

Anglian Open Powerlifting Championship 23rd April 2006 at Hamiltons Fitness Colchester.

Women					Squat				Bench				Deadlift			TOT.	Wilk's
Eq	BDW.	NAME	CLASS	CLUB	1.	2.	3.	Best SQ	1.	2.	3.	SUB.	1.	2.	3.		
n	59.0	Tiffany Croker	60	Hamiltons	65.0	70.0	75.0	75.0	37.5	42.5	-47.5	117.5	75.0	80.0	85.0	202.5	228.73
n	63.7	Jay Adriaanse	67.5	una	70.0	80.0	85.0	85.0	-50.0	50.0	-55.0	135.0	95.0	105.0	110.0	245.0	260.94
n	86.0	Lousie Pennell	90	Hamiltons	75.0	80.0	0.0	80.0	47.5	50.0	-52.5	130.0	110.0	-117.5	117.5	247.5	218.20
n	77.8	Cathy Wass	82.5	Hamiltons	80.0	85.0	90.0	90.0	60.0	-65.0	-65.0	150.0	100.0	110.0	115.0	265.0	246.38

Men					Squat				Bench				Deadlift			TOT.	Wilk's
Eq	BDW.	NAME	CLASS	CLUB	1.	2.	3.	Best SQ	1.	2.	3.	SUB.	1.	2.	3.		
n	59.4	Steve Dodd	60	una	100.0	105.0	107.5	107.5	82.5	87.5	-90.0	195.0	130.0	135.0	137.5	332.5	286.20
n	59.7	Hadley Jones	60	Lakenham	70.0	80.0	-85.0	80.0	35.0	45.0	-55.5	125.0	120.5	135.0	140.0	265.0	227.04
y	73.8	George Leggett	75	Lakeside	160.0	170.0	180.0	180.0	90.0	95.0	0.0	275.0	180.0	196.0	0.0	471.0	339.42
n	70.1	Thomas Johnston	75	una	80.0	90.0	95.0	95.0	70.0	75.0	-77.5	170.0	135.0	140.0	150.0	320.0	239.52

y	80.5	Mick Amey	82.5	Hamiltons	200.0	210.0	-215.0	210.0	115.0	-122.5	-122.5	325.0	220.0	230.0	235.0	560.0	380.77
n	80.3	Robert Palmer	82.5	St Mary's College	170.0	180.0	190.0	190.0	130.0	-135.0	135.0	325.0	210.0	225.0	-240.0	550.0	374.56
n	78.7	Tony Allen	82.5	Crystal Palace	-145.0	-145.0	-145.0		107.5	-115.0	-115.5	107.5	145.0	175.0	-202.5	282.5	194.87
y	89.2	Steven Bright	90	Harborne	245.0	255.0	265.0	265.0	185.0	192.5	-200.0	457.5	245.0	260.0	-270.0	717.5	460.07
y	89.6	Andy Howard	90	Hamiltons	240.0	-247.5	-250.0	240.0	-170.0	170.0	180.0	420.0	240.0	-255.0	-255.0	660.0	422.22
n	90.0	Kevin Jane	90	The Farm	200.0	220.0	226.0	226.0	135.0	140.0	-142.5	366.0	265.0	275.0	282.5	648.5	413.92
n	88.0	Nick Rees	90	B'mouth A.C.	180.0	190.0	195.0	195.0	130.0	135.0	-137.5	330.0	255.0	271.0	-275.5	601.0	388.12
y	89.1	Ian Newsome	90	Hitchin	207.5	220.0	225.0	225.0	122.5	-127.5	127.5	352.5	220.0	230.0	-235.0	582.5	373.72

y	94.7	Dave Battison	100	Lakeside	215.0	-230.0	230.0	230.0	160.0	165.0	-170.0	395.0	240.0	250.0	260.0	655.0	407.92
n	99.2	Stephen Martin	100	Cambridge Uni	200.0	215.0	-220.0	215.0	130.0	132.5	-135.0	347.5	235.0	252.5	260.0	607.5	370.81
n	99.3	John Mitchell	100	Harborne	200.0	225.0	250.0	250.0	100.0	0.0	0.0	350.0	170.0	0.0	0.0	520.0	317.27
y	123.1	Andrew Hawkins	125	BGS	305.0	317.5	-330.0	317.5	227.5	-235.0	0.0	545.0	260.0	280.0	0.0	825.0	471.30
y	111.3	Ricky Gates	125	Hitchin	150.0	160.0	165.0	165.0	102.5	107.5	-112.5	272.5	192.5	202.5	207.5	480.0	281.35

Thanks to loaders: Gareth Woods and Gary Jones, Referees: Tracey Hawkins, Jenny Hunter, Jackie Blasberry, Peter Weiss, Cathy Wass, Scorekeeper: Jamie Hawkins, MC/Promoter Stuart Hamilton.