

British Single Lift Championships - Bradford - 15th & 16th July 2006

E/UE	Cat.	Name	B Wgt	Age	Squat	Bench	4th	Points	Place
U/E	75	Tommy Meredith	68	M2	155			111.77	1
	82.5	Dave Dargue	79.2	M5	152.5w			97.23	1
		Graham Edwards	79.4	M2	150			95.46	2/1
		James Ghafoor	79.1	T1	125			79.77	3/1
	100	Tom Cox	93.9	M4	165			94.28	1
	110	Les Pilling	109.3	M3	255			137.01	1
		Mike Leadbetter	109.9	M4	182.5w			97.92	2/1
	125	Alfred Squires	121.7	Snr	235			123.44	1
	145	Mark Haydock	129.3	Snr	290w			149.58	1
		Andrew Varley	138.1	Snr	250			126.37	2
	44	Louise Ionnton	41.8	Snr		52.5e		60.55	1
	58.5	Ann Thomas	56.5	Snr		37.5		33.92	1
	70	Manon Bradley	67.8	Snr		70		54.27	1
		Maureen Sage	67.8	M6		47.5		36.82	2/1
	60	Ryan Crook	59.5	Snr		95b		77.89	1
	75	Tommy Meredith	68	M2		120		86.53	1
		David Wallace	73.2	M6		115	118x	77.9	2/1
		Daniel Orwin	73.4	Snr		115		77.74	3/1
	82.5	Phil Tempest	80.2	Snr		145		91.61	1
		Rasheed Patel	81.2	M1		140		87.66	2/1
		Graham Edwards	79.4	M2		137.5		87.5	3/1
	90	Michael Carridine	88.8	M1		142.5		84.08	1
		Larry White	83.7	M2		130		79.71	2/1
	100	Neil Thomas	98.4	Snr		170		94.87	1

	Cory Brooks	92.7	Jnr		165w	167.5x	94.94	2/1
	Jay Hollingsworth	92	Jnr		161w		93.04	3/2
	Mark Kirkland	97.8	M1		160		89.55	4/1
	Jamie Allonby	93.2	Snr		150		86.05	5/2
	Steve Bullimore	99.9	Snr		140		77.6	6/3
	Tom Cox	93.9	M4		125		71.42	7/1
110	John Haynes	108.5	Snr		170		91.52	1
	Ian Tudor	105.2	M4		167.5w		91.01	2/1
	Les Pilling	109.3	M3		150		80.59	3/1
	Mike Leadbetter	109.9	M4		137.5		73.78	4/2
	Phil Godwin	108.4	Snr		130		70.01	5/2
	Roger Mealey	103.9	M6		115b	120x	62.76	6/1

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U/E	125	Alfred Squire	121.7	Snr	185			97.18	1
		Paul Spencer	115.9	Snr	160			84.89	2
		Graham Alway	110.9	Snr	152.5			81.64	3
		John Bevan	118.5	M5	120b			63.39	4/1
	145	Chris Baker	131.5	Snr	215			110.33	1
		Haydn Rowlands	135.9	M3	190w			96.5	2/1
		Mark Haydock	129.3	Snr	180			92.84	3/2
		Andrew Varley	138.1	Snr	180			90.99	4/3
	44	Pat Reeves	43	M5		97.5		109.39	1
	58.5	Ann Thomas	56.1	Snr		125		113.73	1
	70	Maureen Sage	67.8	M6		90		69.77	1

	56	Mo Madaaser	56	Jnr		120		104.97	1
	60	Ryan Crook	59.1	Snr		160b	165x	132.11	1
	75	Rahul Kumar	73	T3		200		135.78	1
		Tommy Meredith	68.3	M2		180		129.29	2/1
	82.5	Lewis Graddon	77.7	Jnr		240		155.2	1
		David Loebell	81.3	Snr		212.5		132.96	2/1
		Graham Edwards	80.1	M2		200		126.48	3/2
		James Ghafoor	78.9	T1		142.5		91.11	4/3
	90	Larry White	83.5	M2		242.5w		148.94	1
		Spyros Matssoukis	88.9	M2		190		112.04	2
	100	Jamie Allonby	92.8	Snr		240		138.02	1
		Robert Elliot	97.7	Jnr		210		117.57	2/1
		Eddie Bennett	96.8	M6		190		105.68	3/1
	110	Les Pilling	109.7	M3		260		139.56	1
		Mike Leadbetter	109.7	M4		250w		134.2	2/1
		Mark Eager	101.1	Snr		245		135.11	3/1
		Simon Mansell	104.8	M2		245		133.3	4/1
		Phillip Godwin	108.9	Snr		220		118.31	5/2
	145	Mark Haydock	130.7	Snr		307.5w		158.08	1
		Andrew Varley	139	Snr		272.5		137.47	2

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E/UE	Cat.	Name	B Wgt	Age	Squat	Bench	D/Lift	Points	Place
E	100	Tom Cox	93.9	M4	220			125.7	1
	110	Les Pilling	109.3	M3	280			150.44	1
	60	Steve Brown	59.5	M1		95		77.89	1

