



British Powerlifting Championship - MetamorFIT - 9th April 2022

Name	Sex	Age	Age & Sex %	Age Group	Bwt	Weight Class	Squat	Bench Press	Deadlift	Total	Lynch	Final Amended
Glenn Branch	M	39	0	Open	87.3	90KG	212.5	125	250	587.5	0.9132	536.52
Stephen Brooker	M	35	0	Open	80.7	85KG	182.5	117.5	187.5	487.5	0.9562	466.15
Steve Andrews	M	62	23	60+	67.2	70KG	110	83▲	155	352 ^{BR}	1.0737	458.93
Nick Fitzgerald	M	33	0	Open	53.6	55KG	112.5	75●	160	347.5 ^{BR}	1.2669	440.24
Beata Banas	F	38	33	Open	71.9	75KG	100	60●	145 ^{BR}	305	1.0271	416.64
Gary Ell	M	51	12	50+	89.8	90KG	160.5 ^{BR}	80▲	170	412.5	0.8987	412.68
Emily Fitzgerald	F	35	33	Open	87.0	90KG	120●	75●	120	315 ^{BR}	0.9150	383.35
Steve Shah	M	73	42	70+	82.2	85KG	85	70	130	285	0.9458	382.76
Danny Kingsland	M	32	0	Open	63.6	65KG	100	85 ^{BR}	125	310	1.1150	345.64
Dean Davies	M	40	1	40+	122.6	125KG	147.5 ^{BR}	95▲	200▲	455.5 ^{BR}	0.7633	341.13
Jenny Watson	F	56	50	55+	58.3	60KG	62.5▲	37.5▲	87.5▲	190 ^{BR}	1.1872	333.91
Brandon Hazell-Hyland	M	20	0	Open	78.0	80KG	112.5	72.5	145	330	0.9761	322.10
Sam Bonar	M	27	0	Open	91.0	95KG	80	102.5	150	332.5	0.8920	296.60
Lara Bennett	F	17	38	16-17	61.7	65KG	52.5 ^{BR}	35▲	77.5 ^{BR}	170 ^{BR}	1.1391	259.37
Maria Bennett	F	60	54	60+	95.6	100KG	40▲	42.5▲	85▲	167.5 ^{BR}	0.8680	223.90

Successful 4th Attempts: Squat – Steve Andrews 115.5kg▲, Dean Davies 160.5kg▲

Bench Press – Gary Ell 82.5kg▲

Deadlift – Lara Bennett 82.5kg^{BR}, Jenny Watson 90kg▲

▲= World Junior/Masters record; ●= World Open record; British Record = ^{BR}

Promoter – Paul Barette **MC & Recording** – Steve Gardner **Referees** – Paul Barette, Steve Andrews, Gary Ell, Steve & Karen Gardner

Drug Testing – Gary Ell **Loaders & Spotters** – Adrian Pryor, Ryan Shields and the lifters!

Overall Champion & Winner of the Steve Angell Memorial Shield – Glenn Branch

Best Junior Female – Lara Bennett

Best Open Female – Beata Banas

Best Open Male – Glenn Branch

Best Masters Female – Jenny Watson

Best Masters Male – Steve Andrews