

RAF CHAMPIONSHIPS 1993

	Bwt	Squat	Bench Press	Deadlift	Total
<u>WOMEN</u>					
<u>90 kg class</u>					
Zoe Davies	80.8	<del>107½</del>	---	---	---
<u>MEN</u>					
<u>67½ kg class</u>					
Gareth Philips	65.1	172½	90	185	447½
Kevin Tall	65.7	125	80	185	390
Wayne Rolls	60.7	100	<del>60</del>	155	---
<u>75 kg class</u>					
Andy Bamford	71.3	165	95	200	460
Dillon Parfitt	71.4	140	85	192½	417½
John McKay	74.3	177½	105	217½	500
<u>82½kg class</u>					
Andy Fryett	82.5	160	100	180	440
Rob Bilney	79.1	165	100	210	475
<u>90 kg class</u>					
Dave Cox	83.1	205	112½	210	527½
<u>100 kg class</u>					
Don Jarrett	93.6	<del>140</del>	---	---	---
Mark Heard	97.3	145	100	185	430
Andy Wilson	91.7	162½	112½	192½	467½
Bruce Hemming	98.9	177½	112½	212½	502½
<u>110 kg class</u>					
Dave Austin	105.2	225	130	260	615

Referees: Dilwyn Davies, Howard Thomas, Ken Smith, Ken Williams, Dean Gilsenan.