



### **welsh powerlifting championships may 9<sup>th</sup> 2010**

Nice to have so many lifters at the Welsh in Trallwn, Swansea, a good mixture of new and experienced lifters and also some making a comeback.

#### **Bench press**

We had 9 lifters in the bench only comp and we started off with 12 yr old Conor Payne in the 56 class pressing an easy 35kg, followed by master lifter Richard Montana lifting unequipped in the 67.5 kg class and he pressed a strong 132.5kg. in the 75 class Alyn Morris did well for a 115kg press in the 16/17 age group. Steve Fellows pressed an easy 132.5 kg in the 82.5 class getting 3 out of 3 lifts . Two lifters in the 90 class with Lee Abbott doing well for 135kg followed by m60+ lifter Mike Edwards doing a strong 130kg . In the 100kg class mark nightingale also got 3 out of 3 lifts ending with a 135kg. Dave Bendle pressed well for a 180kg in the 125 class, as did Paul Allen who pressed a very strong 205kg in the 125+ class, just missing out on a 215kg.

#### **Powerlifting**

22 lifters took to the platform to do all 3 lifts and in the 60kg class Aled Davies did well for a 317.5kg total followed by Jamie Durke in the 67.5 class who did 9 out of 9 lifts to total 502.5.

Our one lady lifter Kim Markin did well in the 75kg class for a total of 235kg with plenty more to come.

4 lifters in the 82.5kg class with the unfortunate Jeremy Wray and Frankie Vaughan both bombing, which left m60+ lifter Ray Jones making a comeback with an easy total of 300kg, and winning the class with a strong 570kg was David Ayres.

Nice to see 7 lifters in the 90 class with David Govier unfortunately bombing, junior lifter John Richards a totalled a nice 390kg with comeback king Dave Todd getting 547.5kg.

Richard Banner lifting unequipped got a very strong 575kg, and nice to see Cairan Murphy back on the platform and lifting well for a 635kg total.

M45 lifter Geraint Nicholas again impressed with a strong 640 total, but biggest total in the 90kg class was 745kg by Gareth Felton ( now nearly beating his fathers total ) coached by his father Graham.

The 100kg class saw 70+ Dominic Avo again impressing with a 420kg total, Adam Thomas doing well for 537.5kg, but the top 100kg lifter was Phil Watkins now m40 with a very strong 770kg.

Howard Francis lifted well in the 110kg class and totalled a fine 690kg.

In the 125+ class David Evans took it easy for a 420kg.

M45 lifter Bob Sadler did well for a strong 717.5kg total, but top prize in the class went to u/23 lifter Mike Jones again impressing with a 770kg total.

On his own in the 145kg class Jason Rees posted the biggest total of the day with a strong 812.5kg.

## POWERLIFTING RESULTS

<b>NAME</b>	<b>AGE</b>	<b>CLASS</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>D/LIFT</b>	<b>TOTAL</b>
A davies	13/15	60	100	82.5	135	317.5
J durke	snr	67.5	187.5	137.5	177.5	502.5
K martin	40+ L	75	55	55	125	235
D ayres	snr	82.5	210	132.5	227.5	570
R jones	60+	82.5	100	80	120	300
F vaughan	snr	82.5	175	---	245	---
J wray	U/23	82.5	205	---	---	---
G felton	snr	90	275	190	280	745
G nicholas	40+	90	245	135	260	640
C murphy	snr	90	270	100	265	635
R banner	snr	90	200	145	230	575
D todd	snr	90	180	135	232.5	547.5
J richards	18/19	90	130	100	160	390
D govier	snr	90	---	160	260	---
P watkins	40+	100	280	180	310	770
A thomas	snr	100	170	135	227.5	537.5
D avo	70+	100	150	105	165	420
H francis	snr	110	290	145	255	690
M jones	U/23	145	280	190	300	770
B sadler	40+	145	272.5	185	260	717.5
D evans	snr	145	65	65	290	420
J rees	snr	145+	300	240	272.5	812.5

## BENCH PRESS RESULTS

<b>NAME</b>	<b>AGE</b>	<b>CLASS</b>	<b>BENCH</b>
Conor payne	12	52	35
R montana	45+	67.5	132.5
A morris	16/17	75	115
S fellows	snr	82.5	132.5
L abbott	snr	90	135
M edwards	60+	90	130
M nightingale	snr	100	135
D bandle	snr	125	180
P allen	50+	145	205

## WSA WELSH RECORDS 9<sup>TH</sup> MAY 2010

<b>NAME</b>	<b>AGE</b>	<b>B/W</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>D/L</b>	<b>TOTAL</b>
A davies	13/15	60	100	82.5	135	317.5
R jones	60+	82.5	100	80	120	300
G felton	SNR	90	---	190	---	---
G nicholas	45+	90	245	135	260	640
D avo	70+	100	150	105	165	420
P watkins	40+	100	280	---	310	770
M jones	U/23	125+	280	---	300	770
B sadler	45+	125	272.5	185	260	717.5
K martin (L)	40+	75	---	---	125	---
C payne	12	52	---	35	---	---
M edwards	60+	90	---	130	---	---
P allen	50+	125+	---	205	---	---
R montana	45+	67.5	---	132.5	---	---
A morris	16/17	75	---	115	---	---

Big thanks to loaders Will,Rob,Dewi, Chris and Josh and to referees Dave,Nigel,Balfe and Graham, thanks to the twins for providing music and for the use of their facilities a big thankyou to the four seasons club and progress gym, thanks to the supporters who with the lifters made it a fantastic days powerlifting

Next comp august 15<sup>th</sup> four seasons club

Ken

Results and write up also available @ [www.welshpowerlifting.com](http://www.welshpowerlifting.com)  
And on facebook under [progress gym](#)