

**SOUTH-WEST STUDENT CHAMPIONSHIP  
19TH OCTOBER 2008 - NEWQUAY, CORNWALL**

(Figures in brackets indicate successful 4th attempts) \*\* Denotes South-West Record

NAME OF LIFTER	School or College	Bwt.	Bwt. Cat.	Age Cat.	LIFT (kgs.)	Formula
<b>SQUAT - UNEQUIPPED</b>					<b>SQUAT</b>	
JORDAN BUCHANAN	Tretherras	60.8	67.5	T1	120 (125)**	100.2
<b>BENCH PRESS - UNEQUIPPED</b>					<b>B.PRESS</b>	
PAOLO SPINA	Camborne	59.8	60	Junior	87.5**	71.4
JAMIE EASTWOOD	Tretherras	59.5	60	T1	60	49.2
JORDAN BUCHANAN	Tretherras	60.8	67.5	T1	80**	64.2
JOHN RUDGE	Bristol Uni.	75.0	75	OPEN	100	66.5
NICOLAS HANCOCK	Bristol Uni.	79.3	82.5	OPEN	132.5	84.4
<b>DEAD LIFT - UNEQUIPPED</b>					<b>DEAD L.</b>	
JAMIE EASTWOOD	Tretherras	59.5	60	T1	125 (130**)	106.6
JORDAN BUCHANAN	Tretherras	60.8	67.5	T1	160 (170**)	136.3
NICOLAS HANCOCK	Bristol Uni.	79.3	82.5	OPEN	210.5 (215**)	136.9
WILL KEEGAN	Tretherras	75.8	82.5	T1	172.5 (180**)	118.6

Referee: Graham Edwards, Andrew Cominos.

A disappointing turnout for the first-ever SW Student Bench Press competition, though made up for by a terrific standard of lifting. Good debut for Paolo Spina from Camborne College, whose 87.5 bench was comfortably over the national qualifying standard at 60kg/Junior. The three Tretherras students did very well. In the 60 kg class Jamie Eastwood hit a new personal best mark on the Bench with 60 kgs., and went on to set up a new official SW record Dead Lift with 130 kgs., more than double bodyweight, and only 10 kgs off the British record. Will Keegan also impressed at 82.5 kgs., breaking his own DL record with 180 kgs. "Man of the match" was Jordan Buchanan – who did not register a single failure, but broke SW records in the 67.5 category with 125 kgs Squat/ 80 kgs Bench Press/ and a whopping 170 kgs on the Dead Lift. The DL exceeded his personal best by no less than 30 kgs! Mixed fortunes for the two mature students from Bristol University : a slightly "off" day for John Rudge, who made only his opener on the bench, but is bound to do much better with experience. Nick Hancock is a good all-rounder, and duly qualified for the nationals on both the bench and dead lift, where he duly broke the SW record in the process. The referee for his 215? None other than Graham Edwards – the holder of the previous record!