



# Ultimate Power

The official newsletter of the East Midlands Powerlifting Association  
A division of the Great Britain Powerlifting Federation

Jan-Mar 2009

## Great Britain Powerlifting Federation

After many years we now have our own federation, distinct from weightlifting and distinct from BWLA. The GBPF came into being sometime last year, with the objective of taking over the governance and management of Powerlifting in Great Britain from the 1<sup>st</sup> January 2009, and that has happened.

The GBPF has held its first annual general meeting on 8<sup>th</sup> March 2009, it has staged British championships for Juniors, for Masters and for the bench press, it has appointed and elected officials, developed a constitution and in every respect is a functional body capable of delivering its objectives. There will however need to be some tolerance as everything has been developed from new and it will take time to bed everything down.

The website, developed in support of the GBPF is a tremendous resource and has all support material for the federation, its operations, competitions and other events, as well as news as it breaks. See [www.gbpf.org.uk](http://www.gbpf.org.uk).

Membership to the GBPF has grown quickly and exceeded initial expectations. At the time of the AGM there were some 524 members, and the East Midlands was the 2<sup>nd</sup> largest division with 68 members, behind the Yorkshire North East and closely followed by Scotland. A great start.

## News in brief

### ***EPF rule change proposal***

The photo below shows Steve Walker catching a siesta at the European Masters Powerlifting Championships 2008. One can only assume this was after he lifted, or is it just his age catching up with him and driving the need for an afternoon nap, regardless of location?



It has been rumoured that this event has triggered a proposed rule change for future EPF masters competitions, to allow in the schedule time for an afternoon nap. The basis for this is that they don't want to wear out these old chaps too much.

### ***British Masters Powerlifting Championships***

These were held on the 28<sup>th</sup> and 29<sup>th</sup> March 2009 in Accrington. The championships themselves went very well and there was good representation from the East Midlands.

The following notable performances were put in by lifters from the East Midlands:

- Jenny Hunter 1<sup>st</sup> m2 56kg class
- Jackie Blasbery 1<sup>st</sup> m2 75kg class
- Allen Ottolangui 1<sup>st</sup> m1 75kg class
- Steve Walker 1<sup>st</sup> m2 75kg class
- Mick Amey 2<sup>nd</sup> m3 75kg class
- George Leggett 1<sup>st</sup> m5 75kg class [the legend goes on and on]
- Jerry Rice 1<sup>st</sup> m1 90kg class
- Doug D'Gama 3<sup>rd</sup> m1 90kg class
- Kevin Jane 1<sup>st</sup> m2 90kg class
- Andrew Rodney 2<sup>nd</sup> m1 110kg class

There will be a full set of results in the next edition of this newsletter.

### ***East Midlands to host English Powerlifting championships for the 2<sup>nd</sup> year***

The East Midlands division will once again host the English Powerlifting championships in August following a similar format to last year, with both equipped and unequipped competitions running in parallel. This will be staged at Moulton College again and will take place on the 22<sup>nd</sup> and 23<sup>rd</sup> August 2009.

### ***Change to EM Masters, Juniors and Novices***

The AGM established the date for this competition as the 11<sup>th</sup> July 2009, this date is no longer valid. The current date is set for the 5<sup>th</sup> July 2009 but is still subject to confirmation. Securing the hall and the overlap of holidays is proving difficult, refer to the website for the latest dates.

## **No British Team at the world masters bench press**

The credit crunch has hit Powerlifting, this year's world masters bench press proved a journey too far for the British masters bench press team, no one wishing or able to afford the trip to New Zealand.

## **Minutes of AGM and committee**

The EM Powerlifting association held it's first AGM on 31<sup>st</sup> January 2009. This meeting confirmed officers who were prepared to stand for the ensuing year and dispatched the business of the AGM, and was followed by a committee meeting. The minutes of both meetings appear in full in this newsletter. [see below, see page 3]

## **EM divisional records**

Records for the Powerlifting lifts will carry forward from those previously established within the division. I am working on a refresh of these for publication to the website, and in a format which is easy to print. These will be available by the end of April.

