

Welsh cup 13.02.11 “the barn” Swansea

Great competition, well supported by lifters and audience. 25 lifters took to the platform with a mixture of first timers and experienced lifters.

In the 60k class, Curtis Wilding overcame his nerves and totalled an easy 265 with more to come.

In the 67.5 class we had 2 lifters with u/23 Dale Rees doing well for 400 and master lifter Elizabeth Davies doing well in her first competition with 255.

Biggest class of the day was the 75 class with 5 lifters and Liam Lynch did some impressive lifting for a 507.5 total at 16/17, followed closely by Mark Burton with 500, under 23 lifter Jamie Peters did well for 445 as did Jonathan Bennet with 370, Lisa Brown keeps improving with a strong 340 total.

On his own in the 82.5 class Joao Arsenio lifted unequipped for a strong 565.

Two lifters in the 90 class with Daniel Davies improving greatly for a 515 total and evergreen Dominic Avo with an easy 430.

The 100 class saw 3 lifters all pretty close, with Luke Litchfield on top with 570, followed by Adam Thomas with 535 and Grant Brown with 500.

On his own in the 110 class, Howard Francis did well for a very strong 742.5 total.

In the bench only section, we started off with Connor Payne at 13/15 doing well for 40k in the 56 class.

In the 67.5 class Elizabeth Davies enjoyed a strong 60k.

Three lifters in the 75k class with 40+ lifter Jonathan Davies with 120 followed by u/23 Mathew Pearce with 117.5 and m65 lifter Maldwyn Gardiner with a strong 100.

In the 82.5 class Mathew Foxwell lifted on his own and did well for an 80 bench.

2 lifters in the 90 class with Endalf Phillips pressing an impressive 190 followed by 18/19 lifter Kieran Mckeown with a strong 130.

In the 100 class Richard Bailey did very well to continue after injuring his chest to press 100k.

On his own in the 125+ class Ryan Cullen pressed a strong 180 with much more to come

My thanks to all the officials, lifters, spectators and to the barn for making it a great day.

KEN

Referees: Nigel Wilding, Alan Davies, Mike Watts
Spotters: Chris Balfe, Steve Astill, Twins, Rob Thomas
Music: Banos Twins
M/C: Ken Williams

Next Comp welsh champs may 2011

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POWERLIFTING (ALL 3 LIFTS)

NAME	B/W	AGE	SQUAT	BENCH	D/LIFT	TOTAL
C WILDING	60	13/15	90	60	115	265
D REES	67.5	U/23	140	90	170	400
E DAVIES(L)	67.5	45+	85	60	110	255
L LYNCH	75	16/17	185	120	202.5	507.5
M BURTON	75	SNR	170	125	205	500
J PETERS	75	U/23	145	100	200	445
J BENNET	75	SNR	130	80	160	370
L BROWN (L)	75	SNR	115	70	155	340
J ARSENIO	82.5	SNR	220	105	240	565
D DAVIES	90	SNR	190	135	190	515
D AVO	90	70+	155	100	175	430
L LITCHFIELD	100	SNR	200	150	220	570
A THOMAS	100	SNR	175	125	235	535
G BROWN	100	SNR	170	125	205	500
H FRANCIS	110	SNR	312.5	170	260	742.5

BENCH PRESS

NAME	AGE	CLASS	BENCH
C PAYNE	13/15	56	40
E DAVIES	45+	67.5	60
J DAVIES	40+	75	120
M PEARCE	U/23	75	117.5
M GARDINER	65+	75	100
M FOXWELL	16/17	82.5	80
E PHILLIPS	SNR	90	190
K McKEOWN	18/19	90	130
R BAILEY	SNR	100	100
R CULLEN	U/23	125+	180

WELSH RECORDS SET 13.02.11

NAME	AGE	CLASS	SQUATT	BENCH	D.LIFT	TOTAL
D AVO	70+	90	155		175	430
E DAVIES(L)	45+	67.5	85	60	110	255
L BROWN(L)	SNR	75	115	70	155	340
H FRANCIS	SNR	110	312.5			
M GARDINER	65+	75		100		
J DAVIES	40+	75		120		
E PHILLIPS	SNR	90		190		
M FOXWELL	16/17	82.5		80		