

BRITISH DRUG FREE POWERLIFTING ASSOCIATION
British Single Lift Championships 2008
Bradford University, Bradford - 26/07/2008

Squat

| | | W.Cl. | U/E | Competitor Name | | age | cat | B.W. | Result | 4th Lift | POINTS | Qual. | |
|---|---|-------|--------|--------------------------|-----|-----|---------|-------|-----------|----------|---------|-------|----------|
| w | 1 | 1 | 55.5kg | U Louise FOX | EC | 35 | Snr | 53.9 | 90 NR | | 84.645 | YES | (72.5). |
| w | 1 | 1 | 63kg | U Melanie GOLDING | SE | 48 | M2 | 62.5 | 102.5 WR* | 105 WR* | 85.2083 | YES | (72.5). |
| w | 1 | 1 | 80kg | U Gabrielle BENNETT | NE | 15 | T1 | 78.2 | 55 WR* | | 38.5055 | NO | (65). |
| | 1 | 1/1 | 75kg | U Steve WILKINSON | EM | 23 | Jnr/MPF | 73.9 | 190 WR* | | 127.737 | YES | (147.5). |
| | 2 | 1/2 | 75kg | U Seb MADRONAL | NE | 34 | Snr/MPF | 74.8 | 175 | | 116.533 | YES | (162.5). |
| | 3 | 1 | 75kg | U Tommy MEREDITH | SW | 52 | M3 | 69.1 | 170 NR* | | 120.87 | YES | (140). |
| | 4 | 2 | 75kg | U Peter ROBERTS | NM | 54 | M3 | 72.9 | 165 | | 112.151 | YES | (140). |
| | 5 | 2 | 75kg | U Jaako FAGERLUND | SE | 31 | Snr | 70.9 | 162.5 | | 113.019 | YES | (162.5). |
| | 6 | 1 | 75kg | U Thomas JOHNSTON | EC | 76 | M8 | 68.7 | 72.5 WR* | 75 WR* | 51.8085 | NO | (92.5). |
| | 1 | 1 | 82.5kg | U Paul C GOLDING | SE | 45 | M2 | 82 | 185 WR* | | 115.052 | YES | (160). |
| | 2 | 1 | 82.5kg | U Callum FROWEN | WM | 19 | T3 | 76.6 | 155 WR* | | 101.324 | YES | (142.5). |
| | 3 | 2 | 82.5kg | U Harjinder MUNDY | WM | 18 | T3 | 81.5 | 142.5 | | 89.0055 | YES | (142.5). |
| | 1 | 1 | 90kg | U Jamie ALLONBY | NE | 30 | Snr | 89.7 | 202.5 | | 118.766 | YES | (185). |
| | 2 | 1 | 90kg | U Mark HESKETH | NW | 46 | M2 | 89.4 | 185 | | 108.725 | YES | (167.5). |
| | 3 | 1 | 90kg | U Andy MC KEE | SW | 70 | M7 | 87.7 | 115 WR* | | 68.3905 | NO | (117.5). |
| | 1 | 1 | 100kg | U Jean-Pierre ULLDEMOLIN | SE | 28 | Snr | 97.2 | 225 | | 126.293 | YES | (192.5). |
| | 1 | 1 | 110kg | U Mike LEADBETTER | NW | 57 | M4 | 109.8 | 192.5 WR* | | 103.315 | YES | (162.5). |
| | 2 | 1 | 110kg | U Jake ARKELL | WM | 18 | T3 | 105.6 | 175 NR* | | 94.9725 | YES | (162.5). |
| | 1 | 1 | 60kg | E Aaron GIDEON | SE | 28 | Snr | 57.9 | 150 WR | 160 WR | 126.555 | YES | (145). |
| | 1 | 1 | 82.5kg | E Russell BAIN | NW | 40 | M1 | 80.3 | 205 NR* | | 129.396 | YES | (180). |
| | 2 | 1 | 82.5kg | E Chris MORGAN | SE | 35 | Snr | 80 | 202.5 | | 128.162 | YES | (190). |
| | 1 | 1 | 90kg | E Neil ABERY | EM | 30 | Snr | 85.4 | 275.5 NR | | 166.375 | YES | (200). |
| | 2 | 2/1 | 90kg | E Steve COOK | WAL | 35 | Snr/MPF | 89.5 | 250 NR† | | 146.825 | YES | (200). |
| | 3 | 1 | 90kg | E Rick MELDON | SE | 44 | M1 | 85.4 | 240 | | 145.2 | YES | (190). |
| | 1 | 1 | 100kg | E Brian MITCHELL | SC | 53 | M3 | 94.7 | 182.5 NR* | | 103.806 | YES | (182.5). |
| | 1 | 1 | 125kg | E John STOKES | NE | 45 | M2 | 124.1 | 250 NR* | | 130.575 | YES | (205). |