I would remind all lifters that it is up to the lifter to ensure a record claim is made, and that all claims should be supported by evidence, which at a minimum needs to be the scoresheet of the event (of course these can reference electronic versions of such stored on the internet). All record claims should be forwarded to Ian Kinghorn the records registrar. Records will not be recorded if they are not claimed.

## **EM unequipped Powerlifting championships**

The unequipped Powerlifting event was once again hosted by the Hitchin and Letchworth Weightlifting club, the event taking place on the 10<sup>th</sup> February 2009.

26 lifters took part and all registered a lift in all 3 disciplines.

Full results are included below (see page 6)

## **British bench press**

The British Bench press took place on the 28<sup>th</sup> February and 1<sup>st</sup> March 2009 at Hatchford Brook in Solihull for the 2<sup>nd</sup> year. The event was well attended and there was some very good lifting. Once again Stan Macrow and his support team staged an excellent contest.

Results from the 4 sessions of lifting over the 2 days are provided below (see page 7)

## **EM lifters in the press**

Jackie Blasbery and Jenny Hunter appeared in the Cambridge newspaper following their success at the World Masters competition last year in California, USA.

The press clipping is reproduced on page 5.

## **EM website - reworked**

The EM website, hosted and maintained by Stuart Hamilton of Hamilton's Fitness has been reworked and is even better than before. A resource for up to date information on what is happening in the East Midlands and further afield.

For up to the minute news and information go to [www.hamiltonsfitness.co.uk/weightlifting.htm](http://www.hamiltonsfitness.co.uk/weightlifting.htm).

## Calendar

Date	Competition	Venue	Details
15/3/09	East Mids Bench press	Hamilton's Fitness Centre Colchester	Equipped & unquipped
12/4/09	Anglian Open 3 lifts	Hamilton's Fitness Centre, Colchester	Equipped.
5/7/2009	Div. Masters, Juniors & Novices	Yardley Gobion WLC	3 lift Equipped
22/8/09	All England open	Moulton College, Northampton	3 lift Equipped
6/9/09	Anglian Bench Press	Hamilton's Fitness Centre, Colchester	Equipped & Unequipped
29/11/09	Divisional lifts	Hitchin WLC Letchworth	Equipped

## East Midlands AGM and committee meeting minutes

### The East Midlands Powerlifting Association – Annual General Meeting minutes.

The meeting took place at Hitchin Weightlifting Club, Whitehorne Lane, Letchworth 31/1/2009. Meeting opened at 11.50a.m.

- Members Present;** Peter Weiss (chairman) Jenny Hunter, Stuart Hamilton, Dave Tucker, Allen Ottolanguiu, Steve Gates, Ian Kinghorn, Malcolm Bason, Mick Amey, Kevin Jane. Also present Wally Pullum
- Apologies;** None
- Draft Constitution;** The Secretary presented a draft constitution which was accepted, this will be adopted by the division for the time being and discussed further when the committee have had time to decide if any adjustment or additional items need to be included. Those present all agreed that the association will be known as '**The East Midlands Powerlifting Association**'. (**EMPA**)
- Officer reports;** Although this was the first official meeting of the EMPA reports were received from the following committee members who held powerlifting positions last year for the division under the EMWLA (General Secretary, Power Secretary, Treasurer, Chairman, Records and newsletter editor, which were all accepted.
- Election of Officers;** No nominations were received and the only change from last years committee was the unanimous election of Dave Tucker as President.

