

SOUTH EAST POWER

**SITTINGBOURNE WEIGHTLIFTING CLUB
OCTOBER 16 1999**

This was the first competition I had organized and personally I was pleased with the way things went - I hope all competitors agree with me.

The first section was Raw Power. Edward Tarran came first in the 75 kg. class with a very good 160 deadlift - I hope I can lift as well at 71 years of age!

In the 82.5 kg. class Paul Golding went from strength to strength as the day progressed giving him a 475 total. In the 90 kg. class Nick Swain came first with an ever improving total of 597.5, second was junior lifter Phil Gray showing great promise for the future with a 507.5 total.

The 110 kg. class was won by Peter Fisher with a big 230 kg. squat giving him a total of 610. Tim Tucker took the 125 kg. class with a Bench of 192.5, the biggest press of the day. Tim's training partner Terry Lewis took second place with some good solid lifting.

We had three new ladies in the Single Bench section, Angela Bailey in the 53's and Maureen Sage and June Howard in the 63's. For Angela and June it was their first competition and we hope the first of many.

In the Equipped lifting session Ron Cluer totalled 212.5 in the 67.5 class, which at 83 years of age is very impressive! Paul Rogerson won the 67.5 class with a 485 total, followed by Dean Gilsean and Derek Marshall. Toby Swallow, with a 615 total, took first place in the 75's with Dean Mikosz only 10 kilos behind and Thomas Johnson taking third place.

Rick Meldon took the 82.5 kg. class with Mark Macey showing great promise for the future in qualifying for the British Championships. There were four lifters in the 90's with Terry Jex on usual form taking first place with an ever-impressive 685 total. Second place went to Eddie van Niekirk with a 630 total with Simon Darton totalling 600 and Nick Miles only 10 kilos behind.

I won the 100 kilo class with a 710 total against Russel Martin, who qualified for the British. Terry O'Neil was the only lifter in the 125's but with both the heaviest squat and deadlift of the day his massive 812.5 kg. first place was very well deserved.

I would like to thank all the lifters for taking part and helping to make an enjoyable day. Also I would like to thank all the referees; Matt Saunders, Barry Burton, Wyndy Burton, Paul Stannard and Dean Gilsean, loaders, spotters, score keepers and anyone who helped in that way - without your help I could not have run this competition. And a special word of thanks to Eric West, Brian Mitchell, John Feehan and Audley Baker who turned up just to give support, coaching and encouragement to all the competitors.

Derek Roast

Unequipped Power

Name	Class	Squat	Bench	Deadlift	Total
Edward Tarran	75	95	70	160	325
Paul Gosling	82.5	170	105	200	475
Nick Swain	90	210	147.5	240	597.5
Phil Gray	90	160	105	220	507.5
Peter Fisher	110	230	155	225	610
Tim Tucker	125	210	192.5	230	632.5
Terry Lewis	125	100	100	175	375

Unequipped Single Bench

Angela Bailey	53	40
Maureen Sage	63	42.5
June Howard	63	35

Equipped Power

Name	Class	Squat	Bench	Deadlift	Total
Paul Rogerson	67.5	180	105	200	485
Dean Gilseman	67.5	180	92.5	200	472.5
Derek Marshall	67.5	145	72.5	180	397.5
Ron Cluer	67.5	75	47.5	90	212.5
Rick Meldon	82.5	260	137.5	235	632.5
Mark Macey	82.5	210	117.5	227.5	582.5
Toby Swallow	75	230	130	255	615
Dean Mikosz	75	255	140	210	605
Thomas Johnston	75	120	80	165	365
Terry Jex	90	255	150	280	685
Eddie van Niekerk	90	270	140	220	630
Simon Darton	90	215	140	245	600
Nick Miles	90	210	140	240	590
Derek Roast	100	260	175	275	710
Russell Martin	100	205	150	260	615
Terry O'Neil	125	320	172.5	320	812.5