

PSUK POWERLIFTING CHAMPIONSHIPS

Alexander Stadium, Birmingham

3 December 2011

NAME	FORCE	E/ UE	Cat	B/W	Age	SQUAT				BENCH PRESS			SUB	DEADLIFT				Total	Coef	Schwartz Malone	Place
Rachel Gregory	Merseyside	UE	70	66.0	Open	45	50	60*		37.5	40	40*	100	95	102.5	110*		210	0.794	166.698	1
Bernie McKinlay	Strathclyde	E	90	85.6	Open	190	195*	200		125	125*	130	320	175	185*	190		505	0.655	330.725	1
Neil Cook	GMP	UE	60	59.8	Open	112.5	122.5	130*		90	95	97.5*	227.5	167.5	180	190	197.5*	417.5	0.816	340.513	1
John East	Gloucs	UE	60	60.0	Open	122.5	130*	137.5		80	85*	90	215	182.5	190	195	200*	410	0.813	333.248	2
Oliver Gilbert	BTP	UE	75	74.8	Open	170	180	187.5*		135	140	145*	332.5	215	225	237.5	245*	570	0.666	379.563	1
Maxwell Herd	Metropolitan	UE	75	73.6	Open	175	180	185*		125	132.5*	137.5	317.5	180	200*	205		517.5	0.675	349.053	2
Diljeet Singh	South Yorkshire	UE	75	68.2	Open	160	160*	170		100	110*	117.5	270	200*	210	---		470	0.719	338.024	3
Tim Brown	Lancashire	UE	75	71.9	Open	140	150	155*		100*	105	---	255	190	200	205*		460	0.687	316.204	
Bernie McGurk	Fife	E	75	74.4	M1	220	230*	235		132.5	137.5*	140	367.5	245	252.5*	260		620	0.669	414.594	1
Dave Stuart	Derbyshire	UE	82.5	82.5	Open	140	150*	155		115	120*	127.5	270	190	205*	210		475	0.632	300.152	1
Colin Harrison	GMP	UE	90	89.0	Open	205	212.5	220*	225	132.5*	140	145*	365	260	270	280*	287.5	645	0.598	385.903	1
Gareth Vaughan	North Yorkshire	UE	90	88.3	Open	180	195*	200		130*	140	140	325	225*	245	245		550	0.592	325.71	2

Kevin Kavanagh	Lancashire	UE	90	88.9	M1	175	190*	---		120	130*	---		320	200*	220	---		520	0.59	306.644	3
Graham Hillsdon	Metropolitan	UE	90	90.0	Open	170*	177.5	177.5		117.5	122.5*	127.5		292.5	170	180	190*		482.5	0.585	282.407	
Paul Hooker	Dorset	UE	100	94.6	M2	225	235	240*		155	160	165*		405	260*	270	270		665	0.569	378.452	1
Matt Smets	Metropolitan	UE	100	94.6	Open	200	210*	215		100	130*	140*		350	250	260*	---		610	0.569	347.151	2
Pete Haslam	Lancashire	UE	100	98.0	Open	140	155*	165		120*	130	130		275	180	200*	220*		495	0.559	276.755	3
Stuart McLaughlin	BTP	UE	100	90.6	Open	150	160	170*		115*	120	---		285	200*	210	---		485	0.583	282.755	
Paul Sutton	North Yorkshire	UE	100	99.1	Open	140	150*	160		80*	90	90		230	185	200*	220		430	0.556	239.209	
Ali Donaldson	Strathclyde	E	100	100.0	M1	240	255	255*		160	170	180*		435	250	260	275*		710	0.554	393.34	1
Jon Walsh	Lancashire	UE	110	104.9	Open	210	210*	---		155*	165*	---		365	260*	281	281		625	0.544	339.938	1
Dave Hodgson	Metropolitan	E	110	100.07	M3	180	200*	220		150	160*	170		360	200	220*	240		580	0.554	321.204	1
Phil Laing	Derbyshire	UE	125	117.0	M2	220	225*	---		170*	175	---		395	240	260*	280		655	0.53	346.888	1
Dean Miller	Metropolitan	UE	125	113.0	Open	210	210*	220		140	160*	170		370	240	260*	280		630	0.533	335.916	2

Referees:- Pat Reeves, Gren Elmore, Martin O'Grady

Records:-

PSUK - Equipped

Female -90k Bernie McKinlay Sq 185, BP 125, Total 505

Male 75k Bernie McGurk Sq 230, BP 137.5, DL 252.5, Total 620

PSUK - Unequipped

Female 70k Rachel Gregory DL 110

Male 60k John East Sq 130, DL 200

Neil Cook BP 97.5, Total 417.5

75k Oliver Gilbert Sq 187.5, BP 145, DL 245, Total 570

90k Colin Harrison Sq 220, DL 280, Total 645

BDFPA MPF - Unequipped

Female 70k Rachel Gregory Sq 60, BP 40, DL 110, Total 210

Male 60k John East Sq 130, DL 200

Neil Cook BP 97.5, Total 417.5

100k Paul Hooker Sq 240, Total 665