Bench

| | | | | | | | | | | | | | |
|---|---|---|--------|---------------------|----|----|-----|-------|----------|----------|---------|-----|---------|
| w | 1 | 1 | 50.5kg | U Pat REEVES | WM | 62 | M5 | 49 | 37.5 WR* | | 38.1188 | YES | (25). |
| w | 1 | 1 | 53kg | U Patricia KIM | NE | 27 | Snr | 52 | 52.5 | | 50.8515 | YES | (40). |
| w | 1 | 1 | 55.5kg | U Louise FOX | EC | 35 | Snr | 53.9 | 62.5 | | 58.7813 | YES | (42.5). |
| w | 1 | 1 | 70kg | U Sue DAVIES | SW | 39 | Snr | 68.3 | 90 NR | | 69.417 | YES | (50). |
| w | 2 | 1 | 70kg | U Manon BRADLEY | EM | 41 | M1 | 68.5 | 75 | | 57.7275 | YES | (47.5). |
| w | 3 | 1 | 70kg | U Maureen SAGE | EC | 70 | M7 | 68.2 | 45 WR* | | 34.7445 | YES | (32.5). |
| w | 1 | 1 | 80kg | U Gabrielle BENNETT | NE | 15 | T1 | 78.2 | 42.5 NR* | 45.5 WR* | 29.7543 | YES | (37.5). |
| w | 1 | 1 | +90kg | U Tara EDWARDS | SW | 34 | Snr | 104.7 | 67.5 NR | | 39.4605 | YES | (67.5). |
| | 1 | 1 | 52kg | U Surut MIAH | NM | 18 | T3 | 50.4 | 60 NR | | 59.232 | YES | (60). |