<b>President</b>	<b>Dave Tucker</b>
<b>Chairman</b>	<b>Pete Weiss</b>
<b>Treasurer</b>	<b>Jenny Hunter</b>
<b>General Secretary</b>	<b>Kevin Jane</b>
<b>Newsletter Editor</b>	<b>Ian Kinghorn</b>
<b>Records Officer</b>	<b>Ian Kinghorn</b>
<b>Membership Registrar</b>	<b>Ian Kinghorn</b>
<b>Drugs Liaison Officer</b>	<b>Kevin Jane</b>
<b>Child Protection Officer</b>	<b>Kevin Jane</b>
<b>Technical Officer</b>	<b>Dave Tucker</b>
<b>Assistant Technical Officer</b>	<b>Pete Weiss</b>
<b>Powerlifting Secretary</b>	<b>Pete Weiss</b>
<b>Web site manager</b>	<b>Stuart Hamilton</b>
<b>Committee member</b>	<b>Allen Ottolangu</b>

Meeting closed at 12.20p.m.

The East Midlands Powerlifting Association – Minutes of Committee Meeting held at Hitchin WLC, Whitehorne Lane, Letchworth 31/1/2009

**Meeting opened at 12.25p.m.**

**1/. Members present;** Peter Weiss (chairman) Jenny Hunter, Stuart Hamilton, Dave Tucker, Allen Ottolangui, Steve Gates, Ian Kinghorn, Malcolm Bason, Mick Amey, Kevin Jane. Also present Wally Pullum.

**2/. Apologies;** None

**3/. Matters arising from previous meeting (8/11/2008)**

- a) A new bank account had now been opened with Nat West the three signatories on the account are Pete Weiss, Jenny Hunter and Kevin Jane. Jenny will have the name of the account altered to the East Midlands Powerlifting Association. There are some cheques waiting to be paid into this account, namely the entry contributions from the last years divisional and All England powerlifting competitions.
- b) The Secretary had spoken with both John Jackson and Arthur Hoey regarding the fact that under the new GBPF association affiliated divisions would not be receiving a rebate based on the number of members as used to happen under the BWLA. As there is a need to ensure that the new association is financially stable to begin with, a rebate system on similar lines to BWLA is not being considered at present. This means that Divisions need to become more self sufficient.

4/. Championship Dates;

Date	Competition	Venue	Details
15/3/09	East Mids Bench press	Hamilton's Fitness Centre Colchester	Equipped & unquipped
12/4/09	Anglian Open 3 lifts	Hamilton's Fitness Centre, Colchester	Equipped.
11/7/09	Div. Masters, Juniors & Novices	Yardley Gobion WLC	3 lift Equipped
22/8/09	All England open	Moulton College, Northampton	3 lift Equipped
6/9/09	Anglian Bench Press	Hamilton's Fitness Centre, Colchester	Equipped & Unequipped
29/11/09	Divisional lifts	Hitchin WLC Letchworth	Equipped

**5/. Financial position;** In order to generate funds for the Division it was agreed to increase the levy from lifters competing in all divisional events to £2 as from the 15/3/09.

Ian Kinghorn will contact Steve Walker to see if he might be interested in taking on an officer role for the Division as a publicity & promotions manager. The aim of the role being to publicise events within the division to attract newcomers into the sport. Also to look at various grants and funding applications that might be applicable. The Secretary will look into the cost of having some divisional tee-shirts, polo shirts, sweat shirts, caps etc. made that can be sold at a profit for the division.

**6/. Dates for committee meetings;** these were set to be held on the same day as the EMWLA committee meetings as many of the EMPA committee members are on both committees'. The meetings will all be held at the Hitchin WLC Letchworth as it is the most central location. The EMPA meetings will follow the EMWLA meetings starting around 11.30a.m.

Meeting dates; **4<sup>th</sup> April, 15<sup>th</sup> August, and 7<sup>th</sup> November.**

**7/. Any Other Business;**

a) All previous divisional powerlifting records created within the EMWLA will be carried over into the new EMPA.

b) Dave Tucker asked if members could send him letters in support of Jackie Blasbery's achievements in the sport so he can nominate her for a national award.

c) Ian Kinghorn said that he will provide a trophy that can be presented at the end of each year for the overall best lifter. This will be decided by the committee as well as other categories, these will be decided at a later meeting.

d) It was agreed that the committee will at the end of each year also honour at least one individual by inducting them into a 'Hall of Fame' This will may be awarded for either competitive achievements or contributions to the sport

Meeting closed at 1.15p.m.

