

BRITISH DRUG FREE POWERLIFTING ASSOCIATION
British Single Lift Championships 2008
Bradford University, Bradford - 25 26/07/2008

Squat

		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS	Qual.		
w	1	1	55.5kg	U	Louise FOX**	EC	35	Snr	53.9	90 NR	84.645	YES	(72.5).	
w	1	1	63kg	U	Melanie GOLDING	SE	48	M2	62.5	102.5 WR*	105 WR*	85.2083	YES	(72.5).
w	1	1	80kg	U	Gabrielle BENNETT	NE	15	T1	78.2	55 WR*		38.5055	NO	(65).
	1	1/1	75kg	U	Steve WILKINSON	EM	23	Jnr/MPF	73.9	190 WR*		127.737	YES	(147.5).
	2	1/2	75kg	U	Seb MADRONAL	NE	34	Snr/MPF	74.8	175		116.533	YES	(162.5).
	3	1	75kg	U	Tommy MEREDITH	SW	52	M3	69.1	170 NR*		120.87	YES	(140).
	4	2	75kg	U	Peter ROBERTS	NM	54	M3	72.9	165		112.151	YES	(140).
	5	2	75kg	U	Jaako FAGERLUND	SE	31	Snr	70.9	162.5		113.019	YES	(162.5).
	6	1	75kg	U	Thomas JOHNSTON	EC	76	M8	68.7	72.5 WR*	75 WR*	51.8085	NO	(92.5).
	1	1	82.5kg	U	Paul C GOLDING	SE	45	M2	82	185 WR*		115.052	YES	(160).
	2	1	82.5kg	U	Callum FROWEN	WM	19	T3	76.6	155 WR*		101.324	YES	(142.5).
	3	2	82.5kg	U	Harjinder MUNDY	WM	18	T3	81.5	142.5		89.0055	YES	(142.5).
	1	1	90kg	U	Jamie ALLONBY	NE	30	Snr	89.7	202.5		118.766	YES	(185).
	2	1	90kg	U	Mark HESKETH	NW	46	M2	89.4	185		108.725	YES	(167.5).
	3	1	90kg	U	Andy MC KEE	SW	70	M7	87.7	115 WR*		68.3905	NO	(117.5).
	1	1	100kg	U	Jean-Pierre ULLDEMOLIN:	SE	28	Snr	97.2	225		126.293	YES	(192.5).
	1	1	110kg	U	Mike LEADBETTER	NW	57	M4	109.8	192.5 WR*		103.315	YES	(162.5).
	2	1	110kg	U	Jake ARKELL	WM	18	T3	105.6	175 NR*		94.9725	YES	(162.5).
	1	1	60kg	E	Aaron GIDEON**	SE	28	Snr	57.9	150 WR	160 WR	126.555	YES	(145).
	1	1	82.5kg	E	Russell BAIN	NW	40	M1	80.3	205 NR*		129.396	YES	(180).
	2	1	82.5kg	E	Chris MORGAN	SE	35	Snr	80	202.5		128.162	YES	(190).
	1	1	90kg	E	Neil ABERY	EM	30	Snr	85.4	275.5 NR		166.375	YES	(200).
	2	2/1	90kg	E	Steve COOK	WAL	35	Snr/MPF	89.5	250 NR†		146.825	YES	(200).
	3	1	90kg	E	Rick MELDON	SE	44	M1	85.4	240		145.2	YES	(190).
	1	1	100kg	E	Brian MITCHELL	SC	53	M3	94.7	182.5 NR*		103.806	YES	(182.5).
	1	1	125kg	E	John STOKES	NE	45	M2	124.1	250 NR*		130.575	YES	(205).

Bench

w	1	1	50.5kg	U	Pat REEVES	WM	62	M5	49	37.5 WR*		38.1188	YES	(25).
w	1	1	53kg	U	Patricia KIM	NE	27	Snr	52	52.5		50.8515	YES	(40).
w	1	1	55.5kg	U	Louise FOX**	EC	35	Snr	53.9	62.5		58.7813	YES	(42.5).
w	1	1	70kg	U	Sue DAVIES**	SW	39	Snr	68.3	90 NR		69.417	YES	(50).
w	2	1	70kg	U	Manon BRADLEY**	EM	41	M1	68.5	75		57.7275	YES	(47.5).
w	3	1	70kg	U	Maureen SAGE	EC	70	M7	68.2	45 WR*		34.7445	YES	(32.5).
w	1	1	80kg	U	Gabrielle BENNETT	NE	15	T1	78.2	42.5 NR*	45.5 WR*	29.7543	YES	(37.5).
w	1	1	+90kg	U	Tara EDWARDS	SW	34	Snr	104.7	67.5 NR		39.4605	YES	(67.5).
	1	1	52kg	U	Surut MIAH	NM	18	T3	50.4	60 NR		59.232	YES	(60).
	1	1	60kg	U	Aaron GIDEON**	SE	28	Snr	57.9	115 NR		97.0255	YES	(90).
	2	1	60kg	U	Zong Xing LAI	NW	23	Jnr	59.9	100 NR*		81.42	YES	(80).

