

West Midlands Bench Press & Deadlift - 2nd July 2005

E/UE	Cat.	Name	Div	B Wgt	Age	Bench	4th Lift	Deadlift	4th Lift	Points	Place
UE	60	Matthew O'Grady	WM	57.2	T1	57.5*				47.01	1
		Sean O'Grady	WM	59.6	T2	55				49.11	2/1
	67.5	Hussain Patel	WM	64	T1	55				41.93	1
		Scott McConnell	Guest	60.8	Snr	130*				104.25	n/a
	75	Pete Linnett	WM	74.5	Snr	140				93.52	1
		Mickael Downes	WM	72.7	Jnr	130				88.55	1
		Luis Lopes	WM	74.6	M6	90				60.05	1
		David Wallis	Guest	70.8	M6	110				76.6	n/a
	82.5	Mark Lane	EM	82	M1	145				90.17	1
		Joe Cook	WM	80.2	T3	110*	120*			69.49	1
		Malcolm Coles	WM	82	M2	105				65.29	1
	90	Daniel Percival	WM	86.3	Jnr	155				93.13	1
		Mick Carradine	WM	87.1	M1	147.5				88.1	1
		Larry White	WM	84.2	M2	130				79.39	1
	100	John Gordon	RAF	100	Snr	145				80.33	1
		Martin O'Grady	WM	91.4	M1	135				78.31	1
		Philip Godwin	WM	98.5	Snr	115				64.14	2
	110	Tom Chantler	EM	108.4	Snr	152.5				82.12	1
		Jaspal Bangal	WM	103.2	Snr	135				73.85	2
	125	Matthew Goodwin	WM	115	Snr	165				87.68	1
	44	Pat Reeves	WM	41.6	M4			100*		115.79	1
	67.5	Javid Norat	WM	64	Snr			205		156.31	1
		Hussain Patel	WM	64	T1			147.5*		112.46	1
	75	Luis Lopes	WM	74.6	M6			127.5	130*	86.74	1
	82.5	Mark Lane	EM	82	M1			270		167.91	1
		Tony Smith	WM	81.5	Snr			235		146.78	1
Joe Cook		WM	80.2	T2			200*		126.36	1	
Larry White		WM	84.2	M2			200		122.14	1	
100	Phillip Godwin	WM	98.5	Snr			190		105.98	1	
110	Tom Chantler	EM	108.4	Snr			230		123.85	1	
E	82.5	Rasheed Patel	WM	76	M1	170*				111.81	1

Referees: Malcolm Cole, Rasheed Patel, Mark Lane, Tom Cox, Lateefa Taylor

* denotes British record

West Midlands Report from Rasheed Patel

This was the first of the WM single qualifiers for 2006, unfortunately not as well subscribed as last year, never the less there was a total of 24 lifters with 31 entries which consisted of 2 guest lifters. The day started with the always popular bench press. In the 67.5kg class Scott McConnell destroyed the old British record with a final lift of 130kg, new member Mickael Downes only just failed 140kg leaving him with a good lift of 130kg 75 kg class and only a junior. T3 lifter and from my neck of the woods Joe Cook also broke 2 British records first in the bench press with 120kg then in the deadlift with 200kg in the 82.5kg class. The 90kg class saw a very talented and bright prospect in Daniel Percival once again a junior with an impressive bench of 155kg. Good to see Sean and Matthew continuing in their dads footsteps (Martin O'Grady) and lifting well. I am proud to see so many new recruits to the BDFPA West Midlands region especially when most are under 24 years. While in the open 90kg M1 class and first ever comer came Mick Carradine with an easy bench of

147.5kg, the best overall raw was won by Peter Linnnett who has just come back from holiday and only knew about this comp at last minute. Finally in the equipped lifting class on my own (meaning by myself), I only entered with one intention and one goal which I achieved, a new British record of 170kg. Pat Reeves set a new British record with a solid 100kg lift which kicked off the deadlift, (keep them coming Pat), Luis Lopes M6 75kg lifter made his new British record look very effortless with 130kg. Next in line was my boy Hussain who broke his deadlift British record and lifted 147.5kg, class winner from my gym; Javid Norat with bags of potential finished with a great lift of 205kg weighing only 64kg. Mark Lane ended the day with the biggest lift of 270kg but due to niggles and injury Mark was not quite on form but still managed to take the best overall title - what's new. Lastly, a big thank you to Martin O'Grady who hosted a well equipped comp and kept with traditions and more importantly provided BIG quality trophies to well earned competitors, also thanks to Tom Cox, Malcolm Coles and once again Mark who also carried out the drug testing, and not forgetting my hard working wife, most women say they can do two things at a time, well my missus can look after two kids and MC as well.