

International Powerlifting Federation  
Results from the First Commonwealth Powerlifting Championships  
Wansbeck District, Northumberland United Kingdom  
Newbiggin by the Sea Sports Centre  
5 to 12 September 2005



Weight Category Name	52kg Nation	BW	Squat				Bench			Sub Total	Deadlift			Total	Position		
			1st	2nd	3rd	Best	1st	2nd	3rd		Best	1st	2nd			3rd	Best
Pat Constantine	Eng	51.85	185.00	<del>200.00</del>	200.00	200.00	105.00	110.00	115.00	115.00	315.00	200.00	215.00	<del>232.20</del>	215.00	530.00	1st
Grard Kelly	NI	51.45	110.00	120.00	<del>135.00</del>	120.00	80.00	90.00	100.00	100.00	220.00	<del>160.00</del>	160.00	-	160.00	380.00	2nd
Weight Category Name	56kg Nation	BW	Squat				Bench			Sub Total	Deadlift			Total	Position		
			1st	2nd	3rd	Best	1st	2nd	3rd		Best	1st	2nd			3rd	Best
John Maxwell	Scot	55.95	<del>165.00</del>	185.00	195.00	195.00	115.00	125.00	135.00	135.00	330.00	205.00	215.00	<del>220.00</del>	215.00	545.00	1st
Chad Mitchell	Eng	55.60	175.00	185.00	192.50	192.50	95.00	102.50	105.00	105.00	297.50	170.00	180.00	<del>182.50</del>	180.00	477.50	2nd
Karl Christians	RSA	55.65	160.00	<del>175.00</del>	<del>175.00</del>	160.00	90.00	95.00	95.00	90.00	250.00	180.00	195.00	<del>22.50</del>	195.00	445.00	3rd
Weight Category Name	60kg Nation	BW	Squat				Bench			Sub Total	Deadlift			Total	Position		
			1st	2nd	3rd	Best	1st	2nd	3rd		Best	1st	2nd			3rd	Best
Marlon Daniels	RSA	58.85	160.00	175.00	200.00	200.00	80.00	130.00	-	130.00	330.00	140.00	170.00	200.00	200.00	530.00	1st
Weight Category Name	67.5kg Nation	BW	Squat				Bench			Sub Total	Deadlift			Total	Position		
			1st	2nd	3rd	Best	1st	2nd	3rd		Best	1st	2nd			3rd - 4th	Best
Adel Rana	Pak	67.25	235.00	242.50	250.00	250.00	170.00	175.00	180.00	175.00	425.00	270.00	270.00	270 - 275	275.00	700.00	1st
Phil Richard	Wales	67.20	265.00	277.50	<del>282.50</del>	277.50	172.50	177.50	182.50	182.50	460.00	230.00	237.50	<del>242.50</del>	237.50	697.50	2nd
Barry Sheerin	Eng	66.45	<del>190.00</del>	190.00	<del>200.00</del>	190.00	145.00	160.00	<del>175.00</del>	160.00	350.00	<del>245.00</del>	245.00	<del>250.00</del>	245.00	595.00	3rd
Jean S Rheume	Can	67.35	197.50	210.00	<del>220.00</del>	210.00	147.50	155.00	160.00	160.00	370.00	205.00	<del>215.00</del>	215.00	215.00	585.00	4th
Mike Gardiner	NZ	67.40	200.00	<del>210.00</del>	210.00	210.00	127.50	135.00	140.00	140.00	350.00	225.00	<del>237.50</del>	<del>237.50</del>	225.00	575.00	5th
Mike McBride	Scot	66.40	<del>180.00</del>	180.00	195.00	195.00	110.00	<del>115.00</del>	<del>117.50</del>	110.00	305.00	225.00	235.00	<del>237.50</del>	235.00	540.00	6th
Weight Category Name	75kg Nation	BW	Squat				Bench			Sub Total	Deadlift			Total	Position		
			1st	2nd	3rd	Best	1st	2nd	3rd		Best	1st	2nd			3rd	Best
Wally Schmidt	RSA	74.50	225.00	235.00	240.00	240.00	155.00	160.00	162.50	162.50	402.50	260.00	272.50	280.00	272.50	675.00	1st
Sean Muir	Aus	74.60	232.50	245.00	252.50	252.50	152.50	157.00	160.00	160.00	412.50	252.00	262.50	<del>270.00</del>	262.50	675.00	2nd
Manoj Chahal	Eng	74.65	230.00	240.00	<del>245.00</del>	240.00	150.00	160.00	160.00	160.00	400.00	235.00	245.00	<del>250.00</del>	245.00	645.00	3rd
Wallace Clarke	NI	73.90	215.00	225.00	235.00	235.00	140.00	147.50	152.50	152.50	387.50	240.00	255.00	<del>257.50</del>	255.00	642.50	4th
Rob Parfitt	Scot	72.70	200.00	210.00	220.00	220.00	<del>125.00</del>	132.50	140.00	140.00	360.00	230.00	240.00	<del>255.00</del>	240.00	600.00	5th
Alex McNamara	Scot	72.30	<del>190.00</del>	<del>190.00</del>	190.00	190.00	125.00	132.50	<del>140.00</del>	132.50	322.50	<del>190.00</del>	190.00	<del>200.00</del>	190.00	512.50	6th
David Todd	Wales	73.50	187.50	<del>192.50</del>	<del>192.50</del>	187.50	<del>125.00</del>	<del>125.00</del>	<del>125.00</del>	-	-	<del>205.00</del>	217.00	<del>230.00</del>	230.00	-	Disq

