



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

Twelve lifters took to the platform. Two in the 82.5 class with Elizabeth Garvey getting an easy 65 just missing 67.5 and Neil Finnmore pressed a great 140.

In the 90 class , Jennifer Nicol impressed us all with a great 115 with son Carlin Jones at u/23 benching a strong 182.5.

Jan Maksynzuk at snr and Gideon Griffiths at m40 both lifted well for 162.5.

In the 100 class m50 Colin Payne just missed 182.5 and finished on an easy 170 and m60 lifter Kenneth Williams benched 150 .

Three lifters in the 125 class with Marc Sidney m40 and Paul Cullen m50 both benching strong 205 and peter Edwards u/23 again impressed with 190.

In the 125+ class Ryan Cullen at u/23 posted a great 200.

<b>NAME</b>	<b>B/W</b>	<b>AGE</b>	<b>BENCH</b>
E garvey (L)	82.5	M40	65
N finnmore	82.5	M40	140
J nicol (L)	90	M40	115
C jones	90	U/23	182.5
J maksynzuk	90	SNR	162.5
G griffiths	90	M40	162.5
C payne	100	M50	170
K williams	100	M60	150
P allen	125	M50	205
M sidney	125	M40	205
P edwards	125	U/23	190
R cullen	125+	U/23	200

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

Thanks also to colin payne for the use of the great venue , the four seasons and to steve astill for progress gym and facilities

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