

Ultimate Strength

The Official Newsletter of the East Midlands Weight Lifters Association

February 2005



Andrey Tarasenko (RUS) bench pressing a world record 260.5kg in the 90kg class, which he increased to 262.5Kg in last years world powerlifting championships

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Editorial

This edition is the first of 2005, there being very little going on in January to make it worthwhile putting an issue together. It's also time to **renew subscriptions**. Subscriptions have been held at the same prices as last year, that is £5 for a years printed copies and no charge for copies sent via e-mail.

Pete Fiore has been pushing forward the discipline of powerlifting and in January held the first specific powerlifting coaches course and examination, as opposed to the previous situation where coaches were taught principally within BWLA uniformly on weightlifting based study. Full report included in this edition.

The year's schedule of British championships has started briskly with both the Juniors and the Bench Press concluded in January and February respectively. These closely followed by the Senior Powerlifting championships in early March and the Masters Powerlifting championships in April. This leaves only the unequipped championships in June and the top flight lifters focusing on international events later in the year. Results of the Juniors and Bench Press included later in this issue.

I have included something from the website www.britishpowerlifting.org.uk which discusses the changes proposed and being considered by BWLA to align itself with the regions of Sport England. I have heard numerous discussions and about meetings at which there

has been very little if any representation from the East Midlands (certainly from powerlifters), and by the time the committee has been made aware of the dates of meetings they have been in the past, hence there has been nothing to report in the minutes. The principle effect for the East Midlands appears to be a change of name and the loss of Northamptonshire to what was the North Midlands. The North Midlands will change its name to the East Midlands under the proposition. Nothing as yet has been agreed and there is no timescale to conclude the matter that I am aware of at this time. See later for more details.

This edition includes a full list of Divisional records. These are essentially as I have picked them following Andy Hawkins tenure as records registrar for the Division. Can I remind you that I need claims for records in order to update them with your performance. I will accept claims by any means but need to know what record you are claiming, what you lifted and the competition in which it took place (include date and venue please).

You will note there are no records maintained for the division for unequipped competition or all contest bench press records. I would like claims for these too please.

Ian Kinghorn
Newsletter Editor

East Midlands Weight Lifters Association AGM 2004

The East Midlands WLA AGM 2004 was held on the Saturday 15th January 2005 at Pullum Sports in Luton.

Minutes of Annual General Meeting for 2004

The East Midlands Weight Lifters Association

Held at the Luton Weightlifting Club Unit 10, Enterprise Park, Sundon Park Road, Luton Beds.

Saturday 15th January 2005

Meeting opened at 1:00p.m.

Members present; Peter Weiss (Chair) Wally Pullum, Andy Hawkins, Tracy Hawkins, Dave Tuck, Ian Kinghorn, Jackie Blasbury, Jenny Hunter, Alan Ottolangui and Kevin Jane

Appologies; Cathy Wass and Stuart Hamilton

Minutes of previous AGM (24/1/04) were accepted. Proposed Dave Tucker seconded Wally Pullum.

Officer reports; Written reports were received and accepted from the Secretary, Treasurer, News letter editor, membership registrar and records officer.

The membership report highlighted continuing problems with obtaining information from BWLA re membership and Ian also suggested that his role since the introduction of the new membership system was only minor. The meeting decided to discuss the latter in the subsequent committee meeting.

The treasurer informed the meeting that outstanding money from Hamilton's Fitness centre had now been received.

Ian informed the meeting that his records officer report was brief as he had only just taken on this role and had been awaiting a hand over of information from Andy Hawkins - this was now in hand.

Election of officers; There were no nominations for Officer positions and no resignations so the meeting agreed to re-install the existing committee for another term.

President	Wally Pullum
Chairman	Peter Weiss
Hon Secretary	Kevin Jane
Treasurer	Jenny Hunter
Membership	Ian Kinghom
Newsletter	Ian Kinghorn
Power Secretary	Peter Weiss
Olympic Secretary	Vacant
Technical Secretary	Dave Tucker
Records Registrar	Ian Kinghorn
Drug Liaison Officer	Kevin Jane

Items for BWLA AGM;

Wally Pullum had present an item from the Luton Weightlifting club for proposal - 'That a vote of no confidence be taken on the ability of the BWLA Chief Executive to lead the Association'

The proposal was rejected - 4 against, 3 for and 2 abstentions.

Meeting closed at 1.40 p.m.

Kevin Jane - Hon Secretary
East Midlands Weight Lifters Association

Hon General Secretary's report for 2004 AGM

When reflecting on 2004 things like confusion, people complaining and disappointment suddenly spring to my mind, which might of course be construed as just a typical year as far as the Division and BWLA are concerned. I think without doubt that human nature dictates that when things go wrong or not according to plan we look for external factors or someone to blame and perhaps focus our attention less on positive events.

In the first instance I feel that more respect and appreciation should be forth coming for the rapidly decreasing number of volunteers who keep the Division and Association afloat. There are no new nominations to take on Officer roles within the Division this year, placing additional demands on any continuing officers. Given some of the problems members of the committee have had to face during the year I think they should be commended for their efforts. In particularly Jenny Hunter who had the task of following in Wally Pullum's footsteps as treasurer and Ian Kinghorn who by the content and regularity of his newsletters has devoted much of his time. At a national level Tracy and Andy Hawkins have few weekends spare, having now committed themselves to a variety of roles that help the development of the sport of powerlifting The old stalwarts Pete Weiss and Dave Tucker also have

my admiration for taking on additional duties for the Division to ensure it keeps functioning, as do a number of devoted and reliable referees.

Secondly and often forgotten is the hard work that clubs such as Hamilton's Fitness Centre, Hitchin WLC and The Farm WLC have put in this year to ensure championships run.

At a national level I'm aware of the amount of criticism that resulted from the introduction of a new membership and affiliation procedure last year, which is for many clubs and members an ongoing problem that still needs resolving. Added to this there are concerns about the financial state of the Association, insurance, communication and the future of Divisional boundaries etc. Along side this there have been several changes within the Governing Council membership which I believe has brought about a lack of continuity, and in my opinion has resulted in a year where as an Association we have taken a step backwards.

I hope that this year will see some improvements over the last that will in due course benefit and encourage more individuals to participate in the provision offered by BWLA. It is I feel only by attracting more young people into the sport and enabling them to take on some of the responsibility for the development and organisation of the sport that we he able to make progress.

Kevin Jane - Jan 05

EAST MIDLANDS WEIGHT LIFTERS ASSOCIATION

Financial Report 2004

	Income	Expenditure
Canx Chq 100056 (BWLA)	996.00	
Rebate from BWLA 2002	89.00	
Championship Fees	435.00	
Refund Championship fees x 2		25.00
Leaders Courses	3345.00	
Leaders Courses BWLA Fees		1202.00
Leaders Courses Expenses		983.15
Championship Trophies & T-Shirts		430.89
Sponsorship -4 Lifters		400.00
Equipment 4 x 25kg		440.00
General Expenses (Travel, Postage & Phone)		402.00
Wreath (Barry Scott)		31.50
Cheque to West Mids		20.00
Newsletter	30.00	
Bank Charges		10.00
Bank Interest	11.32	
	4906.32	3944.54
Profit for year ended 3 1/12/04		£ 961.78
Brought for profit as at 31/12/03		£ 2,661.53
Total profit as at 3 1/12/04		£ 3,623.31
Bank Statement as at 31/12/04		£ 3,623.31

We are still waiting for rebates from BWLA for 2003 totalling £689.00, cheque should be raised shortly.