## Press clipping - Jenny and Jackie

www.cambridge-news.co.uk/sport

# SPORTSCENE . . . WEIGHTLIFTING

# A Master-ful display by Jenny and Jackie

■ AARON MASON  
Sports Writer

JENNY Hunter and Jackie Blasbery have snatched victory at the World Masters Powerlifting Championships in California.

Cambridge lifter Hunter and Blasbery, of Newmarket, who train together at Robinson College, both came on top against the best in the world in their age groups in Palm Springs.

Hunter won the women's over-50 title at under-56kg in storming fashion after squatting 135kg, bench-pressing 85kg and dead-lifting 160kg for an overall total of 380kg.

The 50 year old finished well clear of runner-up, Kate Dingle-Craig of the USA, who lifted 337.5kg, to win her first world title. Hunter said: "It was the first time I've competed in the Masters and I was really pleased to win.

"I've been powerlifting for 20 years and I'd never done the worlds before, but I thought I'd give it a go because my son is old enough to look after himself now."

It was a different story for Blasbery, who was defending her under-75kg crown in the women's over-40 category.

She found herself in a nail-biting battle with American Laura Styrland and Lucia Feraud of Ecuador for the title before taking the honours.

Feraud came out on top in the squat with a lift of 180kg to Blasbery's 165, while Styrland won the bench press on



POWERFUL SHOW: Champion powerlifters Jenny Hunter, left, and Jackie Blasbery.  
Picture: Warren Gunn SPO 515912

110kg, with the Newmarket lifter pressing 107.5kg.

But Blasbery, 45, beat her rivals in the dead lift with a push of 187.5kg to score an overall total of 460kg with Styrland runner-up on 450kg and Feraud third with 430kg.

On their return, Hunter and Blasbery

helped England to victory in the Women's Four Nations Team Championships in Swansea.

Hunter said: "We were part of the team and we won it quite easily, but it's nice to think that we're still good enough to be selected to compete in the senior team against much younger lifters."

