC ARTHUR	SCO	29	Snr	66	155	120	200	475	351.88
	1	1	75kg	E	Dean MIKOSZ	SC	42	M1	74.5	242.5	165	217.5	625	417.5
	2	2	75kg	E	Bernard MC GURK	SCO	42	M1	74.7	225	142.5	232.5	600	399.96
	3	1	75kg	E	Andy SHIPWAY	WAL	28	Snr	74.1	210	135	205	550	368.94
	4	2	75kg	E	Daniel MC KEAN	SCO	24	Snr	71.5	175	135	220	530	366.018
	1	1	82.5kg	E	Rick MELDON	SE	46	M2	82.4	293 WR*	177.5	225	695	430.761
										182.5				
	2	1	82.5kg	E	Richard CROSSLAND	NM	37	Snr	81.5	245	172.5	262.5	680	424.728
	3	2	82.5kg	E	Adrian TUCKER	SE	49	M2	81.6	265	155	250	670	418.147
	4	1	82.5kg	E	Russel BAIN	NW	43	M1	81	230	150	242.5	622.5	390.494
	5	2	82.5kg	E	Alex SMITH**	SE	24	Snr	82	195	125	252.5	572.5	356.038
	6	1	82.5kg	E	Darren BELL	SCO	19	T3	79.7	225 NR*	122.5 NR*	215 ER*	562.5 NR*	357.019
	7	1	82.5kg	E	Adrian KENNEDY	SCO	22	Jnr	78	200	105	210	515	332.072
	---		82.5kg	E	Mike DAVIS	NW	72	M7	81.1	0	0	0	---	---
	---		82.5kg	E	William BROWN	SCO	37	Snr	81.3	280	0	0	---	---
	1	1	90kg	E	Neil ABERY	EM	33	Snr	86.7	315	175	260	750	449.325
	2	1	90kg	E	Nick STEVENS**	SCO	23	Jnr	83.2	250 NR*	100	320 ER	670 NR*	412.519
	3	2	90kg	E	Tony CRUMP	SE	36	Snr	88.9	232.5	157.5	247.5	637.5	375.934
	4	3	90kg	E	Tommy MOFFAT	SCO	39	Snr	89.2	265	140	230	635	373.698
	5	4	90kg	E	Russel MARTIN	SW	29	Snr	89.5	190	165	240	595	349.444
	1	1	100kg	E	Frank SINCLAIR	SCO	49	M2	97.7	240	140	250	630	352.737
	1	1	110kg	E	Simon MARSHALL	EM	39	Snr	103.5	320	230	310	860	469.99
	2	1	110kg	E	Mark NORTON	NE	46	M2	107.8	325 WR*	222.5	270	817.5 ER*	440.878
	3	2	110kg	E	Stephen MULLIN	SCO	29	Snr	105	300	120	280	700	380.59
	4	1	110kg	E	Gordon SYKES	NW	41	M1	108.9	220	150	260	630	338.814
	5	1	110kg	E	Ronnie SIMPSON	SCO	64	M5	102.3	215	120	225	560	307.384
	1	1	125kg	E	Neil ELLIOT**	SCO	40	M1	122.4	300	230 NR*	300	830 NR*	435.335

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2	1	125kg	E Martin CERINS**	NE	33	Snr	114.2	310	200	280	790	433.789
3	2	125kg	E Matt STARLING	SE	36	Snr	118.2	295	185	262.5	742.5	392.486
4	1	125kg	E Les PILLING	NW	56	M4	114.1	261	175.5 WR*	273 WR*	707.5	376.532
5	1	125kg	E Roy OLSEN	NM	70	M7	116.6	200 WR*	155 WR*	230 WR*	585 WR*	310.05
	---	125kg	E Dean ALLISON	WM	25	Snr	124.5	0	0	0	---	---

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

Best Lifters:

Women, unequipped

1st Jess JONES: 306.222 Points

2nd Louise HOWELL: 245.64575 Points

3rd Haley RUTHERFORD: 165.757 Points

Women, equipped

1st Mary ANDERSON: 356.35 Points

2nd Bernie MC KINLEY: 333.906 Points

3rd Suzanne COYLE: 232.128 Points

Men, unequipped

1st Liam ARMSTRONG: 366.63 Points

2nd :

3rd :

Men, equipped

1st Simon MARSHALL: 469.99 Points

2nd Neil ABERY: 449.325 Points

3rd Mark NORTON: 440.87775 Points