Expenditure for the year not yet accounted for:

Geoff Brown wreath and donation	£100.00
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Membership Report 2004

East Midlands Membership (report for AGM on 15th January 2005)

As you will all no doubt know this has been a year of significant change as far as memberships have been concerned, particularly in the way BWLA have administered them. There were significant problems with the issuing of membership cards and some members have subsequently received renewal forms having never received a membership card for 2004.

BWLA have started issuing renewal forms direct to members or their club secretaries for 2005 for all those who joined last year. As such visibility within the division is very limited, and this limits what the membership secretary can do or report to the division. I have requested of BWLA an up to date extract from the membership database but as yet haven't received anything; the last update was received up to June 2004.

It would seem appropriate that the committee consider the role of membership registrar and determine whether this should be a discrete role on the committee. In the event that all memberships are dealt with directly by BWLA there seems little else to be done other than directing new members to BWLA for their initial membership, renewals being taken care of by BWLA directly.

Ian Kinghorn
15th January 2005

Newsletter Report 2004

East Midlands Newsletter (report for AGM on 15th January 2005)

Newsletter distribution is:
7 by post (paper media)
12 by e-mail

6 newsletters were produced throughout the year, however there a gap in the middle of the year where none went out (due primarily to a computer failure at home).

As things currently stand the newsletter is:

Produced: monthly (since November 2004)
Date: within few days of end of month
Distributed: via e-mail immediately
Via post after further delay for printing and posting
Cost is £5 for paper copy and **free** for e-mail copy

We could do more to promote the newsletter and increase its circulation, this in turn may result in more contributions. Throughout the year I have had a few contributions but essentially have had to trawl the internet for content.

I am happy to continue as newsletter editor for the coming year.

I suggest no change to the current pricing for the newsletter and following this meeting will produce subscription forms to be included with the next issue. I would also like any contact details (e-mail essentially) such that I can send subscription forms to those people also.

Ian Kinghorn
15th January 2005

1/5/2005	Anglian Open + Met. Police	Hamilton's Fitness Centre, Colchester
31/7/2005	Divisional Masters, Juniors and U23	Yardley Gobion WLC or The Farm WLC N'pton
6/11/2005	Anglian Open Bench press	Hamilton's Fitness Centre, Colchester
11/12/2005	Divisional Seniors	Letchworth

BWLA Insurance

Some discussion took place which concluded in the need for some clarity for clubs and members re the limitation of the BWLA insurance.

- If members of an affiliated club are not all BWLA members is their insurance invalid?
- Many clubs have users who are either casual or who may only ever attend the club once or twice. Can such users really be expected to join the Association?
- With many club members in the Division still not in receipt of a membership card from BWLA from last year, a majority of whom do not compete, we can't expect them to rejoin this year.
- Is there a way that round these problems?

The Secretary will endeavour to clarify the position.

Committee meeting dates for 2005;

9/4/2005 1:00pm at Cambridge

16/7/2005 1:00pm at the Farm WLC Northampton

1/10/2005 1:00pm at Cambridge

Any other business;

Jenny Hunter asked what the position was regarding Toby Swallow being invited to compete at National level this year. Toby had not requested dispensation for not competing in the 2004 Divisional championships. As Toby was in attendance at this event as MC and had apparently recently competed the committee have decided not to retain any National invitation on this occasion, but emphasised that in future given similar circumstances, the rules and procedures must be complied with.

Meeting closed at 2.40 p.m.

Kevin Jane.

BWLA Powerlifting Coaches



The first ever BWLA Powerlifting Coaches course was held on 22nd and 23rd January 2005. The course was delivered by Peter Fiore, the Director of Powerlifting.

Peter Fiore the BWLA Director of Powerlifting writes: "Powerlifting is a very popular sport here and abroad. I believe we have more powerlifters in BWLA than any other group of lifters, yet for years we have had to rely on Olympic coaches to provide coaching expertise for powerlifters.

Working in the fitness field as a strength and fitness coach, it is obvious to me we are way behind in our coaching methods and the substance of our courses.

One of my urgent goals was to develop a coaching course for powerlifters which offered not just strength training but fitness, nutrition, sports psychology and a fresh look at up-dated training methods for coaches. Also the formation of a BWLA Powerlifting Coaching register. From which coaching expertise can be offered on a local level as well as providing a reservoir of coaching talent for our International Powerlifting Squads.

Powerlifting has taken some time to mature. The final step is the formation of its own coaching staff and register. The course itself is the equal of any NVQ level 3 type fitness and strength course. It is hoped that we can be fully accredited and be accepted by the Register of Exercise Professionals. I hope BWLA will pursue this objective.

The next course will be slightly different with more emphasis on distance learning with a module on practical coaching. Over all I am pleased with the result of the first batch. Each participant had a wealth of coaching and lifting experience to bring to the course. I am very satisfied with the outcomes."

The was attended by the following Catherine Wass, Andy Hawkins, Jason Talbot, Ian Kinghorn, Alison Hegly, Jim Mutrie, Mick Hunnam, Martin Green, Phillip Richard, Richard Twycross-Lewis, Dean Bowring, Ken Williams, Stan Macrow and William Lincon. All participants passed the course.

British Weight Lifting Association – Leader Certificate Course

Saturday & Sunday 23rd & 24th April 2005
Times; Sat 9.00 – 4.30pm Sun 9.00 – 4.00pm

This course will be held at the The Farm WLC Rickyard Road, The Arbours Northampton, Cost of the course is £140 (BWLA members £119) – this includes membership of the Association, a copy of the 'Safe weight training' publication and certificate.

The certificate course is designed to meet the needs of the fitness industry where the ability to demonstrate competence instructing in the use of free weights and exercise machines is supported by the underpinning knowledge.

Candidates will be expected to show competence in:
Demonstrating and giving instruction in a small range of selected exercises using free weights and exercise machines – planning, delivering and evaluating a beginners training session using free weights, exercise machines or a combination of both covering the warm-up, main work out and cool-down.

The course content includes: Using free weights and machine equipment – components of fitness – basic lifting position with free weights – teaching sequence for exercises – planning a schedule for free weights and machines – training principles – principles of strength development – health & safety – instruction with free weights and machines.

Candidate assessment:

- A combined written paper of questions (not essay type) and multi-choice questions.
- Instructing a small group in a range of selected basic exercises using free weights and machines.

There are a limited number of places for this course so it is advisable to apply for a place early. To reserve a place or for further details contact Kevin Jane 01327 312535 or 07887903104, 17, Weedon Lane, Norton, Northants NN11 5NQ. Please make cheque payments to East Midlands Weight Lifting Association.

