

British Single Lift Championships - RAF Brize Norton, Oxon - 2nd April 2005

E/UE	Cat.	Name	Div	B Wgt	Age	Squat	Bench	Points	Place
UE	67.5	Tommy Meredith	SW	67	M2	170		124.22	1
		Dave Bevan	EM	66.5	M1	150		110.33	2/1
		Hussain Patel	WM	62	15	90		70.76	3/1
	75	Abd-Eramane Rahmani	SE	71.5	Snr	170		117.40	1
		Seb Madronal	NE	70.5	Snr	157.5		110.08	2
		Andy Smallwood	WM	73.5	Snr	155		104.66	3
	82.5	Chris Lynch	WM	80	Snr	180		113.92	1
	90	Ed Van Niekerk	SC	86	M2	230		138.51	1
		John Auerbach	EM	90	M1	200		117.06	2/1
	100	Terry Jex	SC	94.5	M2	220		125.27	1
		Anthony Wilson	EM	96.5	Snr	180		101.38	2/1
	125	Mark Haydock	NW	117	Snr	270		142.98	1
		Haydn Rowlands	NM	118	M2	200		105.76	2/1
	70	Manon Bradley	EM	68.5	Snr		70	53.88	1
		Maureen Sage	EC	66	M6		47.5	37.71	2/1
		Kath Goulden (guest)	WM	69	M1		45	34.46	n/a
	90+	Dawn Hall		98	Snr		55	33.27	1
	60	Matthew O'Grady	WM	57	15		55	47.19	1
	67.5	Scott McConnell	ARMY	61	Snr		130	103.91	1
		Peter Bedford	SC	66.5	Snr		130	95.64	2
		Tommy Meredith	SW	67	M2		120	87.68	3/1
		Nick Malloy	SC	65	Snr		110	82.65	4/3
		Dave Bevan	EM	66.5	M1		105	77.25	5/1
		Ryan Crook	SW	61	U23		92.5	67.14	6/1
		Hussain Patel	WM	62	15		50	39.32	7/1
		Matt Ritson		66.5	Snr		80	n/a	/
	75	Adam Abbey	NI	72.5	Snr		147.5	100.71	1
		Peter Linnett	WM	72.5	M1		145	99.01	2/1
		Daniel Orwin	NE	70.5	Snr		125	87.36	3/2
		Mark Morren	SE	70.5	Snr		112.5	78.63	4/3
		Abd-Eramane Rahmani	SE	71.5	U23		110	75.97	5/1
		Danny Jarvis	EC	71.5	Snr		110	75.97	6/4
	82.5	Mike Joseph	EC	80.5	Snr		187.5	118.14	1
		Rasheed Patel	WM	80.5	M1		140	88.24	2/1
		Graham Edwards	SW	77.5	M2		137.5	89.09	3/1
		Chris Lynch	WM	80	Snr		132.5	83.54	4/2
		Lee Parkin	NM	80	Snr		130	82.28	5/3
		Junior Esson	WM	80.5	Snr		127.5	80.34	6/4
		Alan Newly	EC	79.5	M2		115	73.12	7/2
		Malcolm Coles	WM	81.5	M2		100	62.46	8/3
		Joe Cook	WM	76.5	U23		112.5	n/a	/
						112.5			

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E/UE	Cat.	Name	Div	B Wgt	Age	Bench	4th	D/lift	Points	Place
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UE	90	Tim Fisher	WM	85.5	Snr	145			87.65	1
		Chris Mackie	SE	85	Snr	130			78.90	2
		Steve Vincent	SW	88	Snr	130			77.15	3
		John Auerbach	EM	90	M1	110			64.39	4/1
	100	Laurence Keen	EM	93	Snr	190			109.14	1
		John Haynes	SCO	98.5	Snr	157.5			87.85	2
		Martin O'Grady	WM	94	M1	140			79.94	3/1
		Anthony Wilson	EM	96.5	Snr	140			78.86	4/3
		John Gordon	RAF	98	Snr	140			78.27	5/4
		Steve Bullimore	EM	100	Snr	140			77.56	6/5
		David Meredith	SW	97	M2	120			67.43	7/1
		Jaspal Singh Banga	WM	98.5	Snr	120			66.94	8/6
		Roger Mealey	SE	96.5	M5	105			59.15	9/1
	110	James Beeby	NM	108.5	U23	160			86.14	1
		Matthew Goodwin	WM	110	Snr	155			83.16	2/1
		Max Holloway	SE	106.5	M1	150			81.19	3/1
		Tom Chantler	EM	108	Snr	150			80.86	4/2
	125	Tony Clark	SE	119	Snr	210			110.86	1
		Haydn Rowlands	NM	118	M2	175	180		92.54	2/1
		Nick Tribble	SC	111	Snr	170			91.00	3/2
		Mark Haydock	NW	117	Snr	160			84.74	4/3
		John Bevan	EM	115.5	M5	120			63.71	5/1
	145+	Jason Rees	WAL	148.5	Snr	205			101.35	1
	44	Pat Reeves	WM	43	M4			95	107.18	1
	63	Lateefa Taylor	WM	60.5	Snr			150	128.16	1
	70	Maureen Sage	EC	66	M6			95	75.41	1
		Kath Goulden (guest)	WM	69	M1			120	91.90	n/a
	90+	Dawn Hall		98	Snr			115	69.56	1
	67.5	Nick Malloy	SC	65	Snr			195	146.52	1
		Scott McConnell	OS	61	Snr			190	151.87	2
		Dave Bevan	EM	66.5	M1			185	136.10	3/1
		Ryan Crook	SW	61	Snr			155	123.89	4/3
Steve Williams		WAL	64.5	M2			152.5	115.41	5/1	
Hussain Patel		WM	62	15			140	110.97	6/1	
75	Abd-Eramane Rahmani	SE	71.5	Snr			220	151.93	1	
	Andy Smallwood	WM	73.5	Snr			207.5	140.10	2	
	Seb Madronal	NE	70.5	Snr			190	132.79	3	
	Ben Lynch	WM	75	Snr			185	122.93	4	

