

**West Midlands Bench Press Championships, Alexander Stadium, 28<sup>th</sup> November, 2015**

Name	m/f	class	age	b/w	u/e	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	
Pat Reeves	f	53	M7	52.2	u	27.5	30	31	Nat Record
Debbie Macdonald	f	53	M1	52.4	u	50	55	x	
Jennifer Biswell	f	53	M6	51.7	u	25	25.5	x	Nat Record
Jodie Cook	f	58.5	S	58.1	u	60	65	x	
Jenni Howard	f	58.5	S	56.7	u	50	55	x	
Michelle Rowlands	f	70	S	67.5	u	50	55	x	
Cass Buckley	f	80	S	74.1	u	70	75	80	drug tested
Mick Bates	m	67.5	M6	63.3	u	x	75	80	
Ryan Key	m	75	Jnr	70	u	90	100	x	
Gary Conway	m	75	M4	74.4	u	115	x	x	
Ben Chambers	m	75	Jnr	74.7	u	x	112.5	x	
Max Herd	m	82.5	S	81.0	u	x	147.5	150	
Mark Knight	m	82.5	M2	81.6	e	120	x	x	
Gary Lovett	m	90	M1	86	u	120	122.5	125	
Matt Mephram	m	90	T2	84.7	u	x	92.5	110	drug tested
Rohullah Haidari	m	90	T2	83.3	u	90	x	100	
Dave Williams	m	90	M5	88.6	u	130	x	x	
Harbans Bansal	m	100	S	99.5	u	160	x	180	
Gabinder Cheema	m	100	S	93.3	u	135	142.5	150	
Martin O'Grady	m	100	M3	95.2	u	120	125	x	
Chris Larman	m	100	M1	97.5	u	150	157.5	162.5	
Nirmal Cheema	m	110	M3	108.6	e	115	125	130	
Ryan Martin	m	125	Jnr	114.8	u	x	170	x	
John Fisher	m	125	S	123.4	u	147.5	157.5	160	
Daniel Lindsell	m	125	S	119.5	u	170	182.5	190	
Dominic McDermott	m	125	S	122.8	u	170	180	x	
Mark Smith	m	125	S	117.4	u	x	152.5	x	
Darren Beddall	m	145	S	138.6	u	170	180	x	

Referees – Neil Thomas, Pat Reeves, Colin Cooke, Andy Haynes, Martin O'Grady, Karen Leslie, Paul Wagstaff  
Mentored referees – Dalya Mlouk, Elizabeth Street, Debbie MacDonald and Dave Hodson