

RAF Powerlifting & Single Lift Championships - RAF Cosford - 23rd July 2005

E/UE	Cat.	Name	B Wgt	Age	Squat	Bench	4th	D/Lift	Total	Points	Place
UE	75	Kath Goulden	70	M1	65	47.5		120	232.5	176.26	1
	75	Stephen Wilkinson	75	Jnr	160	105		200	465	308.99	3
		Simon Elcock	73.5	Snr	145	100		185	430	290.34	6
		Chris Thirkell	73	Jnr	110	80		110	300	203.67	8
	82.5	William Shaw	80.5	Snr	165	110		240	515	324.50	2
	90	Kris Belmont	86.5	Snr	150	140		205	495	297.00	4
		Richard Sharman	85	Jnr	160	110		210	480	291.31	5
		Bob Cargill	89	Snr	160	117.5		190	467.5	279.71	7
		Keith Lloyd	90	Guest	170	100		170	440	257.53	n/a
125	James Beeby	111	Snr	200	160		250	610	326.53	1	
E	67.5	Chris Hill	61.5	Jnr	130	75		160	365	289.35	1
Single Lifts											
E/UE	Cat.	Name	B Wgt	Age	Squat	Bench	4th	D/Lift	Points	Place	
UE	67.5	Ann Thomas	65.5	Snr	50				39.95	1	
	67.5	Rob Denner	66	T3		72.5			53.70	9	
	75	Jamie Bowlam	69	Snr		125			88.98	1	
		Philip Tempest	80.5	Snr		140	142.5		88.21	2	
	82.5	Ben Wood	78	Snr		115			74.15	5	
		Barry Searle	79	Jnr		112.5			71.86	6	
		Mark Haines	88.5	Snr		137.5			81.31	4	
	90	James Donovan	89.5	Jnr		120			70.47	7	
		Phil Thomson	87	Jnr		90			53.8	8	
		Phil Denner	86	M2		85			51.18	10	
		100	John Gordon	100	Snr		150			83.1	3
	67.5	Ann Thomas	65.5	Snr				110	87.89	1	
	75	Baz Vivian	70.5	Snr				180	125.8	2	
		Phil Thomson	87	Jnr				180	107.6	4	
	90	Matt Mason	89	Snr				220	131.62	1	
		100	John Gordon	100	Snr			200	110.8	3	
	E	145	Duncan Tanner	130.5	Snr		217.5	227.5		111.86	1