

**West Midland Power-lifting and Single lift Championships, 20<sup>th</sup> November, 2010,  
Nanaksar Power Gym, Walsall, Birmingham**

**Full-power**

75k	B/W	Age Cat	Sq	Bench	D/L	Total
Jaako Fagerlund	74	snr	170	105	200	475
82.5k						
Neil Abery	82.5	snr	270	170	240	680 (E)
Rick Meldon	82.5	M2	240	120	197.5	557.5 (E)
Alex Tosh	81	snr	160	145	220	525
Gary Conway	80	M3	130	130	140	400
Leslie Attewell	82.5	M1	170	110	230	510
Mike Davies	82.5	M7	100	80	135*	315
90k						
Josh Griffin	89	T2	200*	145*	230*	575*
Baljit Cheema	84	jnr	150	110	215	475
100k						
Henry Tosh	93	snr	180	160	260	600
Mike Roberts	97	jnr	167.5	130	245	542.5
Mark Price	98	M2	190	160	200	550
110k						
Will Odam	101	T2	160	102.5	180	442.5
125k						
Anthony James	120	snr	260	190	280	730
Noel Fischer	121	M1	180	135	235	550

\* British record

**Single Lift**

50.5k	B/W	Age Cat	Bench	D/L
Pat Reeves	49	M6	27.5	80
53k				
Gina Sitarenou	53	snr	40	
58.5k				
Nicola Elding	58.5	M1	60	120
67.5k				
Michael Clark	65	T1	80*	
75k				
Michael John	74.5	M3	110	

Aled John	74	T2	87.5	
82.5k				
Peter Linnett	80	M2	137.5	
Gren Elmore	79	M9	70	105
100k				
Dan Chepa	94	snr	175	
Jacek Lorek	98	snr	170	
Martin Green	99	snr	155 (E)	
Dom Barrow	98	snr	140	
Scott King	98	snr	135	
110k				
Matt Mills	104	snr	140	
145+k				
Paul Merricks	149	snr	232.5	

\* British record.