

Event: Herts & Beds
 MC: Derek Ambler

Venue: St Albans
 Date: 8th May 1993

Class	LIFTER	B/W	Age	SQUAT			BENCH PRESS			Sub-Total	DEADLIFT			TOTAL
50.5	Barbie Lane	50.25	29	90	95	100	47.5	50	50	147.5	100	110	115	262.5
67.5	Simon Lewis	64.0	19	150	157.5	165	90	100	107.5	273.5	160	175	182.5	455
75	Gary Richardson	70.7	23	150	160	170	90	95	100	255	170	180	190	445
	Alec Anderson	72.3	26	170	180	187.5	107.5	112.5	117.5	300	180	190	200	500
	David Lyons	70.1	31	130	140	150	105	115	117.5	225	165	185	190	440
	Chris Anderson	74.0	34	170	180	187.5	125	130	132.5	320	200	210	215	535
82.5	George Karemezo	79.6	28	150	157.5	165	90	97.5	100	262.5	170	177.5	180	442.5
	Dean Isted	79.3	26	132.5	140	152.5	97.5	100	100	250	165	177.5	185	435
	Barry Burton	81.3	41	170	170	180	125	130	130	295	160	170	180	465
	Steve Parsons	77.7	32	165	165	180	80	85	85	245	160	175	182.5	420
90	Tony Doidge	89.8	30	202.5	212.5	212.5	125	130	132.5	332.5	202.5	212.5	220	545
	Russel Goode	85.2	33	152.5	162.5	167.5	100	105	110	267.5	180	195	205	462.5
	Kieran Burden	88.8	33	140	150	150	92.5	92.5	100	242.5	150	170	170	392.5
	Derek Roast	85.8	24	210	220	230	120	130	130	340	230	240	245	580
	Frank Brodie	83.9	49	127.5	137.5	140	82.5	92.5	97.5	235	127.5	140	150	375
	Barry Gordge	84.7	31	180	190	190	90	100	110	280	180	190	200	480
	Lee Pye	83.6	14	115	125	125	60	65	67.5	185	140	150	155	335
100	Brian Mitchel	96.9	38	180	180	180	120	130	135	315	230	240	250	555
	Peter Nicholson	97.9	28	170	180	180	110	115	120	300	210	225	235	525
	Mark Norton	90.5	28	235	250	260	145	152.5	157.5	402.5	225	237.5	250	640
110	Mark Tutton	100.8	31	190	210	220	140	150	160	370	240	252.5	272.5	630
125	Tim Tucker	115.9	32	150	185	205	145	150	155	335	150	200	240	575
	Hadyn Rowlands	122.7	37	200	---	---	175	190	200	390	200	---	---	590