

Official APU Championship Score Sheet  
NATIONAL SINGLE LIFT CHAMPIONSHIPS 2014

Date of Comp - 01 MARCH 14

UE/E	Name	Wt cat.	Body wt	Age Cat	Single Lift - BENCH PRESS				Sub Total	Co eff.	Points	MAM	Masters PN	PLACING	QUALIFIED FOR INTERNATIONALS	BEST LIFTER
					1st Lift	2nd Lift	3rd Lift	4th Lift								
U	KATIE COOKE	53.00	51.50	M2	52.5 kg	55.0 kg	57.5 kg		55.0 kg	0.97620	53.6910	1.1300	60.6708	1	Yes	
U	DANIELLE PEART	53.00	52.50	JNR	45.0 kg	50.0 kg	55.0 kg	57.5 kg	55.0 kg	0.96100	52.8550		0.0000	1	Yes	
U	JENNIFER BISWELL	53.00	52.20	M5	20.0 kg	25.0 kg	25.0 kg		20.0 kg	0.96550	19.3100	1.4700	28.3857	1	No	
U	SAM WOOD*	58.50	55.20	Open	57.5 kg	60.0 kg	62.5 kg	67.5 kg	62.5 kg	0.92220	57.6375		0.0000	1	Yes	
U	MILI LEITNER	58.50	57.20	Open	55.0 kg	57.5 kg	60.0 kg		60.0 kg	0.89540	53.7240		0.0000	2	Yes	
U	GEORGIE TIER	58.50	56.40	M3	50.0 kg	55.0 kg	57.5 kg		55.0 kg	0.90590	49.8245	1.2000	59.7894	1	Yes	
U	HELEN CATHERINE WALTER	58.50	57.80	M6	30.0 kg	32.5 kg	35.0 kg		32.5 kg	0.88760	28.8470	1.2970	37.4146	1	Yes	
U	NICOLA ELDING	63.00	62.20	M2	45.0 kg	50.0 kg	60.0 kg		60.0 kg	0.83470	50.0820	1.0600	53.0869	1	Yes	
U	TESSA BARROW	63.00	62.60	Open	55.0 kg	57.5 kg	60.0 kg		57.5 kg	0.83020	47.7365		0.0000	1	Yes	
U	ISHBEL WADE	63.00	61.90	M1	40.0 kg	45.0 kg	45.0 kg		40.0 kg	0.83810	33.5240	1.0000	33.5240	1	No	
U	ANGELA TAYLOR	70.00	67.80	M1/MPF	65.0 kg	75.0 kg	75.0 kg		65.0 kg	0.77530	50.3945	1.0050	50.6465	1 / MPF	Yes	Best MPF female bench
U	MARY ANDERSON	80.00	75.30	M2	80.0 kg	85.0 kg	87.5 kg		85.0 kg	0.71960	61.1660	1.0780	65.9369	1	Yes	Best female unequipped bench
U	LUCIE SPRAGON	90.00	83.20	JNR	50.0 kg	57.5 kg	60.0 kg	65.0 kg	60.0 kg	0.66890	40.1340		0.0000	1	Yes	
U	NATHANIEL FLETCHER	60.00	59.10	T2	70.0 kg	80.0 kg	82.5 kg		80.0 kg	0.82570	66.0560		0.0000	1	Yes	
U	YURI KOHNO	67.50	66.20	Open	107.5 kg	110.0 kg	115.0 kg		115.0 kg	0.73870	84.9505			1	Yes	
U	NATHAN LEACH	67.50	66.00	Open/MPF	95.0 kg	100.0 kg	107.5 kg		100.0 kg	0.74080	74.0800			2	Yes	
U	ROBERT FERGUSON	67.50	61.20	T1	72.5 kg	75.0 kg	75.0 kg		72.5 kg	0.66520	48.2270			1	Yes	
U	MICHAEL WADE	67.50	66.00	M6	67.5 kg	67.5 kg	73.0 kg		72.5 kg	0.74080	53.7080	1.6640	89.3701	1	Yes	
U	OLIVER GILBERT	75.00	74.50	Open/MPF	137.5 kg	142.5 kg	147.5 kg		147.5 kg	0.66800	98.5300			1	Yes	
U	MAXWELL HERD	75.00	74.50	Open	135.0 kg	140.0 kg	147.5 kg		135.0 kg	0.66800	90.1800			2	Yes	
U	LAURIE CONSTANTIN	75.00	73.80	M3	115.0 kg	120.0 kg	120.0 kg		115.0 kg	0.67300	77.3950	1.2000	92.8740	1	Yes	
U	MARK POWERS	75.00	69.10	Open	100.0 kg	112.5 kg	115.0 kg		112.5 kg	0.71100	79.9875			1	Yes	
U	GARY CONWAY	75.00	72.90	M4	105.0 kg	112.5 kg	117.5 kg		112.5 kg	0.67970	76.4663	1.3220	101.0884	1	Yes	
U	COLIN DEAKIN	75.00	69.90	Open/MPF	95.0 kg	105.0 kg	112.5 kg		105.0 kg	0.70400	73.9200			2	No	
U	TRISTAN WATKINS	75.00	72.90	Open	52.5 kg	57.5 kg	62.5 kg		62.5 kg	0.67970	42.4813			3	No	