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Weight Category Name	82.5kg Nation	BW	Squat				Bench				Sub Total	Deadlift			Total		
			1st	2nd	3rd	Best	1st	2nd	3rd	Best		1st	2nd	3rd		Best	
			T S Adewale	Eng	81.80	<del>255.00</del>	255.00	267.50	267.50	155.00		<del>462.50</del>	162.50	162.50		430.00	280.00
Gary Bowman	Eng	81.40	245.00	255.00	265.00	265.00	170.00	<del>480.00</del>	182.50	182.50	447.50	270.00	280.00	287.50	287.50	735.00	2nd
Dean Van Wyk	RSA	81.35	250.00	260.00	<del>270.00</del>	260.00	150.00	<del>460.00</del>	<del>465.00</del>	150.00	410.00	265.00	275.00	277.50	277.50	687.50	3rd
Robert Beaton	Scot	82.10	230.00	250.00	265.00	265.00	<del>465.00</del>	175.00	182.50	182.50	447.50	240.00	<del>260.00</del>	<del>260.00</del>	240.00	687.50	4th
RobertWylie	Scot	80.95	<del>245.00</del>	245.00	<del>270.00</del>	245.00	155.00	<del>460.00</del>	160.00	160.00	405.00	245.00	255.00	-	255.00	660.00	5th
Stephen King	NZ	81.45	230.00	245.00	250.00	250.00	130.00	137.50	142.50	142.50	392.50	225.00	240.00	<del>247.50</del>	240.00	632.50	6th
Nick Rees	Wales	81.45	210.00	220.00	<del>225.00</del>	220.00	137.50	<del>442.50</del>	<del>442.50</del>	137.50	357.50	255.00	265.00	270.00	270.00	627.50	7th
Francois D Preez	RSA	81.45	200.00	225.00	<del>235.00</del>	225.00	125.00	135.00	<del>445.00</del>	135.00	360.00	250.00	<del>270.00</del>	<del>270.00</del>	250.00	610.00	8th
Darren George	Wales	81.20	210.00	220.00	<del>230.00</del>	220.00	<del>450.00</del>	150.00	<del>452.50</del>	150.00	370.00	<del>240.00</del>	210.00	220.00	220.00	590.00	9th

