

**B.D.F.P.A. SE DIVISIONALS + 3 MAN COMPETITION**  
**22nd February 2004 - Sunbury-on-Thames**

**BOLD = EQUIPPED**

**POWERLIFTING**

NAME	Division	Bwt.	Bwt. Cat.	Age Cat.	SQUAT	SQUAT	SQUAT	B.PRESS	B.PRESS	B.PRESS	SUB	DEAD L.	DEAD L.	DEAD L.	TOTAL	Formula	
STEVE PORTER	SE	116	125	M1	205	217.5	225	160	165	170	395	230	250	260	655	347.48	
DAVE HARRISON	SE	96	100	SNR	175	190	200	150	155	160	360	260	270	280	640	361.47	
JOHN HALL	SE	117.6	125	M1	200	210	215	145	150	155	370	230	250	260	630	333.33	
<b>RON HOWE</b>	<b>E</b>	98.1	100	M1	150	165	180	115	125	<b>130</b>	305	200	220	240	545	309.29	
<b>MALC BAINBRIDGE</b>	<b>E</b>	67.4	67.5		120	130	<b>140</b>	75	80	82.5	212.5	150	170	185	397.5	288.9	
<b>ERIC WEST</b>	<b>E</b>	SE	81.6	82.5	M5	150	165	<b>175</b>	95	102.5	105	270	160	175	<b>185</b>	445	277.72
<b>TOM MELDON</b>	<b>E</b>	SE	85.1	90	M2	160	180	200	<b>120</b>	130	<b>140</b>	330	170	190	200	530	321.51
<b>PAUL ROGERSON</b>	<b>E</b>	SE	61.2	67.5	M1	130	137.5	<b>142.5</b>	97.5	<b>102.5</b>	<b>102.5</b>	235	195	202.5	207.5	437.5	348.51
MELANIE GOLDING		68.3	70	M1	100	<b>110</b>	115	65	70	<b>72.5</b>	185	130	140	150	335	258.39	
PAUL GOLDING		86.2	90	M1	180	200	<b>205</b>	105	115	<b>117.5</b>	315	190	210	220	535	321.7	
J P ULDEMULINS		98.5	100	SNR	210	230	<b>235</b>	125	130	<b>132.5</b>	360	205	220	235	595	331.89	
<b>MARK NORTON</b>	<b>E</b>	105	110	SNR	285	305	<b>325</b>	210	217.5	<b>222.5</b>	522.5	255	265	277.5	800	434.96	
<b>LES PILLING</b>	<b>E</b>	111	125	M2	260	285	310	160	170	180	490	270	290	<b>300</b>	780	417.53	
<b>CHRIS BAKER</b>	<b>E</b>	128	145	SNR	240	260	272.5	<b>210</b>	220	<b>227.5</b>	492.5	240	260	<b>267.5</b>	760	393.22	
<b>NICK MILES</b>	<b>E</b>	90	90	M3	245	262	270	135	140	145	415	245	250	<b>262.5</b>	665	389.22	
<b>TERRY JEX</b>	<b>E</b>	96.3	100	M2	255	270	280	145	155	160	440	270	<b>290</b>	290	730	411.65	
<b>GEORGE TROULLIS</b>	<b>E</b>	76	82.5	M1	210	225	235	130	137.5	140	365	245	265	275	640	420.93	
ROB HALL		80.5	82.5	SNR	175	185	192	127.5	135	140	332.5	222.5	232.5	237.5	570	359.16	
FELIX AWUKU		71	75	M2	165	185	<b>200</b>	80			265	210	220	227.5	492.5	342.14	
<b>NEIL ABERY</b>	<b>E</b>	82.1	82.5	SNR	100			140	150		250	100			350	217.49	
<b>BRIAN MITCHELL</b>	<b>E</b>	104.6	110	M2	<b>220</b>	220	<b>235</b>	140	150	160	380	240	250	260	640	348.42	
GRAHAM CRANE		122.4	125	SNR	240	250	265	160	175	<b>185</b>	440	240	255	270	710	372.4	
<b>RICK MELDON</b>	<b>E</b>	85.3	90	SNR	220	240	260	120	130	140	400	220	260	<b>265</b>	660	399.63	
<b>CHRIS MORGAN</b>	<b>E</b>	SE	74	75	SNR	205	215	220	<b>100</b>	100	110	330	205	225	240	570	382.81
PAUL BEDFORD		68.7	75	SNR	70	<b>80</b>	80	75	80	<b>85</b>	160	150	160	167.5	320	228.67	
LEVI CALINAN		70.9	75	SNR	<b>60</b>	60		70	85	92.5	152.5	65			217.5	151.27	
ROB MACKERETH		117.7	125	SNR	<b>60</b>	60		150	160	<b>170</b>	220	120			340	179.85	
CHRIS LYNCH		74.8	75	SNR	155	160	165	115	120	<b>125</b>	285	180	<b>190</b>	<b>190</b>	465	30.64	
BEN LYNCH		74.9	75	JNR	115	<b>120</b>	<b>120</b>	95	<b>100</b>	<b>100</b>	210	150	155	162.5	372.5	247.79	
IAN LYNCH		75	75	M2	<b>150</b>	150	160	40	50	60	220	180	190	195	415	275.77	
TONY CLARK	SE	119.6	119.6	SNR	220	<b>240</b>	245	200	205	<b>212.5</b>	450	230	255	270	720	379.73	