British Junior Championships 2005

UNDER 18

NAME	B/W	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS
GIRLS							
JODIE STEPHENSEN	46.7	50	30	82.5	162.5	1	219.55
BOYS							
52KG							
KUDZIA MATIENGA	52	115	72.5	150	337.5	1	331.18
			u/18 record	u/18 record			
STEVEN WINNIE	50.55	80	50	112.5	242.5	2	245.45
ANDREW BAKER	50.95	65	50	105	220	3	220.81
56KG							
JAMES PICKFORD	54.85	87.5	55	120	262.5	1	244.12
67.5KG							
WAYNE BARTLETT	65.5	145	95	165	405	1	319.99

GORDON RENNIE	64.8	140	70	182.5	392.5	2	312.94
				4th 185 u/18 record			
SHAUN DOBLE	66.9	130	75	167.5	372.5	3	269.28
PHILLIP SALKELD	64.9	100	80	160	340	4	270.7
75KG							
CHRIS BONNER	72.95	135	95	170	400	1	290.84
ROSS HAY	70.05	132.5	65	170	367.5	2	275.4
BEN MACEY	69.85	130	62.5	140	332.5	3	249.48
82.5KG							
JAKE O'NEILL	77	160	112.5	210	482.5	1	337.7
GEORGE PAUL	76.5	170	100	195	465	2	326.84
90KG							
MARK GREGORY	88.5	190.5	115	217.5	522.5	1	336.49
		u/18 record		u/18 record			
SCOTT MURPHY	84.55	165	105	177.5	447.5	2	295.61
ANTHONY EALS	83.45	125	70	160	355	3	236.28
100KG							
MARC RUSSEL	91.85	190	125	200	515	1	325.53
STEVEN HALL	97.05	175	110	210	495	2	304.42
125KG							
ANDY CRIDLAND	116.25	162.5	105	175	442.5	1	256.42
			u/18 record				

UNDER 20

NAME	B/W	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS
75KG							
PEJ SINGH NIJAR	73.4	170	135	200	505	1	365.36
82.5KG							
ANDY LY	82.4	205	135	230	570	1	382.12
JAGDEEP SINGH	80.05	235	105	220	560	2	382.31
THOMAS WHITE	80.65	180	122.5	230	532.5	3	361.83
DOMINIC FISHER	79.4	210	135	215	Disq.		
90KG							
TAJINDER SINGH SUAN	86.4	200	130	190	520	1	339.19
TREBILLCOCK	88.25	200	87.5	225	512.5	2	330.61
NEIL DEIGHTON	85.35	200	150	210	Disq.		
100KG							
HARMINDER SINGH	90.4	200	147.5	180	527.5	1	336.01
110KG							
BRIAN SIMPSON	108.7	185	115	225	525	1	310.11

UNDER 23

NAME	B/W	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS
WOMEN							
67.5KG							
ABBEY HEINZMAN	64.4	127.5	75	142.5	345	1	364.45
MEN							
56KG							
CHAD MITCHELL	56	205	102.5	182.5	490	1	446.04
RICHARD BANHAM	55.95	167.5	100	180	447.5	2	408.07
67.5KG							

MARK PATERSON	67.15	165	100	185	450	1	348.61
82.5KG							
NICHOLAS REES	81.2	220	142.5	265	627.5	1	424.44
JAMES WRIGHT	80.55	227.5	125	215	567.5	2	385.9
DUNCAN LIGHT	76.75	182.5	130	225	537.5	3	377.16
90KG							
TOM GEE	88.15	230	160	245	635	1	409.89
MICHEAL HART	88.7	297.5	175 bomb	290	Disq.		
100KG							
MARTIN BUSFIELD	91.45	250	180	250	680	1	430.78
110KG							
DAVID WIGHTMAN	107.15	245	170	282.5	697.5	1	413.96
BEN BANKS	102.65	230	180	275	685	2	412.78
RANBIR SAHOTA	102.4	250	160	270	680	3	410.04
125KG							
PHILLIP CROSSMAN	110.95	265	185	300	750	1	440.25
125+KG							
PAUL DOHERTY	139.7	305	232.5	200	737.5	1	412.26
			4TH 250.5				

British Bench Press Championships 2005

The British Bench Press Championships were held over the weekend of 5th and 6th February 2005 at Tyesley in Birmingham. Saturday saw all women's classes and the men's juniors and masters 2 and 3. The men's masters 1 and senior events were held on Sunday.

Saturday's results

Name		B/W	1st attempt	2nd attempt	3rd attempt	Total	Position
48kg							
Jan Hobbs	m1	48	65	70x	72.5x	65	1
Enid Dixon	m3	45.55	35	37.5	40	40	1
52kg							
Nicole Elding	sen	50.5	50	55x	60x	50	1
67.5kg							
Abbey Heinzman	u/23	65	75	80x	80x	75	1
Sarah Lesting	u/20	63.7	50	57.5	60	60	1
Lorna Scoitocle	m2	66	65	67.5	70x	67.5	1
82.5kg							
Sue Tyson	m1	76.5	90x	100	105	105	2
Jean Maton	m1	81.8	105	11.5	115	115	1
90+							
Roxanne Salmon	m1	107.7	90	100	105x	100	1
56kg							
Fasal Hussain	u/18	52.7	60	65	70x	65	1
67.5kg							
Baljit Cheema	u/18	64.35	75	80	85	85	1
Gabinder Cheema	u/23	66.2	102.5	112.5x	112.5x	102.5	2
Danny Singh	u/23	64.95	100	110x	110	110	1
Mick James	m2	67.2	125	132.5	140	140	1
Trevor Harvey	m3	66.9	72.5	75	77.5x	75	1
Ted Brown	m4	61.8	85	92.5	100	100	1

75kg							
Mick Amey	m2	74.05	100x	100	107.5x	100	2
Alex Lee	m3	72.35	145	157.5	160	160	1
					4th 162.5 wr m3		
Behram Khan	u/23	70	100	110	115x	110	1
Gurberj Singh	u/20	74.9	130	135	137.5	137.5	1
Stan Macrow	m2	73.6	145	150	155	155	1
82.5kg							
Zaranu Hawkes	u/23	80.5	105	110	115x	110	3
Dave Kirkland	m3	80.6	110	115	120x	115	1
Mick Tapp	m2	80.5	145	155	162.5x	155	1
Brian Tuffnell	m4	81.75	112.5	120	125x	120	1
Nick Rees	u/23	81.55	135	140x	140	140	1
Duncan Light	u/23	77.6	122.5	130	135	135	2
90kg							
Tajinder Singh	u/20	86.6	130	135x	135x	130	1
Mike Edwards	m2	86.95	130	135x	140x	130	2
John Boulton	m3	86.15	112.5	117.5	120	120	2
Mark Gregory	u/18	87.7	130	137.5	142.5x	137.5	1
Martin Busfield	u/23	89.55	165	175	180x	175	1
John Brookes	m2	89.05	185	192.5x	195	195	1
Tom Gee	u/23	89.15	160	167.5x		160	1
Bill Mcfadyen	m4	86	162.5	172.5	182.5x	172.5	1
Dave Battisson	m3	89.7	150	157.5	162.5x	157.5	1
Paul Kerridge	m2	89.2	115	120x	120	120	3
100kg							
Bob Baxter	m2	94.15	120	130	137.5	137.5	1
Harvinder Singh	u/23	96.2	180	190x	190x	180	1
Saqub Malik	u/23	90.5	100	120	140x	120	2
Randy Hayes	u/18	91.5	115	127.5	130	130	1
Harminder Singh	u/20	91	135	147.5	152.5	152.5	1
110kg							
Fred Smith	m3	108	137.5x	137.5x	142.5x		
Ken Crickmore	m2	104.05	150	155	160	160	2
Dave Brookes	m2	108	160	170x	170	170	1
Paul Rees	m3	105.75	125	135	140	140	1
125kg							
Mick King	m2	120.4	225	235	4th 143x 252.5x	235	1

