

POWER

| <u>KG</u> | <u>NAME & AGE CAT</u> | <u>B/WT</u> | <u>SQUAT</u> | <u>BENCH</u> | <u>SUB</u> | <u>D/LIFT</u> | <u>TOTAL</u> | <u>POS</u> | <u>4TH</u> |
|-----------|---------------------------|-------------|--------------|--------------|------------|---------------|--------------|------------|--------------|
| 75 | G Lowe T1 | 72.2 | 115 | 70 | 185 | 135 | 320 | 1 | D/LIFT 140kg |
| 82.5 | J Kirkpatrick J | 80.5 | 150 | 125 | 275 | 195 | 470 | 1 | |
| 90 | M Lowe S | 89.3 | 232.5 | 155 | 387.5 | 230 | 617.5 | 1 | |
| | C Ward S | 89.09 | 210 | 135 | 345 | 245 | 590 | 2 | |
| | M Dorber S | 87.3 | 210 | 132.5 | 342.5 | 245 | 587.5 | 3 | |
| | P Rutter S | 83 | 190 | 120 | 310 | 195 | 505 | 4 | |
| | K Rawling T1 | 83.4 | 80 | 37.5 | 117.5 | 105 | 222.5 | 1 | D/LIT 110kg |
| 110 | D McKernan M2 | 108.5 | 227.5 | 140 | 367.5 | 210 | 577.5 | 1 | |
| 125 | A Rawling T3 | 112.6 | 155 | 90 | 245 | 200 | 445 | 1 | D/LIFT 205kg |

BENCH ONLY

| | <u>NAME & AGE CAT</u> | <u>B/WT</u> | <u>BENCH</u> | <u>POS</u> | <u>4TH</u> |
|------|---------------------------|-------------|--------------|------------|------------|
| 63 | S Ward M1 | 62.2 | 57.5 | 1 | |
| | S Abernethy M1 | 60.7 | 55 | 2 | |
| 67.5 | M Lean S | 66.4 | 90 | 1 | |
| 75 | P Tucker S | 68.4 | 90 | 1 | |
| | L Hannaford J | 74.7 | 72.5 | 1 | |
| | M Bunt T1 | 73.6 | 50 | 1 | 53kg |
| 82.5 | M Campbell S | 76.3 | 112.5 | 1 | |
| | P Head J | 82.5 | 135 | 1 | |
| | L Bullock J | 76.4 | 90 | 2 | |
| | V Wills M6 | 79.8 | 85 | 1 | 87.5kg |
| 90 | T Corbet S | 84.4 | 125 | 1 | |
| | S Masters S | 84.8 | 117.5 | 2 | |
| 100 | A Somers S | 92.6 | 132.5 | 1 | 135kg |
| | S Masters S | 95.5 | 125 | 2 | |

REPORT

I think we can say with a little confidence that running a Bench Press Competition in tandem with the Powerlifting event is proving quite successful. At the end of November we saw 24 lifters on the platform, two of who were first time 'Power', having competed in the Bench only earlier in the year. It's nice to see the enthusiasm growing, with several of the 'Benchers', having cut their teeth in competition saying, "it's going to be the full event next time". The day went off pretty well, running the Bench only section directly after the Squat gave the Powerlifters time to warm up and the spectators a virtually seamless 2-½ hours lifting before a break prior to the Dead Lift.

We were looking for new blood and we found it! Peter Head, lifting as an U23 in the 82.5kg class was likely to do well, when I advised him to open with a comfortable Bench he said, "oh all right then I'll open with 120". He promptly proceeded to knock all records in to a cocked hat while teenagers Kimberley and Adrian Rawling set Regional and National records throughout the event.

For once we had some direct competition within the weight classes, four in the 90kgs. Chris Ward still managed to hold off the young lions, Mick Dorber and Paul Rutter, but Mark Lowe managed to achieve his long held ambition to out - total Chris with an impressive 617.5kg.