

Welsh Counties Powerlifting Championships 2014

Whitland Sports & Social Club July 6th

This is the first competition I've promoted for well over 10 years and I'd forgotten just how much needs to come together. As is usually the case we struggled for loaders/ spotters but thanks to Dean, Dean's mate (sorry can't remember his name), Robert, my mate Spike and a couple of lads from our gym, we managed. We had one or two technical hitches as well, caused by me trying to do too many jobs at once but on the whole the day ran smoothly.

I decided to run the event based on weight and age formula (and put the under 23's with the open lifters to give the younger lifters a fighting chance) as opposed to bodyweight classes and although this isn't the most popular method to decide placings I don't think anyone went away to unhappy!

Welsh Records were falling throughout the day in all classes and age groups – over 40 in fact but I'm not going to go into depth about who lifted what – the results speak for them selves. A couple of performances are worth a mention however!

Chris Protheroe is now a full 90kg and is truly World class – I think he's going to crack the 700 now he doesn't have to diet! Phil Webley-Parry is an awesome deadlifter – 250+ at 76kg! Phil is going down to the 75kg class so I'm going to be busy printing record certificates! I've also got to mention Pete Sutton's bench – 215kg and it was easy!

We had a number of new comers, one of which was Dan Ferrett who's 680 total isn't really an indication of what he's capable of – he had technical problems on the squat and only about 3 weeks to get ready. He's in the 4 Nations next where I'm predicting 700+ and if he gets a nice run up to the British we are going to see some big numbers!

Lifting on her own was another new comer, Shelley Caviell who also had a short run up and a couple of technical issues, she is well cable of hitting a 300 total once she gets them sorted!

We had two guest lifters, Ben Leyland and Kevin Bray who made the trip over from the Midlands and both lifted well. A special mention however for Ben – 280 deadlift at 21, enough said!

We also had a referees course on the day with Dean Roberts (who will also be our Drug Control Officer) and Robert West taking and passing their ref's exam – both of which got practical experience straight after and – took it in turns to ref and load!

In closing I would like to thank Pat for travelling (at her own expense) all the way to deepest Wales to take the ref's course and mentor Dean and Rob

and Sue Bethell who did the 4 hour trip from North Wales just to referee – Thanks Sue!

<i>Age</i>	<i>Class</i>	<i>Name</i>	<i>B/WT</i>	<i>SQUAT</i>	<i>BENCH PRESS</i>	<i>SUB TOTAL</i>	<i>DEAD LIFT</i>	<i>TOTAL</i>	<i>Amended</i>	<i>Pos</i>
39	Open	Christopher Protheroe	89.5	230.0	160.0	390.0	268.0	657.5	386.1	1
31	Open	Phil Webley-Parry	76.1	187.5	115.0	302.5	250.5	552.5	363.0	2
38	Open	Matthew West	81.7	190.0	150.0*	340.0	222.5	562.5	350.7	3
38	Open	Daniel Ferrett	135.6	220.0	190.0	410.0	270.0	680.0	345.6	4
23	Open	Luke Phillips	75.1	160.0	127.5	287.5	230.0	517.5	343.5	5
34	Open	Geraint Llewellyn	99.4	192.5	165.0*	357.5	235.0	592.5	329.1	6
35	Open	Lee Dunkley	109.1	192.5	150.0	342.5	255.0	597.5	321.2	7
23	Open	Nicky May	87.8	180.0*	122.5	302.5	220.0*	522.5	310.7	8
29	Open	James Edmunds	111.5	160.0	155.0	315.0	250.0	565.0	302.2	9
31	Open	Michael O'driscoll	87.7	170.0	125.0	295.0	200.0	495.0	294.4	10
29	Open	Huw Williams	108.6		100.0				53.8	

Indicates a Welsh Record

Drug Tested

* 4th Attempts: Matthew West Bench 155kg
 Geraint Llewellyn Bench 170kg
 Nicky May Squat 187.5kg
 Nicky May D/Lift 230kg

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20	Junior	Joshua David Edwards	100.1	210.0	140.0*	350.0	250.0*	600.0	332.2	1
19	Junior	Jarrad Rhys Combellack	84.1	175.0*	115.0	290.0	200.0*	490.0	305.5	2
19	Junior	Daniel Davies	99.2	182.5*	115.0*	297.5	232.5	530.0	300.6	3
19	Junior	James Williams	103.4	175.0	105.0*	280.0	255.0	535.0	298.3	4
20	Junior	Alex Barrow	73.3	140.0	100.0	240.0	190.0	430.0	291.3	5
19	Junior	Daniel James	133.5	170.0	122.5	292.5	230.0	522.5	272.2	6
15	Junior	Kieron Price	63.2	80.0*	65.0	145.0	115.0	260.0	226.7	7
48	Masters	Peter Sutton	130.4	260.0	215.0	475.0	300.0	775.0	437.4	1
40	Masters	Andrew Stone	109.3	220.0	150.0	370.0	270.0	640.0	343.9	2
30	Open	Shelley Caviell	77.9	80.0*	47.5	127.5	115.0	242.5	170.3	1
21	Guest	Ben Leyland	108.9	180.0	130.0	310.0	280.0	590.0	317.3	
21	Guest	Kevin Bray	89.9	155.0	100.0	255.0	210.0	465.0	272.4	

Indicates a Welsh Record

* 4th Attempts: Joshua David Edwards Bench 150.0
Joshua David Edwards D/Lift 260.0
Jarrad Rhys Combellack Squat 180.0
Jarrad Rhys Combellack D/Lift 205.0
Daniel Davies Squat 190.0

Daniel Davies	Bench	120.5
James Williams	Bench	110.0
Kieron Price	Squat	85.0
Shelley Caviell	Squat	90.0

Referees: Dean Roberts
Robert West
Sue Bethell
John Williams
(Pat Reeves)