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|----|-----|--------------|------------|------------------------|-----|------------|------------|-------------|---------------|-----------------|---------------|--------------|----------|
| 1 | 1 | 60kg | U | Aaron GIDEON | SE | 28 | Snr | 57.9 | 115 NR | | 97.0255 | YES | (90). |
| 2 | 1 | 60kg | U | Zong Xing LAI | NW | 23 | Jnr | 59.9 | 100 NR* | | 81.42 | YES | (80). |
| 1 | 1 | 67.5kg | U | Christopher MURRAY | SW | 17 | T2 | 65.9 | 85 | | 63.053 | YES | (72.5). |
| 2 | 1 | 67.5kg | U | Ted BYRNE | NM | 56 | M4 | 65.5 | 80 NR* | | 59.68 | YES | (80). |
| 3 | 1 | 67.5kg | U | Martin James GODDEN | SC | 64 | M5 | 65.5 | 75 NR* | 77.5 NR* | 55.95 | YES | (75). |
| 1 | 1 | 75kg | U | Alex TOSH | WM | 25 | Snr | 73.3 | 135 | | 91.3545 | YES | (112.5). |
| 2 | 1 | 75kg | U | Tommy MEREDITH | SW | 52 | M3 | 69.1 | 125 NR* | | 88.875 | YES | (97.5). |
| 3 | 1 | 75kg | U | George SHELTON | WM | 15 | T1 | 68.6 | 72.5 | | 51.8738 | NO | (75). |
| 4 | 1 | 75kg | U | Thomas JOHNSTON | EC | 76 | M8 | 68.7 | 65 WR* | | 46.449 | YES | (65). |
| 1 | 1 | 82.5kg | U | Mike JOSEPH | EC | 37 | Snr | 81.4 | 187.5 | | 117.206 | YES | (120). |
| 2 | 2/1 | 82.5kg | U | Phil TEMPEST | NE | 37 | Snr/MPF | 80.5 | 150 WR† | | 94.515 | YES | (120). |
| 3 | 3/2 | 82.5kg | U | Kerry WATERMAN | SC | 32 | Snr/MPF | 81.6 | 142.5 | | 88.9343 | YES | (120). |
| 4 | 1 | 82.5kg | U | Gary CONWAY | WM | 52 | M3 | 80.6 | 140 NR* | | 88.13 | YES | (105). |
| 5 | 4 | 82.5kg | U | Gary ELL | SW | 37 | Snr | 78.4 | 127.5 | | 81.906 | YES | (120). |
| 6 | 1 | 82.5kg | U | Ashley SINCLAIR | SCO | 58 | M4 | 80.5 | 128 NR* | 130 NR* | 80.3378 | YES | (100). |
| 7 | 1 | 82.5kg | U | David LOEBELL | SE | 40 | M1 | 81.4 | 117.5 | | 73.4493 | YES | (115). |
| 8 | 1 | 82.5kg | U | Callum FROWEN | WM | 19 | T3 | 76.6 | 115 | | 75.1755 | YES | (97.5). |
| 9 | 2 | 82.5kg | U | Harjinder MUNDY | WM | 18 | T3 | 81.4 | 105 | | 65.6355 | YES | (97.5). |
| 10 | 1 | 82.5kg | U | Bill LEGG | SC | 69 | M6 | 81.1 | 87.5 NR* | | 54.845 | YES | (85). |