# EM unequipped Powerlifting championships

**Championship** East Mids Unequipped

**Venue** Letchworth

**Date** 10-2-08

**B/W Class/s**

Age	Name	B/W	Squat			Bench Press			S/T	Dead Lift			Total	PN	B
M2	Jenny Hunter	56Kg	80	90	<u>95</u>	70	<u>75</u>	<del>77.5</del>	170	130	<u>140</u>	<del>145</del>	310	1	*
M1	Jackie Blasbery	79.6	105	115	<u>122.5</u>	72.5	75	<u>77.5</u>	200	150	160	<u>170</u>	370	1	*
SJnr	Johnathan Pardy	54.8	70	80	<u>87.5</u>	60	<u>67.5</u>	<del>70</del>	155	110	120	<u>130</u>	285	1	*
Snr	Andy Smith	59.4	100	110	<u>120</u>	92.5	97.5	<u>100</u>	220	140	<u>160</u>	<del>170</del>	380	1	*
Snr	Dave White	67.2	150	160	<u>170</u>	90	100	<u>100</u>	270	180	<u>185</u>		455	1	*
M1	Sean Rowlands	66.6	150	<u>160</u>		95	<u>100</u>	<del>105</del>	260	<u>180</u>			440	2	*
snr	S Quartermaine	66.6	<u>140</u>	<del>157.5</del>	162.5	80	<u>90</u>	<del>95</del>	230	<u>185</u>	<del>205</del>	<del>205</del>	415	G	
M1	Allen Ottolangui	74.9	170	180	<u>190</u>	100	<u>105</u>	<del>110</del>	295	<u>215</u>	<del>230</del>		510	1	*
U23	Diego M-Rodney	75	150	157.5	<u>162.5</u>	100	105	<u>110</u>	272.5	<u>197.5</u>	<del>205</del>	<del>205</del>	470	G	*
M2	Chris Anderson	81.3	160	170	<u>180</u>	130	135	<u>137.5</u>	317.5	200	<del>210</del>	<del>220</del>	537.5	1	*
M2	Dave Ottolangui	82.2	160	<u>172.5</u>	<del>177.5</del>	105	<u>110</u>	<del>112.5</del>	282.5	<del>205</del>	205	<u>217.5</u>	500	2	*
U23	D Zachawatjlo	80.2	<u>150</u>	<del>155</del>	<del>155</del>	110	<del>115</del>	<u>115</u>	265	180	195	<u>202.5</u>	467.5	3	*
M2	Tony Wightman	82.4	<u>145</u>	<del>150</del>	<del>150</del>	100	<u>105</u>	<del>107.5</del>	250	<u>185</u>	<del>190</del>		435	4	*
M1	Alan Joseph	80.3	150	162.5	<u>167.5</u>	110	<u>115</u>	<del>117.5</del>	282.5	200	215	<u>220</u>	502.5	G	*
Snr	Ivan Otim	80.8	<u>140</u>	<del>147.5</del>	<del>150</del>	90	97.5	<u>100</u>	240	210	<u>230</u>	<del>240</del>	470	G	
Snr	Yaman Mustafa	78.3	150	162.5	<u>167.5</u>	115	<del>122.5</del>	<u>122.5</u>	290	<u>187.5</u>	<del>200</del>	<del>200</del>	477.5	G	
M2	Kevin Jane	90	200	<u>212.5</u>	<del>220</del>	<u>127.5</u>	<del>132.5</del>	<del>132.5</del>	340	260	270	<u>280</u>	620	1	*
Snr	Steve Gates	86.1	<del>195</del>	205	<u>217.5</u>	120	127.5	<u>130</u>	347.5	245	260	<u>270</u>	617.5	2	*
M1	Doug D'Gama	87.3	<del>170</del>	170	<u>180</u>	142.5	<u>147.5</u>	<del>152.5</del>	327.5	220	237.5	<u>242.5</u>	570	3	*
Snr	Andy Waterstone	85.1	130	<del>140</del>	<u>140</u>	70	<u>77.5</u>	<del>85</del>	217.5	167.5	180	185	402.5	4	
U23	W Blackwell	83.9	<u>40</u>			<u>60</u>			100	<u>40</u>			140	5	
M2	Malc Bason	99.5	175	<u>185</u>	<del>200</del>	122.5	127.5	<u>132.5</u>	322.5	<u>215</u>	<del>225</del>	<del>225</del>	537.5	1	*
M1	Andy Rodney	110	185	<u>225</u>		145	157.5	<u>162.5</u>	387.5	260	<u>282.5</u>		670	1	*
Snr	Steve Jones	106.7	210	220	<u>230</u>	140	145	<u>150</u>	380	250	260	<u>270</u>	650	2	*
M2	Ian Finch	109.5	170	<u>180</u>	<del>187.5</del>	115	<u>120</u>	<del>125</del>	300	<u>200</u>	<del>212.5</del>		500	3	
M3	Chris Gladding	106.7	147.5	<del>157.5</del>	<u>157.5</u>	117.5	122.5	<u>125</u>	282.5	<u>177.5</u>	<del>185</del>		460	4	*

Side Referee\_ Pete Weiss

Centre Referee\_ Dave Tucker

Side Referee\_ Steve Walker

\* = British Qualifier G = Guest Lifter / = British Record

# GBPF British Bench Press

Name	bwt	Class	Div	Bench 1	Bench 2	Bench 3	Best Bench	Overall	Class	Wt. Class
Natalie Blake	50.8	senior	em	90.0	95.0	-100.0	95.0	1st		52.0
Karen Gear	66.3	senior	sw	80.0	82.5	-86.0	82.5	1st		67.5
Jean Maton	82.5	m1	sm	100.0	107.5	112.5	112.5	1st	1st	82.5
Jennifer Nicoll	86	m1	sw	-100.0	-105.0	-115.5				90.0
Roxanne Salmon	93.9	m1	gl	70.0	75.0	80.0	80.0	1st	1st	91.0

