

Championship East Mids powerlifting champs **Venue** Letchworth **Date** 17-11-13 **B/W Class/s**

B/W	Name	Age	Sqaut			Bench Press			S/T	Dead Lift			Total	PN	
47Kg	Women														
42.4	Sharn Rowlands	U23	80	90	<u>92.5</u>	45	50	<u>52.5</u>	145	100	110	<u>115</u>	260	1	
42.8	Imelda Flanagan	M2	65	67.5	<u>70</u>	37.5	40	<u>42.5</u>	112.5	105	<u>112.5</u>	-----	225	2	
52Kg	Krishnaa Mahbubani	Snr	100	100	100	50	<u>55</u>	60	-----	125	<u>130</u>	140	-----	----	
63Kg 61.6	Abi Graham	Snr	100	110	<u>120</u>	65	70	<u>72.5</u>	192.5	<u>155</u>	170	170	347.5	1	
62.2	Gemma Burley	Snr	75	77.5	<u>77.5</u>	50	52.5	<u>55</u>	132.5	95	100	<u>110</u>	242.5	2	
72Kg 68.1	Fiona Christie	Snr	100	<u>107.5</u>	112.5	45	50	<u>55</u>	162.5	135	142.5	<u>145</u>	307.5	1	
67.9	Heidi Markely	Snr	65	70	<u>77.5</u>	50	55	60	132.5	100	107.5	<u>115</u>	247.5	2	
66Kg	men														
64.8	Sean Maloney	Snr	135	<u>142.5</u>	147.5	90	<u>95</u>	100	237.5	170	<u>180</u>	185	417.5	1	
65.9	Russell Howard	M1	120	<u>120</u>	127.5	82.5	<u>82.5</u>	87.5	202.5	130	142.5	<u>155</u>	357.5	2	
74Kg															
73.9	William Middleton	Snr	120	<u>120</u>	125	<u>120</u>	130	130	240	170	<u>180</u>	187.5	420	1	
72.9	David Lickfold	U23	120	130	<u>140</u>	65	<u>75</u>	80	215	155	167.5	<u>175</u>	390	2	
83Kg															
82.3	Mick Amey	M3	200	<u>205</u>	210	105	112.5	<u>115</u>	320	225	232.5	<u>237.5</u>	557.5	1	
82.1	Matt Deacon-Smith	U23	170	<u>170</u>	180	100	102.5	<u>105</u>	275	270	<u>280</u>	-----	555	2	
82.4	Grant Sugarman	M2	180	<u>180</u>	190	115	<u>120</u>	127.5	300	220	230	<u>235</u>	535	3	
82.4	Thomas Rowell	U23	170	<u>180</u>	185	100	105	<u>107.5</u>	287.5	220	<u>232.5</u>	237.5	520	4	
80.6	Bryce Tudball	Snr	160	170	<u>175</u>	105	<u>110</u>	115	285	205	<u>215</u>	220	500	5	
81.2	James Gray	Snr	130	<u>135</u>	150	95	<u>102.5</u>	110	252.5	185	200	<u>207.5</u>	460	6	
80.6	Tom Sherwin	Snr	135	<u>145</u>	155	80	87.5	<u>92.5</u>	237.5	165	180	<u>180</u>	417.5	7	
81.9	Lee Meachen	M1	100	<u>120</u>	-----	135	145	<u>150</u>	270	120	<u>140</u>	-----	410	8	
79.3	Muhtar Hussin	Snr	130	<u>130</u>	145	80	85	<u>90</u>	220	160	180	185	405	9	
80.9	Nick Jelley	Snr	130	<u>137.5</u>	150	127.5	-----	-----	-----	-----	-----	-----	-----		
82.1	Doug D'Gama	M2	205	205	205	-----	-----	-----	-----	----	-----	-----	-----		

Side Referee_ Jenny Hunter _ _ Centre Referee_ John Bevan_ Side Referee_ Jackie Blasbery_ _ _

G= Guest Lifter

Championship East Mids powerlifting champs **Venue** Letchworth **Date** 17-11-13 **B/W Class/s**

B/W	Name	Age	Squat			Bench Press			S/T	Dead Lift			Total	PN	
93Kg	Men														
92.6	Kevin Jane	M3	250	272.5	<u>282.5</u>	155	162.5	<u>167.5</u>	450	265	<u>280</u>	290	730	1	
91.8	Mark Soukal	M1	170	<u>180</u>	190	130	<u>140</u>	145	320	200	220	<u>240</u>	560	2	
83.6	Devon Zachwatajlo	Snr	170	<u>180</u>	185	130	<u>135</u>	140	315	220	227.5	<u>232.5</u>	547.5	3	
91.5	Mark Davies	Snr	155	160	<u>185</u>	90	100	<u>102.5</u>	287.5	220	235	<u>245</u>	532.5	4	
84.7	Daniel Amey	Snr	130	145	<u>155</u>	135	<u>140</u>	142.5	295	200	215	<u>220</u>	515	5	
89.4	Matt Lines	Snr	160	170	<u>175</u>	105	110	<u>112.5</u>	287.5	200	207	<u>212.5</u>	500	6	
89.6	Tony Wightman	M3	140	<u>145</u>	147.5	90	95	<u>97.5</u>	245	180	187.5	<u>190</u>	435	7	
88.9	Chris Leech	Snr	<u>120</u>	130	130	90	95	<u>100</u>	220	160	<u>170</u>	180	390	8	
85.7	Adrian Smith	Snr	110	<u>120</u>	132.5	97.5	97.5	<u>105</u>	225	175	190	<u>205</u>	430		G
105K															
103.6	Jake O'Neill	Snr	290	310	<u>320</u>	190	200	<u>205</u>	525	260	275	<u>285</u>	810	1	
102.1	Jack Cook	Snr	270	<u>282.5</u>	287.5	170	180	<u>187.5</u>	470	270	<u>287.5</u>	295	757.5	2	
97	Kieran Stubbings	U18	140	150	<u>160</u>	95	<u>100</u>	105	260	180	<u>190</u>	200	450	3	
120Kg															
119	Andrew Rodney	M1	220	260	<u>280</u>	157.5	167.5	<u>172.5</u>	452.5	230	260	<u>280</u>	732.5	1	
112.5	Chris Gladding	M4	160	175	<u>175</u>	<u>135</u>	142.5	142.5	310	175	<u>187.5</u>	195	497.5	2	
115.9	Ashley Lynds	Snr	120	130	<u>130</u>	120	<u>130</u>	140	260	180	190	<u>205</u>	465		G
120+ Kg															
123.4	Chris Hartwig	Snr	210	<u>230</u>	-----	160	<u>180</u>	190	410	240	260	<u>280</u>	690	1	
125.3	Adam Thomson	U23	205	217.5	<u>222.5</u>	135	<u>142.5</u>	145	365	210	<u>215</u>	220	580	2	
163.3	Matt Mackey	M2	<u>100</u>	---	---	160	170	<u>180</u>	280	<u>100</u>	---	----	-----	3	

Side Referee_ J Hunter

Centre Referee_ _ J Bevan_

Side Referee_ J Blasbery_ _

G= Guest lifter