

Welsh Open - Dering Lines, Brecon, Powys, Wales - Sunday 12th February 2006

E/UE	Cat.	Name	Nat	B Wgt	Age	Squat	Bench	D/Lift	Total	Points	Place
UE	75	<b>Elliott Davies</b>	WAL	70.7	Snr	110	95	170	375	261.45	9
	90	<b>Richard Banner</b>	WAL	88.2	Snr	210	135	227.5	572.5	339.26	5
		<b>Chris Protheroe</b>	WAL	84.1	Snr	205	142.5	240	587.5	359.08	3
		<b>Dia John</b>	WAL	85.6	M4	120	115	175	410	247.68	10
		<b>Stephen Wilson</b>	SE	88.2	Snr	145	140	220	505	299.26	7
		<b>Darren Gardner</b>	WAL	96.6	Snr	210	140	240	590	332.17	6
	110	<b>David Bendle</b>	WAL	103.1	Jnr	185	120	190	495	270.91	8
		<b>Chris Jones</b>	WAL	107.5	Snr	260	187.5	300	747.5	403.50	1
	125	<b>Pete Sutton</b>	WAL	112.3	M1	240	180	280	700	373.73	2
		<b>David Evans</b>	WAL	121.2	Snr	240	160	250	650	341.77	4
		<b>Robert West</b>	WAL	118	Snr	160	100	170	430	227.38	11
E	82.5	<b>Steve Cook</b>	WAL	80	Snr	220	120	220	560	354.42	2
	90	<b>Steve Maden</b>	WAL	89.3	M1	227.5	155	230	612.5	360.21	1

Single Lifts

UE	82.5	<b>Lee Parkin</b>	SE	79.5	Snr		142.5			90.60	3
	145	<b>Haydn Rowlands</b>	SE	130.8	M2		200			96.38	1
	145+	<b>Jason Rees</b>	WAL	157.5	Snr		190			92.28	2
	110	<b>Mark Eager</b>	SW	120.3	Snr			250		137.23	1
E	100	<b>Tom Cox</b>	SW	92.2	M4	185				106.78	1
		<b>Tom Cox</b>	SW	92.2	M4		120			69.78	4
		<b>Tom Cox</b>	SW	92.2	M4			185		106.78	2

Report from Steve Maden

19 Lifters (included yours truly) attended this Comp, almost doubling the attendance on last years event! Starting off the day was Elliot Davies in the 75kg uneq class on his own. He managed a 375 kg total out of 6 successful lifts. In the 82.5kg equip class army lifter Steve Cook got his qualifying total of 560kg after a shaky start missing his opening squat. The 90kg uneq was dominated by Chris Protheroe, who has gone up from the 75 class to the 90's. Chris managed a 587.5 total with 8 out of 9 lifts. First timers Dai John, and Army lifter Steve Williams had a good time of it, with Dai getting in 7 out of 9 and a 410 total to take the M4 90's title (wait for the ref's signal Dai!) Steve also got 7 out of 9 to include a comfortable 220 deadlift and a 505 total. In the 100's uneq Darren Gardner was the only lifter after David Bendle had weighed in heavy. Darren had a steady time of it, and achieved a 590 total with 7 out of 8. The 110 uneq was taken control of by World Champ Chris Jones with a 747.5 total and 7 out of 8, his only failed lift being a World record deadlift attempt of 312.5kg which Chris managed to get off the floor, but although he fought valiantly, couldn't get past his knees. David Bendle went up to the 110's after weighing in heavy, and completed 7 out of 9 for a 495 total. A new streamlined Pete Sutton took charge of the 125's uneq (almost making the 110's) and got 9 out 9 for a 700 total, not bad for a training session! David Evans got 7 out of nine and a 650 total, with Robert West, after putting himself under pressure by missing his opening squat getting a 430 total with 4 out of 9.

In the single lifts we had 6 lifters. The only squatter was guest Tom Cox at 100kg M3 Equip achieving a 185 qualifier. The Bench Press had 4 lifters, starting off with Lee Parkin at 82.5 getting all 3 in to achieve 142.5 unequipped. Tom Cox also got in his British qualifier with 120 at 90kg M4 equip. Haydn Rowlands at 145 M2 got 2 out of 3 with his best on the day being 182.5. Finishing the benches was Jason Rees who, at 145kg + took 2 lifts for best on the day of 190. 2 deadlifters lifted, these were Tom Cox, again achieving his qualifier of 185, and providing the best entertainment of the day getting into his deadlift

suit. was novice Mark Eager who managed 250 after failing it first time round.

My thanks go to David Fairhurst, who managed to competently M.C. and referee the first flight, allowing myself to lift my British qualifier. Dave also deserves a mention on the extremely efficient way the flights were run, each one being completed in less than 1 and a half hours! This suited the lifters, as it ensured we were finished in time for the rugby! Thanks to Mike and David Brown for their assistance. Also thanks to the individual lifters, who spotted and loaded for each other as well as competing, ensuring we had a safe comp with no miss-loads. Last but not least I would like to thank Lee, for the use of the Gymnasium, and equipment, and for providing the refreshments.