Sunday's results

Name	B/W	1st attempt	2nd attempt	3rd attempt	Total	Position	
56kg							
Neil Zebedee	sen	55.2	112.5	115x	115x	112.5	1
60kg							
Nigel Patrick	sen	59.25	80	90	100	100	1
Graham Dowers	m1	59	90	100	110	110	1
67.5kg							
Phil Richard	sen	67.5	175	181x	181	180	1
Barry Sheerin	sen	66.25	150x	150	157.5	157.5	2
Paul Lockett	m1	65.3	97.5	102.5x	102.5	102.5	2
Zia Mirza	m1	65.4	110	122.5	130x	122.5	1
75kg							
Gary Prater	m1	74.1	130	140x	140	140	2
Jon Santos	sen	72.75	150	155	160x	155	1
Andy Knight	sen	74.4	150x	150x	160x		

Terry Smith	sen	71.45	105	112.5	117.5	117.5	2
Steve Walker	m1	74.95	160	175	182.5x	175	1
82.5kg							
Paul Hughes	m1	80.5	160x	160	175	175	1
Darren George	sen	79.75	140	150x	152.5x	140	2
Jamie Chandler	sen	77.85	150x	150	152.5x	150	1
Mark Macey	m1	82.1	122.5	130	135	135	2
Stephen Leach	m1	80.2	120	127.5	130x	127.5	3
90kg							
Dave Normand	m1	87.75	210	220x	220x	210	1
Shaun Wild	sen	88.65	150x	150x	160x		
Wayne Carter	m1	89.85	160x	160x	165	165	4
Jim Mutrie	m1	86.75	150	155x	inj	150	6
Jerry Rice	m1	88.1	175	185	192.5x	185	3
Martin Flett	m1	89.9	150x	150x	150x		
Steve Bain	m1	87.6	147.5	155	160x	155	5
Mick Cullip	sen	89.6	155	157.5x	157.5	157.5	2
Martin Green	sen	89.2	210	215	222.5x	215	1
Keith Arkle	m1	188.8	190x	190x	192.5	192.5	2
William Morrison							
Morrison	m1	87.8	110	117.5	125x	117.5	7
100kg							
Andrew Tanner	sen	97.1	182.5	187.5	192.5x	187.5	3
Jeff Finlayson	m1	93.8	150	157.5x	160x	150	2
Ian Kinghorn	m1	99.45	205x	205	220	220	1
4th 228x							
Parvinder Singh	sen	98.35	205x	205x	205	205	1
Tony Brown	m1	98.95	222.5x	222.5x	222.5x		
Brian Mills	sen	97.65	170	175x	175x	170	5
Randall Crookes							
Crookes	sen	91.05	185	190	192.5	192.5	2
Robert Pulling	sen	99.8	180			180	4
125kg							
Mark Thompson	sen	112.3	190	205	205	190	1
(unequipped)							
Julian Massey	m1	112.2	180	190x	197.5	197.5	1
125+							
Jim Blanchflower							
Blanchflower	sen	160.95	260x	260x	260	260	1
Andy Thompson	sen	158.5	260x				
Bryn Evans	sen	129.5	195	205x	205x	195	3
David Bell	sen	166	205	215	220x	215	2
Roy Simon	m1	192.4	180	210x	210x	180	1

Divisional realignment project

Some of you no doubt will have heard that BWLA are considering changes the current divisional structure to be in line with the Sport England regions. The following information has recently been made available on the website www.britishpowerlifting.org.uk courtesy of Ian Hampson the national records registrar. I thought it may be of interest and as such have reproduced it below.

The BWLA Regional Structure

The BWLA is currently made up of nine English regional associations, (called Divisions), plus each of the other Home Countries' associations. However, the BWLA has initiated a project to change the divisional boundaries to match the [Sport England](#) regions - see below.

Each of the associations holds its own championships, and maintains records for its members. The BWLA organises British Championships, maintains the lists of British Records, and selects international teams.

Information about the divisions and contact information:-

[Greater London](#) [South East Counties](#) [South Midlands](#) [South West Counties](#) [Wales](#) [West Midlands](#) [East Midlands](#) [North Midlands](#) [North West Counties](#) [Yorkshire & the North East](#) [Scotland](#) [Northern Ireland](#)

The Sport England regions:-

North East

Darlington, Durham, Gateshead, Hartlepool, Middlesbrough, Newcastle-upon-Tyne, North Tyneside, Northumberland, Redcar & Cleveland, South Tyneside, Stockton-on-Tees, Sunderland

Yorkshire

Barnsley, Bradford, Calderdale, Doncaster, East Riding of Yorkshire, Kingston-upon-Hull, Kirklees, Leeds, North Lincolnshire, North East Lincolnshire, North Yorkshire, Rotherham, Sheffield, Wakefield, York

(So the YNECAWLA would return to the pre-1958 situation, before the merger. (The old North East division merged with the old Yorkshire AWA because the North East was too small an area to survive independantly.))

North West

Blackpool, Blackburn with Darwen, Bolton, Bury, Cheshire, Cumbria, Halton, Knowsley, Lancashire, Liverpool, Manchester, Oldham, Rochdale, St Helens, Salford, Sefton, Stockport, Tameside, Trafford, Warrington, Wigan, Wirral

(The North West Counties loses the Isle of Man!)

West Midlands

Birmingham, Coventry, Dudley, Herefordshire, Sandwell, Shropshire, Solihull, Staffordshire, Stoke-on-Trent, Telford & Wrekin, Walsall, Warwickshire, Wolverhampton, Worcester

(An unchanged West Midlands)

East Midlands

Derbyshire, Derby City, Leicestershire, Leicester City, Lincolnshire, Northamptonshire, Nottingham City, Nottinghamshire

(The current North Midlands gains Northamptonshire from the East Midlands and becomes the East Midlands!)

East

Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Luton, Norfolk, Peterborough, Southend-on-Sea, Suffolk, Thurrock

(The current East Midlands loses Northamptonshire and becomes the East!)

