

BRITISH POWER COMPETITION HELD IN GRIMSBY ON 2nd JUNE 2018

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Squat KILOS	Bench Press FOF KILOS	Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Rebecca Routledge	60.7	1.1526	23	33	Open	65	90.0	57.5 ^{BR}	135.0	282.5 ^{BR}	433.0
Danielle Rucastle	87.5	0.9120	29	33	Open	90	50.0	27.5	95.0	172.5	209.2
Steve Andrews	65.9	1.0880	58	19	55+	70	112.5	80.0	157.5	350.0	453.1
Tony Collins	95.5	0.8685	65	26	65+	100	120.0▲	60.0▲	135.0 ^{BR}	315.0 ^{BR}	344.7
Tony Cook	81.7	0.9492	81	58	80+	85	80.0	72.5▲	115.0	267.5 ^{BR}	401.2
Terry Morris	105.0	0.8256	63	24	60+	105	130.0▲	70.0 ^{BR}	170.0 ^{BR}	370.0 ^{BR}	378.8
Paul Barette	73.4	1.0137	42	3	40+	75	130.0	80.0▲	195.0 ^{BR}	405.0	422.8
Steve Sherwood	79.8	0.9627	66	28	65+	80	150.0▲	85.0 ^{BR}	183.0▲	418.0 ^{BR}	514.5
Thomas Iles	79.7	0.9634	30	0	Open	80	155.0	115.0	220.0	490.0	472.1
Pete Tryner	89.7	0.8993	46	7	45+	90	187.5▲	140.0▲●	260.0▲	587.5 ^{BR}	565.3
Gary Ell	97.6	0.8583	47	8	45+	100	185.0	132.5	200.0	517.5	479.7
Gary Redfern Smith	112.2	0.7978	45	6	45+	115	145.0	112.5	180.0	437.5	370.0
Cliff Dunlop	135.0	0.7286	55	16	55+	125+	130.0▲	90.0	110.0	330.0 ^{BR}	278.9

▲ = Junior, masters World Record. ● = Open World record. ^{BR} = British record.

13 lifters presented themselves at the Haven Gym, Grimsby ready to lift by 12:00am. The lifting went off at a good pace giving each lifter plenty of 'warm up time' for the next lift. The only disappointment was that there was no Junior lifter & only 1 Open male lifter represented. The level of lifting was good, there were several records broken & many personal bests increased. There were 3 new lifters to the IAWA platform, Rebecca Routledge, Danielle Rucastle & Thomas Iles all giving a credible performance with Rebecca attaining a British record for the Bench Press.

Best Ladies lifter: Rebecca Routledge.

Best Master lifter: Pete Tryner, with Steve Sherwood 2nd & Gary Ell 3rd.

Best Overall lifter: Peter Tryner with Steve Sherwood 2nd, Gary Ell 3rd & Thomas Iles 4th.

Many thanks to those that refereed & loaded, especially Adrian Pryor who loaded for all the lifts!