

SOUTH-WEST COUNTIES SINGLE EVENT CHAMPIONSHIPS
5th DECEMBER 2010 - NEWTON ABBOT, DEVON

**** denotes claim for a British record**

(Figures in brackets indicate successful 4th attempts)

*** denotes claim for a South West record**

NAME	Town - County Cornwall=C/ Devon=D	Bwt. Cat.	Bwt.	Age Cat.	SQUAT	B.PRESS	DEAD L.	Formula	Place
Somerset=S									
SQUAT (UNEQUIPPED)									
DIANE SMITH	Newton Abbot - D	80	76.2	M3	110**			78.47	1/1
SHACHAR HEAD	Newton Abbot - D	80	78.5	T1	110**			76.79	2/1
TOM MEREDITH	Camborne - C	75	69.4	M3	175.5**			124.31	1/1
GRAHAM EDWARDS	Truro - C	82.5	79.6	M3	160			101.63	1/1
MARK LOWE	Bodmin - C	90	86.6	Open	232.5**			139.38	1
DANIEL GEACH	Truro - C	90	89.5	Open	202.5			118.93	2
TOM PERRY	Exeter - D	90	87.1	Junior	170 (172.5*)			105.69	3/1
BENCH PRESS - UNEQUIPPED									
DIANE SMITH	Newton Abbot - D	80	76.2	M3		75**		53.51	1/1
SHACHAR HEAD	Newton Abbot - D	80	78.5	T1		65**		45.38	2/1
JON GAFFNEY	Torquay - D	67.5	66.2	Junior		120**		88.64	1/1
SAM DEW		75	74.0	Open		142.5*		95.70	1
TOM MEREDITH	Camborne - C	75	69.4	M3		110		77.91	2/1
MARK EDWARDS	Truro - C	82.5	82.5	M3		140.5**		87.01	1/1
DAVID WILLIAMS	Torquay - D	82.5	81.9	M4		137.5		85.58	2/1
GRAHAM EDWARDS	Truro - C	82.5	79.6	M3		135		85.75	3/2
MARK LOWE	Bodmin - C	90	86.6	Open		155		92.92	1
JAN MAKSYMCIK	Torquay - D	90	87.1	Open		152.5		91.09	2
DAVE PARKIN	Barnstaple - D	90	87.4	Open		150		89.40	3
JOSH WATSON	Torquay - D	100	92.8	T3		140**		80.51	1/1
JOHN HARRIS	Dartmouth - D	110	100.7	Open		170*		93.91	1
GRAHAM ALWAY	Falmouth - C	110	108.9	Open		130		69.91	2
BENCH PRESS - EQUIPPED									
DAVID WILLIAMS	Torquay - D	82.5	81.9	M4		160*		99.58	1/1
RUSSELL MARTIN	Weston /s/ Mare - S	90	88.2	Open		165		97.78	1
GRAHAM ALWAY	Falmouth - C	110	108.9	Open		130		69.91	1
DEAD LIFT - UNEQUIPPED									
SHACHAR HEAD	Newton Abbot - D	80	78.5	T1			150**	104.72	1/1
DIANE SMITH	Newton Abbot - D	80	76.2	M3			135**	96.31	2/1
KIM RAWLING	St.Austell - C	90	87.9	Open			105*	67.41	1
MIKEY SUTTON	Newquay - C	56	52.8	T2			130**	121.52	1/1
JORDAN BUCHANAN	Newquay - C	67.5	67.5	T2			200.5**	145.52	1/1
BARNEY PRICE	Newquay - C	75	73.8	T3			170*	114.41	2/1
TOM MEREDITH	Camborne - C	75	69.4	M3			205.5**	145.56	1/1
CHARLES BUCHANAN	Newquay - C	82.5	82.1	M3			286**	177.72	1/1
ALAN GUNBIE	Newton Abbot - D	82.5	81.8	M3			155	96.57	2/2
TOM PERRY	Exeter - D	90	83.8	Junior			170	104.16	1/1
JAMES COX	Torpoint - C	100	97.4	Open			280*	157.02	1
JOSH WATSON	Torquay - D	100	92.8	T3			240*	138.02	2/1
ANDY UNDERWOOD	Bodmin - C	100	98.4	Open			210	117.20	3
JOHN HARRIS	Dartmouth - D	110	100.7	Open			260	143.62	1
DEAD LIFT - EQUIPPED									
KIM RAWLING	St.Austell - C	90	87.9	Open			85*	54.57	1
CHRIS MORGAN	Honiton - D	82.5	81.6	Open			202.5	126.38	1
RUSSELL MARTIN	Weston /s/ Mare - S	90	88.2	Open			240*	142.22	1

BEST LIFTER:

CHARLES BUCHANAN

Referees: Andrew Cominos, Chris Morgan, Graham Edwards, Alan Gunbie.