London

Barking and Dagenham, Barnet, Bexley, Brent, Bromley, Camden, City of London, Croydon, Ealing, Enfield, Greenwich, Hackney, Hammersmith and Fulham, Haringey, Harrow, Havering, Hillingdon, Hounslow, Islington, Kensington and Chelsea, Kingston upon Thames, Lambeth, Lewisham, Merton, Newham, Redbridge, Richmond upon Thames, Southwark, Sutton, Tower Hamlets, Waltham Forest, Wandsworth, Westminster

(Appears to be an unchanged Greater London)

South East

Berkshire, Bracknell Forest, Brighton & Hove, Buckinghamshire, Hampshire, Isle of Wight, Kent, Medway, Milton Keynes, Oxfordshire, Slough, Windsor & Maidenhead, Portsmouth, Reading, Southampton, East Sussex, West Sussex, Surrey, West Berkshire, Wokingham

(A merging of the current South East Counties and the South Midlands)

South West

Bath & North East Somerset, Bournemouth, Bristol, Cornwall, Devon, Dorset, Gloucestershire, Isles of Scilly, North Somerset, Plymouth, Poole, Somerset, South Gloucestershire, Swindon, Torbay, Wiltshire

(Appears to be an unchanged South West Counties)

In Summary:-

1. The YNECAWLA is split into two
2. The South Midlands merges with the South East Counties
3. Northamptonshire moves from the current East Midlands to the current North Midlands

At this time the above is a proposal and is being consulted upon and discussed, nothing as yet has been agreed or finalised.

Competition calendar

East Midlands

Date	Competition	Venue	Contact
27 th March 2005	EM Bench Press Championships (equipped and unequipped)	Hamilton's Fitness, Colchester	Stuart Hamilton 01206 854319
1 st May 2005	Anglian Open Powerlifting Championships	Hamilton's Fitness, Colchester	Stuart Hamilton 01206 854319
30 th July 2005	EM Masters, Juniors and Novices Powerlifting Championships	Yardley Gobion	
6 th November 2005	Anglian Bench Press Championships	Hamilton's Fitness, Colchester	Stuart Hamilton 01206 854319
11 th December 2005	EM Powerlifting Championships	Hitchin & Letchworth Weightlifting Club	Alan Ottolangui 01462 675952

National

Date	Last qualifying date	Event	Venue/Location
5/6 th March 2005	15 th January 2005	British Senior Powerlifting Championships	Birmingham Sports Centre
16/17 th April 2005	19 th February 2005	British Masters Powerlifting Championships	Tyesley Fitness Centre, Birmingham
25 th June 2005	30 th April 2005	British Unequipped Powerlifting Championships	Tyesley Fitness Centre, Birmingham
26 th June 2005	14 th May 2005	British Unequipped Bench Press Championships	Tyesley Fitness Centre, Birmingham
15 th October 2005	n/a	4 Nations Powerlifting Championships	tba

Contacts

East Midlands: Officers of the Divisional Council

General Secretary & Drug Liaison Officer	Kevin Jane 17 Weedon Lane Norton Northants NN11 5NQ	Tel: 01327 312535 e-mail: kevin@kjane.fsbusiness.co.uk
	Note: All enquiries and correspondence should be directed to the General Secretary.	
Chairman & Powerlifting Secretary	Pete Weiss 1 Fairmile Kingsthorpe Northampton NN2 8DQ	Tel: 01604 844669 e-mail: peter.weiss@virgin.net
President	Wally Pullum 22 Dunsby Road Luton Bedfordshire LU3 2UA	Tel: 01582 592841 Fax: 01582 482901 e-mail: info@pullumsports.co.uk
Treasurer	Jenny Hunter 22 Abbots Close Arbury Cambridge	Tel: 01223 479511 e-mail: jenny@ced.co.uk
Technical Secretary	Dave Tucker 27 Gunhild Close Cambridge CB1 8RD	Tel: 01223 411414
Membership registrar, Newsletter Editor & Records Registrar	Ian Kinghorn 20 Bell Close Helmdon Brackley Northants NN13 5UH	Tel: 01295 760172 e-mail: ian.kinghorn21@btinternet.com
Olympic Secretary	Vacant	
Disabled Secretary	Vacant	
Course Co-Ordinator	Vacant	

Note: Changes are highlighted in blue

British Powerlifting Championships – 2005														
Qualifying Totals														
Women							Men							
Weight Class	U'18	U'20	U'23	Senior	40+	50+		U'18	U'20	U'23	Senior	40+	50+	60+
44kg	120	140	155	170	165	150		-	-	-	-	-	-	-
48kg	130	150	165	190	185	170		-	-	-	-	-	-	-
52kg	140	165	185	215	205	190		160	270	310	400	350	330	280
56kg	155	185	200	215	205	190		180	300	340	420	375	350	300
60kg	175	205	225	270	265	225		210	340	370	460	410	370	330
67.5kg	200	230	255	300	285	250		250	380	420	510	450	410	365
75kg	220	250	285	325	310	275		290	420	465	580	490	455	400
82.5kg	240	275	305	360	330	300		330	455	505	650	530	500	440
90kg	260	295	315	390	330	300		370	480	550	690	570	525	480
90+kg	260	300	320	400	330	300		-	-	-	-	-	-	-
100kg	-	-	-	-	-	-		400	510	590	720	610	550	510
110kg	-	-	-	-	-	-		400	540	610	760	650	570	530
125kg	-	-	-	-	-	-		410	570	620	780	670	590	550
125+kg	-	-	-	-	-	-		410	580	630	800	670	590	550

British Bench Press Championships – 2005												
Qualifying Weights												
Women						Men						
Weight Class	Under 20	Under 23	Senior	40+	50+	Under 20	Under 23	Senior	40+	50+	60+	
44kg	30	35	40	35	30	-	-	-	-	-	-	
48kg	37.5	42.5	45	42.5	37.5	-	-	-	-	-	-	
52kg	42.5	47.5	50	47.5	42.5	60	65	75	70	65	60	
56kg	45	50	55	50	45	65	70	80	75	70	65	
60kg	47.5	52.5	60	52.5	47.5	70	75	85	80	75	70	
67.5kg	50	57.5	70	57.5	50	80	85	100	90	85	80	
75kg	52.5	62.5	80	62.5	52.5	90	95	120	105	95	90	
82.5kg	57.5	65	80	65	57.5	100	105	140	120	105	100	
90kg	57.5	65	80	65	57.5	107.5	115	155	135	115	107.5	
90+kg	57.5	65	80	65	57.5	-	-	-	-	-	-	
100kg	-	-	-	-	-	115	125	165	150	125	115	
110kg	-	-	-	-	-	120	135	175	160	135	120	
125kg	-	-	-	-	-	120	145	185	170	145	120	
125+kg	-	-	-	-	-	120	145	200	180	145	120	

