



WSA Counties Powerlifting 02/08/09

16 lifters competed in the WSA counties championships at the 4 seasons. In the 75 class Jonathon Hackett did well in his first comp getting a 350 total. 14yr old Daniel Watkins in the 82 class also did well for a tidy 330 total. In the 90 class Tim Keane again did well, Just missing his third attempts for a total of 480.

Four lifters in the 100k class with unequipped lifters Nick Rees impressing with a great 655 total which included a 290 deadlift. Making a come back, Jason Fox also did very well with a 610 total. Josh keys did an easy 565 with a promise of more to come, as did Dave Jones with a well-earned 505. Two lifters in the 110 class with equipped lifter brad cutler enjoying a great personal duel with Nick Rees and ending up with a great 655 which also included a 290 deadlift. Rhys Smith did very well in the squat and deadlift, but unfortunately bombed in the bench.

On his own in the 125 class, dave bendle again did well for a tidy 620 total.

WSA Counties Bench

We had 6 competitors in the bench press with unequipped Jennifer nicoll pressing a neat 75k. In the 90 class, master 40 lifter Gideon Griffiths did a great 160 just missing a 170. Nice to see master 60 lifter Mike Edwards back on the platform pressing 110. In the 100 class, M50 lifter Colin Payne did an easy 150 despite lifting with an injured arm, and Carlin Jones unfortunately bombed this time, but will get it right for the next time. On his own in the 125 class paul allen pressed a great 205 which was the biggest bench of the day.

Refs

Nigel Wilding
Alan Davies
Paul Rees

Loaders

Will Tinkler
Steve Astill

Music

Jonathon Hackett
Mathew Hackett

M.C.

Ken Williams

Thanks to all who took part today including all officials, Lifters and supporters and hope to see you all at the next competitions which is in November and is the W.S.A single lifts.



**wsa counties august 2nd 2009 4 seasons Swansea
powerlifting**

name	age	bw	squat	Bench	d.lift	total
J hackett	17	75	120	70	160	350
D watkins	14	82.5	100	75	155	330
T keane	16	90	180	95	205	480
N rees u	snr	100	215	150	290	655
J fox	snr	100	225	160	225	610
J keys	17	100	205	160	200	565
D jones	18	100	205	100	200	505
B cutler u	snr	110	235	130	290	655
R smith u		110	225		270	
D bendle	snr	125	250	160	210	620

**U = unequipped
Bench press**

<u>name</u>	<u>age</u>	<u>B/w</u>	<u>bench</u>
J nicoll (L)	M40	90+	75 (u/e)
G griffiths	M40	90	160
M edwards	M60	90	110
C payne	M50	100	150
C jones	U/23	100	
P allen	M50	125	205

g.b.p.f powerlifting

<u>name</u>	<u>age</u>	<u>B/w</u>	<u>squat</u>	<u>bench</u>	<u>d.lift</u>	<u>total</u>
T keane	16	90	180	95	205	480
N rees u	snr	100	215	150	290	655
B cutler u	snr	110	235	130	290	655

g.b.p.f benchpress

<u>name</u>	<u>age</u>	<u>B/w</u>	<u>bench</u>
J nicoll (L)	M40	90+	75
C jones	U/23	100	
M edwards	M60	90	110