

BRITISH DRUG FREE POWERLIFTING ASSOCIATION  
British Powerlifting Championships 2010  
Fitness Factory, Binley, Coventry - 11/04/2010

**Day 1, Flight 1**

WGT CLASS	Competitor Name	NAT CLUB	DOB Age	Body Weight	Cat.	U/E	SQUAT				SUB TOT	BENCH				SUB TOT	DEADLIFT				TOTAL	POINTS
							1	2	3	4		1	2	3	4		1	2	3	4		
W 53kg	Gurdeep DE-MEIS	GBR EM	27/12/72 37	52.55	Snr	E	95	102.5	110		110	50	<del>52.5</del>	52.5		162.5	120	132.5	<del>140</del>		295	283.2738
W 80kg	Mary ANDERSON	SCO SCO	02/09/67 42	78.55	M1	E	170	<del>182.5</del>	182.5		182.5	100	107.5	112.5	<del>117.5</del>	295	190	205	NR	NR	510	355.878
W 90kg	Bernadette MC KINLEY	SCO SCO	02/05/79 30	82.55	Snr/MP F	E	MPF-ER 170	MPF-WR <del>185</del>	MPF-WR 185		185	MPF-WR 115	MPF-WR <del>120</del>	MPF-WR 120		305	MPF-WR 170	MPF-WR 185	WR <del>200</del>		MPF-WR 490	329.672
60kg	Ted BROWN	GBR EM	27/07/30 79	59.7	M8	E	WR* 90	WR* 100	WR* 105		105	WR* 62.5	WR* <del>70</del>	WR* 70		175	WR* 110	WR* 120	WR* 130	WR* 140	WR* 305	249.185
60kg	Aaron GIDEON	ENG SE	02/03/80 30	57.7	Snr	E	150	<del>160</del>	160		160	140	WR <del>145.5</del>	WR <del>145.5</del>		300	160	<del>172.5</del>	<del>172.5</del>		460	389.528
75kg	Dean MIKOSZ	ENG SC	04/07/68 41	74.5	M1	E	220	<del>235</del>	ER* <del>250</del>		220	150	WR* <del>165</del>	WR* <del>165</del>		370	205	215	<del>225</del>		585	390.78
75kg	Mark FLEMING	ENG NE	10/08/83 26	74.5	Snr/MP F	E	220	240	MPF-WR <del>250</del>		240	MPF-WR 160	MPF-WR 177.5	WR <del>185.5</del>		417.5	230	250	-		MPF-WR 667.5	445.89
82.5kg	Russell BAIN	ENG NW	24/03/68 42	80.4	M1	E	207.5	217.5	-		217.5	135	142.5	147.5		365	230	<del>242.5</del>	<del>242.5</del>		595	375.2665
82.5kg	Rick MELDON	ENG SE	21/04/64 45	82	M2	E	255	280	-		280	170	WR <del>195</del>	WR <del>200</del>		450	240	<del>260</del>	<del>260</del>		690	429.111
82.5kg	Henry MD CLARK	ENG EM	09/04/40 70	80.9	M7	E	140	152.5	WR* <del>162.5</del>		152.5	55	<del>65</del>	65	ER* <del>70.5</del>	217.5	<del>150</del>	150	160		377.5	237.0323
82.5kg	Richard CROSSLAND	ENG NM	23/03/74 36	80.7	Snr	E	215	<del>225</del>	227.5		227.5	<del>155</del>	<del>160</del>	160		387.5	230	240	250		637.5	400.9875
90kg	Douglas H WILLIAMS	WAL WAL	29/01/39 71	85.9	M7	E	ER* 160	WR* <del>165</del>	WR* 165		165	ER* <del>80</del>	ER* <del>80</del>	ER* 80		245	ER* 160	ER* 170	ER* 180		ER* 425	256.1475

Referees:

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**Day 1, Flight 2**

WGT CLASS	Competitor Name	NAT CLUB	DOB Age	Body Weight	Cat.	U/E	SQUAT				SUB TOT	BENCH				SUB TOT	DEADLIFT				TOTAL	POINTS
							1	2	3	4		1	2	3	4		1	2	3	4		
90kg	Edward VAN NIEKERK	ENG SC	01/12/55 54	89.9	M3	E	240	260	<del>280</del> WR*		260	135	<del>145</del>	<del>145</del>		395	215	230	<del>240</del>		625	366.0625
90kg	Nicholas J MILES	ENG SC	05/11/51 58	89.9	M4	E	200	220	240		240	60	-			300	245	260	<del>265.5</del> WR*		560	327.992
90kg	William BROWN	SCO SCO	06/01/74 36	86.1	Snr	E	230	250	260		260	<del>165</del>	165	170		430	270	<del>285</del>	<del>285</del>		700	421.26
90kg	Neil ABERY	ENG EM	09/11/77 32	87.1	Snr	E	275	292.5	302.5 NR		302.5	177.5	182.5	185		487.5	240	255	260		747.5	446.4818
90kg	Tony CRUMP	ENG SE	28/08/74 35	90	Snr	E	200	220	242.5		242.5	140	150	<del>160</del>		392.5	220	237.5	<del>250</del>		630	368.739
100kg	Brian MITCHELL	ENG SC	19/04/55 54	91.6	M3	E	<del>175</del>	<del>175</del>	175		175	115	122.5	<del>127.5</del>		297.5	210	<del>220</del>	220		517.5	299.7878
100kg	Terry JEX	ENG SC	21/11/55 54	98.6	M3	E	235	250	<del>265</del>		250	137.5	147.5	152.5		402.5	260	280	290 ER*		692.5	386.0688
110kg	Gordon G SYKES	ENG NW	26/07/69 40	108.4	M1	E	<del>200</del>	210	<del>217.5</del>		210	145	<del>150</del>	<del>150</del>		355	245	260	<del>272.5</del>		615	331.1775
110kg	Mark NORTON	ENG NE	30/07/64 45	107	M2	E	<del>307.5</del>	307.5	<del>327.5</del> WR*		307.5	225	WR* 230	<del>235</del> WR*		537.5	250	<del>270</del>	<del>270</del>		787.5	425.6438
110kg	Mitchell (Mitch) TUTT	GBR SE	29/10/85 24	101.4	Snr	E	200	220	<del>230</del>		220	<del>220</del>	<del>220</del>	220		440	230	<del>240</del>	<del>240</del>		670	369.036
110kg	Martins CERINS	ENG NE	09/11/77 32	109.9	Snr	E	290	305	-		305	<del>180</del>	190	200		505	270	280	287.5		792.5	425.2555
125kg	Les PILLING	ENG NW	07/12/54 55	113	M4	E	240	NR* 260.5	-		260	125	155	165	<del>175.5</del> WR*	425	240	ER* 260.5	<del>273</del> WR*		685	365.242
125kg	Matt STARLING	ENG SE	11/02/75 35	117.9	Snr	E	270	<del>290</del>	<del>290</del>		270	160	172.5	182.5		452.5	240	<del>260</del>	260		712.5	376.8413
125kg	Andrew STONE	WAL WAL	30/06/74 35	121.5	Snr	E	290	310	<del>332.5</del>		310	200	WR 250	<del>250</del> WR		510	270	<del>280</del>	<del>280</del>		780	409.89
125kg	Dean ALLISON	ENG WM	21/04/85 24	125	Snr	E	260	275	285		285	180	<del>185</del>	185		470	260	<del>272.5</del>	<del>272.5</del>		730	380.33

Referees:

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