

East Midlands Bench Press Championship at Hamiltons Fitness Centre, Colchester. 13th May 2007

BDW.	NAME	CLASS	CLUB	equip	1.	2.	3.	TOT.	Wilk's	Pos
55.2	Kizzy Zafar	56	Kidlington	n	42.5	45.0	-48.5	45.0	53.55	1
56.0	Claire Bailey	56	Hamiltons	n	40.0	42.5	45.0	45.0	52.95	2
73.7	Jet Grommel	75	Hamiltons	n	50.0	52.5	-55.0	52.5	50.47	1
78.6	Alison Hegley	82.5	Nemisis	n	82.5	-87.5	0.0	82.5	76.25	1
59.5	Stephen Dodd	60	una	n	80.0	85.0	87.5	87.5	75.20	1
59.2	Sean Howard	60	Hamiltons	n	62.5	65.0	-70.0	65.0	56.12	2
67.2	Cliff Haynes	67.5	Hamiltons	n	120.0	125.0	-131.0	125.0	96.72	1
63.8	Matt DePledge	67.5	una	n	100.0	110.0	-115.0	110.0	88.86	2
61.0	Andrew Smith	67.5	Cambridge	n	80.0	90.0	-95.0	90.0	75.62	3
65.7	Thomas Johnston	67.5	una	n	65.0	70.0	0.0	70.0	55.17	4
69.1	Barry Sheerin	75	Nemisis	n	125.0	135.0	140.0	140.0	105.96	1
74.8	Tom Grady	75	Hamiltons	n	130.0	-135.0	-137.5	130.0	92.80	2
72.5	Dean Kehoe	75	Harlow	n	110.0	125.0	-135.0	125.0	91.24	3
73.5	Johnathan Ives	75	Kidlington	n	100.0	117.5	-125.0	117.5	84.92	4
73.0	Barrie West	75	Hamiltons	n	-122.5	-125.0	-125.0	-122.5	0.00	
79.6	Ethan Eade	82.5	una	n	150.0	165.0	-170.0	165.0	112.99	1
77.6	Maxwell Herd	82.5	una	n	140.0	-150.0	-150.0	140.0	97.47	2
79.2	Neil Newman	82.5	Kidlington	n	110.0	125.0	130.0	130.0	89.31	3
79.9	Gary Conway	82.5	una	n	110.0	120.0	130.0	130.0	88.81	4
81.8	David Hinchley	82.5	una	n	120.0	-125.0	-125.0	120.0	80.79	5
82.5	Benjamin Donaldson	82.5	una	n	107.5	115.0	120.0	120.0	80.38	6
80.4	Gordon Kay	82.5	The Farm	n	105.0	110.0	115.0	115.0	78.26	7
81.6	Mick Amey	82.5	Hamiltons	y	112.5	-117.5	-117.5	112.5	75.86	8
81.4	Jamie Webster	82.5	una	n	110.0	-120.0	-120.0	110.0	74.28	9
80.7	Mark Alexander	82.5	una	n	95.0	100.0	102.5	102.5	69.59	10
75.8	Scott Boxer	82.5	una	n	95.0	100.0	-105.0	100.0	70.73	11
78.4	Matthew Williams	82.5	una	n	90.0	95.0	100.0	100.0	69.15	12
78.3	Sam Duncombe	82.5	una	n	90.0	95.0	-97.5	95.0	65.75	13
76.6	Devon Zachwatajlo	82.5	Hamiltons	n	85.0	-92.5	-92.5	85.0	59.69	14
81.0	Robert Anderson	82.5	una	n	-137.5	-137.5	-137.5	0.0	0.00	
89.0	Jerry Rice	90	Yardley Gobion	y	190.0	-197.5	-197.5	190.0	121.97	1
87.8	Mark Fletcher	90	Roko	n	-125.0	125.0	150.0	150.0	96.99	2
83.3	Dave Blackwell	90	una	n	-140.0	140.0	145.0	145.0	96.57	3
88.0	Gavin Stacey	90	Hamiltons	n	142.5	-145.0	145.0	145.0	93.64	4
89.9	Andrew Howard	90	Hamiltons	n	140.0	145.0	-147.5	145.0	92.60	5
87.3	David Lyons	90	una	n	120.0	-125.0	125.0	125.0	81.07	6
88.8	Paul Kerridge	90	una	y	115.0	120.0	125.0	125.0	80.34	7
86.9	Keith Clark	90	una	n	110.0	-115.0	115.0	115.0	74.77	8
88.4	Anthony Fletcher	90	Nemisis	n	100.0	-110.0	110.0	110.0	70.87	9
85.9	Josh Simpson	90	Hamiltons	n	87.5	92.5	95.0	95.0	62.16	10
85.9	Joseph Walton	90	una	n	-60.0	60.0	-70.0	60.0	39.26	11
99.5	Ian Kinghorn	100	Yardley Gobion	y	165.0	210.0	-245.0	210.0	128.03	1
97.0	David Battisson	100	Lakeside	y	-162.5	162.5	167.5	167.5	103.21	2
98.9	John McCormish	100	una	n	-160.0	-160.0	-160.0	-160.0	0.00	
104.5	Sebastian Wajncetel	110	una	y	210.0	220.0	227.5	227.5	136.13	1
101.6	John Feehan	110	Ultra Bodies	y	195.0	210.0	-217.5	210.0	126.97	2
106.4	Pinda Singh	110	Hamiltons	n	180.0	190.0	-202.5	190.0	112.98	3
104.7	Geoff Bethell	110	una	n	150.0	-160.0	165.0	165.0	98.66	4
108.1	Marc Sidney	110	Wood Green	n	140.0	145.0	147.5	147.5	87.25	5
111.0	Jamie Bird	110	Force 10	n	120.0	135.0	-140.0	135.0	79.19	6
111.1	Simon Norcup	125	Force 10	n	185.0	200.0	-215.0	200.0	117.29	1
120.2	Allan Moses	125	Flaxmans	y	120.0	130.0	140.0	140.0	80.41	2
120.6	Christopher Williams	125	una	n	137.5	-142.5	-142.5	137.5	78.91	3
127.4	Paul Doherty	125+	una	y	220.0	-240.0	250.0	250.0	141.82	1
127.4	Tom Metcalfe	125+	Hamiltons	n	-140.0	-140.0	140.0	140.0	79.42	2

Special thanks to loaders: Sandie Simelaine, Calum Endeane, Steve Knight, Mike King and Steve Dodd,
Referees: Catherine Wass, Tracy Hawkins, Jenny Hunter, Ian Kinghorn and Andy Hawkins; MC Stuart Hamilton;
scorekeeper Grahame Hamilton