

WEST MIDLANDS OPEN BENCH PRESS CHAMPIONSHIPS

Apollo Gym, Unit 14/Factory Estate, Perry Barr, Birmingham

27th March, 2011

75 kg	B/W	Age Category	Best lift
James Foley	74.5	T2	105 kg *
Gary Monks	75	M1	117.5 kg
Richard Chambers	74	Senior/open	140 kg
90 kg			
Gabinder S. Cheema	83	Senior/open	137.5 kg
Matthew Hewson	85	Senior/open	122.5 kg
100 kg			
Frank King	100	M7	80 kg
110 kg			
John Cluley	106	M5	110 kg

*denotes a new British record from James Foley - congratulations!

Lifters qualified for British Single Bench Press in 2012 are:-

James Foley, Gary Munks, Gabinder Cheema, John Cluley and Richard Chambers.

Calibrated scale - information submitted. Eleiko weights used throughout.

Centre referee – Pat Reeves (Int),

Side Referees – Gren Elmore (Int) and Gary Conway (Div).