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		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS	Qual.
1	1	67.5kg	U	Christopher MURRAY	SW	17	T2	65.9	85		63.053	YES (72.5).
2	1	67.5kg	U	Ted BYRNE	NM	56	M4	65.5	80 NR*		59.68	YES (80).
3	1	67.5kg	U	Martin James GODDEN	SC	64	M5	65.5	75 NR*	77.5 NR*	55.95	YES (75).
1	1	75kg	U	Alex TOSH	WM	25	Snr	73.3	135		91.3545	YES (112.5).
2	1	75kg	U	Tommy MEREDITH	SW	52	M3	69.1	125 NR*		88.875	YES (97.5).
3	1	75kg	U	George SHELTON	WM	15	T1	68.6	72.5		51.8738	NO (75).
4	1	75kg	U	Thomas JOHNSTON	EC	76	M8	68.7	65 WR*		46.449	YES (65).
1	1	82.5kg	U	Mike JOSEPH	EC	37	Snr	81.4	187.5		117.206	YES (120).
2	2/1	82.5kg	U	Phil TEMPEST	NE	37	Snr/MPF	80.5	150 WR†		94.515	YES (120).
3	3/2	82.5kg	U	Kerry WATERMAN	SC	32	Snr/MPF	81.6	142.5		88.9343	YES (120).
4	1	82.5kg	U	Gary CONWAY**	WM	52	M3	80.6	140 NR*		88.13	YES (105).
5	4	82.5kg	U	Gary ELL	SW	37	Snr	78.4	127.5		81.906	YES (120).
6	1	82.5kg	U	Ashley SINCLAIR	SCO	58	M4	80.5	128 NR*	130 NR*	80.3378	YES (100).
7	1	82.5kg	U	David LOEBELL	SE	40	M1	81.4	117.5		73.4493	YES (115).
8	1	82.5kg	U	Callum FROWEN	WM	19	T3	76.6	115		75.1755	YES (97.5).
9	2	82.5kg	U	Harjinder MUNDY	WM	18	T3	81.4	105		65.6355	YES (97.5).
10	1	82.5kg	U	Bill LEGG	SC	69	M6	81.1	87.5 NR*		54.845	YES (85).
11	1	82.5kg	U	Roy D GARNER	WM	71	M7	80	85 NR*		53.7965	YES (77.5).
1	1	90kg	U	Andrew RIGBY	NW	46	M2	90	185 NR*		108.281	YES (115).
2	1	90kg	U	Henry TOSH	WM	28	Snr	86.5	170		102	YES (127.5).
3	2	90kg	U	Jamie ALLONBY	NE	30	Snr	89.7	152.5		89.4413	YES (127.5).
4	1	90kg	U	Daniel PERCIVAL	WM	23	Jnr	86.2	150		90.195	YES (115).
5	3	90kg	U	Lee PARKIN	NM	28	Snr	87.4	150		89.4	YES (127.5).
6	1	90kg	U	Larry WHYTE	WM	51	M3	85.3	130		78.715	YES (110).
7	2	90kg	U	Simon RICHARDSON	NM	22	Jnr	86.9	125		74.775	YES (115).
8	1	90kg	U	John FULTON	EC	81	M9	89.5	102.5		60.1983	YES (65).
9	1	90kg	U	Andy MC KEE	SW	70	M7	87.7	100 WR*		59.47	YES (80).
1	1	100kg	U	Lawrence KEEN	EM	32	Snr	97.3	180		100.98	YES (135).
2	2	100kg	U	Jatinder AHLUWALIA**	SE	32	Snr	97.1	170		95.472	YES (135).
3	1/1	100kg	U	Simon WYNN	EC	44	M1/MPF	98.8	165		91.905	YES (127.5).
4	3	100kg	U	Khaldoun KABBANI	NE	33	Snr	98.2	152.5		85.1865	YES (135).
5	1	100kg	U	Martin FLETT	NM	52	M3	99.1	150		83.445	YES (115).
6	4	100kg	U	Steve BULLIMORE	EM	36	Snr	98	147.5		82.4673	YES (135).
7	5	100kg	U	John HAYNES	NM	35	Snr	97.1	140		78.624	YES (135).
8	1	100kg	U	Jastinder Singh MUNDY	WM	48	M2	95	130		73.814	YES (120).
9	1	100kg	U	Matthew HOULDERSHAW	NM	18	T3	99.5	100		55.53	NO (110).