British Unequipped Championships – 2005 Qualifying Totals									
	Women				Men				
Weight Class	Senior	40+	50+		Senior	40+	50+	60+	70+
44kg	130	120	110		-	-	-	-	-
48kg	150	140	130		-	-	-	-	-
52kg	170	160	150		280	250	220	200	190
56kg	195	180	170		310	280	250	230	200
60kg	210	200	190		360	330	290	260	230
67.5kg	225	210	200		420	370	335	300	260
75kg	240	220	210		480	440	385	345	300
82.5kg	245	230	220		510	460	420	380	340
90kg	260	240	230		540	490	450	410	370
90+kg	275	250	240		-	-	-	-	-
100kg	-	-	-		570	520	490	430	390
110kg	-	-	-		600	550	510	460	410
125kg	-	-	-		630	580	530	480	430
125+kg	-	-	-		650	600	550	500	460

PROVISIONAL QUALIFYING REQUIREMENT FOR BRITISH UNEQUIPPED BENCH PRESS CHAMPIONSHIPS - 2005														
Weight Class	44kg	48kg	52kg	56kg	60kg	67.5kg	75kg	82.5kg	90kg	90+kg	100kg	110kg	125kg	125+kg
Men(Open)	-	-	55	60	70	85	100	110	125	-	135	145	155	195
Men (U23)	-	-	50	55	65	80	90	95	100	-	105	110	115	120
Men(U20)	-	-	47.5	52.5	57.5	65	70	77.5	85	-	95	105	110	115
Men (40+)	-	-	50	55	65	80	90	95	100	-	105	110	115	120
Men (50+)	-	-	47.5	52.5	57.5	65	70	77.5	85		95	105	110	115
Men(60+)	-	-	45	50	55	60	65	72.5	90	-	90	95	100	105
Women(Open)	40	42.5	45	47.5	50	52.5	55	60	65	70	-	-	-	-
Women(U23)	37.5	40	42.5	45	47.5	50	52.5	55	57.5	60	-	-	-	-
Women(U20)	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5	-	-	-	-
Women (40+)	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5	-	-	-	-
Women(50+)	30	32.5	35	37.5	40	42.5	45	47.5	50	52.5	-	-	-	-

East Midlands Divisional Records

Men U18 - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	Shane Rowlands	47.9	30/11/02	80
56				
60				
67.5	Wayne Bartlett	65.5	29/1/2005	145
75				
82.5				
90				
100				
110				
125				
125+				

Men U18 - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	Shane Rowlands	47.9	30/11/02	45
56				
60				
67.5	Wayne Bartlett	65.5	29/1/2005	95
75				
82.5				
90				
100				
110				
125				
125+				

Men U18 - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	Shane Rowlands	47.9	30/11/02	80
56				
60				
67.5	Wayne Bartlett	65.5	29/1/2005	165
75				
82.5				
90				
100				
110				
125				
125+				

Men U18 - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	Shane Rowlands	47.9	30/11/02	205
56				
60				
67.5	Wayne Bartlett	65.5	29/1/2005	405
75				
82.5				
90				
100				
110				
125				
125+				

Men U20 - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	127.50
56	C.Mtichell	55.60	22/09/02	185
60	G.Coates	60.00	22/03/81	190
67.5	A.Channell		27/09/80	212.50
75	A.Channell	69.00	02/11/81	220
82.5	J.Spreadbury	82.10	22/03/81	245
90	S.Spillane	89.75	18/03/79	265
100	S.Spillane		09/12/79	295
110	C.Atkinson	108.20	22/10/78	305
125	C.Atkinson	111.70	10/09/78	300
125+				

Men U20 - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	70
56	C.Mtichell	55.60	22/09/02	100
60	S.Roberts	60.00	18/03/79	105
67.5	A.Channell	66.70	26/07/80	120
75	A.Rose		17/12/83	155
82.5	J.Spreadbury	82.10	22/03/81	147.50
90	S.Spillane		12/05/79	170
100	S.Spillane		09/12/79	192.50
110	C.Atkinson	108.20	22/10/78	155
125	C.Atkinson	111.70	10/09/78	155
125+				

Men U20 - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	172.50
56	S.Coote	54.50	08/09/84	190.50
60	S.Coote	58.80	29/04/84	195.50
67.5	L.Ramsey	66.70	07/06/81	230
75	A.Rose		17/12/83	255
82.5	J.Spreadbury	82.10	22/03/81	272.50
90	S.Spillane		12/05/79	260
100	S.Spillane	94.50	24/06/75	275
110	C.Atkinson	107.80	01/10/78	290
125	C.Atkinson	111.70	10/09/78	285
125+				

Men U20 - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	370
56	N.Duff	55.30	07/06/81	460
60	G.Coates	60.00	22/03/81	465
67.5	A.Channell		27/09/80	530
75	A.Rose		17/12/83	630
82.5	J.Spreadbury	82.10	22/03/81	665
90	S.Spillane		12/05/79	690
100	S.Spillane	97.80	04/11/79	745
110	C.Atkinson	107.80	01/10/78	745
125	C.Atkinson	111.70	10/09/78	740
125+				

Men U23 - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	127.50
56	C.Mitchell	55.50	07/12/03	195
60	G.Coates	60.00	22/03/81	190
67.5	A.Pennachia	66.95	26/04/80	232.50
75	A.Rose	74.50	21/07/85	250
82.5	H.Williamson	78.95	08/02/87	260
90	D.Durrant	88.50	27/01/85	275
100	S.Spillane		26/04/80	315
110	S.Spillane	110.00	10/10/82	320
125	C.Atkinson	111.70	10/09/78	300
125+	P.Doherty	131	28/11/04	330

Men U23 - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	70
56	C.Mitchell	55.45	30/11/02	102.5
60	S.Roberts	60.00	18/03/79	105
67.5	O.Gilbert	66.55	29/08/03	145
75	A.Rose	74.50	21/07/85	177.50
82.5	E.Sargeant	81.00	24/05/81	155
90	E.Sargeant	89.90	17/10/82	170.50
100	S.Spillane	97.50	26/07/80	200
110	S.Spillane	100.80	22/03/81	190
125	C.Atkinson	111.70	10/09/78	155
125+	P.Doherty	131	28/11/04	230

Men U23 - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	172.50
56	S.Coote	54.50	08/09/84	190.50
60	S.Coote	60.00	15/09/85	202.50
67.5	R.Ramsey	67.50	26/07/80	250
75	A.Rose	74.50	21/07/85	300
82.5	J.Spreadbury	82.10	22/03/81	272.50
90	J.Spreadbury	88.40	18/10/81	292.50
100	S.Spillane		13/12/81	290
110	C.Atkinson	107.80	01/10/78	290
125	C.Atkinson	111.70	10/09/78	285
125+	N.Vanhagen	149.70	25/09/83	290

Men U23 - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	370
56	C.Mitchell	55.50	07/12/03	470
60	S.Coote	60.00	15/09/85	467.50
67.5	O.Gilbert	66.55	29/08/03	572.50
75	A.Rose	74.50	21/07/85	727.50
82.5	J.Spreadbury	82.10	22/03/81	665
90	D.Durrant	88.50	21/01/85	700
100	S.Spillane		13/12/81	800
110	S.Spillane	110.00	10/10/82	790
125	C.Atkinson	111.70	10/09/78	740
125+	P.Doherty	131	28/11/04	800

