

CORNISH POWERLIFTING CHAMPIONSHIPSTRIGGERS GYM 24/Aug/91Ladies

70Kg Class		SQUAT	B/PRESS	DEADLIFT	TOTAL
JUDITH HENLETT	68.1	90	50	125	265

Men

67½Kg Class					
RON SYDENHAM	61.9	180	92½	222½	495

82½Kg Class					
STEVE FREEMAN	77.3	150	70	Retired injured	

90Kg Class					
PAUL CLARKSON (Jnr)	87.5	155	120+	190+ 200+ 4th attempt	465

+ Cornish & S.W Junior Record

Although there were only four lifters, this was an enjoyable trip for those who made it to Cornwall. Conway and Fox were unable to lift due to college and school problems, but were there in attendance. Several guest and local lifters failed to show up without an explanation which was a shame as Trigger does his best to put on a good show with limied resources. Two new lifters Judith Henlett and Paul Clarkson served notice of things to come. Judith will be eligable for the British Masters this year and junior lifter Paul set several Junior Cornish and South West records prior to his debut at the British Junior platform at Kent this month.

Technical Officer: Ken Smith

M.C.: Ken Smith

Recorder: Ken Smith

Referees: Ken Smith, Pat Smith, Andrew Burdon.

Loaders: D White, G Conway, J Burdon