

Ultimate Strength

The Official Newsletter of the East Midlands Weight Lifters Association

March 2006



The East Midlands Bench Press 2006, Hamilton's Fitness Centre, Colchester
Picture shows lifters from Yardley Gobion Powerlifting Club
(from left to right Steve Walker, Jerry Rice and Ian Kinghorn)

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Editorial

Please note that dates of a number of national championships have either changed or been confirmed – both the British Masters and the British Unequipped Powerlifting Championships have been moved and have new dates. The date and venue for the EM masters, juniors and novices competition has also been confirmed. See the competition calendar in this edition for details.

The 14th May 2006 sees the AGM for BWLA, and it is hopeful that the topic of the split between weightlifting and powerlifting will be tabled and a vote taken which will either see the necessary processes start or not.

The meeting is open to all members of BWLA and will be held at Lilleshall. All members wishing to attend must advise Steve Cannon of this by the 15th April 2006. Obviously this is a key issue for our sport and it's current or future governance, so if you have an opinion and want your vote to count then you need to

attend. See message from the Powerlifting Management Group within this edition.

The division has staged two contests since the last issue, the divisional unequipped powerlifting championship and the divisional bench press championship. Full results are included in this issue.

I have had a number of observations that the photo's included in this magazine are always of lifters not within the division. The reason being is that I haven't any photos of lifters within the division. If anyone wants to send me copies of photo's, preferably digital versions (but I can scan originals and return them), of lifters within the division then I can include them. You will note that this issues' cover shot is of lifters within the division taken after the EM bench press championship at Hamilton's Fitness in Colchester.

Ian Kinghorn
Newsletter Editor

Subscription 2006

Ultimate Strength is published by the East Midlands Weightlifting Association. It contains results and news from the division together with items of interest from both a national and international perspective.

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British Powerlifting Championships 2006

This years British was again held at the Birmingham Sports Centre. I have not as yet been passed an official copy of the results, however those presented below I know reflect what happened reasonably well however I cannot guarantee their absolute accuracy.

Name	Bwt.	Squat	POB	D-Lift	Total
60kg					
Graham Dowers	58.0	195.0	115.0	180.0	490.0
Nigel Patrick	59.0	185.0	80.0	160.0	425.0
67.5kg					
Phil Richard	65.5	290.0	182.5	242.5	715.0
Barry Sheering	67.0	200.0	145.0	245.0	590.0
Wayne McFarlane	65.0	195.0	140.0	205.0	540.0
75kg					
Steve Walker	73.2	245.0	180.0	255.0	680.0
Manoj Chahal	73.8	250.0	165.0	250.0	665.0
Shaun Hayes	73.5	237.5	175.0	245.0	657.5
Jasvinder Singh	74.0	215.0	162.5	210.0	587.5
Andrew Brown	72.5	210.0	130.0	215.0	555.0
David Fairhurst	73.5	200.0	132.5	222.5	555.0
82.5kg					
Jaswinder Singh	82.0	275.0	190.0	275.0	740.0
T.S.Adwale	82.5	277.5	150.0	290.0	717.5
Toby Swallow	78.5	277.5	157.5	272.5	707.5
Ian Shaw	81.5	265.0	142.5	295.0	702.5
Simon Town	81.0	225.0	160.0	260.0	645.0
Joao Arsenio	76.0	250.0	130.0	-	-
90kg					
David Carter	87.0	280.0	175.0	325.0	780.0
John Porter	88.5	265.0	182.5	280.0	727.5
Jerry Rice	88.0	280.0	180.0	250.0	710.0
John Harness	88.0	280.0	170.0	250.0	700.0
Karl Bevan	89.0	270.0	180.0	250.0	700.0
Kevin Jane	89.5	265.0	160.0	270.0	695.0
Steven Bright	89.0	-	-	240.0	-
100kg					
Steve Keenan	95.5	285.0	190.0	300.0	775.0
Stewart Ogg	95.0	290.0	190.0	292.5	772.5
Ian Hawkins	98.5	282.5	212.5	270.0	765.0
Ian Kinghorn	98.0	262.5	247.5	242.5	752.5
Gary Mitchell	98.5	307.5	180.0	265.0	752.5
Steve Gott	98.0	277.5	180.0	265.0	722.5
Robert Pulling	98.0	270.0	185.0	245.0	700.0
110kg					
Farid Morvaridi	105.5	320.0	215.0	285.0	820.0
Andy Rodney	106.5	325.0	170.0	300.0	795.0
Simon Darton	105.0	265.0	190.0	265.0	720.0
125kg					
Clive Henry	121.5	415.0	280.0	315.0	1010.0