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1	1/1	110kg	U	Jay HOLLINGSWORTH**	NE	23	Jnr/MPF	102.7	180 WR*		98.658	YES	(125).	
2	1	110kg	U	Mark NORTON	NE	43	M1	106.3	172.5		93.426	YES	(132.5).	
3	1/2	110kg	U	Neil THOMAS	EC	36	Snr/MPF	103.2	165		90.2715	YES	(140).	
4	1	110kg	U	Jake ARKELL	WM	18	T3	105.6	140 NR*		75.978	YES	(112.5).	
5	1	110kg	U	James GHAFOOR	NE	16	T2	105.2	122.5 WR*	125 WR*	66.5665	YES	(102.5).	
1	1	125kg	U	William MASSEY	EM	35	Snr	122.9	210		110.019	YES	(142.5).	
2	1	125kg	U	Christopher PYE	NW	42	M1	123.1	135		70.686	YES	(135).	
1	1	145kg	U	Chris BAKER**	NE	33	Snr	133.2	225 ER		115.02	YES	(150).	
2	2/1	145kg	U	Alan PEARSON	NM	37	Snr/MPF	128.6	200 ER†		103.34	YES	(150).	
3	1	145kg	U	Haydn ROWLANDS	NM	52	M3	140.7	197.5	202.5 WR*	99.2635	YES	(127.5).	
1	1	60kg	E	Aaron GIDEON	SE	28	Snr	58.3	122.5 NR	125 NR	102.606	YES	(100).	
1	1	67.5kg	E	Cliff HAYNES**	EC	48	M2	67.4	150 WR*		109.02	YES	(102.5).	
1	1	82.5kg	E	Mike JOSEPH	EC	37	Snr	81.7	200 NR		124.7	YES	(132.5).	
		90kg	E	Steve COOK	WAL	35	Snr/MPF	89.5	---		---	NO	(140).	
1	1	100kg	E	Martin GREEN	EM	34	Snr	99.9	235		130.261	YES	(147.5).	
2	1	100kg	E	Wayne CATTERALL	NW	46	M2	98.5	196 NR*		108.771	YES	(132.5).	
3	1	100kg	E	Brian MITCHELL	SC	53	M3	95.6	135		76.41	YES	(125).	
		100kg	E	Martin FLETT**	NM	52	M3	99.1	---		---	NO	(125).	
1	1/1	110kg	E	Neil THOMAS	EC	36	Snr/MPF	103	205 WR†		112.238	YES	(152.5).	
2	1	110kg	E	Martin CERINS	NE	30		109.5	195		104.735	YES	(152.5).	
1	1	125kg	E	Robert MACKERETH	SC	34	Snr	122.9	202.5		106.09	YES	(157.5).	
Deadlift														
w	1	1	50.5kg	U	Pat REEVES	WM	62	M5	48.7	97.5 WR*	99.606	YES	(65).	
w	1	1	53kg	U	Patricia KIM	NE	27	Snr	51.7	107.5 NR	110 NR	104.608	YES	(85).
w	1	1	55.5kg	U	Louise FOX**	EC	35	Snr	53.8	155 WR	145.995	YES	(90).	
w	1	1	63kg	U	Melanie GOLDING	SE	48	M2	62.9	147.5 NR*	121.968	YES	(90).	
w	2	1/1	63kg	U	Ann THOMAS	EC	29	Snr/MPF	61	141 WR†	118.79	YES	(100).	
w	1	1	70kg	U	Maureen SAGE	EC	70	M7	68.7	90 WR*	91 WR*	69.138	YES	(70).
w	1	1	80kg	U	Gabrielle BENNETT	NE	15	T1	77.9	100 ER*	113 WR*	70.21	YES	(80).
w	1	1	90kg	U	Jessica TAYLOR	NE	17	T2	88.8	100 WR*		63.71	YES	(97.5).
w	1	1/1	63kg	E	Ann THOMAS	EC	29	Snr/MPF	61	141 WR	118.79	YES	(110).	
1	1	67.5kg	U	Stuart FORD	EC	34	Snr	66.9	245 WR		179.267	YES	(165).	
2	2/1	67.5kg	U	Sean COLE	SC	35	Snr/MPF	66.4	235 WR		173.125	YES	(165).	
3	1	67.5kg	U	David TAYLOR	WM	47	M2	66	210 WR*		155.568	YES	(150).	
4	1	67.5kg	U	Ted BYRNE	NM	56	M4	65.7	150 NR*		111.585	YES	(135).	
5	1	67.5kg	U	Christopher MURRAY	SW	17	T2	66.9	145		106.097	YES	(120).	
6	2	67.5kg	U	Harry SANDBACH	NM	17	T2	63	135		104.504	YES	(120).	

