



WPU WELSH CUP 15.02.09

A great days lifting at the 4 seasons,with eight powerlifters and one bencher taking to the platform.

In the 75 class,we had three lifters,with Phil Richard taking the honours with an easy 657.5 including a British record on the bench with 202.5,Owain Hubbard again improved with a strong 555 total,followed by Chris Bright with a tidy 430.

On his own in the 82.5 class 16 yr old Tim Keane lifted well for a 460 total and also on his own in the 90 class m70 lifter Dominic Avo again impressed with three Welsh records on his way to 312.5 total.

Three lifters in the 100 class with Steve Bright unfortunately bombing out on the bench,m40 lifter Mike Saunders lifted well to total 580,but the lifter of the day was m50 lifter John Mitchell with a great 780 total which included a British masters record on the squat.

In the bench press Mathew Hart lifted well for an easy 127.5.

REF

N Wilding
A Davies
K Williams

LOADERS

R Thomas
W Tinkler
D Dyer
M Smith

MC

K Williams

My thanks to all the officials who worked hard all day and to the lifters and audience who made it a great day.

Special thanks again to owner and staff of the 4 seasons club for the use of such a great venue

<u>NAME</u>	<u>CLASS</u>	<u>AGE</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>D.LIFT</u>	<u>TOTAL</u>
P Richard	75	Snr	220	202.5	235	657.5
O Hubbard	75	16	215	130	210	555
C Bright	75	Snr	155	90	185	430
T Keane	82.5	16	180	90	190	460
D Avo	90	m70	150	102.5	160	312.5
J Mitchell	100	m50	320	180	280	780
M Saunders	100	m40	200	150	230	580
S Bright	100	Snr	250	----	260	----

BENCH PRESS

M Hart	82.5	snr		127.5	127.5
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WSA WELSH CUP 15.2.09

A great days lifting at the 4 seasons with our one lady lifter Maxine Bunston on her debut getting a neat total of 205 and enjoying every lift.

Two lifters in the 82.5 class ,with senior lifter Paul Rees totalling 535,and 14 yr old Daniel Watkins having an off day with the deadlift (we all get them) but still lifted well for 332.5.

On his own in the 90 class,Glyn Felton lifted well for a total of 590.

In the 100 class we had four lifters with Rhys Smith lifting well for 630, followed by Gareth Jones with 600 which included a 270 deadlift.

19 yr old Owain Jeffreys impressed with a strong 510 total closely followed by master lifter Paul Williams.

Two lifters in the 125 class and both the same age of 20 , Mike Jones won the class with a strong 660 total followed by Mathew Pearce on 580 who only did one bench,so there should be some good battles between the two of them in the future.

In the bench only competition we had three lifters, two in the 100 class where senior lifter Jonathon Owen got three lifts in to end on 170,master 50 lifter Colin Payne although unwell got an easy 160 .

Ryan Cullen on his own in the 125⁺ class easily pressed 215

REFS

A Davies
N Wilding
G Felton
P Richard

LOADERS

W Tinkler
R Thomas
D Dyer
M Smith

MC

K Williams

<u>NAME</u>	<u>CLASS</u>	<u>AGE</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>D.LIFT</u>	<u>TOTAL</u>
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M Bunston	67.5	snr	72.5	37.5	95	205
P Rees	82.5	snr	180	130	225	535
D Watkins	82.5	14	107.5	70	155	332.5
G Felton	90	snr	245	120	225	590
R Smith	100	21	230	150	250	630
G Jones	100	snr	200	130	270	600
O Jeffreys	100	19	175	115	220	510
P Williams	100	m50	170	130	205	505
M Jones	125	20	240	160	260	660
M Pearce	125	20	220	100	260	580

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J Owen	100	snr	170	170
C Payne	100	m50	160	160
R Cullen	125+	19	215	215