

North East Divisional - Bradford University, Bradford - 13th January 2007

E/UE	Cat.	Name	Div	B Wgt	Age	Squat	Bench	4th	D/Lift	4th	Total	Points	Place
UE	60	Steve Brown	NE	59.8	M1	145	85		200		430	350.7	1
	67.5	Paul Furness	NE	67.1	Snr	120	75		110		305	222.55	1
	75	Gary Munks	NE	73.8	Snr	150	100		207.5		457.5	307.89	1
	82.5	Abdul Miah	NE	75.2	Jnr	165	110	110.5	165		440	291.76	1
		Dave Dargue	NE	80.3	M5	137.5	95		152.5		385	243.01	2
	90	Imran Khan	NE	86.1	Snr	110	70		165		345	207.62	2
	100	John Nessworthy	NE	91.0	Snr	90	106		165		360	209.34	1
	110	Mark Norton	NE	106.1	M1	245	167.5		240		652.5	353.45	1
	125	Phil Laing	NM	124.4	M1	240	170		312.5		722.5	377.07	1
		John Stokes	NE	123.2	M1	200	130		235		565	295.77	2
145	Chris Baker	NE	128.5	Snr	250	200		280		730	377.26	1	
E	125	Alan Pearson	NM	124.9	Snr	240	185		240		665	346.53	1

Single Lifts

E/UE	Cat.	Name	Div	B Wgt	Age	Bench	4th	D/Lift	4th	Points	Place	
UE	100	Marc Giles	NM	99.6	M1	132.5				73.53	1	
	110	Jay Hollingsworth	NE	102.7	Jnr	175	180x				97.52	1
		John Haynes	NM	109.6	Snr	172.5					92.6	1
	145	Haydn Rowlands	NM	133	M3	192.5				98.42	1	
	90	Eddie Bennett	NE	90	M6			190			111.2	1
	100	Marc Giles	NM	99.6	M1			205			113.77	1
	110	Jay Hollingsworth	NE	102.7	Jnr			275	280x		150.72	1
	125	Phil Laing	NM	124.4	M1			280			146.13	1

Referees: Sam Haydock, Mark Norton, Les Pilling, Haydn Rowlands

Report from Mark Norton

Once again Bradford University gym was the venue for the 2007 North East Divisional competition. Steve Brown took the 60kg class with a 430kg total lifting well within himself. At 67.5 Olympic lifter Paul Furness tried the power set and registered 305kg total. Two lifters at 75, Gary Munks of Sheffield achieved the British qualifying total with 457.5kg with a number of PB's on the way. Abdul Miah a student at the University totalled a comfortable 440kg in the junior 75kg class and set a couple of NE records in squat and bench. Dave Dargue, M5 82.5kg lifted modestly and ended up with 385kg. Imran Khan a novice ended with 345kg in his first outing at 82.5 and will improve. Another novice John Nessworthy went 9 for 9 and 380kg total at 100kg. I hobbled my way through with 652.5kg at 110 getting a British record on the squat of 245kg. Phil Laing 125kg, NM, turned up after a night shift and produced a 722.5kg total and a M1 British record with a 312.5kg deadlift to boot. John Stokes NE Rep qualified with 565kg after some troublesome shoulder injury had kept him out last year. Alan Pearson lifted equipped and did enough to qualify for the British 665kg. Chris Baker at 145kg lifted a solid 730kg total to gain a place at the Nationals in May.

In the single lift section notable performances by Jay Hollingsworth of 180kg bench and 275kg deadlift both Junior British records at 110 and Haydn Rowlands M3, NM 145kg benching 192.5kg British record. Thanks to Gerald Pilling the organiser and all those who assisted on the day.