

1991 ISLE OF WIGHT POWERLIFTING CHAMPIONSHIPS

Sat 4th May 1991

The Fitness Factory, I.O.W

M.C Steve Milton

Technical Officer: Ken Smith

Recorder Barbara Rudling

Referees: B C Burton, G R Saxton, F J Nade

Loaders: J D Norris, D Clifford, J Weir

LIFTER	B/W	SQUAT	B/PRESS	DEADLIFT	TOTAL
Ladies					
47.5Kg					
Judi Leppard	45.2	72.5	42.5	90	205
70Kg					
Liza Poole	67.0	120	73BR	165	357.5
Sandra Vallence		117.5 BJR	47.5	145 BJR	310
Men					
56Kg					
Mark Rawlinson	52.6	90	57.5	140	287.5
60Kg					
John Blanchard	56.4	105	70	140	315
67.5Kg					
Alex Neil	66.1	125	92.5	190	407.5
75Kg					
Nigel Apsley	72.7	145	80	195	420
Simon Lythgoe	70.4	135	105	175	415
Dean Mikosz Guest	74.0	210	135	200	545
Matt Rowe Guest	74.6	205	117.5	215	537.5
82.5Kg					
Duncan Folkes	81.1	210	110	220	540
Nick Miles Guest	82.4	260BR	150	270	680
Brian Smith Guest	80.0	-	-	-	-
90Kg					
Mark Hardy	86.7	190	127.5	215	532.5
Peter Dinage G	88.2	185	120	210	515
100Kg					
Brian Mitchell	96.4	200	135	230	565
Mike Spall	93.1	160	100	235 BMR	495