

West Midlands Divisional - Fitness First, Coventry - 25th January 2009

E/UE	Cat.	Name	Nat/Div	B Wgt	Age	Squat	Bench	D/Lift	Total	Points	Place
UE	50.5	Pat Reeves	WM	50.35	M5	30	32.5	90	152.5	151.64	2
	70	Jordana Freemantle	WM	66.35	Snr	100	82.5	100	282.5	223.26	1
	60	Ashley Sanders	WM	56.35	T3	115	70	150	335	291.06	25
	67.5	Mark Wilson	WM	66.55	Jnr	150	110	210	470	345.54	3
		Karl Seddon	EM	63.5	T3	150	90	190	430	330.33	6
	75	Oliver Hardy	WM	74.5	Snr	140	120	220	480	320.64	10
		Michael Daldry	WM	72.95	T3	150	105	210	465	315.87	12
		Adam Sandel	EM	73.85	Jnr	155	120	185	460	309.42	15
		Jason Cortese	WM	74.95	T2	120	80	170	370	245.99	29
		Pithawat Vachiramon	EM	74.1	Snr	100	82.5	150	332.5	223.04	30
	82.5	Deniele Selmi	EM	81.5	Snr	170	110	255	535	334.16	4
		Alex Tosh	WM	80.15	Snr	160	145	200	505	319.21	11
		Scott Mc Laughlan		76.7	T3	160	125	210	495	323.24	8
		Gabinder Singh Cheema	WM	79.35	Snr	160	130	190	480	305.62	16
		Tristan Gray-Davies		81.9	T3	160	115	205	480	298.75	21
		Nicky May	WAL	77.5	T3	130	100	175	405	262.40	26
	90	David J Freeman	WM	77.65	M4	130	95	175	400	258.80	27
		Daniel Koffler	EM	89.5	Snr	212.5	127.5	225	565	331.82	5
		Steve Cook	WAL	89.85	Snr	190	142.5	200	532.5	311.99	13
		Jonathan Gooding	WAL	88.7	M1	185	135	190	510	301.16	20
	100	Robert Pearce	EM	83.05	Jnr	160	90	222.5	472.5	291.27	24
		Henry Tosh	WM	93.95	Snr	190	182.5	260	632.5	361.28	1
		Robert Rees	WM	97.25	Jnr	195	140	240	575	322.66	9
		Charles Grant	WM	93.15	Snr	190	145	235	570	327.09	7
		Liam Allison	WM	96.15	Jnr	185	125	240	550	310.39	14
		Carl Williams	WM	96.6	Jnr	170	110	255	535	301.21	19
James Gair		WM	95.4	Jnr	180	120	220	520	294.63	23	
110	William Glover	WM	92	Jnr	140	107.5	192.5	440	254.28	28	
	Ben Craig	WM	110	Snr	220	155	270	645	346.04	2	
	Matthew Llewellyn-Jones	EM	105.5	Jnr	185	137.5	232.5	555	301.31	18	
125	Patrick Schram	WM	107.9	M1	200	130	220	550	296.56	22	
	Christopher J Pengelly	EM	119	Snr	180	142.5	250	572.5	302.22	17	
E	63	Tiffany Croker	EM	61.05	Snr	110	65	120	295	250.13	1
	82.5	Kriss Moore	WM	79.6	M4	165	120	180	465	295.37	2
	90	Vince Sherlock	WM	89.7	M1	230	140	220	590	346.04	1

Single Lifts

E/UE	Cat.	Name	Nat/Div	B Wgt	Age	Squat	Bench	D/Lift	Points	Place
UE	100	Ravandeep Sandu	WM	98.45	T2	125				1
	70	Manon Bradley	EM	67.65	M1		60			1
	67.5	Ian Marsden	WM	65.75	Snr		105			
		Peter Linnett	EM	77.5	M2		140			
	82.5	Michael John	WM	77.8	M2		120			
		Aaron Morris	WM	78.8	Snr		110			
		Gren Elmore	WM	75.65	M9		75			
	90	Lee Smith	WM	90	Snr		165			
		Larry Whyte	WM	87.1	M3		125			
	125	Matthew LJ Goodwin	EM	118.4	Snr		185			
	145	Paul Merricks	WM	142.1	Snr		220			
	67.5	David Taylor	WM	67.3	M2			210		
	75	Jack Lewis		74.9	Jnr			185		
		Darren Dean	WM	78.4	Jnr			200		
	82.5	John F O'Riordan	WM	80.75	M2			200		
		Gren Elmore	WM	75.65	M9			107.5		
	90	Larry Whyte	WM	87.1	M3			240		
David M John		WAL	87.5	M4			180			
100	Ravandeep Sandu	WM	98.45	T2			155			
110	Philip King	WM	105	Snr			232.5			
145	Paul Merricks	WM	142.1	Snr			275			

Referees: Roy Garner, Mark Norton