Men Senior - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	127.50
56	C.Mitchell	55.50	07/12/03	195
60	S.Rowlands	60.00	07/05/95	200
67.5	S.Rowlands	64.40	17/05/98	235
75	T.Swallow	74.50	07/12/03	260
82.5	H.Wadsworth	81.20	06/09/92	305
90	J.Neighbour		--/08/82	320
100	S.Spillane		26/04/80	315
110	S.Spillane	110.00	09/10/83	357.50
125	S.Spillane	117.50	29/09/85	385
125+	B.Strange		23/09/84	345

Men Senior - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	J.White	50.57	08/03/75	85
56	C.Mitchell	55.45	30/11/02	102.5
60	J.Ambler		26/04/80	127.50
67.5	C.Haynes	67.40	26/04/87	150
75	S.Walker	74.50	02/11/97	187.50
82.5	S.Walker	76.00	07/12/03	175
90	J.Neighbour		--/--/83	200
100	I.Kinghorn	98.85	26/09/04	210
110	J.Neighbour	101.20	31/03/85	222.50
125	S.Spillane	117.50	29/09/85	240
125+	P.Doherty	131	28/11/04	230

Men Senior - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	172.50
56	S.Coote	54.50	08/09/84	190.50
60	J.Ambler	59.80	01/10/78	227.50
67.5	J.Burke	66.50	09/04/95	265
75	A.Rose	74.50	21/07/85	300
82.5	K.Jane	82.50	25/07/82	317.50
90	J.Bufkin	89.80	26/02/95	320
100	J.Bufkin	91.20	24/09/95	330
110	A.White	109.40	17/04/82	380
125	D.Cullen	121.00	07/06/92	373
125+	B.Strange		23/09/84	325

Men Senior - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	G.Singh		17/12/72	370
56	C.Mitchell	55.50	07/12/03	470
60	J.Ambler		26/04/80	540
67.5	C.Haynes	67.40	26/04/87	610
75	A.Rose	74.50	21/07/85	727.50
82.5	K.Jane	82.50	25/07/82	702.50
90	J.Neighbour	89.50	26/02/84	812.50
100	S.Spillane		13/12/81	800
110	A.White	109.40	17/04/82	920
125	S.Spillane	117.50	29/09/85	935
125+	B.Strange		23/09/84	890

+40 Men - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	F.Gubbins	51.00	25/01/87	115
56	F.Gubbins	54.50	28/05/88	120
60	P.Weiss	59.70	09/02/86	172.50
67.5	B.Mullen	67.20	06/12/92	157.50
75	S.Walker	74.70	26/04/98	235
82.5	A.Summers	82.50	09/02/86	247.50
90	K.Jane	89.80	26/04/98	285
100	J.West	94.30	31/03/85	255
110	M.Littlechild	105.60	18/11/90	290
125	T.O'Neill	122.60	14/12/97	315
125+	T.O'Neill	125.10	26/04/98	330

+40 Men - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	F.Gubbins	51.00	25/01/87	62.50
56	F.Gubbins	54.50	28/05/88	65
60	P.Weiss	59.70	09/02/86	110
67.5	B.Mullen	65.20	23/02/92	97.50
75	S.Walker	74.50	02/11/97	187.50
82.5	S.Walker	76.00	07/12/03	175
90	Jerry Rice	88.15	26/9/2004	180
100	I.Kinghorn	98.85	26/09/04	210
110	I.Kinghorn	100.60	22/11/02	180
125	T.O'Neill	123.10	26/04/02	172.50
125+	M.Mackey	147.5	07/12/03	215

+40 Men - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	F.Gubbins	51.00	12/10/87	140
56	F.Gubbins	54.50	28/05/88	150
60	P.Weiss	58.20	26/04/87	190
67.5	B.Mullen	66.80	07/06/92	210
75	S.Walker	74.50	02/11/97	260
82.5	S.Walker	76.00	07/12/03	250
90	K.Jane	89.40	17/05/98	320
100	T.Masterson	91.15	24/02/85	265
110	M.Littlechild	105.60	18/11/90	280
125	T.O'Neill	122.70	30/11/02	312.50
125+	T.O'Neill	125.10	26/04/98	315

+40 Men - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52	F.Gubbins	51.20	11/04/87	315
56	F.Gubbins	54.50	28/05/88	335
60	P.Weiss	59.70	09/02/86	470
67.5	B.Mullen	65.20	23/02/92	440
75	S.Walker	74.50	02/11/97	670
82.5	S.Walker	76.00	07/12/03	655
90	K.Jane	89.40	17/05/98	770
100	I.Kinghorn	98.85	26/9/2004	700
110	M.Littlechild	105.60	18/11/90	730
125	T.O'Neill	122.60	14/12/97	767.50
125+	T.O'Neill	125.10	26/04/98	802.50

+50 Men - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52				
56				
60				
67.5	P.Hillyard	66.80	23/02/92	145
75	D.Tucker	75.00	25/01/87	220
82.5	A.Summers	82.50	07/04/91	235
90	K.Jane	89.80	30/11/02	280
100	K.Jane	90.9	01/12/01	272.5
110	J.Seabrook	101.50	28/05/88	200
125				
125+				

+50 Men - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52				
56				
60				
67.5	P.Hillyard	66.80	23/02/92	100
75	D.Tucker	74.60	09/02/86	115
82.5	D.Tucker	82.10	18/11/90	107.50
90	K.Jane	90.00	07/12/03	165
100	K.Jane	90.90	01/12/01	162.5
110	J.Bevan	108.95	26/07/98	147.5
125	J.Bevan	113.20	24/10/98	150.50
125+				

+50 Men - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52				
56				
60				
67.5				
75	D.Tucker	75.00	25/01/87	240
82.5	D.Tucker	82.10	18/11/90	240
90	K.Jane	90.00	07/12/03	307.5
100	K.Jane	90.90	01/12/01	295
110	J.Bevan	108.95	26.07.98	162.5
125				
125+				

+50 Men - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52				
56				
60				
67.5				
75	D.Tucker	75.00	25/01/87	570
82.5	A.Summers	82.50	07/04/91	615
90	K.Jane	90.00	07/12/03	740
100	K.Jane	90.90	01/12/01	730
110				
125				
125+				

+60 Men - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52				
56				
60	P.Weiss	59.50	26/04/02	155
67.5	P.Hillyard	67.35	26/02/95	150
75	G.Leggett	74.50	07/05/95	200
82.5	J.Jones	82.10	07/12/03	165
90	K.Clarke	88.00	14/12/97	195
100	K Clark	93.00	24/08/02	190
110				
125	C.Gladding	114.10	07/12/03	160
125+				

+60 Men - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52				
56				
60	P.Weiss	59.50	26/04/02	95
67.5				
75	G.Leggett	74.50	07/05/95	115
82.5	J.Jones	82.10	07/12/03	100
90	K.Clarke	88.00	14/12/97	125
100	K Clark	93.00	24/08/02	135
110				
125	C.Gladding	114.10	07/12/03	147.5
125+				

