



**WSA Welsh Champs 10<sup>th</sup> May 09 Four Seasons Swansea**

On her own in the 60 class, Louise Watton lifted well for 385 in the u/23 group.  
 Two lifters in the 67.5 class with 17 yr old Kyle Bowen doing well for 400 and Liam Rees at 14 in his first competition doing an easy 280.  
 Three lifters in the 82.5 class with m40 lifter Paul Rees top with 560 followed by m40 lifter Neil Finnmore with 515. Daniel Watkins at 14 also did well for 342.5.  
 Six lifters in the 90 class with Gareth Felton working well for 705, followed by m40 lifter Geraint Nicholas with 627.5.  
 Morgan Andrews again did well for 450 and m70 lifter Dominic Avo impressed all with 427.5.  
 Jon Richard in the 18/19 age group did well for a fine 352.5. Glyn Felton unfortunately bombed on the deadlift in the 100 class, Jeff Adams had the biggest total of 610 followed by m40 lifter Mike Saunders with 600.  
 Liam Hancock at u/23 did well for 575, as did Matthew Lewis with 557.5. Paul Williams at m50 again did well for 510. In the 110 class we had two lifters with Dave Bendle totalling 595 and Ryan Law at 16/17 years doing well for 340.  
 Three lifters in the 125 class with Mike Jones beating Matthew Pearce on body weight after they both totalled 665. Jon Davies did well in his first competition for a 560 total.

Name	Age	B/W	Squat	Bench	D/Lift	Total
L Watton	U/23	60	140	80	165	385
K. Bowen	16/17	67.5	130	102.5	1767.5	400
L. Rees	13/15	67.5	100	60	120	280
P. Rees	M40	82.5	200	130	230	560
N. Finnmore	M40	82.5	175	140	200	515
D. Watkins	13/15	82.5	110	70	162.5	342.5
D. Avo	M70	90	152.5	105	170	427.5
G. Nicholas	M40	90	235	132.5	260	627.5
G. Felton	SNR	90	265	170	270	705
M. Andrews	16/17	90	140	125	185	450
J. Richards	18/19	90	115	85	152.5	352.5
G. Felton	SNR	90	245	110	.....	.....
J. Adams	SNR	100	220	170	220	610
M. Saunders	M40	100	200	160	240	600
L. Hancock	U/23	100	160	150	265	575
M. Lewis	SNR	100	215	125	217.5	557.5
P. Williams	M50	100	172.5	137.5	200	510
D. Bendle	SNR	110	235	160	200	595
R. Law	16/17	110	120	70	150	340
M. Jones	U/23	125	230	165	270	665
M. Pearce	U/23	125	235	167.5	262.5	665
J. Davies	SNR	125	160	140	260	560

KEN WILLIAMS