

British Powerlifting South East Bench Press Competition 29 10 2017. Milton Regis Powerlifting Club @ The Fitness Centre, Milton Regis Sittingbourne.

Group	Ladies					BENCH PRESS			TOTAL	Wilkes	Wilkes points
	All Age Classes	Club	Age Class	bwt class	Weighed	1	2	3			
A	Ellen Dowie	Milton Regis	Senior	63	57.2	32.5	37.5	40	40	1.1572	46.29
A	Sheri Miles	Unattached	Senior	72	71.3	82.5	90	92.5	90	0.9824	88.42
A	Nicola Gregan	Unattached	Master M1	84	75	57.5	62.5	67.5	67.5	0.9506	64.17
A	Mary Yeomans	Milton Regis	Senior	84	76.5	37.5	42.5	47.5	42.5	0.9391	39.91
A	Teneka Walford	Astor	U23	84+	90.1	60	65	70	70	0.8637	60.46
A	Scarlett Sotris	Unattached	Senior	84+	90.3	70	75	80	80	0.8629	69.03
Group	Men					BENCH PRESS			TOTAL	Wilkes	Wilkes points
	Juniors	Club	Age Class	bwt class	Weighed	1	2	3			
A	Charlie Wall	Unattached	U20	83	81.3	135	142.5	147.5	142.5	0.6759	96.32
A	Josh Cannon	Unattached	U23	93	82.2	150	165	175	165	0.6714	110.78
A	Lee Salton	Unattached	U23	93	91.8	140	150	150	140	0.6321	88.49
A	Jesse Sharplin	Milton Regis	U23	93	89.4	165	175	180	175	0.6406	112.11
A	David Cridland	Astor	U23	120+	134.4	147.5	152.5	157.5	152.5	0.5624	85.77
Group	MEN					BENCH PRESS			TOTAL	Wilkes	Wilkes points
	Seniors	Club	Age	bwt class	weighed	100%	200%	300%			
B	Ben Hampson	Unattached	Senior	59	58.8	105	112.5	112.5	112.5	0.8689	97.75
B	Travis Wood	Unattached	Senior	74	72.6	120	127.5	132.5	127.5	0.7293	92.99
B	Vincent Chim	Milton Regis	Senior	83	82.5	90	97.5	102.5	102.5	0.6699	68.66
B	Craig Wilkins	Astor	Senior	83	80.7	127.5	135	140	140	0.6790	95.06
B	Drew Blackman	Unattached	Senior	93	92.6	145	152.5	152.5	145	0.6295	91.28
B	Dave Downs	Milton Regis	Senior	105	102.8	142.5	152.5	157.5	152.5	0.6021	91.82
B	Alex Beevis	Unattached	Senior	105	104.7	170	180	pass	180	0.5982	107.68
B	Ross Arberry	Unattached	Senior	105	105	145	152.5	152.5	145	0.5976	86.65
B	Martin Marshal	Unattached	Senior	105	103.1	185	185	185	no total	0.6015	n/a
B	George Fisher	Milton Regis	Senior	120	117.8	110	117.5	120	117.5	0.5775	67.85
B	Harry O Neilly	Unattached	Senior	120	112.8	175	190	200	190	0.5841	110.98
B	Ollie Millen	Milton Regis	Senior	120+	131	130	140	150	150	0.5648	84.72
Group	MEN					BENCH PRESS			TOTAL	Wilkes	Wilkes points
	Masters	Club	Age	bwt class	weighed	1	2	3			
C	Rakib Abdul	Unattached	Master M1	66	65.5	90	97.5	100	97.5	0.7901	77.03
C	Marcus Taylor	Unattached	Master M1	66	65.7	80	92.5	100	80	0.7881	63.05
C	Nicholas Bentley	Unattached	Master M1	74	73.9	100	105	105	no total	n/a	n/a
C	Stephen R Davies	Unattached	Master M1	74	73.4	85	90	92.5	92.5	0.7235	66.92
C	Jeff Fearon	Woking Power	Master M5	83	87	65	70	72.5	72.5	0.6499	47.12
C	Jim Finnigan	Essex WL	Master M1	83	81.1	132.5	132.5	140	140	0.6769	94.77
C	Peter Szoke	Unattached	Master M1	105	100.8	140	150.0	165	165	0.6067	100.11
C	Nick Grundy	Unattached	Master M2	120+	124	150	160	170	160	0.5708	91.32

**KEY**      *Indicates Best Powerlifter within age class*      *Good lift*      *Failed lift*

<b>Promoters</b>	Susan Whitby (The Fitness Centre)	<b>MC &amp; Scoreboard Table</b>	Mark Macey, Tracy Macey & Charlotte Reynolds
<b>Promoters</b>	Mark Macey	<b>Technical Officer</b>	Adam Reilly
<b>Referees</b>	Adam Reilly    Nick Grundy    Vicky Stewart    Teneka Walford	<b>Merchandise</b>	British Powerlifting South East (Cameron Keyes)
<b>Referees</b>	Lee Richards    Mick Ellender    Sheri Miles    Doug Graham	<b>Refreshments</b>	The Fitness Centre
<b>Loaders</b>	Dave Holtum    Grant Johnstone	<b>Technical Assistance</b>	David Cridland & Adam Reilly

*Thanks to all @ 'Milton Regis Powerlifting Club' for assistance in hosting the event*