| 11 | 1 | 82.5kg | U | Roy D GARNER | WM | 71 | M7 | 80 | 85 NR* | | 53.7965 | YES | (77.5). |
| 1 | 1 | 90kg | U | Andrew RIGBY | NW | 46 | M2 | 90 | 185 NR* | | 108.281 | YES | (115). |
| 2 | 1 | 90kg | U | Henry TOSH | WM | 28 | Snr | 86.5 | 170 | | 102 | YES | (127.5). |
| 3 | 2 | 90kg | U | Jamie ALLONBY | NE | 30 | Snr | 89.7 | 152.5 | | 89.4413 | YES | (127.5). |
| 4 | 1 | 90kg | U | Daniel PERCIVAL | WM | 23 | Jnr | 86.2 | 150 | | 90.195 | YES | (115). |
| 5 | 3 | 90kg | U | Lee PARKIN | NM | 28 | Snr | 87.4 | 150 | | 89.4 | YES | (127.5). |
| 6 | 1 | 90kg | U | Larry WHYTE | WM | 51 | M3 | 85.3 | 130 | | 78.715 | YES | (110). |
| 7 | 2 | 90kg | U | Simon RICHARDSON | NM | 22 | Jnr | 86.9 | 125 | | 74.775 | YES | (115). |
| 8 | 1 | 90kg | U | John FULTON | EC | 81 | M9 | 89.5 | 102.5 | | 60.1983 | YES | (65). |
| 9 | 1 | 90kg | U | Andy MC KEE | SW | 70 | M7 | 87.7 | 100 WR* | | 59.47 | YES | (80). |
| 1 | 1 | 100kg | U | Lawrence KEEN | EM | 32 | Snr | 97.3 | 180 | | 100.98 | YES | (135). |
| 2 | 2 | 100kg | U | Jatinder AHLUWALIA | SE | 32 | Snr | 97.1 | 170 | | 95.472 | YES | (135). |
| 3 | 1/1 | 100kg | U | Simon WYNN | EC | 44 | M1/MPF | 98.8 | 165 | | 91.905 | YES | (127.5). |
| 4 | 3 | 100kg | U | Khaldoun KABBANI | NE | 33 | Snr | 98.2 | 152.5 | | 85.1865 | YES | (135). |
| 5 | 1 | 100kg | U | Martin FLETT | NM | 52 | M3 | 99.1 | 150 | | 83.445 | YES | (115). |
| 6 | 4 | 100kg | U | Steve BULLIMORE | EM | 36 | Snr | 98 | 147.5 | | 82.4673 | YES | (135). |
| 7 | 5 | 100kg | U | John HAYNES | NM | 35 | Snr | 97.1 | 140 | | 78.624 | YES | (135). |
| 8 | 1 | 100kg | U | Jastinder Singh MUNDY | WM | 48 | M2 | 95 | 130 | | 73.814 | YES | (120). |
| 9 | 1 | 100kg | U | Matthew HOULDERSHAW | NM | 18 | T3 | 99.5 | 100 | | 55.53 | NO | (110). |
| 1 | 1/1 | 110kg | U | Jay HOLLINGSWORTH | NE | 23 | Jnr/MPF | 102.7 | 180 WR* | | 98.658 | YES | (125). |
| 2 | 1 | 110kg | U | Mark NORTON | NE | 43 | M1 | 106.3 | 172.5 | | 93.426 | YES | (132.5). |
| 3 | 1/2 | 110kg | U | Neil THOMAS | EC | 36 | Snr/MPF | 103.2 | 165 | | 90.2715 | YES | (140). |

