

**Report from Ken Williams Welsh Championships - 13 February 2005 -
Morrison, Swansea**

Ten lifter competed in the BDFPA Welsh Championships this year, an improvement on last year. In the 75kg class, Chris Protheroe again lifted well for a 530kg total, Lewis Graddon totalled a fine 440kg in the 82.5kg class and Richard Banner overcame some platform nerves to post a great 560kg total in the 90kg class. In the 100kg class Alan Davies made a comeback as a M4 lifter and totaled a tidy 470kg. In the 110kg class Chris Jones impressed all with a great total of 660kg which included a great 275kg deadlift, which left John Pingstone in second spot with a fine 500kg. In the 125 class Martin Smith unfortunately injured himself in the squat and had to retire. Newcomer Robert West lifted well to total 490kg in the 145kg class.

In the single lifts Steve Williams in the 67.5kg class deadlifted 150kg easily and in the 145+ class Jason Rees benched an easy 200kg just missing out on 220kg.

A good day had by all, and thanks to everyone that helped out on the day.