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1	1/1	75kg	U Steve WILKINSON	EM	23	Jnr/MPF	74.4	242.5	WR*	162.16	YES	(162.5).
2	1	75kg	U Darren MINGO	NE	31	Snr	73.1	220		149.204	YES	(180).
3	1	75kg	U Daniel ROCHE	NE	19	T3	74.3	210	NR*	140.574	YES	(147.5).
4	1	75kg	U Peter ROBERTS	NM	54	M3	73.6	197.5	NR*	133.214	YES	(155).
5	2	75kg	U Ben TAYLOR	SC	38	Snr	73.9	195		131.099	YES	(180).
6	3/2	75kg	U Seb MADRONAL	NE	34	Snr/MPF	75	195		129.578	YES	(180).
7	1	75kg	U George SHELTON	WM	15	T1	68.8	160	ER*	114.192	YES	(120).
8	2	75kg	U Stephen FRANCE	SW	15	T1	73.4	157.5	ER*	106.47	YES	(120).
9	1	75kg	U Thomas JOHNSTON	EC	76	M8	68.5	140	WR*	100.296	YES	(102.5).
1	1	82.5kg	U Russell BAIN	NW	40	M1	80.4	240		151.368	YES	(182.5).
2	1/1	82.5kg	U Colin HARRISON	NW	32	Snr/MPF	82.4	241	NR†	148.752	YES	(192.5).
3	1	82.5kg	U Steven JONES	NE	23	Jnr	80.9	222.5		139.708	YES	(172.5).
4	2	82.5kg	U David LOEBELL	SE	40	M1	80.9	215		134.999	YES	(182.5).
5	2	82.5kg	U Elliot NEWMAN	NE	23	Jnr	81.3	215		134.526	YES	(172.5).
6	1	82.5kg	U Paul C GOLDING	SE	45	M2	81.9	215	NR*	133.816	YES	(172.5).
1	1	90kg	U Larry WHYTE	WM	51	M3	85.6	260		157.066	YES	(175).
2	1	90kg	U Jamie ALLONBY	NE	30	Snr	89.4	260		152.802	YES	(205).
3	1	90kg	U Dean ROBERTS	WAL	22	Jnr	90	200		117.06	YES	(185).
4	1	90kg	U David JOHN	WAL	57	M4	89.7	192.5	WR*	112.901	YES	(167.5).
5	1	90kg	U Eddie BENNETT	NE	70	M7	89.5	185	WR*	108.651	YES	(130).
6	2	90kg	U Andy MC KEE	SW	70	M7	88.4	135		79.893	YES	(130).
1	1	100kg	U Adam KERSHAW	NE	22	Jnr	98.2	260	NR*	145.236	YES	(192.5).
2	1	100kg	U Jean-Pierre ULLDEMOLIN	SE	28	Snr	97.2	250		140.325	YES	(215).
3	2	100kg	U Paul VAN DANZIG	EM	36	Snr	98.4	232.5		129.758	YES	(215).
4	2	100kg	U Ceri ROBERTS	WAL	23	Jnr	96.9	215		120.873	YES	(192.5).
5	1/1	100kg	U Steve VAN KEMPEN	EC	42	M1/MPF	96.9	210		118.062	YES	(205).
6	3	100kg	U James BELL	NM	21	Jnr	95.2	205		116.276	YES	(192.5).
7	1	100kg	U Matthew HOULDERSHAW	NM	18	T3	99.6	200	NR*	111	YES	(172.5).
1	1/1	110kg	U Jay HOLLINGSWORTH	NE	23	Jnr/MPF	102.2	280	NR*	153.748	YES	(200).
2	1	110kg	U Mike LEADBETTER	NW	57	M4	109.3	262.5	WR*	141.041	YES	(182.5).
3	1	110kg	U Gordon SYKES	NW	39	Snr	108.6	230		123.786	YES	(222.5).
4	1	110kg	U Andrew ARCHER	NW	43	M1	108.7	220		118.382	YES	(212.5).
5	1	110kg	U James GHAFLOOR	NE	16	T2	105.5	210	NR*	114.009	YES	(162.5).
	---	110kg	U David ANDERSON	WM	30	Snr	106	---		---	NO	(222.5).
1	1	125kg	U Phil LAING	NM	44	M1	122.3	302.5	WR*	158.692	YES	(220).
2	1	125kg	U Phil GODWIN	WM	31	Snr	117.2	260		137.67	YES	(232.5).
3	1	125kg	U Ben JENKINS	SW	18	T3	118.5	190	NR*	100.377	YES	(190).
1	1	145kg	U Chris BAKER	NE	33	Snr	134	265		135.203	YES	(240).