Name	Bwt.	Squat	POB	D-Lift	Total
Michael Ashurst	124.0	342.5	190.0	335.0	867.5
Dean Bowring	123.0	375.0	-	355.0	-
125kg +					
Andy Kerr	136.5	270.0	207.5	310.0	787.5
Andy Thompson	148.0	350.0	-	-	-

British Senior Records in **black**

EM Unequipped Powerlifting Championships

The division's unequipped powerlifting championship was hosted by the Hitchin and Letchworth Weightlifting Club. It wasn't the biggest competition of the year but did result in some big lifts being made many of which exceed the current divisional records but many have yet to be claimed. (For details of how to claim your records see either the previous issue of Ultimate Strength or the East Midlands web site hosted on the Hamilton's Fitness website:

<http://www.hamiltonsfitness.co.uk/weightlifting.htm>)

Name	Club	bwt	Squat	Bench	Sub-total	D/lift	Total
Jenny Hunter	Cambridge	57.7	100.0	80.0	180.0	140.0	320.0
Steve Dodd	una	59.1	105.0	85.0	190.0	137.5	327.5
Wayne MacFarland	Hamiltons	65.3	167.5	130.0	297.5	202.5	500.0
Allen Ottolangui	Hitchin	75.0	190.0	112.5	302.5	230.0	532.5
George Leggett	Lakeside	73.5	145.0	85.0	230.0	150.0	380.0
Steve Gates	Hitchin	81.0	190.0	120.0	310.0	252.5	562.5
Andy Howard	Hamiltons	88.9	195.0	140.0	335.0	242.5	577.5
Ian Newsome	Hitchin	89.0	215.0	127.5	342.5	230.0	572.5
Doug D'Gama	Hitchin	88.5	175.0	152.5	327.5	240.0	567.5
Tony Wightman	Luton	88.3	152.5	115.0	267.5	187.5	455.0
Joe Lampshire	una	99.1	240.0	160.0	400.0	260.0	660.0
Stephen Martin	Cambridge	98.3	210.0	135.0	345.0	250.0	595.0
Dave Battison	Lakeside	94.2	200.0	142.5	342.5	235.0	577.5
Rick Gates	Hitchin	110.3	150.0	110.0	260.0	200.0	460.0

East Midlands records set in 2006

Recent records								
Date	Record Area	Record Category	Lift	Lift (kg)	Name	B/wt	Class	M/F
26/03/2006	EM	M3 AC	Bench	170.0	Dave Battison	95.00	100.0	M
12/03/2006	EM	M1 u	Bench	80.0	Jenny Hunter	57.70	60.0	W
12/03/2006	EM	M1 u	Squat	100.0	Jenny Hunter	57.70	60.0	W
12/03/2006	EM	M1 u	Deadlift	140.0	Jenny Hunter	57.70	60.0	W
12/03/2006	EM	M1 u	Total	320.0	Jenny Hunter	57.70	60.0	W
12/03/2006	EM	M1 u AC	Bench	80.0	Jenny Hunter	57.70	60.0	W
12/03/2006	EM	M3 u	Bench	142.5	Dave Battison	94.20	100.0	M
12/03/2006	EM	M3 u	Squat	200.0	Dave Battison	94.20	100.0	M
12/03/2006	EM	M3 u	Deadlift	235.0	Dave Battison	94.20	100.0	M