82.5	Rasheed Patel	81.3	M1	165x	-	1
90	Martin Green	89.8	Snr	210	123.08	1
	Michael Carridine	90	M1	162.5b	95.11	2/1
100	Neil Thomas	98.5	Snr	185	103.19	1
	Tom Cox	93.7	M4	157.5	90.09	2/1
110	Mark Norton	106.9	M1	235w	127.06	1
	Les Pilling	109.7	M3	180	96.62	2/1
125	Graham Alway	110.7	Snr	170	91.06	1
75	Andy Bamford	73.3	Snr	230	155.64	1
90	Larry White	83.5	M2	258.5w	158.77	1
110	Les Pilling	109.7	M3	270	144.93	1
	Mark Eager	101.1	Snr	255	140.6	2/1
	Phillip Godwin	108.9	Snr	220x	-	3/2

Report from Mark Norton

First day of competition started with the unequipped squat, the highlights as follows.

Dave Dargue M5 at 82.5kg from NE set a new world record of 152.5kg done in perfect form. Les Pilling M3 started his marathon campaign off with a 255kg squat at 110kg class with Mike Leadbetter M4 setting a new world mark of 182.5kg, not bad for someone who cracked a rib just prior to the British Power Championships. Alfie Squires, WM at 125kg class impressed with a 235kg effort and when he perfects his form will be a major threat in the open division. Mark Haydock, NW continued to re-write the record books with a 290kg WR in the 145kg open category.

Tom Cox and Les Pilling carried on in the equipped section, Tom getting 220kg at 100kg M4 just running out of steam with 230kg, Les succeeding with 280kg at 110 M3 on his third attempt.

In the unequipped bench press Louise Iontton at 44kg managed a new British and European record of 52.5kg in the open category. Manon Bradley has the potential to break records if she gets her technique right, on this occasion pressing 70kg.

Ryan Crook, SW at 60kg set a new British record with 95kg in the senior category with Dave Wallis, 69 years of age (M6) pressing 115kg at 75kg, just missing out on 118.5kg British record on a 4th attempt. Neil Thomas, EM continued his good form taking the 100kg class with 170kg, but hot on his heels two juniors had a battle with Cory Brooks WM 165kg to Jay Hollingsworth's NE 161kg both exceeding the world record in the junior age group. In the 110kg class Ian Tudor EC, M4 set a new record with 167.5kg only just being beaten by John Haynes NM with 170kg in the open section. Roger Mealey M6 110kg from the SE set a new British record with 115kg.

At 125 Alfie Squires took the title with 185kg, with Paul Spencer NM 2nd and Graham Alway, SW in

3rd. John Bevan, EM, M5 took just one attempt with 120kg for a new British record.

In the 145kg group Chris Baker NE benched an impressive 215kg in the open division. Hadyn Rowlands NM, M3 set a new British record with 190kg. In 3rd and 4th spot by virtue of lighter bodyweight, Mark Haydock and Andy Varley both NW getting 180kg.

In the equipped bench Martin Green EM at 90kg pressed out 210kg having two attempts at 217.5 kg that eluded him and Michael Carridine WM set a new British M1 record of 162.5kg on his third attempt. Neil Thomas 100kg class EM pressed 185kg and tried twice to break through the 200kg barrier on his 2nd and 3rd attempts but it wasn't to be, I'm sure it will happen soon. Tom Cox WM, went 3 out of 3, finishing on 157.5kg at M4. At 110kg Les Pilling managed a good 180kg bench in the M3 age group. I managed 235kg M1 World record, which I had to be satisfied with as the gym I used had closed down 3 weeks prior to the competition. Only one lifter in the 125kg class: Graham Alway from the SW ending up with a 170kg effort and the win. The unequipped deadlift saw a number of records broken: the first was by Ryan Crook SW 60kg class who pulled a good 160kg British record not bad for someone just out of the juniors. Lewis Graddon 82.5kg class from Wales was successful with 240kg and had a good tug on 243.5 for a junior record, with a little more bodyweight this will surely go. The 90kg class was won by Larry White WM with a new M2 World record of 242.5kg, if he could tweak his technique he would pull some more without question. Mike Leadbetter NW finished his day off with a 250kg World record at 110kg, M4 as did Mark Haydock who pulled 307.5kg on his first attempt for another World record in the open event. The equipped deadlift had 5 entries, the 75kg winner was Andy Bamford with 230kg, Larry White got the double up with 258.5kg World record at 90kg to go with his unequipped success earlier. In the 110kg class Les Pilling finished off with 270kg just ahead of Mark Eager's 255kg from the SW, with Phil Godwin unfortunately bombing out.

In summary, this event was down on numbers probably due to the time of year. That aside, there were some excellent performances and the venue was superb.

Thanks to George Beevers, Bradford University and all those who helped out and supported the event.