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|-----------------|-----|--------|--------|--------------------|-------------------|-----|---------|---------|-----------|-----------|---------|---------|----------|---------|
| 4 | 1 | 110kg | U | Jake ARKELL | WM | 18 | T3 | 105.6 | 140 NR* | | 75.978 | YES | (112.5). | |
| 5 | 1 | 110kg | U | James GHAFLOOR | NE | 16 | T2 | 105.2 | 122.5 WR* | 125 WR* | 66.5665 | YES | (102.5). | |
| 1 | 1 | 125kg | U | William MASSEY | EM | 35 | Snr | 122.9 | 210 | | 110.019 | YES | (142.5). | |
| 2 | 1 | 125kg | U | Christopher PYE | NW | 42 | M1 | 123.1 | 135 | | 70.686 | YES | (135). | |
| 1 | 1 | 145kg | U | Chris BAKER | NE | 33 | Snr | 133.2 | 225 ER | | 115.02 | YES | (150). | |
| 2 | 2/1 | 145kg | U | Alan PEARSON | NM | 37 | Snr/MPF | 128.6 | 200 ER† | | 103.34 | YES | (150). | |
| 3 | 1 | 145kg | U | Haydn ROWLANDS | NM | 52 | M3 | 140.7 | 197.5 | 202.5 WR* | 99.2635 | YES | (127.5). | |
| 1 | 1 | 60kg | E | Aaron GIDEON | SE | 28 | Snr | 58.3 | 122.5 NR | 125 NR | 102.606 | YES | (100). | |
| 1 | 1 | 67.5kg | E | Cliff HAYNES** | EC | 48 | M2 | 67.4 | 150 WR* | | 109.02 | YES | (102.5). | |
| 1 | 1 | 82.5kg | E | Mike JOSEPH | EC | 37 | Snr | 81.7 | 200 NR | | 124.7 | YES | (132.5). | |
| | | 90kg | E | Steve COOK | WAL | 35 | Snr/MPF | 89.5 | --- | | --- | NO | (140). | |
| 1 | 1 | 100kg | E | Martin GREEN | EM | 34 | Snr | 99.9 | 235 | | 130.261 | YES | (147.5). | |
| 2 | 1 | 100kg | E | Wayne CATTERALL | NW | 46 | M2 | 98.5 | 196 NR* | | 108.771 | YES | (132.5). | |
| 3 | 1 | 100kg | E | Brian MITCHELL | SC | 53 | M3 | 95.6 | 135 | | 76.41 | YES | (125). | |
| | | 100kg | E | Martin FLETT** | NM | 52 | M3 | 99.1 | --- | | --- | NO | (125). | |
| 1 | 1/1 | 110kg | E | Neil THOMAS | EC | 36 | Snr/MPF | 103 | 205 WR† | | 112.238 | YES | (152.5). | |
| 2 | 1 | 110kg | E | Martin CERINS | NE | 30 | | 109.5 | 195 | | 104.735 | YES | (152.5). | |
| 1 | 1 | 125kg | E | Robert MACKERETH | SC | 34 | Snr | 122.9 | 202.5 | | 106.09 | YES | (157.5). | |
| Deadlift | | | | | | | | | | | | | | |
| w | 1 | 1 | 50.5kg | U | Pat REEVES | WM | 62 | M5 | 48.7 | 97.5 WR* | 99.606 | YES | (65). | |
| w | 1 | 1 | 53kg | U | Patricia KIM | NE | 27 | Snr | 51.7 | 107.5 NR | 110 NR | 104.608 | YES | (85). |
| w | 1 | 1 | 55.5kg | U | Louise FOX** | EC | 35 | Snr | 53.8 | 155 WR | 145.995 | YES | (90). | |
| w | 1 | 1 | 63kg | U | Melanie GOLDING | SE | 48 | M2 | 62.9 | 147.5 NR* | 121.968 | YES | (90). | |
| w | 2 | 1/1 | 63kg | U | Ann THOMAS | EC | 29 | Snr/MPF | 61 | 141 WR† | 118.79 | YES | (100). | |
| w | 1 | 1 | 70kg | U | Maureen SAGE | EC | 70 | M7 | 68.7 | 90 WR* | 91 WR* | 69.138 | YES | (70). |
| w | 1 | 1 | 80kg | U | Gabrielle BENNETT | NE | 15 | T1 | 77.9 | 100 ER* | 113 WR* | 70.21 | YES | (80). |
| w | 1 | 1 | 90kg | U | Jessica TAYLOR | NE | 17 | T2 | 88.8 | 100 WR* | | 63.71 | YES | (97.5). |
| w | 1 | 1/1 | 63kg | E | Ann THOMAS | EC | 29 | Snr/MPF | 61 | 141 WR | 118.79 | YES | (110). | |
| 1 | 1 | 67.5kg | U | Stuart FORD | EC | 34 | Snr | 66.9 | 245 WR | | 179.267 | YES | (165). | |
| 2 | 2/1 | 67.5kg | U | Sean COLE | SC | 35 | Snr/MPF | 66.4 | 235 WR | | 173.125 | YES | (165). | |
| 3 | 1 | 67.5kg | U | David TAYLOR | WM | 47 | M2 | 66 | 210 WR* | | 155.568 | YES | (150). | |
| 4 | 1 | 67.5kg | U | Ted BYRNE | NM | 56 | M4 | 65.7 | 150 NR* | | 111.585 | YES | (135). | |
| 5 | 1 | 67.5kg | U | Christopher MURRAY | SW | 17 | T2 | 66.9 | 145 | | 106.097 | YES | (120). | |
| 6 | 2 | 67.5kg | U | Harry SANDBACH | NM | 17 | T2 | 63 | 135 | | 104.504 | YES | (120). | |
| 1 | 1/1 | 75kg | U | Steve WILKINSON | EM | 23 | Jnr/MPF | 74.4 | 242.5 WR* | | 162.16 | YES | (162.5). | |
| 2 | 1 | 75kg | U | Darren MINGO | NE | 31 | Snr | 73.1 | 220 | | 149.204 | YES | (180). | |
| 3 | 1 | 75kg | U | Daniel ROCHE | NE | 19 | T3 | 74.3 | 210 NR* | | 140.574 | YES | (147.5). | |