U	GREN ELMORE	75.00	73.10	M10	52.5 kg	57.5 kg	58.5 kg		57.5 kg	0.67820	38.9965	2.1000	81.8927	1	Yes	
U	DAVID O'NEILL	82.50	80.40	M1	135.0 kg	152.5 kg	157.5 kg		157.5 kg	0.63070	99.3353	1.0000	99.3353	1	Yes	
U	MICHAEL ROUND	82.50	81.50	M4	140.0 kg	145.0 kg	147.5 kg	150.0 kg	147.5 kg	0.62450	92.1138	1.2500	115.1422	1	Yes	
U	ASHLEY SINCLAIR	82.50	80.70	M5	125.0 kg	135.0 kg	141.5 kg		135.0 kg	0.62900	84.9150	1.4700	124.8251	2	Yes	
U	ADAM BRAZIER	82.50	81.10	JNR	120.0 kg	125.0 kg	132.5 kg		132.5 kg	0.62680	83.0510		0.0000	1	Yes	
U	MARTIN PARRY	82.50	81.20	M1/MPF	120.0 kg	127.5 kg	132.5 kg		127.5 kg	0.62620	79.8405	1.0140	80.9583	2	Yes	
U	DAVID LOEBELL	82.50	81.70	M2	117.5 kg	122.5 kg	127.5 kg		122.5 kg	0.62350	76.3788	1.0780	82.3363	1	Yes	
U	NICOLAS MAY	82.50	80.50	JNR	110.0 kg	117.5 kg	117.5 kg		110.0 kg	0.63010	69.3110		0.0000	2	Yes	
U	ERIC WEST	82.50	81.80	M7	82.5 kg	90.0 kg	95.0 kg		90.0 kg	0.62300	56.0700	1.8600	104.2902	1	Yes	
U	BRIAN SHIELDS	82.50	82.40	M3	122.5 kg	122.5 kg	122.5 kg								No	BOMB OUT
U	MIKE DAVIES	82.50	80.00	M8	70.0 kg										No	BOMB OUT
U	REECE MEAKIN	90.00	86.40	JNR/MPF	152.5 kg	157.5 kg	162.5 kg		157.5 kg	0.60040	94.5630		0.0000	1 / 1 MPF	Yes	Best MPF Male Bench
U	NEAL COLLINSON*	90.00	82.50	M3	142.5 kg	152.5 kg	157.5 kg		152.5 kg	0.61930	94.4433	1.1500	108.6097	1	Yes	
U	MICHAEL HAWKINS	90.00	86.90	JNR/MPF	130.0 kg	135.0 kg	137.5 kg		135.0 kg	0.59820	80.7570		0.0000	3 / 2 MPF	Yes	
U	WILL YOUNG	90.00	87.60	JNR	102.5 kg	112.5 kg	112.5 kg		112.5 kg	0.59520	66.9600		0.0000	2	No	
U	COREY WILLIAMS	90.00	87.90	T2	70.0 kg	82.5 kg	85.0 kg		82.5 kg	0.59390	48.9968		0.0000	1	No	
U	HARBANS BANSAL	100.00	97.40	Open	175.0 kg	182.5 kg	187.5 kg		182.5 kg	0.56080	102.3460		0.0000	1	Yes	
U	LAURANCE KEEN	100.00	94.80	Open	175.0 kg	180.0 kg	180.0 kg		175.0 kg	0.56850	99.4875		0.0000	2	Yes	
U	RYAN BENSON	100.00	94.60	Open	157.5 kg	162.5 kg	167.5 kg		162.5 kg	0.56910	92.4788		0.0000	3	Yes	
U	DARREN GREVILLE	100.00	100.00	M1	142.5 kg	162.5 kg	165.0 kg		162.5 kg	0.55400	90.0250	1.0000	90.0250	1	Yes	
U	GERAINT LLEWELLYN	100.00	97.50	Open	140.0 kg	155.0 kg	160.0 kg		160.0 kg	0.56050	89.6800		0.0000	4	Yes	
U	JIM OLDFIELD	100.00	94.00	Open/MPF	135.0 kg	140.0 kg	140.0 kg		140.0 kg	0.57100	79.9400		0.0000	5	Yes	
U	YANNIS VERENAKIS	100.00	96.70	JNR	122.5 kg	130.0 kg	132.5 kg		132.5 kg	0.56270	74.5578		0.0000	1	Yes	
U	DEAN FLETCHER	100.00	97.40	M2/MPF	117.5 kg	125.0 kg	130.0 kg		130.0 kg	0.56080	72.9040	1.0600	77.2782	1	Yes	
U	STEVE TRAXON	100.00	99.60	M2/MPF	120.0 kg	125.0 kg	127.5 kg		127.5 kg	0.55500	70.7625	1.0780	76.2820	2	Yes	
U	PHIL JONES	100.00	99.30	M2/MPF	120.0 kg	125.0 kg	130.0 kg		125.0 kg	0.55580	69.4750	1.0600	73.6435	3	Yes	
U	ANDY RIGBY	110.00	106.10	M3	205.0 kg	217.5 kg	217.5 kg		217.5 kg	0.54190	117.8633	1.2280	144.7361	1	Yes	Best UN/Hadyn Rowlands Trophy
U	ALISTAIR MURDOCH	110.00	107.20	M2	210.0 kg	210.0 kg	220.0 kg		210.0 kg	0.54040	113.4840	1.1320	128.4639	1	Yes	

