

WORLD DRUG FREE POWERLIFTING ASSOCIATION
 ENG Regional Powerlifting Championships 2010
 Ironworks Gym, Sheffield - 24/01/2010

	W.Cl.	U/E	Competitor Name		age	cat	B.W.	Squat	Bench	Deadl.	TOTAL	POINTS
1	1/1	82.5kg	U Phil TEMPEST	EM	38	Snr/MPF	80.1		145		145	91.698
1	1	100kg	U Chris MARSHALL	NM	38	Snr	97.4		140		140	0
1	1/1	110kg	U Jay HOLLINGSWORTH	NE	25	Snr/MPF	108.7		160		160	86.096
1	1/1	82.5kg	E Phil TEMPEST	EM	38	Snr/MPF	80.1		160		160	101.184
1	1	75kg	U Glyn THOMAS	NM	27	Snr	70.5			180	180	125.802
1	1	82.5kg	U Daniel SAUNDERS	NM	24	Snr	82.3			192.5	192.5	119.408
1	1	110kg	E Marc GILES	NM	45	M2	101.2			272.5	272.5	150.229
w 1	1	53kg	U Patricia KIM	NE	29	Snr	51.2	77.5	57.5	120	255	250.13
w 1	1	70kg	U Kristine MEZALE	NE	22	Jnr	66.7	85	45	110	240	188.808
1	1	82.5kg	U Paul MC CAFFREY	NE	30	Snr	82.5	250 WR	145	250	645	399.449
1	1	90kg	U Robert JENNINGS	NE	20	Jnr	87.4	195	110	210	515	306.94
1	1	100kg	U Jamie ALLONBY	NE	31	Snr	94.9	220	150	275	645	366.425
2	1	100kg	U Adam KERSHAW	NE	23	Jnr	96.9	180	140	280 NR*	600	337.32
1	1	110kg	U Matthew PIPE	NE	22	Jnr	107.2	220	150	320 NR	690 NR*	372.738
2	1	110kg	U Mark NORTON	NE	45	M2	104.1	235	170	245	650	354.51
1	1	125kg	U Les PILLING	NW	55	M4	113	220 WR*	140	260	620	330.584
1	1	145kg	U Chris BAKER	NE	35	Snr	134.2	245	225 NR 227.5 NR	282.5	752.5	383.775
1	1	82.5kg	E Richard CROSSLAND	NM	35	Snr	81.3	225	167.5	250	642.5	402.012
2	1	82.5kg	E George KING	NM	23	Jnr	79.7	170	125	170	465	295.136
1	1	110kg	E Martins CERINS	NE	32	Snr	108.9	250	155	260	665	357.637

(* drug tested; WR/ER/NR - World/European/National Records: * Age class Record/† MPF Record)

Best Lifters:

Women, unequipped

1st Patricia KIM: 250.1295 Points

2nd Kristine MEZALE: 188.808 Points

3rd :

Men, unequipped

1st Paul MC CAFFREY: 399.4485 Points

2nd Chris BAKER: 383.775 Points

3rd Matthew PIPE: 372.738 Points

Men, equipped

1st Richard CROSSLAND: 402.01225 Points

2nd Martins CERINS: 357.637 Points

3rd George KING: 295.1355 Points

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Qual.

YES (120).

YES (135).

YES (140).

YES (132.5).

YES (180).

YES (192.5).

YES (210).

YES (202.5).

YES (232.5).

YES (490).

YES (467.5).

YES (552.5).

YES (497.5).

YES (512.5).

YES (515).

YES (475).

YES (612.5).

YES (540).

NO (485).

YES (627.5).