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|---|-----|--------|-----|------------------------|-----|-----|---------|-------|-----------|----------|---------|-------|----------|
| 4 | 1 | 75kg | U | Peter ROBERTS | NM | 54 | M3 | 73.6 | 197.5 NR* | | 133.214 | YES | (155). |
| 5 | 2 | 75kg | U | Ben TAYLOR | SC | 38 | Snr | 73.9 | 195 | | 131.099 | YES | (180). |
| 6 | 3/2 | 75kg | U | Seb MADRONAL | NE | 34 | Snr/MPF | 75 | 195 | | 129.578 | YES | (180). |
| 7 | 1 | 75kg | U | George SHELTON | WM | 15 | T1 | 68.8 | 160 ER* | | 114.192 | YES | (120). |
| 8 | 2 | 75kg | U | Stephen FRANCE | SW | 15 | T1 | 73.4 | 157.5 ER* | | 106.47 | YES | (120). |
| 9 | 1 | 75kg | U | Thomas JOHNSTON | EC | 76 | M8 | 68.5 | 140 WR* | | 100.296 | YES | (102.5). |
| 1 | 1 | 82.5kg | U | Russell BAIN | NW | 40 | M1 | 80.4 | 240 | | 151.368 | YES | (182.5). |
| 2 | 1/1 | 82.5kg | U | Colin HARRISON | NW | 32 | Snr/MPF | 82.4 | 241 NR† | | 148.752 | YES | (192.5). |
| 3 | 1 | 82.5kg | U | Steven JONES | NE | 23 | Jnr | 80.9 | 222.5 | | 139.708 | YES | (172.5). |
| 4 | 2 | 82.5kg | U | David LOEBELL | SE | 40 | M1 | 80.9 | 215 | | 134.999 | YES | (182.5). |
| 5 | 2 | 82.5kg | U | Elliot NEWMAN | NE | 23 | Jnr | 81.3 | 215 | | 134.526 | YES | (172.5). |
| 6 | 1 | 82.5kg | U | Paul C GOLDING | SE | 45 | M2 | 81.9 | 215 NR* | | 133.816 | YES | (172.5). |
| 1 | 1 | 90kg | U | Larry WHYTE | WM | 51 | M3 | 85.6 | 260 | | 157.066 | YES | (175). |
| 2 | 1 | 90kg | U | Jamie ALLONBY | NE | 30 | Snr | 89.4 | 260 | | 152.802 | YES | (205). |
| 3 | 1 | 90kg | U | Dean ROBERTS | WAL | 22 | Jnr | 90 | 200 | | 117.06 | YES | (185). |
| 4 | 1 | 90kg | U | David JOHN | WAL | 57 | M4 | 89.7 | 192.5 WR* | | 112.901 | YES | (167.5). |
| 5 | 1 | 90kg | U | Eddie BENNETT | NE | 70 | M7 | 89.5 | 185 WR* | | 108.651 | YES | (130). |
| 6 | 2 | 90kg | U | Andy MC KEE | SW | 70 | M7 | 88.4 | 135 | | 79.893 | YES | (130). |
| 1 | 1 | 100kg | U | Adam KERSHAW | NE | 22 | Jnr | 98.2 | 260 NR* | | 145.236 | YES | (192.5). |
| 2 | 1 | 100kg | U | Jean-Pierre ULLDEMOLIN | SE | 28 | Snr | 97.2 | 250 | | 140.325 | YES | (215). |
| 3 | 2 | 100kg | U | Paul VAN DANZIG | EM | 36 | Snr | 98.4 | 232.5 | | 129.758 | YES | (215). |
| 4 | 2 | 100kg | U | Ceri ROBERTS | WAL | 23 | Jnr | 96.9 | 215 | | 120.873 | YES | (192.5). |
| 5 | 1/1 | 100kg | U | Steve VAN KEMPEN | EC | 42 | M1/MPF | 96.9 | 210 | | 118.062 | YES | (205). |
| 6 | 3 | 100kg | U | James BELL | NM | 21 | Jnr | 95.2 | 205 | | 116.276 | YES | (192.5). |
| 7 | 1 | 100kg | U | Matthew HOULDERSHAW | NM | 18 | T3 | 99.6 | 200 NR* | | 111 | YES | (172.5). |
| 1 | 1/1 | 110kg | U | Jay HOLLINGSWORTH | NE | 23 | Jnr/MPF | 102.2 | 280 NR* | | 153.748 | YES | (200). |
| 2 | 1 | 110kg | U | Mike LEADBETTER | NW | 57 | M4 | 109.3 | 262.5 WR* | | 141.041 | YES | (182.5). |
| 3 | 1 | 110kg | U | Gordon SYKES | NW | 39 | Snr | 108.6 | 230 | | 123.786 | YES | (222.5). |
| 4 | 1 | 110kg | U | Andrew ARCHER | NW | 43 | M1 | 108.7 | 220 | | 118.382 | YES | (212.5). |
| 5 | 1 | 110kg | U | James GHAFOR | NE | 16 | T2 | 105.5 | 210 NR* | | 114.009 | YES | (162.5). |
| | --- | 110kg | U | David ANDERSON | WM | 30 | Snr | 106 | --- | | --- | NO | (222.5). |
| 1 | 1 | 125kg | U | Phil LAING | NM | 44 | M1 | 122.3 | 302.5 WR* | | 158.692 | YES | (220). |
| 2 | 1 | 125kg | U | Phil GODWIN | WM | 31 | Snr | 117.2 | 260 | | 137.67 | YES | (232.5). |
| 3 | 1 | 125kg | U | Ben JENKINS | SW | 18 | T3 | 118.5 | 190 NR* | | 100.377 | YES | (190). |
| 1 | 1 | 145kg | U | Chris BAKER | NE | 33 | Snr | 134 | 265 | | 135.203 | YES | (240). |
| 1 | 1 | 82.5kg | E | Russell BAIN | NW | 40 | M1 | 80.4 | 237.5 | | 149.791 | YES | (192.5). |
| 2 | 1 | 82.5kg | E | Chris MORGAN | SE | 35 | Snr | 80.7 | 202.5 | | 127.373 | YES | (202.5). |
| 1 | 1/1 | 90kg | E | Ryan J WHEAL** | EM | 23 | Jnr/MPF | 85.9 | 263.5 WR* | | 158.209 | YES | (192.5). |
| 1 | 1 | 100kg | E | Derek COPE | EM | 50 | M3 | 98.8 | 237.5 | | 132.288 | YES | (195). |
| 2 | 1 | 100kg | E | Jon GODBER** | NM | 21 | Jnr | 99.6 | 230 | | 127.65 | YES | (202.5). |