Weight Category Name	90kg Nation	BW	Squat				Bench				Sub Total	Deadlift			Total		
			1st	2nd	3rd	Best	1st	2nd	3rd	Best		1st	2nd	3rd		Best	
			Jas Singh	Eng	85.65	275.00	<del>290.00</del>	290.00	290.00	190.00		200.00	210.00	210.00		500.00	260.00
David Jame	Aus	89.60	275.00	285.00	290.00	290.00	<del>442.50</del>	142.50	<del>447.50</del>	142.50	432.50	280.00	300.00	<del>307.50</del>	300.00	732.50	2nd
Andy Mahon	NZ	88.50	250.00	270.00	<del>280.00</del>	270.00	155.00	<del>465.00</del>	<del>465.00</del>	155.00	425.00	270.00	285.00	<del>290.00</del>	285.00	710.00	3rd
Stephen Holmes	Scot	85.20	205.00	215.00	<del>225.00</del>	215.00	135.00	140.00	150.00	150.00	365.00	235.00	255.00	280.00	280.00	645.00	4th
Dave Pigozzo	Can	89.15	225.00	232.50	<del>237.50</del>	232.50	152.50	162.50	165.00	165.00	397.50	235.00	247.50	<del>255.00</del>	247.50	645.00	5th
Adrian Paul	NI	89.50	<del>230.00</del>	230.00	245.00	245.00	150.00	157.50	<del>462.50</del>	157.50	402.50	240.00	<del>250.00</del>	<del>257.50</del>	240.00	642.50	6th
Chris Davies	Wales	87.50	<del>240.00</del>	220.00	230.00	230.00	150.00	<del>450.00</del>	157.50	150.00	380.00	220.00	<del>230.00</del>	237.50	237.50	617.50	7th
Colin Wright	NZ	89.85	220.00	240.00	<del>250.00</del>	240.00	130.00	<del>440.00</del>	<del>440.00</del>	130.00	370.00	200.00	<del>220.00</del>	230.00	230.00	600.00	8th
Philip Watkins	Wales	89.90	<del>260.00</del>	<del>280.00</del>	280.00	280.00	<del>455.00</del>	<del>462.50</del>	<del>462.50</del>	-	-	280.00	290.00	<del>305.00</del>	290.00	-	Disq
Michael Hart	Scot	86.75	280.00	300.00	<del>305.00</del>	300.00	<del>460.00</del>	<del>460.00</del>	<del>460.00</del>	-	-	260.00	<del>280.00</del>	-	260.00	-	Disq
Kenk De Wet	RSA	89.55	<del>250.00</del>	<del>250.00</del>	250.00	-	<del>450.00</del>	<del>460.00</del>	<del>460.00</del>	150.00	-	245.00	260.00	<del>270.00</del>	245.00	-	Disq

Weight Category Name	100kg Nation	BW	Squat				Bench				Sub Total	Deadlift			Total		
			1st	2nd	3rd	Best	1st	2nd	3rd	Best		1st	2nd	3rd		Best	
			Jamie Burke	NI	99.85	300.00	<del>325.00</del>	325.00	325.00	210.00		222.50	<del>235.00</del>	222.50		547.50	280.00
Joe Lampshire	Eng	97.70	310.00	<del>325.00</del>	<del>325.00</del>	310.00	192.50	<del>200.00</del>	200.00	200.00	510.00	270.00	280.00	<del>290.00</del>	280.00	790.00	2nd
Denzil Van Niekerk	RSA	96.50	280.00	300.00	<del>310.00</del>	300.00	<del>465.00</del>	175.00	185.00	185.00	485.00	275.00	295.00	<del>305.00</del>	295.00	780.00	3rd
Stewart Ogg	Scot	93.10	265.00	<del>280.00</del>	280.00	280.00	170.00	<del>480.00</del>	180.00	180.00	460.00	275.00	<del>297.50</del>	<del>305.00</del>	297.50	757.50	4th
George Mathon	RSA	98.65	260.00	<del>280.00</del>	285.00	285.00	170.00	180.00	192.50	192.50	477.50	250.00	270.00	<del>280.00</del>	270.00	747.50	5th
Ian Hawkins	Eng	99.55	255.00	270.00	280.00	280.00	185.00	<del>490.00</del>	192.50	192.50	472.50	245.00	255.00	262.50	262.50	735.00	6th
Eliesa Irava	Fiji	98.75	260.00	270.00	<del>275.00</del>	270.00	180.00	200.00	210.00	210.00	480.00	240.00	245.00	250.00	250.00	730.00	7th
Cecil Lennox	NI	95.05	<del>240.00</del>	240.00	<del>250.00</del>	240.00	<del>485.00</del>	185.00	<del>495.00</del>	185.00	425.00	270.00	290.00	<del>300.00</del>	290.00	715.00	8th
Geraint Nicholas	Wales	99.10	230.00	245.00	252.50	252.50	140.00	<del>447.50</del>	<del>452.50</del>	147.50	400.00	250.00	270.00	<del>292.50</del>	270.00	670.00	9th
Azha Akram	Pak	97.65	260.00	<del>275.00</del>	275.00	275.00	155.00	<del>465.00</del>	165.00	165.00	440.00	220.00	<del>245.00</del>	<del>245.00</del>	220.00	660.00	10th
Erik Jioji	Fiji	98.30	225.00	<del>250.00</del>	<del>255.00</del>	225.00	157.50	<del>465.00</del>	170.00	170.00	395.00	220.00	<del>235.00</del>	<del>242.50</del>	235.00	630.00	11th
Ken Williams	Wales	95.20	<del>240.00</del>	<del>240.00</del>	210.00	210.00	140.00	145.00	150.00	150.00	360.00	215.00	-	-	215.00	575.00	12th