12/03/2006	EM	M3 u	Total	577.5	Dave Battisson	94.20	100.0	M
12/03/2006	EM	M3 u AC	Bench	142.5	Dave Battisson	94.20	100.0	M
12/03/2006	EM	Snr u	Bench	80.0	Jenny Hunter	57.70	60.0	W
12/03/2006	EM	Snr u	Squat	100.0	Jenny Hunter	57.70	60.0	W
12/03/2006	EM	Snr u	Deadlift	140.0	Jenny Hunter	57.70	60.0	W
12/03/2006	EM	Snr u	Bench	142.5	Dave Battisson	94.20	100.0	M
12/03/2006	EM	Snr u	Squat	200.0	Dave Battisson	94.20	100.0	M
12/03/2006	EM	Snr u	Deadlift	235.0	Dave Battisson	94.20	100.0	M
12/03/2006	EM	Snr u	Total	320.0	Jenny Hunter	57.70	60.0	W
12/03/2006	EM	Snr u	Total	577.5	Dave Battisson	94.20	100.0	M
12/03/2006	EM	Snr u AC	Bench	80.0	Jenny Hunter	57.70	60.0	W
26/02/2006	EM	M1	Bench	247.5	Ian Kinghorn	98.00	100.0	M
26/02/2006	EM	M1	Squat	262.5	Ian Kinghorn	98.00	100.0	M
26/02/2006	EM	M1	Total	752.5	Ian Kinghorn	98.00	100.0	M
26/02/2006	EM	M1 AC	Bench	247.5	Ian Kinghorn	98.00	100.0	M
26/02/2006	EM	Snr	Bench	247.5	Ian Kinghorn	98.00	100.0	M
26/02/2006	EM	Snr AC	Bench	247.5	Ian Kinghorn	98.00	100.0	M
25/02/2006	EM	M2	Bench	180.0	Steve Walker	74.00	75.0	M
25/02/2006	EM	M2	Squat	245.0	Steve Walker	74.00	75.0	M
25/02/2006	EM	M2	Deadlift	255.0	Steve Walker	74.00	75.0	M
25/02/2006	EM	M2	Total	680.0	Steve Walker	74.00	75.0	M
25/02/2006	EM	M2 AC	Bench	180.0	Steve Walker	74.00	75.0	M
05/02/2006	EM	M1 AC	Bench	190.0	Jerry Rice	89.50	90.0	M
05/02/2006	EM	M1 AC	Bench	245.0	Ian Kinghorn	99.85	100.0	M
05/02/2006	EM	Snr AC	Bench	245.0	Ian Kinghorn	99.85	100.0	M
04/02/2006	EM	M2 AC	Bench	175.0	Steve Walker	74.00	75.0	M

A full set of current divisional records is available for download from the East Midlands website at:
http://www.hamiltonsfitness.co.uk/east_midlands_records.htm.

EM bench press championships 2006

Once again the EM bench press championship was hosted by Hamilton's Fitness in Colchester, and once again it was both a well attended event and a well organised event. The eventual turnout was down to 32 lifters from over 40 lifters who entered. The event was staged on 26th March 2006, and as per similar events there was both an equipped and unequipped competition for the overall title, tables showing both appear beyond the weight class results below.

BDW.	NAME	CLASS	CLUB	equip	TOT.	Wilk's	Pos
58.1	Jenny Hunter	56	Cambridge	y	85.0	97.17	1
65.6	Colette Pendry	67.5	una	y	100.0	104.2	1
63.4	Carol Simpson-Reeve	67.5	hamiltons	n	35.0	37.41	2
71.4	Jackie Blasbery	75	Cambridge	y	105.0	103.06	1
59.4	Chad Mitchell	60	Cambridge	y	107.5	92.53	1
58	Charles Ifill	60	Crystal Palace	n	95.0	83.61	2
59.3	Steve Dodd	60	una	n	87.5	75.43	3
66.6	Wayne MacFarlane	67.5	hamiltons	n	132.5	103.27	1
62.4	Farhad Saiepour	67.5	una	n	105.0	86.46	2
74.7	Steve Walker	75	Yardley	y	180.0	128.61	1
73.9	Mike King	75	Mike's Gym	y	120.0	86.39	2
71.4	Gary Draper	75	Mike's Gym	n	100.0	73.82	3
72.1	Scott Boxer	75	una	n	90.0	65.96	4