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|---|-----|-------|-----|-----------------|----|-----|---------|-------|--------|----------|---------|-------|----------|
| 2 | 1 | 100kg | E | David HOWARTH | NW | 61 | M5 | 99.6 | 230 | WR* | 127.65 | YES | (175). |
| 4 | 2 | 100kg | E | Brian MITCHELL | SC | 53 | M3 | 95.6 | 220 | | 124.52 | YES | (195). |
| 1 | 1/1 | 110kg | E | Mark EAGER | SW | 38 | Snr/MPF | 109.8 | 270 | NR† | 144.909 | YES | (232.5). |
| 2 | 2 | 110kg | E | Martin CERINS | NE | 30 | Snr | 109.5 | 260 | | 139.646 | YES | (232.5). |
| 1 | 1 | 125kg | E | Phil LAING | NM | 44 | M1 | 122.3 | 305 | WR | 160.003 | YES | (230). |
| 2 | 1 | 125kg | E | Phil GODWIN | WM | 31 | Snr | 117.2 | 270 | | 142.965 | YES | (242.5). |

(** drug tested; WR/ER/NR - World/European/National Records: * Age class Record/† MPF Record)

Best Lifters:

Women, unequipped, SQUAT

1st Melanie GOLDING: 85.20825 Points
2nd Louise FOX: 84.645 Points
3rd Gabrielle BENNETT: 38.5055 Points

Women, unequipped, BENCH PRESS

1st Sue DAVIES: 69.417 Points
2nd Louise FOX: 58.78125 Points
3rd Manon BRADLEY: 57.7275 Points

Women, unequipped, DEADLIFT

1st Louise FOX: 145.9945 Points
2nd Melanie GOLDING: 121.96775 Points
3rd Ann THOMAS: 118.79 Points

Men, unequipped, SQUAT

1st Steve WILKINSON: 127.737 Points
2nd Jean-Pierre ULLDEMOLINS: 126.2925 Points
3rd Tommy MEREDITH: 120.87 Points

Men, unequipped, BENCH PRESS

1st Mike JOSEPH: 117.20625 Points
2nd Chris BAKER: 115.02 Points
3rd William MASSEY: 110.019 Points

Women, equipped, DEADLIFT

1st Ann THOMAS: 118.79 Points
2nd :
3rd :

Men, equipped, SQUAT

1st Neil ABERY: 166.375 Points
2nd Steve COOK: 146.825 Points
3rd Rick MELDON: 145.2 Points

Men, equipped, BENCH PRESS

1st Martin GREEN: 130.2605 Points
2nd Mike JOSEPH: 124.7 Points
3rd Neil THOMAS: 112.2375 Points

Men, unequipped, DEADLIFT

1st Stuart FORD: 179.2665 Points
2nd Sean COLE : 173.1245 Points
3rd Steve WILKINSON: 162.15975 Points

Men, equipped, DEADLIFT

1st Phil LAING: 160.003 Points
2nd Ryan J WHEAL: 158.20875 Points
3rd Russell BAIN: 149.79125 Points