

EAST MIDLANDS POWERLIFTING CHAMPIONSHIPS 1989
ST. ALBANS - 8TH JULY

<u>56 kg.</u>	<u>SQUAT</u>	<u>BENCH PRESS</u>	<u>DEAD LIFT</u>	<u>TOTAL</u>
Simon Lewis (S/Boy)	80	70	120	270
<u>60 kg.</u>				
Paul Rogerson	125	80	165	370
<u>67.5 kg.</u>				
Alan Ottolangui	190	110	205	505
Auch Demeter	160	105	205	470
Derek Jagels	145	100	170	415

<u>75 kg.</u>	<u>SQUAT</u>	<u>BENCH PRESS</u>	<u>DEAD LIFT</u>	<u>TOTAL</u>
Phil Rogerson	210	120	232.5	562.5
Graham Hatch	185	102.5	217.5	505
Dave Amber	175	97.5	180	452.5
Ken Hill	137.5	75	190	402.5
Steve Parsons	145	75	160	380
Stephen Adrian	135	67.5	160	362.5

<u>82.5 kg.</u>				
Dave Ottolangui	192.5	125	232.5	550
Steve Milton	190	130	222.5	542.5
John Miles	190	130	220	540
Kevin Collins	190	100	222.5	512.5

<u>90 kg.</u>				
Mark Lane	195	120	235	550
Ian Harper (Junior)	160	100	195	455

<u>100 kg.</u>				
John West	240	137.5	240	617.5
Mark Moss	235	135	245	615
Ralph Hentall (50+)	215 ⁺	110	215	540

+ denotes new British over-50 record. Ralph Hentall made 225 D.L.⁺ on a 4th attempt.

<u>110 kg.</u>				
Neil Clarke	145	107.5	187.5	440

<u>125+ kg.</u>				
Matt Mackey	215	160	235	610

Referees - Jim Dilley, Dave Ottolangui, Chris Gladding, M.Tattam, Derek Ambler.