Aaron Gideon	57.8	senior	gl	-130.0	-130.0	-140.0				60.0
Andrew Smith	59.8	senior	em	100.0	110.0	-115.0	110.0	1st		60.0
Zia Mercer	65.4	m2	wm	-115.0	122.5	-127.5	122.5	1st	1st	67.5
Paul Lockett	66.3	m2	em	-100.0	105.0	107.5	107.5	2nd	2nd	67.5
Ted Brown	62.3	m4	sm	90.0	95.0	100.0	100.0	3rd	1st	67.5

Name	bwt	Class	Div	Bench 1	Bench 2	Bench 3	Best Bench	Overall	Class	Wt. Class
Cliff Haynes	73.9	m1	em	-180.0	-180.0	180.0	180.0	1st	1st	75.0
Mark Nugent	74.1	senior	ni	-160.0	-160.0	160.0	160.0	2nd		75.0
Alex Lee	74.4	m3	yne	150.0	152.5	-157.5	152.5	3rd	1st	75.0
Stan Macrow	72.3	m3	wm	140.0	-145.0	-145.0	140.0	4th	2nd	75.0
Gary Prater	74.2	m1	sw	130.0	140.0	-145.0	140.0	5th	2nd	75.0
Barrie West	71.1	senior	em	130.0	-140.0	-142.4	130.0	6th		75.0
Paul Kopec	74.4	u23	nw	125.0	-130.0	-130.0	125.0	7th	1st	75.0
Owen Hubbard	73	u18	wales	120.0	-130.0	-130.0	120.0	8th	1st	75.0
Ryan Stewart	70.8	u18	ni	110.0	-120.0	-120.0	110.0	9th	2nd	75.0

Matthew	Harness	73.5	u20	nm	95.0	-105.0	-105.0	95.0	10th	1st	75.0
George	Leggett	72.2	m5	em	75.0	80.0	-82.5	80.0	11th	1st	75.0
Brian	Halliday	80.8	m1	yne	170.0	175.0	180.0	180.0	1st	1st	82.5
Chris	Cooper	82.5	m1	yne	147.5	152.5	-157.5	152.5	2nd	2nd	82.5
Michael	Smith	81.9	senior	wales	150.0	-157.5	-157.5	150.0	3rd		82.5
David	Williams	79.4	m2	sw	135.0	140.0	145.0	145.0	4th	1st	82.5
Jaspal	Singh	78.5	u23	wm	-105.0	105.0	-110.0	105.0	5th	1st	82.5
Andy	Howard	81.9	m1	em	-177.5	-177.5	-177.5				82.5

Name	bwt	Class	Div	Bench 1	Bench 2	Bench 3	Best Bench	Overall	Class	Wt. Class	
Paul	Morris	88.6	senior	nw	207.5	-212.5	-212.5	207.5	1st		90.0
Ian	Wells	88.8	senior	em	-200.0	200.0	-210.0	200.0	2nd		90.0
Randell	Crookes	89.3	senior	ni	190.0	-195.0	-195.0	190.0	3rd		90.0
Philip	Guise	85.1	m2	wm	180.0	-185.0	-185.0	180.0	4th	1st	90.0
Aaron	Lohan	86	senior	nw	160.0	167.5	175.0	175.0	5th		90.0
Lee	Smith	89.1	senior		160.0	170.0	-185.0	170.0	6th		90.0
David	Battisson	88.4	m3	em	140.0	-145.0	0.0	140.0	7th	1st	90.0
Mike	Edwards	87.9	m3	wm	125.0	130.0	-140.0	130.0	8th	2nd	90.0
Paul	Kerridge		m2	em	125.0	-130.0	-130.0	125.0	9th	2nd	90.0
Stephen	Morris	85.8	senior	wales	-140.0	-150.0	-150.0				90.0
Chris	Gilbert	86.9	m3	sm	-140.0	-140.0	-150.0				90.0
Ranj	Singh	88.8	u23	Guest	-155.0	-155.0	-155.0				90.0
Carlin	Jones	89	u23	sw	-185.0	-185.0	-185.0				90.0
James	Jefferies	89.5	m1	em	-220.0	-220.0	-220.0				90.0

