

HERTS & BEDS CHAMPIONSHIPS  
 SUPWELL YOUTH CLUB, ST. ALBANS  
 29th June 1991

<u>60Kg Class</u>		<u>Squat</u>	<u>Bench Press</u>	<u>Deadlift</u>	<u>Total</u>	
Simon Lewis	Jnr	58.9	120	95 BJR	160	375
Paul Rogerson	(Guest)	59.9	145	87.5	177.5	410

67.5Kg Class

Jeff Claridge		66.6	175	107.5	202.5	485
Dave Ambler		67.5	175	100	190	465

75Kg Class

Jeff Merry		73.4	162.5	100	175	437.5
Steve Parsons		73.5	165	82.5	175	422.5
Terry Clark		72.0	135	95	160	390
Mike Shaw (Guest)		74.5	210 BMR	117.5	247.5 BMR	575 BMR
Rick Meldon (Guest)		74.5	220	120	232.5	572.5
Julian Woolf (Guest J)		74.75	185	117.5	212.5	515

82.5Kg Class

Kevin Collins		78.4	185	105	230	520
Steve Adrian		80.6	165	87.5	190	442.5
Andy Clevely		81.4	135	87.5	180	402.5
Mark Lane (Guest)		81.8	225	127.5	247.5	600

90Kg Class

Mark Norton		89.1	250	150	240	640
Derek Roast (Guest)		83.7	215	-	-	-

100Kg Class

Barry McNeil		97.3	255	145	260	660
Brian Mitchell (Guest)		93.9	200	130	230	560

110Kg Class

Chris Gladding		104.5	185	117.5	205	507.5
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Overall Best Lifter Herts and Beds = Mark Norton  
 Overall Best Lifter Guest = Mike Shaw

4th Attempts = Squat - Julian Woolf 200.5 BJR  
 = Bench Press - Simon Lewis 97.5 BJR

Referees: Ralph Hentall, Barry Burton, Graham Saxton

Loaders: Darryl White, Darren Clifford, Ken Smith, Derek Ambler

Scorers: Kim Detenon, Michelle Dinnage

Technical Officer = Ken Smith

M.C = Steve Gardner

Recordere; Steve Gardner