U	RONALD BURDEN	110.00	103.40	M6	127.5 kg	135.0 kg	138.0 kg		135.0 kg	0.54670	73.8045	1.6640	122.8107	1	Yes	
U	RHYS CALLAND	110.00	104.90	T3	130.0 kg	135.0 kg	142.5 kg		135.0 kg	0.54390	73.4265		0.0000	1	Yes	
U	FRANK KAMAU*	110.00	98.20	M1	122.5 kg	130.0 kg	130.0 kg		122.5 kg	0.55860	68.4285	1.0050	68.7706	1	No	
U	BRIAN MITCHELL	110.00	107.10	M4	110.0 kg	115.0 kg	117.5 kg		115.0 kg	0.54040	62.1460	1.3220	82.1570	1	Yes	
U	JOHN WALKER	110.00	102.20	M7	105.0 kg	110.0 kg	110.0 kg		110.0 kg	0.54910	60.4010	1.8600	112.3459	1	Yes	
U	WILL MASSEY	125.00	121.30	M1	205.0 kg	212.5 kg	215.0 kg		215.0 kg	0.52570	113.0255	1.0050	113.5906	1	Yes	
U	GARY DADA	125.00	116.50	M1	200.0 kg	210.0 kg	212.5 kg		212.5 kg	0.53010	112.6463	1.0280	115.8003	2	Yes	
U	DOMINIC MCDERMOTT	125.00	120.10	Open	165.0 kg	175.0 kg	175.0 kg		165.0 kg	0.52690	86.9385		0.0000	1	Yes	
U	ROY OLSEN	125.00	117.00	M7	140.0 kg	150.0 kg			140.0 kg	0.52960	74.1440	1.8200	134.9421	1	Yes	
U	JOHN BERNASCONI	145.00	144.90	M3	195.0 kg	203.0 kg	205.0 kg	207.5 kg	205.0 kg	0.49800	102.0900	1.1680	119.2411	1	Yes	
U	DARREN BEDDALL	145.00	128.10	Open	150.0 kg	160.0 kg	165.0 kg		150.0 kg	0.51730	77.5950		0.0000	1	Yes	
E	MARY ANDERSON	80.00	75.30	M2	105.0 kg	110.0 kg	112.5 kg		110.0 kg	0.71960	79.1560	1.0780	85.3302	1	Yes	Best female equipped bench
E	DAVID WILLIAMS	82.50	80.90	M5	165.0 kg	170.0 kg	175.0 kg		170.0 kg	0.62790	106.7430	1.3800	147.3053	1	Yes	Best Masters Male Bench
E	MARK KNIGHT	82.50	81.90	M2	125.0 kg	135.0 kg	135.0 kg		125.0 kg	0.62240	77.8000		0.0000	1	Yes	
E	IAN HAWKINS	125.00	116.30	Open	240.5 kg	250.5 kg	250.5 kg		240.0 kg	0.53020	127.2480		0.0000	1	Yes	Best male equipped bench
E	STEVE WEBB	125.00	122.90	M3	140.0 kg	150.0 kg	162.5 kg		162.5 kg	0.52390	85.1338	1.2280	104.5442	1	Yes	

\* Denotes a "light lifter". Only qualified at a higher weight class, therefore moved up a category and exempt from records

MPF Record  
British Record  
European Record  
World Record  
Drug Tested  
A copy of  
the results

Refs Neil Thomas, Andy Davies, Mike Davies, Mike Leadbetter, Eric West, Nicola Elding, Les Pilling, Russ Martin, Pete Sparks, Pete Hudson, Ann Thomas, Glen Danbury, James Minear, Pat Reeves