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1	1	82.5kg	E	Russell BAIN	NW	40	M1	80.4	237.5		149.791	YES	(192.5).
2	1	82.5kg	E	Chris MORGAN	SE	35	Snr	80.7	202.5		127.373	YES	(202.5).
1	1/1	90kg	E	Ryan J WHEAL**	EM	23	Jnr/MPF	85.9	263.5	WR*	158.209	YES	(192.5).
1	1	100kg	E	Derek COPE	EM	50	M3	98.8	237.5		132.288	YES	(195).
2	1	100kg	E	Jon GODBER**	NM	21	Jnr	99.6	230		127.65	YES	(202.5).
2	1	100kg	E	David HOWARTH	NW	61	M5	99.6	230	WR*	127.65	YES	(175).
4	2	100kg	E	Brian MITCHELL	SC	53	M3	95.6	220		124.52	YES	(195).
1	1/1	110kg	E	Mark EAGER	SW	38	Snr/MPF	109.8	270	NR†	144.909	YES	(232.5).
2	2	110kg	E	Martin CERINS	NE	30	Snr	109.5	260		139.646	YES	(232.5).
1	1	125kg	E	Phil LAING	NM	44	M1	122.3	305	WR	160.003	YES	(230).
2	1	125kg	E	Phil GODWIN	WM	31	Snr	117.2	270		142.965	YES	(242.5).

(** drug tested; WR/ER/NR - World/European/National Records: * Age class Record/† MPF Record)

Best Lifters:

Women, unequipped, SQUAT

1st Melanie GOLDING: 85.20825 Points
2nd Louise FOX: 84.645 Points
3rd Gabrielle BENNETT: 38.5055 Points

Women, unequipped, BENCH PRESS

1st Sue DAVIES: 69.417 Points
2nd Louise FOX: 58.78125 Points
3rd Manon BRADLEY: 57.7275 Points

Women, unequipped, DEADLIFT

1st Louise FOX: 145.9945 Points
2nd Melanie GOLDING: 121.96775 Points
3rd Ann THOMAS: 118.79 Points

Men, unequipped, SQUAT

1st Steve WILKINSON: 127.737 Points
2nd Jean-Pierre ULLDEMOLINS: 126.2925 Points
3rd Tommy MEREDITH: 120.87 Points

Men, unequipped, BENCH PRESS

1st Mike JOSEPH: 117.20625 Points
2nd Chris BAKER: 115.02 Points
3rd William MASSEY: 110.019 Points

Women, equipped, DEADLIFT

1st Ann THOMAS: 118.79 Points
2nd :
3rd :

Men, equipped, SQUAT

1st Neil ABERY: 166.375 Points
2nd Steve COOK: 146.825 Points
3rd Rick MELDON: 145.2 Points

Men, equipped, BENCH PRESS

1st Martin GREEN: 130.2605 Points
2nd Mike JOSEPH: 124.7 Points
3rd Neil THOMAS: 112.2375 Points

Men, unequipped, DEADLIFT

1st Stuart FORD: 179.2665 Points
2nd Sean COLE : 173.1245 Points
3rd Steve WILKINSON: 162.15975 Points

Men, equipped, DEADLIFT

1st Phil LAING: 160.003 Points
2nd Ryan J WHEAL: 158.20875 Points
3rd Russell BAIN: 149.79125 Points