+60 Men - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52				
56				
60	P.Weiss	59.50	26/04/02	175
67.5	P.Hillyard	67.35	26/02/95	175
75	G.Leggett	73.70	06/11/94	220
82.5	J.Jones	82.10	07/12/03	185
90	K.Clarke	88.00	14/12/97	235
100	K Clark	93.00	24/08/02	220
110				
125	C.Gladding	114.10	07/12/03	192.5
125+				

+60 Men - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
52				
56				
60	P.Weiss	59.50	26/04/02	425
67.5	P.Hillyard	67.35	26/02/95	417.50
75	G.Leggett	73.70	06/11/94	522.50
82.5	J.Jones	82.10	07/12/03	450
90	K.Clarke	88.00	14/12/97	555
100	K Clark	93.00	24/08/02	545
110				
125	C.Gladding	114.10	07/12/03	500
125+				

Women Senior - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44	S.Clifford-Jones	43.80	30/11/86	97.50
48	S.Clifford-Jones	45.60	25/01/87	100
52	J.Hunter	51.70	15/09/86	142.50
56	J.Hunter	53.30	03/03/85	140
60	J.Blasbery	59.80	02/03/97	157.50
67.50	J.Blasbery	63.20	14/12/97	145
75	J.Blasbery	70.05	30/11/02	172.5
82.50	C.Wass	76.80	05/04/03	130
90	L.Pennell	85.50	27/09/03	100
90+	A.Mee	92.50	07/12/03	100

Women Senior - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44	S.Clifford-Jones	43.80	30/11/86	40
48	S.Clifford-Jones	45.60	25/01/87	45
52	J.Hunter	51.70	15/09/86	80
56	M.Wadsworth	55.40	02/03/91	85
60	M.Wadsworth	59.20	06/09/92	92.50
67.50	M.Wadsworth	65.30	24/09/94	92.50
75	J.Blasbery	68.95	27/09/03	105
82.50	C.Wass	76.80	05/04/03	70
90	L.Pennell	85.50	27/09/03	45
90+	A.Mee	92.50	07/12/03	55

Women Senior - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44	S.Clifford-Jones	43.80	30/11/86	117.50
48	J.Hunter	48.00	--/--/83	130
52	J.Hunter	51.70	15/09/86	165
56	J.Hunter	53.30	03/03/85	162.50
60	J.Blasbery	59.70	24/09/94	192.50
67.50	J.Blasbery	63.20	14/12/97	182.50
75	J.Blasbery	69.00	07/12/03	190
82.50	C.Wass	76.80	05/04/03	135
90	L.Pennell	85.80	07/12/03	110
90+	A.Mee	92.50	07/12/03	140

Women Senior - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44	S.Clifford-Jones	43.80	30/11/86	255
48	S.Clifford-Jones	45.60	25/01/87	262.50
52	J.Hunter	51.70	15/09/86	387.50
56	J.Hunter	53.30	03/03/85	372.50
60	J.Blasbery	59.70	24/09/94	422.50
67.50	J.Blasbery	63.20	14/12/97	402.50
75	J.Blasbery	70.05	30/11/02	457.50
82.50	C.Wass	76.80	05/04/03	335
90	L.Pennell	85.80	07/12/03	255
90+	A.Mee	92.50	07/12/03	295

Women Masters 1 - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56	J.Hunter	55.90	28/06/03	142.50
60	J.Hunter	56.60	30/11/02	142.50
67.50	J.Blasbery	66.90	08/10/03	160
75	J.Blasbery	70.30	05/04/03	165
82.50	C.Wass	76.80	05/04/03	135
90				
90+				

Women Masters 1 - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56	J.Hunter	55.90	28/06/03	90.00
60	J.Hunter	56.60	30/11/02	92.50
67.50	J.Blasbery	66.90	08/10/03	100
75	J.Blasbery	68.95	27/09/03	105
82.50	C.Wass	76.80	05/04/03	70
90				
90+				

Women Masters 1 - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56	J.Hunter	55.90	28/06/03	155
60	J.Hunter	56.60	30/11/02	160
67.50	J.Blasbery	66.90	08/10/03	185
75	J.Blasbery	69.00	07/12/03	190
82.50	C.Wass	76.80	05/04/03	130
90				
90+				

Women Masters 1 - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56	J.Hunter	55.90	28/06/03	387.50
60	J.Hunter	56.60	30/11/02	395
67.50	J.Blasbery	66.90	08/10/03	445
75	J.Blasbery	70.30	05/04/03	445
82.50	C.Wass	76.80	05/04/03	335
90				
90+				

Women U23 - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	T.Croker	57.80	28/06/03	105
67.50	J.Hawkins	67.00	07/12/03	60
75				
82.50	L.Pennell	82.50	05/04/03	80
90	L.Pennell	85.50	27/09/03	100
90+				

Women U23 - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	T.Croker	58.55	27/09/03	50.00
67.50	J.Hawkins	67.00	07/12/03	25
75				
82.50	L.Pennell	82.50	05/04/03	42.50
90	L.Pennell	85.50	27/09/03	45
90+				

Women U23 - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	J.Blasbery	--	08/12/85	152.5
67.50	J.Hawkins	67.00	07/12/03	80
75				
82.50	L.Pennell	82.50	05/04/03	90
90	L.Pennell	85.50	27/09/03	105
90+				

Women U23 - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	J.Blasbery	--	08/12/85	330
67.50	J.Hawkins	67.00	07/12/03	165
75				
82.50	L.Pennell	82.50	05/04/03	212.50
90	L.Pennell	85.50	27/09/03	250
90+				

Women U20 - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	T.Croker	57.80	28/06/03	105
67.50	J.Hawkins	67.00	07/12/03	60
75				
82.50				
90				
90+				

Women U20 - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	T.Croker	58.55	27/09/03	50.00
67.50	J.Hawkins	67.00	07/12/03	25
75				
82.50				
90				
90+				

Women U20 - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	T.Croker	58.00	30/11/02	112.50
67.50	J.Hawkins	67.00	07/12/03	80
75				
82.50				
90				
90+				

Women U20 - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	T.Croker	57.80	28/06/03	265
67.50	J.Hawkins	67.00	07/12/03	165
75				
82.50				
90				
90+				

Women U18 - Squat

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	T.Croker	58.00	30/11/02	100
67.50	J.Hawkins	67.00	07/12/03	60
75				
82.50				
90				
90+				

Women U18 - Bench Press

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	T.Croker	58.55	27/09/03	50
67.50	J.Hawkins	67.00	07/12/03	25
75				
82.50				
90				
90+				

Women U18 - Deadlift

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	T.Croker	58.00	30/11/02	112.50
67.50	J.Hawkins	67.00	07/12/03	80
75				
82.50				
90				
90+				

Women U18 - Total

Weight Class	Name	B/W (kg)	Date	Lift (kg)
44				
48				
52				
56				
60	T.Croker	58.00	30/11/02	260
67.50	J.Hawkins	67.00	07/12/03	165
75				
82.50				
90				
90+				