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UE	82.5	Mark Lane	EM	81.5	M1			283*	176.76	1
		William Shaw	SCO	79.5	Snr			235	149.41	2/1
		Junior Esson	WM	80.5	Snr			220	138.62	3/2
		Rasheed Patel	WM	80.5	M1			220	138.62	3/2
		Joe Cook	WM	76.5	U23			200	130.90	5/1
		Lee Parkin	NM	80	Snr			180	113.62	6/3
	90	Chris Mackie	SE	85	Snr			291*	176.61	1
		Selby Spicer	WM	89	M1			260	155.56	2/1
		John Auerbach	EM	90	M1			210	122.91	3/2
		Steve Van-Kempen	SE	86	Snr			200	120.44	4/2
	100	Terry Jex	SC	94.5	M2			290	165.13	1
		Anthony Wilson	EM	96.5	Snr			230	129.56	2/1
		Chris Foster	EC	96	Snr			170	96.02	3/2
	110	Max Holloway	SE	106.5	M1			250	135.32	1
		Tom Chantler	EM	108	Snr			227.5	122.65	2/1
		James Beeby	NM	108.5	U23			220	118.45	3/1
	125	Mark Haydock	NW	117	Snr			310	164.18	1
		Haydn Rowlands	NM	118	M2			210	111.05	2/1
145	Duncan Tanner	SC	129.5	Snr			255	131.48	1	
E	82.5	Neil Abery	EM	81	Snr	280			175.64	1
	100	Ollie Hunter	SE	94.5	Snr	245			139.50	1
	110	Brian Mitchell	EC	103	M2	180			98.55	1
	82.5	Mike Joseph	EC	80.5	Snr		180		113.42	1
		Rasheed Patel	WM	80.5	M1		165		103.97	2/1
	90	Martin Green	EM	89.5	Snr		210		123.33	1
	100	Neil Thomas	EM	94	Snr		185		105.63	1
	110	Brian Mitchell	EC	103	M2		150		82.12	1
		Graham Alway	SW	106.5	Snr		140		75.78	2/1
		Max Holway	SE	106.5	M1		185		n/a	/
	125	Gareth Meyer	SE	121	Snr		190		99.94	1
		Rob Mackereth	SC	118	Snr		182.5		96.51	2
	145	Duncan Tanner	SC	129.5	Snr		210		108.28	1
	75	Andy Bamford	SC	71.5	Snr			235	162.29	1
	82.5	George Troullis	SC	76.5	M1			282.5	184.84	1
	100	Ollie Hunter	SE	94.5	Snr			260	148.05	1
	110	Max Holway	SE	106.5	M1			262.5	142.09	1
		Brian Mitchell	EC	103	M2			257.5	140.98	2/1
125	Gareth Meyer	SE	121	Snr			270	142.02	1	

### Report from Neil Thomas

The event was held again at RAF Brize Norton and proved to be one of the best subscribed events for a while. There were a total of 153 entries, including the bench press endurance, passing last years 109 easily. A lot of new faces this year and some very full weight categories made for an excellent lifting atmosphere and provided the motivation needed to achieve some fantastic lifts during the day.

**Deadlift** - In a change to the normal running deadlift was first, this was to free up loaders and refs for the rest of the competition. Mark Haydock's impressive lifting was an inspiration to all the old

sweats and debut national lifters alike. In the ladies section Pat Reeves showed us illness has not affected her as Lateefa Taylor showed childbirth her neither. Newcomers Kath Goulden and Dawn Hall lifted well to both go 3 for 3. Other excellent lifting in the men's came from Selby Spicer 260kg at 90kg and Chris Mackie 291 at 90kg. George Troullis and Mark Lane had their own little contest each winning their sections and best lifters.

**Bench Press** - The equipped lifters went first this time and with Steve Maden's chin balancing act missing this year sped through with Martin Green in fine form but just missing his record attempt, he still took best lifter with Mike Joseph and Duncan Tanner 2nd and 3rd respectively. All the unequipped classes were very well represented. Laurence Keen lifted well as did Mike Joseph, Tony Clark and Scott McConnell. Manon Bradley lifted well and is now beginning to reach her full potential in the ladies event. Kath Goulden did well to get her 3rd lift in so as not to bomb - well done.

**Squat** - The last event of a long day saw Neil Aberly win the 82.5 with a 280kg lift, taking best lifter. All lifters did well at the end of the day to give the crowd some big lifts and set PB's. Mark Haydock finished an excellent day with a record for the crowd on the last lift of the day.

**Bench Endurance** - This was not run as a separate competition this year, a bench was set up in the warm up area lifters then grabbed a referee whenever they wanted to lift. This prevented a big drawn out competition at the end of the day. Rules were most reps wins, in the event of a draw, fastest time takes it. Winner in the ladies was Manon, In the men's Scott then Peter then Mark, Mark getting third in a faster time for his 27 reps.

Thanks to all those who helped referee, spot and load, without you the competition would not have been as good. It was great to see lots of new faces at the event a testament to those working hard at the divisional level. A huge thanks to you all for the 150 person 'happy birthday' for my wife, she was not embarrassed at all and only pretended to want to 'cut them off' for the crowd.