

**Welsh Powerlifting Championships, 27th April 2014 held at Pontardawe, Swansea**

<b>Women</b>	<b>E/C</b>	<b>B/W</b>	<b>Age</b>	<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>	<b>Total</b>	<b>Place</b>
<b>52kg</b>								
S Butler	E	51.8	U20	117.5	65.0	110.0	292.5	1
Nia Evans	C	50.6	S	75.0	45.0	110.0	230.0	1
<b>57kg</b>								
Lucy Rayner	E	56.2	U18	122.5	85.0	127.5	335.0	1
Danielle Wing	C	56.6	S	70.0	57.5	120.0	247.5	1
Gemma Farman	C	55.4	S	65.0	52.5	127.5	245.0	2
Sarah Brookes	C	55.7	S	75.0	52.5	110.0	237.5	3
<b>63kg</b>								
Rosi Lima	E	61.3	S	175.0	97.5	192.5	465.0	1
Bethan Keeble	C	62.0	S	100.0	52.5	132.5	285.0	1
Emma Cresswell	C	60.7	S	100.0	52.5	125.0	277.5	2
Lucy Cohen	C	62.1	S	0.0	62.5	145.0	0.0	
<b>72kg</b>								
Tanya Bull	C	70.1	S	120.0	67.5	168.5	356.0	1
Amy Spencer	E	71.2	U23	130.0	75.0	140.0	345.0	1
Amanda Gisby	C	65.8	S	122.5	60.0	135.0	317.5	2
Rhiannon Edwards	C	67.7	U23	107.5	60.0	125.0	292.5	3
Danni Morgan	C	70.0	U18	80.0	57.5	0.0	0.0	
<b>84kg</b>								
Sarah Macintosh	C	79.8	S	82.5	47.5	125.0	255.0	1
<b>84+kg</b>								
Vicky McDonald	C	90.0	S	135.0	57.5	135.0	327.5	1

Men	E/C	B/W	Age	Squat	Bench	Deadlift	Total	Place
<b>59kg</b>								
J Suljevic	E	59	U18	185	100	200	485	
A Mehta	C	58.6	U23	147.5	95	187.5	430	
<b>74kg</b>								
Phil Richard	C	74	M1	240	150	235	625	1
Jacob Downes	C	69.5	S	140	115	200	455	2
Pete Twibill	C	72.7	S	150	105	200	455	3
<b>83kg</b>								
Owen Hubbard	C	81	U23	250	190	265	705	1
Francis Barrett	C	81.4	S	202.5	150	230	582.5	2
Steven Tyres	C	75.4	S	200	130	235	565	
Alistair Eustace	C	81.4	S	187.5	115	230	532.5	3
Lewis Redwood	C	76.3	U18	150	102.5	152.5	405	4
Darren Wood	C	81.1	S	140	0	245.5	385.5	5
<b>93kg</b>								
Sion Hughes	C	92.7	U20	270	160	280	710	1
Tom Glugston	C	92.1	S	220	165	235	620	2
Adam Thomas	C	90.1	S	195	140	255	590	3
Dan Watkins	C	88.3	U23	180	170	230	580	4
David Thomas	C	91.4	S	165	112.5	235	512.5	5
Adrian Phillips	C	91	M2	152.5	112.5	220	485	6
Neil Keddy	C	88.7	S	150	120	190	460	7
<b>105kg</b>								
Howard Francis	E	103.3	S	290	170	255	715	1
<b>120kg</b>								
Aled Davies	C	112.2	S	225	140	282.5	647.5	1
<b>120+kg</b>								
Michael Jones	C	172.2	S	330	220	322.5	872.5	1

Peter Manzi	C	127.8	M1	150	125	170	445	2
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Guest Lifters

British Record