BDW.	NAME	CLASS	CLUB	equip	TOT.	Wilk's	Pos
72.6	Sam Duncombe	75	una	n	87.5	63.8	5
70.7	Thomas Johnston	75	una	n	77.5	57.64	6
72.6	Steve Knight	75	hamiltons	n	75.0	54.69	7
81.4	Max Rasmussen	82.5	Lakenham	y	140.0	94.54	1
78.7	Gary Conway	82.5	Butlers H&F	n	120.0	82.78	2
80.1	Mick Amey	82.5	hamiltons	n	120.0	81.85	3
89.5	Jerry Rice	90	Yardley	y	185.0	118.42	1
89.5	Andy Howard	90	hamiltons	y	185.0	118.42	2
87.4	Doug D'Gama	90	Hitchin	y	172.5	111.81	3
89.6	Paul Kerridge	90	hamiltons	y	120.0	76.77	4
86.7	Keith Clark	90	una	n	110.0	71.61	5
99.8	Ian Kinghorn	100	Yardley	y	235.0	143.09	1
95	Dave Battisson	100	Lakeside	y	170.0	105.72	2
95.6	Ryan McLafferty	100	una	n	125.0	77.52	3
99.4	Richard Twycross-Lewis	100	Crystal Palace	n	0.0	0	
102.7	Pinda Singh	110	hamiltons Crystal	n	190.0	114.41	1
101.2	Ken Crickmore	110	Palace	n	127.5	77.21	2
108.7	Chris Williams	110	una	n	125.0	73.81	3
117.9	Tom Metcalfe	125	hamiltons	n	120.0	69.24	1

Equipped competition ordered by Wilks

BDW.	NAME	CLASS	CLUB	equip	TOT.	Wilk's	Pos
99.8	Ian Kinghorn	100	Yardley	y	235.0	143.09	1
74.7	Steve Walker	75	Yardley	y	180.0	128.61	2
89.5	Jerry Rice	90	Yardley	y	185.0	118.42	3
89.5	Andy Howard	90	hamiltons	y	185.0	118.42	4
87.4	Doug D'Gama	90	Hitchin	y	172.5	111.81	5
95	Dave Battisson	100	Lakeside	y	170.0	105.72	6
65.6	Colette Pendry	67.5	una	y	100.0	104.2	7
71.4	Jackie Blasbery	75	Cambridge	y	105.0	103.06	8
58.1	Jenny Hunter	56	Cambridge	y	85.0	97.17	9
81.4	Max Rasmussen	82.5	Lakenham	y	140.0	94.54	10
59.4	Chad Mitchell	60	Cambridge	y	107.5	92.53	11
73.9	Mike King	75	Mike's Gym	y	120.0	86.39	12
80.1	Mick Amey	82.5	hamiltons	y	120.0	81.85	6
89.6	Paul Kerridge	90	hamiltons	y	120.0	76.77	13

Unequipped competition ordered by Wilks

BDW.	NAME	CLASS	CLUB	equip	TOT.	Wilk's	Pos
102.7	Pinda Singh	110	hamiltons	n	190.0	114.41	1
66.6	Wayne MacFarlane	67.5	hamiltons	n	132.5	103.27	2
62.4	Farhad Saiepour	67.5	una	n	105.0	86.46	3
58	Charles Ifill	60	Crystal Palace	n	95.0	83.61	4
78.7	Gary Conway	82.5	Butlers H&F	n	120.0	82.78	5
95.6	Ryan McLafferty	100	una	n	125.0	77.52	7
101.2	Ken Crickmore	110	Crystal Palace	n	127.5	77.21	8
59.3	Steve Dodd	60	una	n	87.5	75.43	9
71.4	Gary Draper	75	Mike's Gym	n	100.0	73.82	10

BDW.	NAME	CLASS	CLUB	equip	TOT.	Wilk's	Pos
108.7	Chris Williams	110	una	n	125.0	73.81	11
86.7	Keith Clark	90	una	n	110.0	71.61	12
117.9	Tom Metcalfe	125	hamiltons	n	120.0	69.24	13
72.1	Scott Boxer	75	una	n	90.0	65.96	14
72.6	Sam Duncombe	75	una	n	87.5	63.8	15
70.7	Thomas Johnston	75	una	n	77.5	57.64	16
72.6	Steve Knight	75	hamiltons	n	75.0	54.69	17
63.4	Carol Simpson- Reeve	67.5	hamiltons	n	35.0	37.41	18

SUPPORT POWERLIFTING INDEPENDENCE

The Powerlifting Management Committee has submitted a Notice of Motion to the BWLA, which would establish a completely separate Governing Body for Powerlifting. This reads:

“The BWLA Powerlifting Management Committee hereby proposes that the BWLA relinquish all its rights to administer and control Powerlifting in the United Kingdom and hand these over to a new and wholly independent organisation, the UK Powerlifting Federation (UKPF).

