

Single Lift Championships 2006  
Bradford - 16/07/2006

**Squat**

		W.Cl.	U/E	Competitor Name		age cat	B.W.	Result	4th Lift	POINTS
1	1	75kg	U	Tommy MEREDITH	ENG	49 M2	68	155		111.771
1	1	82.5kg	U	Dave DARGUE	ENG	62 M5	79.2	152.5	WR	97.234
2	1	82.5kg	U	Graham EDWARDS	ENG	47 M2	79.4	150	NR	95.46
3	1	82.5kg	U	James GHAFLOOR	ENG	14 T1	79.1	125	WR	79.775
1	1	100kg	U	Tom COX	ENG	58 M4	93.9	165	WR	94.281
1	1	110kg	U	Les PILLING	ENG	51 M3	109.3	255		137.012
2	1	110kg	U	Mike LEADBETTER	ENG	55 M4	109.9	182.5	WR	97.9295
1	1	125kg	U	Alfred SQUIRES	ENG	37 Open	121.7	235		123.446
1	1	145kg	U	Mark HAYDOCK	ENG	31 Open	129.3	290	WR	149.582
2	2	145kg	U	Andrew VARLEY	ENG	38 Open	138.1	250		126.375
1	1	100kg	E	Tom COX	ENG	58 M4	93.9	220	WR	125.708
1	1	110kg	E	Les PILLING	ENG	51 M3	109.3	280		150.444

**Bench**

w	1	1	44kg	U	Louise IONTTON	ENG	30 Open	41.8	52.5	ER	60.5588
w	1	1	58.5kg	U	Ann THOMAS	ENG	27 Open	56.5	37.5	NR	33.9225
w	1	1	70kg	U	Manon BRADLEY	ENG	39 Open	67.8	70	NR	54.271
w	2	1	70kg	U	Maureen SAGE	ENG	68 M6	67.8	47.5		36.8268
	1	1	60kg	U	Ryan CROOK	ENG	24 Open	59.5	95	NR	77.8905
	1	1	75kg	U	Tommy MEREDITH	ENG	49 M2	68	120		86.532
	2	1	75kg	U	David WALLIS	ENG	69 M6	73.2	115		77.901
	3	1	75kg	U	Daniel ORWIN	ENG	24 Open	73.4	115		77.74
	4	1	75kg	U	Rahul KUMAR	ENG	19 T3	74.1	95		63.726
	1	1	82.5kg	U	Phillip TEMPEST	ENG	35 Open	80.2	145		91.611
	2	1	82.5kg	U	Rasheed PATEL	ENG	44 M1	81.2	140		87.668
	3	1	82.5kg	U	Graham EDWARDS	ENG	47 M2	79.4	137.5	NR	87.505
	1	1	90kg	U	Michael CARRIDINE	ENG	43 M1	88.8	142.5		84.0893
	2	1	90kg	U	Larry WHYTE	ENG	49 M2	83.7	130		79.716
	1	1	100kg	U	Neil THOMAS	ENG	34 Open	98.4	170		94.877
	2	1	100kg	U	Cory BROOKS	ENG	20 Jnr	92.7	165	WR	94.941
	3	2	100kg	U	Jay HOLLINGSWORTH	ENG	21 Jnr	92	161	WR	92.464
	4	1	100kg	U	Mark KIRKLAND	ENG	40 M1	97.8	160	NR	89.552
	5	2	100kg	U	Jamie ALLONBY	ENG	28 Open	93.2	150		86.055
	6	3	100kg	U	Steve BULLIMORE	ENG	34 Open	99.9	140		77.602
	7	1	100kg	U	Tom COX	ENG	58 M4	93.9	125	NR	71.425
	1	1	110kg	U	John HAYNES	ENG	33 Open	108.5	170		91.528
	2	1	110kg	U	Ian TUDOR	ENG	57 M4	105.2	167.5	WR	91.0195
	3	1	110kg	U	Les PILLING	ENG	51 M3	109.3	150		80.595
	4	1	110kg	U	Mike LEADBETTER	ENG	55 M4	109.9	137.5		73.7825
	5	2	110kg	U	Phil GODWIN	ENG	29 Open	108.4	130		70.005
	6	1	110kg	U	Roger MEALEY	ENG	65 M6	103.9	115	NR	62.7555
	1	1	125kg	U	Alfred SQUIRES	ENG	37 Open	121.7	185		97.1805

Single Lift Championships 2006  
Bradford - 16/07/2006

**Squat**

2	2	125kg	U	Paul SPENCER	ENG	33	Open	115.9	160	84.896
3	3	125kg	U	Graham ALWAYS	ENG	33	Open	110.9	152.5	81.6485
4	1	125kg	U	John BEVAN	ENG	62	M5	118.5	120 NR	63.396
1	1	145kg	U	Chris BAKER	ENG	31	Open	131.5	215 ER	110.338
2	1	145kg	U	Haydn ROWLANDS	ENG	50	M3	135.9	190 WR	96.501
3	2	145kg	U	Mark HAYDOCK	ENG	31	Open	129.3	180	92.844
4	3	145kg	U	Andrew VARLEY	ENG	38	Open	138.1	180	90.99
1	1	60kg	E	Steve BROWN	ENG	44	M1	59.5	95 WR	77.8905
	---	82.5kg	E	Rasheed PATEL	ENG	44	M1	81.3	---	---
1	1	90kg	E	Martin GREEN	ENG	32	Open	89.8	210	123.081
2	1	90kg	E	Michael CARRIDINE	ENG	43	M1	90	162.5 NR	95.1113
1	1	100kg	E	Neil THOMAS	ENG	34	Open	98.5	185	103.193
2	1	100kg	E	Tom COX	ENG	58	M4	93.7	157.5 ER	90.09
1	1	110kg	E	Mark NORTON	ENG	41	M1	106.9	235 WR	127.065
2	1	110kg	E	Les PILLING	ENG	51	M3	109.7	180	96.624
1	1	125kg	E	Graham ALWAYS	ENG	33	Open	110.7	170	91.069

