



## G B P F WELSH CHAMPS

Ten G B P F lifters competed today where Louise Watten totalled a fine 385 in the 60 class at u/23.

M40 lifter Geraint Nicholas again lifted well for a 627.5 in the 90 class as did Dominic Avo at m70 again impressing all with 427.5.

On his own in the 100 class , m40 lifter Mike Saunders lifted well for a strong 600.

In the 125 class two lifters tied on 665 and Mike Jones took the class from Mathew Pearce on body weight.

In the bench only, Ken Williams m60 pressed a tidy 150

In the 90 class Jennifer Nicol m40 impressed all with 115 as did son Carlin Jones u/23 with 182.5.

Senior lifter Jan Maksynzuk also lifted very well for 162.5

Ken

## WELSH CHAMPS G B P F 10.05.09

NAME	AGE	B/W	SQUAT	BENCH	D/LIFT	TOTAL
L WATTON	U/23	60	140	80	165	385
G NICHOLAS	M40	90	235	132.5	260	627.5
D AVO	M70	90	152.5	105	170	427.5
M SAUNDERS	M40	100	200	160	240	600
M JONES	U/23	125	230	165	270	665
M PEARCE	U/23	125	235	16.5	262.5	665

## BENCH ONLY

NAME	AGE	BW	BENCH
K WILLIAMS	M60	100	150
J NICHOL (L)	M40	90	115
C JONES	U/23	90	182.5
J MAKSYNZUK	SNR	90	162.5

REFS N WILDING , A DAVIES , P REES

M/C K WILLIAMS

MUSIC JONATHAN HACKETT , MATHEW HACKETT

LOADERS ANDREW MORGAN , JOSH KEYS , CAIRAN MURPHY , DAVE SAMUELS ,  
CHUNKY , LEE DANTON , WILL TINKLER