

**SOUTH-WEST COUNTIES POWERLIFTING CHAMPIONSHIPS**  
**27th JANUARY 2013 - PLYMOUTH, DEVON.**

(Figures in brackets indicate successful 4th attempts)

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

**\* denotes claim for a S.W. record**

| Memb.                            | NAME              | Town - County                                | Bwt. Cat. | Bwt.  | Age Cat. | SQUAT       | B.PRESS       | DEAD L.   | TOTAL  | Formula               | Place |
|----------------------------------|-------------------|--|-----------|-------|----------|-------------|---------------|-----------|--------|-----------------------|-------|
|                                  |                   | C=Cornwall/ D=Devon<br>S=Somerset/Br=Bristol |           |       |          |             |               |           |        | Schwartz or<br>Malone |       |
| <b>POWERLIFTING (UNEQUIPPED)</b> |                   |  |           |       |          |             |               |           |        |                       |       |
|                                  | JADE FARRINGTON   | Launceston - C                               | 58.5      | 56.8  | Open     | 50*         | 65*           | 115*      | 230*   | 207.14                | 1     |
|                                  | MARIA MARKLOVE    | Exeter - D                                   | 63        | 62.0  | Open     | 80          | 50            | 110       | 240    | 200.88                | 1     |
|                                  | LUCIE SPRAGGON    | Street - S                                   | 80        | 78.7  | Junior   | 85* (90.5*) | 0             | 117.5*    | 0      | 0                     | 0     |
|                                  | MARK GREEN        | Guest (SC)                                   | 67.5      | 62.1  | T2       | 150         | 125**         | 150       | 425    | 333.67                | [G]   |
|                                  | TRYSTAN SMITH     | Launceston - C                               | 67.5      | 66.6  | Open     | 107.5       | 87.5          | 135       | 330    | 242.45                | 1     |
| 385                              | MARK IRWIN        | Plymouth - D                                 | 75        | 73.9  | Junior   | 140         | 95            | 180       | 415    | 279.00                | 1/1   |
|                                  | REECE MEAKIN      | RNAS Cudrose-C                               | 82.5      | 81.9  | Junior   | 202.5*      | 146**         | 235       | 582.5* | 363.17                | 1/1   |
|                                  | WILL BADENOCH     | Plymouth - D                                 | 82.5      | 81.9  | Open     | 175         | 140           | 252.5*    | 567.5  | 353.21                | 2     |
|                                  | STEFAN SHELSHER   | Redruth - C                                  | 82.5      | 79.0  | Open     | 165         | 115           | 195       | 475    | 303.43                | 3     |
|                                  | GRAHAM EDWARDS    | Truro -C                                     | 82.5      | 80.6  | M3       | 165         | 137.5         | 170       | 472.5  | 297.44                | 4/1   |
|                                  | DAVID HARRIS      | Totnes - D                                   | 82.5      | 79.1  | Open     | 155         | 105           | 180       | 440    | 280.81                | 5     |
|                                  | MARK LOWE         | Bodmin - C                                   | 90        | 83.1  | M1       | 210         | 152.5         | 220       | 582.5  | 358.94                | 1/1   |
| 265                              | WESLEY McGUINNESS | Plymouth - D                                 | 90        | 87.2  | Junior   | 180         | 145* (150*)   | 225       | 550*   | 331.28                | 2/1   |
|                                  | SEAN STUPPLES     | Plymouth - D                                 | 90        | 88.8  | Open     | 167.5       | 115           | 225       | 507.5  | 299.48                | 3     |
|                                  | JUSTIN JEWELL     | Plymouth - D                                 | 90        | 85.2  | Open     | 170         | 117.5         | 200       | 487.5  | 295.38                | 4     |
|                                  | BILL SHORT        | St.Ives - C                                  | 90        | 89.7  | M3       | 165* (170*) | 127.5* (130*) | 185       | 477.5* | 284.45                | 5/1   |
|                                  | ERIC CONWAY       | Glastonbury - S                              | 90        | 88.1  | M3       | 140         | 105           | 190*      | 435    | 257.96                | 6/2   |
|                                  | MACAULEY LOWE     | Bodmin - C                                   | 90        | 86.2  | T1       | 130*        | 70*           | 172.5*    | 372.5* | 223.98                | 7/1   |
|                                  | STEPHEN SPRANGE   | Portishead - Br                              | 100       | 97.0  | M2       | 225*        | 120           | 240       | 585*   | 328.71                | 1/1   |
|                                  | DAVID ALDWORTH    | Saltash - C                                  | 100       | 92.9  | Open     | 180         | 152.5         | 240       | 572.5  | 329.02                | 2     |
|                                  | JACK KELSALL      | Guest (WM)                                   | 100       | 94.6  | Open     | 175         | 135           | 220       | 530    | 301.62                | [G]   |
|                                  | IAIN MacCONNACHIE | Guest (SC)                                   | 110       | 108.0 | Open     | 260         | 190           | 235       | 685    | 369.28                | [G]   |
|                                  | KIRK SIMPSON      | Plymouth - D                                 | 110       | 106.0 | Open     | 155         | 130           | 220       | 505    | 273.76                | 1     |
|                                  | JOSH VINEY        | Guest (SC)                                   | 110       | 106.7 | T3       | 145         | 87.5          | 200       | 432.5  | 233.98                | [G]   |
|                                  | RICHARD GOZDECKI  | Guest (WM)                                   | 125       | 115.7 | Open     | 245         | 170           | 275 (280) | 690    | 368.91                | [G]   |
|                                  | ANDY GATES        | Crediton - D                                 | 125       | 112.2 | M1       | 172.5*      | 100*          | 195*      | 467.5* | 249.65                | 1/1   |
| 177                              | IAIN BOYDE        | Chew Magna - Br                              | 145       | 134.9 | M4       | 160*        | 140           | 210       | 510    | 259.64                | 1/1   |

**BENCH PRESS (EQUIPPED)**

|     |               |                  |    |      |    |  |       |  |  |        |  |
|-----|---------------|------------------|----|------|----|--|-------|--|--|--------|--|
| 401 | ANDREW TANNER | Newton Abbot - D | 90 | 88.6 | M1 |  | 180** |  |  | 106.38 |  |
|-----|---------------|------------------|----|------|----|--|-------|--|--|--------|--|

**DEAD LIFT (UNEQUIPPED)**

|     |                 |             |    |      |    |  |  |      |  |        |  |
|-----|-----------------|-------------|----|------|----|--|--|------|--|--------|--|
| 110 | JORDAN BUCHANAN | Newquay - C | 75 | 68.5 | T3 |  |  | 210* |  | 150.44 |  |
|-----|-----------------|-------------|----|------|----|--|--|------|--|--------|--|

**BEST LIFTER (Powerlifting) :-**

IAIN MacCONNACHIE

**Referees:** Andrew Cominos, Jan Maksymczuk, Graham Edwards.