

SOUTH-WEST COUNTIES SINGLE EVENT CHAMPIONSHIPS
16th DECEMBER 2012 - PLYMOUTH, 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	
SQUAT (UNEQUIPPED)										
Somerset=S										
HANNAH BLACKWELL	Camborne - C	58.5	57.8	T2	60* (65*)		57.69		1/1	
NICK LUSTY	Redruth - C	60	57.3	Open	110.5*		94.28		1	
TOM MEREDITH	Camborne - C	75	70.5	M4	175		122.31		1/1	
MARK IRWIN	Plymouth - D	75	74.2	Junior	132.5		88.79		2/1	
GRANT YELLAND	Camborne - C	75	71.0	T3	80		55.58		3/1	
WILL BADENOCH	Plymouth - D	82.5	81.9	Open	185*		115.14		1	
WESLEY McGUINNESS	Plymouth - D	90	84.9	Junior	170 (173*)		105.08		1/1	
SEAN STUPPLES	Plymouth - D	90	90.0	Open	150		87.8		2	
GUY SERVIS	Plymouth - D	110	107.5	Open	170		91.77		1	
ADAM TAYLOR	Newquay - C	125	125.0	Open	187.5*		97.69		1	
BENCH PRESS - UNEQUIPPED										
JADE FARRINGTON	Launceston - C	58.5	56.6	Open		60**	54.19		1	
TOM MEREDITH	Camborne - C	75	70.5	M4		115	80.37		1/1	
GRANT YELLAND	Camborne - C	75	71.0	T3		65	45.16		2/1	
MARK EDWARDS	Camborne - C	82.5	82.0	M3		140	88.47		1/1	
LUKE TURNOCK	Newton Abbot - D	82.5	81.0	Junior		110	69.00		2/1	
JAMES MINEAR	Newton Abbot - D	82.5	80.1	T3		92.5	58.50		3/1	
WESLEY McGUINNESS	Plymouth - D	90	84.9	Junior		140 (143*)	86.86		1/1	
BILL SHORT	St.Ives - C	90	89.0	M3		125* (127.5)*	75.14		2/1	
DAVID ALDWORTH	Saltash - C	100	93.0	Open		150	86.16		1	
ADAM TAYLOR	Newquay - C	125	125.0	Open		172.5	89.87		1	
GRAHAM ALWAY	St.Austell - C	125	110.8	Open		127.5	68.29		2	
BENCH PRESS - EQUIPPED										
DAVID WILLIAMS	Torquay - D	82.5	81.1	M4		167.5**	104.99		1/1	
JAN MAKSYM CZUK	Cullompton - D	90	87.5	M1		177.5*	105.72		1/1	
JAMES REEMAN	Cullompton - D	100	93.0	Open		150	86.16		1	
GRAHAM ALWAY	St.Austell - C	125	110.8	Open		125	66.95		1	
DEAD LIFT - UNEQUIPPED										
HANNAH BLACKWELL	Camborne - C	58.5	57.8	T2		60*	53.26		1/1	
ROSIE GREAVES	Calstock - C	70	66.0	Open		80	63.50		1	
KIM RAWLING	St.Austell - C	90+	93.5	Open		110	68.12		1	
NICK LUSTY	Redruth - C	60	57.3	Open		170* (172.5)*	147.18		1	
DAVID HOLLOWAY		75	73.5	M7		150*	101.28		1/1	
TOM MEREDITH	Camborne - C	75	70.5	M4		0	0		0	
CHARLES BUCHANAN	Newquay - C	82.5	81.8	M4		290**	180.67		1/1	
WESLEY McGUINNESS	Plymouth - D	90	84.9	Junior		217.5*	132.11		1/1	
JONATHAN LUGG	Weston/S/M - S	90	89.9	Junior		200	117.14		2/2	
BILL SHORT	St.Ives - C	90	89.0	M3		185*	109.02		3/1	
MACAULEY LOWE	Bodmin - C	90	85.9	T1		172.5**	103.97		4/1	
JAN MAKSYM CZUK	Cullompton - D	90	87.5	M1		167.5*	99.76		5/1	
DAVID ALDWORTH	Saltash - C	100	93.0	Open		260	149.34		1	
JAMES REEMAN	Cullompton - D	100	93.0	Open		192.5	110.57		2	
ADAM TAYLOR	Newquay - C	125	125.0	Open		230	119.83		1	
GUEST LIFTER (FULL POWER)										
JOE JONES	Bristol	110	107.9	Open	200	170*	245	615 (Tot)	GUEST	331.61
BEST LIFTER:										
CHARLES BUCHANAN										

Referees: Graham Alway, Andrew Cominos, Jan Maksymczuk, Russell Martin.