Sangeet	Dhillon	98.9	senior	yne	200.0	-210.0	210.0	210.0	1st		100.0
Steve	Barnes	97.7	m1	yne	-172.5	172.5	-180.0	172.5	2nd	1st	100.0
Martin	Flett	97.6	m2	nw	170.0	-202.5	-202.5	170.0	3rd	1st	100.0
Stuart	Hamilton	100	m1	em	155.0	160.0	165.0	165.0	4th	2nd	100.0
Norman	Anderson	94.2	m4	yne	140.0	145.0	-150.0	145.0	5th	1st	100.0
Jim	Dulling	98.3	m3	yne	115.0	130.0	-140.0	130.0	6th	1st	100.0
Mitchell	Tutt	92.9	senior	se	-180.0	-190.0	0.0				100.0



Martin	Green	99.7	senior	sm	-230.0	-230.0	-230.0				100.0
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Name	bwt	Class	Div	Bench 1	Bench 2	Bench 3	Best Bench	Overall	Class	Wt. Class
Sebastian Wajncetel	103.6	senior	Guest	250.0	260.0	267.5	267.5	Guest		110.0
Brian Reynolds	104.9	senior	yne	-240.0	240.0	-245.0	240.0	1st		110.0
Ian Hawkins	106.4	senior	sm	220.0	227.5	-230.0	227.5	2nd		110
Robert Pulling	103.8	senior	wm	-205.0	205.0	215.0	215.0	3rd		110.0
John Wright	103.4	m1	yne	185.0	-192.5	-192.5	185.0	4th	1st	110.0
Harminder Singh	100.3	u23	wm	155.0	165.0	172.5	172.5	5th	1st	110.0
Pinda Singh	109.3	senior	em	-252.5	-265.0	-265.0				110.0

Benjamin Banks	114.5	senior	gl	220.0	230.0	-250.0	230.0	1st		125.0
Allan Hulme	111.6	m2	yne	-215.0	215.0	0.0	215.0	2nd	1st	125.0
Brian Coombes	116.3	senior	ni	-210.0	-210.0	210.0	210.0	3rd		125.0
Tom Chantler	124.8	senior	sm	-210.0	210.0	-220.0	210.0	4th		125.0
Harvinder Singh	111.3	senior	wm	-190.0	-195.0	200.0	200.0	5th		125.0
Amrik Singh	111.9	u23	wm	-177.5	182.5	187.5	187.5	6th	1st	125.0
Peter Edwards	118.9	u23	wales	-170.0	180.0	185.0	185.0	7th	2nd	125.0
Julian Massey	113.5	m2	gl	175.0	180.0	-180.0	180.0	8th	2nd	125.0
Bob Sadler	124.5	m1	wales	170.0	175.0	180.0	180.0	9th	1st	125.0
Ken Crickmore	111.7	m3	gl	150.0	155.0	-160.0	155.0	10th	1st	125.0
Fred Smith	115	m3	nw	-132.5	132.5	142.5	142.5	11th	2nd	125.0
Joe Downey	119.4	u23	ni	-180.0	-185.0	-190.0				125.0

Dean Bowring	133.2	senior	sm	-265.0	-277.5	282.5	282.5	1st		126.0
Robert Wiejas	128.1	senior	Guest	252.5	262.5	-275.0	262.5			126.0