

Welsh strength association



NO: 3 2010

Freedom to join any association .non political

Power competitions

Bench only competitions

Single lift competitions

£ 10.00 per year

chairman: N wilding. Tel: 07532007058

secretary: K Williams. Tel: 07970625946

WSA Welsh Counties

Great day's lifting at the New Venue of the Barn Restaurant. Twenty one lifters took to the platform and it was nice to see so many new faces.

In the 56k class Euros Thomas did well for a nice total of 275, with a fourth attempt on each lift. In the 60k class Aled Davies improved on all lifts to total 342.5. Kim Marin also lifted on her own in the 75k class and got an improved total of 260. We had two lifters in the 82.5k class with U/23 lifter Arwyn Brain doing well for 632.5 and master lifter Paul Rees getting 625 including a strong 250 deadlift. Three lifters in the 90k class with Jeremy Wray leading the way until he unfortunately bombed on the deadlift leaving Luke Litchfield the top lifter with 500, followed by Daniel Davies with 440. In the 100k class the top lift of 515 was with Richard Bailey, followed by Phillip James with 427.5 and master 50+ lifter Shaun Evans with 395. In the 110 class Howard Thomas unfortunately bombed on a very big squat leaving the field open for Oliver Griffiths to total a fine 670 in his comeback followed by Grant Brown with 445. Mike Williams again impressed in the 125+ class with a fine total of 730.

Six competitors in the bench press only competition. Twelve year old Conor Payne again impressed with 35k in the 56k class. In the 90k class Lee Abbott pressed well for 140 followed by unequipped M60 lifter Mike Edwards with 112.5. A close run thing in the 100k class with Richard Bailey doing a strong 140 followed by M50 lifter Shaun Evans with 130 and Craig Hayne in his first competition with 125.

Referees N. Wilding A. Davies D. Tickle

Loaders W. Tinkler C. Donaghue C. Balfie J. Keys R. Gilchrist

M/C K. Williams

Congratulations to all lifters who gave their best on the day. Thanks to all supporters, officials and the Barn Restaurant for making it such a great day, and to Colin Payne for presenting the trophies.

Next competition - 21st November - Single Lifts

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WSA Welsh Counties 15/08/2010

Name	Age	Class	Squat	Bench Press	Deadlift	Total
E. Thomas	13-15	56	80	70	125	275
A. Davies	16-17	60	102.5	90	150	342.5
K. Marin (L)	40+	75	70	60	130	260
A. Brain	U/23	82.5	230	167.5	235	632.5
P. Rees	40+	82.5	225	150	250	625
L. Litchfield	SNR	90	165	120	215	500
D. Davies	U/23	90	160	110	170	440
J. Wray	U/23	90	225	155	-	-
R. Bailey	SNR	100	180	140	195	515
P. James	18-19	100	162.5	85	180	427.5
S. Evans	50+	100	105	130	160	395
O. Griffiths	U/23	110	260	130	280	670
G. Brown	U/23	110	150	115	180	445
H. Francis	SNR	110	-	-	-	-
M. Williams	SNR	125+	260	190	280	730

Fourth attempt	E. Thomas	13-15	56k	Deadlift	130
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Bench Press			
Name	Age	Class	Bench
C. Payne	12	56	35
L. Abbott	SNR	90	140
M. Edwards	60+	90	112.5
R. Bailey	SNR	100	140
S. Evans	50+	100	130
C. Hayne	SNR	100	125