

## Welsh championships may 22 2011 “the barn” Swansea

Great competition, well supported by lifters and audience. 26 lifters took to the platform .

In the power lifting section Curtis wilding age 15 lifted on his own in the 60k class and posted an improved 290 total. also on his own in the 67.5 class, Jamie durke again lifted well for a fine 540 total.

Two lifters in the 82.5 class with Jamie peters totalling a great 532.5 total and joao arsenio winning the class with an impressive 640k

In the 90 class, three lifters competed with Jeremy wray winning the u/23 group with a very strong 690, followed by spencer Thomas in his first comp with a nice 417.5 total and nice to see lee abbott doing all three lifts and getting a well earned 530 total.

In the 100 class luke Litchfield won the senior group with a fine 600, followed by Jason fox with 585k after picking up a chest injury and grant brown doing well for 560k.

Master lifter Geraint Nicholas lifted with his usual great style for a very strong 667.5 Surprisingly the biggest class of the day was the 110 class with 5 lifters, unfortunately mike saunders bombed on the squat, Oliver griffiths hurt his back on the squat but still managed a 545k total at u/23.

In third spot senior sam jeffreys on his first comp totalled 487.5k, next came nick checker also in his first comp with a very strong 675k and winning the class was a very strong howard francis with a great 805k total biggest total of the day with 860k was 125+ lifter mike jones with a promise of more to come now he's wearing a suit/shirt.

In the bench only competition we had nine lifters, three were in the 75 class, with jonathan davies 122.5 at 40 +, Mathew price 117.5 at u/23 and maldwyn gardner 102.5 at 65+, all strong lifters.

We had five lifters in the 90 class, with endaf Phillips winning with a great 200k, followed by kyle Richards with a strong 155k, and Thomas keeble at u/23 did an easy 147.5.

Mike Edwards won the battle of the 65+ with a great 110k followed by howard davies with another strong 85k.

Rob Thomas made his comeback in the 125+ class with the biggest bench of the day of 270k, which was also a British record.

Thanks to all the officials that took part on the day and to all the lifters who gave their all on the platform, we had a great appreciative audience who made it such a great day.

Next comp is in august and entry forms will be sent out and available on the web site.

Thanks to all

ken

Referees : mike watts Nigel wilding dominic avo

M/c : mandy carpenter

Loaders : will tinkler jon twin ken Williams

**Welsh championships 22.05.11 “the barn” Swansea**

**NAME            BW    AGE    SQUAT    BENCH    D.LIFT    TOTAL**

C WILDING	60	13/15	100	65	125	290
J DURKE	67.5	SNR	195	140	205	540
J ARSENIO	82.5	SNR	260	135	245	640
J PETERS	82.5	SNR	180	112.5	240	532.5
J WRAY	90	U/23	250	190	250	690
S THOMAS	90	U/23	140	97.5	180	417.5
L ABBOTT	90	SNR	170	150	210	530
L LITCHFIELD	100	SNR	220	160	220	600
J FOX	100	SNR	240	100	245	585
G BROWN	100	SNR	200	140	220	560
G NICHOLAS	100	45+	240	137.5	290	667.5
H FRANCIS	110	SNR	320	200	285	805
N CHECKER	110	SNR	245	185	245	675
S JEFFREYS	110	SNR	170	117.5	200	487.5
O GRIFFITHS	110	U/23	265	215	65	545
M SAUNDERS	110	45+	-	-	-	-
M JONES	125+	U/23	330	230	300	860

**BENCH PRESS**

<b>NAME</b>	<b>AGE</b>	<b>CLASS</b>	<b>BENCH</b>
M GARDNER	65+	75	102.5
M PRICE	U/23	75	117.5
J DAVIES	40+	75	122.5
M EDWARDS	65+	90	110
H DAVIES	65+	90	85
E PHILLIPS	SNR	90	200
K RICHARDS	SNR	90	155
T KEEBLE	U/23	90	147.5
R THOMAS	40+	125+	270

**WELSH RECORDS SET 22.05.11 POWERLIFTING**

<b>NAME</b>	<b>AGE</b>	<b>CLASS</b>	<b>SQUATT</b>	<b>BENCH</b>	<b>D.LIFT</b>	<b>TOTAL</b>
J ARSENIO	SNR	82.5	260	-	-	-
J WRAY	U/23	90	-	190	-	-
H FRANCIS	SNR	110	320	-	285	805
M JONES	U/23	125+	330	230	300	860

**WELSH RECORDS SET 22.05.11 BENCH ONLY**

<b>NAME</b>	<b>AGE</b>	<b>CLASS</b>	<b>TOTAL</b>
M GARDNER	65+	75	102.5
M PRICE	U/23	75	117.5
J DAVIES	40+	75	122.5
E PHILLIPS	SNR	90	200
R THOMAS	40+	125+	270