Further that the BWLA shall cede all its rights to UKPF, in regard of representing Powerlifting at Divisional, National and International events and IPF, EPF and CPF Congresses. The BWLA shall advise this in writing to all International Powerlifting and Sports organisations with which BWLA is currently affiliated or associated and the UK Sports Councils/CCPR etc.

The handover of Powerlifting to UKPF shall be carried out in an equitable and fair manner with the details and timeframe agreed by both the BWLA and the UKPF. A working group may be formed to facilitate implementation.”

The UK POWERLIFTING FEDERATION will comprise the England, Wales, Scotland and Northern Ireland Powerlifting Organisations and affiliate directly to the IPF and EPF.

The Notice of Motion will be put to the vote at the AGM on Sunday 14th May, 10.30 a.m. at the Lilleshall National Sports Centre. You must be a BWLA member to vote and have paid the Active Life Membership fee, if applicable.

In accordance with Article 9 of the Articles of Association, you can only vote at an AGM if you have registered with the Secretary of the BWLA at least 28 days prior to the meeting. YOU MUST THEREFORE SEND YOUR NAME ADDRESS AND BWLA NUMBER TO THE BWLA TO ARRIVE BEFORE 15TH APRIL 2006. It is strongly recommended that you do this by recorded delivery to the Chief Executive Office, BWLA, Lilleshall National Sports Centre, Near Newport, Shropshire TF10 9AT. You must also bring your membership card with you to the meeting.

As well as the Independence Notice of Motion, Directors of the BWLA will be elected and three powerlifters - Kevin Jane, Fred Sterry and Richard Parker are up for re-election. The CEO has asked them all to resign ahead of the AGM, which they have declined to do. Your support is needed to ensure Powerlifting continues to have a say at the top of the BWLA, if the independence proposal is defeated.

Competition calendar

East Midlands

Date	Competition	Venue	Contact
23 rd April 2006	Anglian Open Powerlifting	Hamiltons Fitness, Colchester	Stuart Hamilton
22 nd July 2006	Juniors, Masters and Novices Powerlifting	Yardley Gobion	Ian Kinghorn
29 th October 2006	Anglian Open Bench Press	Hamiltons Fitness, Colchester	Stuart Hamilton
26 th November 2006	Divisional Powerlifting	Hitchin & Letchworth	Allen Ottolangui

National

Date	Event	Venue/Location
20 th / 21 st May 2006	British Masters Powerlifting Championship	Shenley Leisure Centre, Milton Keynes
25 th June 2006	British Unequipped Bench Press Championship	Shenley Leisure Centre, Milton Keynes
29 th / 30 th July 2006	British Unequipped Powerlifting Championship	Shenley Leisure Centre, Milton Keynes
14 th or 21 st October 2006	4 Nations Championships	Scotland

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	Pete Weiss 1 Fairmile Kingsthorpe Northampton NN2 8DQ	Tel: 01604 844669 e-mail: peter@pweiss.wannadoo.co.uk
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
Power Secretary	Tracy Hawkins 97 Brampton Close Corringham Essex SS17 7NR	Tel: 01375 640100
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
Publicity manager	Stuart Hamilton Hamilton's Fitness Centre Telford Way Colchester Business Park Colchester Essex CO4 9QP	Tel: 01206 854319 e-mail: hamiltonsfitness@aol.com
Olympic Secretary	Vacant	
Disabled Secretary	Vacant	
Course Co-Ordinator	Vacant	
Schools liaison officer	Michael Neil 4 Boothville Boothville Northampton NN3 6JR	Tel: 07723 327664
	Allen Ottolangui 38 Whitehorn Lane Letchworth Hertfordshire SG6 2DL	Tel: 01462 675952 e-mail: aacl38@yahoo.co.uk

Note: Changes are highlighted in blue

British Powerlifting Championships – 2006														
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 – 2006												
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 – 2006 Qualifying Totals									
Weight Class	Women				Men				
	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

QUALIFYING REQUIREMENT FOR BRITISH UNEQUIPPED BENCH PRESS CHAMPIONSHIPS - 2006														
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	-	-	-	-