**Deadlift**

w	1	1	44kg	U	Pat REEVES	ENG	60	M5	43.3	97.5 WR	109.395
w	1	1	58.5kg	U	Ann THOMAS	ENG	27	Open	56.1	125	113.738
w	1	1	70kg	U	Maureen SAGE	ENG	68	M6	67.8	90	69.777
1	1	56kg	U	Mohammed MADASSAI	ENG	22	Jnr	56	120 WR	104.976	
1	1	60kg	U	Ryan CROOK	ENG	24	Open	59.1	160 NR	132.112	
1	1	75kg	U	Rahul KUMAR	ENG	19	T3	72	200 NR	137.34	
2	1	75kg	U	Tommy MEREDITH	ENG	49	M2	68.3	180 NR	129.294	
1	1	82.5kg	U	Lewis GRADDON	WAL	20	Jnr	77.7	240 NR	155.208	
2	1	82.5kg	U	David LOEBELL	ENG	38	Open	81.3	212.5	132.961	
3	1	82.5kg	U	Graham EDWARDS	ENG	47	M2	80.1	200 NR	126.48	
4	1	82.5kg	U	James GHAFLOOR	ENG	14	T1	78.9	142.5 WR	91.1145	
1	1	90kg	U	Larry WHYTE	ENG	49	M2	83.5	242.5	148.944	
2	2	90kg	U	Spyros MATSOUKIS	WN	45	M2	88.9	190	112.043	
1	1	100kg	U	Jamie ALLONBY	ENG	28	Open	92.8	240	138.024	
2	1	100kg	U	Robert ELLIOT	ENG	20	Jnr	97.7	210 NR	117.579	
3	1	100kg	U	Eddie BENNETT	ENG	68	M6	96.8	190	106.856	
1	1	110kg	U	Les PILLING	ENG	51	M3	109.7	260	139.568	
2	1	110kg	U	Mike LEADBETTER	ENG	55	M4	109.7	250 WR	134.2	
3	1	110kg	U	Mark EAGER	ENG	36	Open	101.1	245	135.118	
4	1	110kg	U	Simon MANSELL	ENG	46	M2	104.8	245	133.305	
5	2	110kg	U	Phil GODWIN	ENG	29	Open	108.9	220	118.316	
1	1	145kg	U	Mark HAYDOCK	ENG	31	Open	130.7	307.5 WR	158.086	
2	2	145kg	U	Andrew VARLEY	ENG	38	Open	139	272.5 NR	137.476	
1	1	75kg	E	Andy BAMFORD	ENG	35	Open	73.3	230	155.641	
1	1	90kg	E	Larry WHYTE	ENG	49	M2	83.5	258.5 WR	158.157	
1	1	110kg	E	Les PILLING	ENG	51	M3	109.7	270	144.936	

Single Lift Championships 2006  
Bradford - 16/07/2006

**Squat**

2	1	110kg	E	Mark EAGER	ENG	36	Open	101.1	255	140.633
---		110kg	E	Phil GODWIN	ENG	29	Open	108.9	---	---

**Best Lifters:**

**Men, unequipped, SQUAT**

1st Mark HAYDOCK: 149.582 Points  
2nd Les PILLING: 137.0115 Points  
3rd Andrew VARLEY: 126.375 Points

**Men, equipped, SQUAT**

1st Les PILLING: 150.444 Points  
2nd Tom COX: 125.708 Points  
3rd :

**Women, unequipped, BENCH F Women, unequipped, DEADLIFT**

1st Louise IONTTON: 60.55875 Points  
2nd Manon BRADLEY: 54.271 Points  
3rd Maureen SAGE: 36.82675 Points

1st Ann THOMAS: 113.7375 Points  
2nd Pat REEVES: 109.395 Points  
3rd Maureen SAGE: 69.777 Points

**Men, unequipped, BENCH PRE Men, unequipped, DEADLIFT**

1st Chris BAKER: 110.338 Points  
2nd Alfred SQUIRES: 97.1805 Points  
3rd Haydn ROWLANDS: 96.501 Points

1st Mark HAYDOCK: 158.08575 Points  
2nd Lewis GRADDON: 155.208 Points  
3rd Larry WHYTE: 148.9435 Points

**Men, equipped, BENCH PRESS Men, equipped, DEADLIFT**

1st Mark NORTON: 127.0645 Points  
2nd Martin GREEN: 123.081 Points  
3rd Neil THOMAS: 103.193 Points

1st Larry WHYTE: 158.1565 Points  
2nd Andy BAMFORD: 155.641 Points  
3rd Les PILLING: 144.936 Points