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Weight Category Name	110kg Nation	BW	Squat				Bench				Sub Total	Deadlift			Total		
			1st	2nd	3rd	Best	1st	2nd	3rd	Best		1st	2nd	3rd		Best	
Andy Rodney	Eng	109.35	302.50	330.00	345.00	345.00	182.50	192.50	<del>200.00</del>	192.50	537.50	300.00	315.00	<del>322.50</del>	315.00	852.50	1st
Muhammad I Khalid	Pak	101.75	315.00	330.00	335.00	335.00	200.00	210.00	215.00	215.00	550.00	290.00	<del>302.50</del>	<del>305.00</del>	290.00	840.00	2nd
Brian George	Can	104.10	<del>272.50</del>	<del>272.50</del>	272.50	272.50	177.50	185.00	<del>195.00</del>	185.00	457.50	265.00	280.00	<del>292.50</del>	265.00	722.50	3rd
James Jack	Scot	109.05	310.00	<del>330.00</del>	<del>330.00</del>	310.00	Withdraw										
Abdul Munaf	Ind	109.80	<del>335.00</del>	<del>335.00</del>	<del>335.00</del>	-	Withdraw										

  

Weight Category Name	125kg Nation	BW	Squat				Bench				Sub Total	Deadlift			Total		
			1st	2nd	3rd	Best	1st	2nd	3rd	Best		1st	2nd	3rd		Best	
Dean Bowring	Eng	124.10	335.00	355.00	365.00	365.00	<del>270.00</del>	270.00	<del>282.50</del>	270.00	635.00	315.00	335.00	<del>350.00</del>	335.00	970.00	1st
Mark Griffin	Can	115.75	<del>290.00</del>	290.00	307.50	307.50	245.00	257.50	<del>267.50</del>	257.50	565.00	280.00	<del>292.50</del>	<del>292.50</del>	280.00	845.00	2nd
Mark Van Der Haer	RSA	118.15	290.00	<del>310.00</del>	<del>310.00</del>	290.00	<del>230.00</del>	230.00	<del>240.00</del>	230.00	520.00	<del>300.00</del>	300.00	<del>325.00</del>	300.00	820.00	3rd
Andy Hawkins	Eng	122.25	290.00	305.00	<del>320.00</del>	305.00	<del>240.00</del>	210.00	230.00	210.00	515.00	260.00	280.00	<del>307.50</del>	280.00	795.00	4th
Michael Jent	Scot	121.55	250.00	<del>260.00</del>	260.00	260.00	190.00	200.00	210.00	210.00	470.00	260.00	<del>270.00</del>	280.00	280.00	750.00	5th
Sanjay Saresai	Ind	110.60	<del>280.00</del>	<del>280.00</del>	<del>280.00</del>	-	Withdraw										

  

Weight Category Name	125+kg Nation	BW	Squat				Bench				Sub Total	Deadlift			Total		
			1st	2nd	3rd	Best	1st	2nd	3rd	Best		1st	2nd	3rd		Best	
Andy Thompson	Eng	162.90	360.00	<del>380.00</del>	<del>380.00</del>	360.00	<del>270.00</del>	270.00	<del>280.00</del>	270.00	630.00	300.00	330.00	<del>345.00</del>	330.00	960.00	1st
Robert Thomas	Wales	147.35	<del>240.00</del>	240.00	<del>260.00</del>	240.00	190.00	<del>210.00</del>	<del>220.00</del>	190.00	430.00	240.00	<del>255.00</del>	-	240.00	670.00	2nd
Jim Blanchflower	Eng	171.60	<del>360.00</del>	<del>360.00</del>	<del>380.00</del>	-	<del>265.00</del>	<del>265.00</del>	<del>265.00</del>	-	-	285.00	300.00	315.00	315.00	-	Disq
Arno Lamprecht	RSA	171.90	<del>360.00</del>	<del>360.00</del>	<del>390.00</del>	-	180.00	<del>245.00</del>	<del>270.00</del>	180.00	-	280.00	305.00	317.50	317.50	-	Disq