

Welsh Counties Unequipped Powerlifting & Single Lifts Championships

St Clears Leisure Centre, St Clears, Carmarthenshire
December 15th 2002

This was the first competition held by the newly formed WDFPA and only Welsh lifters were allowed to claim the titles. Because of this the three English guys, Andy Bonner, George Stoneman and Rob Mackereth, lifted as guests. All three lifted well, however a special mention must go to Andy who broke the British record on the deadlift at 82.5kg with 250.5. Out of the 12 Welsh lifters only two were current BDFPA members, with the other 10 being either completely new or re-joining after a lay-off. The decision to run a novice section helped by coaxing five first timers on to the platform.

Results Powerlifting

section	Name	Bwt	Cl	Squat	Bench	Sub T	D / Lift	Total	
Open	Gerald Foxwell	58.0	60	60	55	115	100	215	1
Novice	David Foxwell	57.0		72.5	57.5	130	100	230	1
Novice	Andrew Foxwell	65.0	67.5	82.5	72.5	155	100	255	1
Open	Christopher Protheroe	73.0	75	162.5	117.5	280	210	490	1
Open	Jonathan Davies	73.0		142.5	120	262.5	160	422.5	2
Novice	Steff Jones	68.0		90	77.5	167.5	100	267.5	1
Novice	Rob Jones	79.0	82.5	120	115	235	190	425	1
Novice	Michael Poultney	76.0		105	70	175	150	325	2
Guest	Andy Bonner	81.5		200	130	330	250*	580	
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* Actual weight: 250.5 (Brit rec)									
Open	Graeme Furlong	89.0	90	170	90	260	190	450	1
Guest	George Stoneman	98.0	100	200	140	340	225	565	

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Open Scott Simon 103.0 110 190 175 365 250 615 1

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