

University of Bradford Bench Press Competition - Bradford - 25th June 2005

Cat.	Name	B Wgt	Age	Bench	Points	Place (wgt/pts)
60	Steve Brown	59.1		85	70.18	8/7
75	Tom Bryer	67.2	16	70	51.01	10/9
75	Daniel Orwin	73.2	23	125	84.68	5/4
75	Darren MIngo	74.9	28	120	79.82	6/6
82.5	Steven Baker	79.4	27	130	82.73	4/5
90	John Fulton	85.6	78	110	66.45	7/8
90	Nicky Conway	88.2	15	80	47.41	9/10
100	Nigel Faulkner	96.9	46	170	95.57	2/1
110	Brian Beesley	108.9	51	150	86.05	3/3
145	Andrew Varley	133.6	37	175	89.39	1/2

Bench Press Endurance

Cat.	Name	B Wgt	Age	Bench	Reps	Time in secs
67.5	Tom Bryer	67.2	16	32.5	38	30
75	Jamie Watson	72.9	20	72.5	10	66
75	Daniel Orwin	73.2	23	72.5	26	62
75	Darren Mingo	74.9	28	75	29	34
82.5	Steven Baker	79.4	27	80	21	38
90	Nicky Conway	88.2	15	45	21	32.5
100	Nigel Faulkner	96.9	46	97.5	20	75
110	Brian Beesley	108.9	51	110	13	44

Report from Mark Haydock

This was the first competition to be hosted at Bradford University on behalf of the ever growing BDFPA. The competition was made up of some regular faces, young novices, old superstars, and a phenomenal disabled lifter.

First on the platform was Steve Brown, a blind lifter from Leeds who is the World Blind Powerlifting Champion – his best lift was 85kg at a mere 59.1kg bodyweight. The 75's was a hotly contested class with Orwin just nudging Mingo by a 5kg margin to finish on 125kg. Tom Bryer, 16, lifted well for a T2 junior at just over bodyweight with 70kg. There was only one lifter in the 82.5kg class, Steven Baker, a novice lifter, and he was one of the four Lancashire lads who risked going over the border for the day. Steven lifted well with a 130kg finish and narrowly missed out on 140kg. The 90's was made up with two lifters from each end of the spectrum, Nicky Conway, T1, with 80kg and John Fulton benching 110kg at 78 years young – arguably the lift of the day!

The three heaviest lifters made up the top three places overall on points. In third place was Brian Beesley, with 150kg at 110kg bodyweight, second place was Andrew Varley fresh from placing second at the Europeans six days earlier, with 175kg at 145kg. Best lifter of the day was Nigel Faulkner with a 170kg lift at only 100kg bodyweight.

The competition also contested a bench endurance, the results were quite simply an inverse of the weigh-in: the lightest lifter won, and the heaviest lifter came last!

Thanks go to the referees (Les Pilling and Mark Haydock), the organizer (George Beevers), the loaders (Gerald Pilling and John Stokes), the MC (Eddie Bennett), and who ever made all the sandwiches for the buffet – which all seemed to be eaten by Gerald, Les, Mark and Andy!!! And they wonder why they are heavy lifters!

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