

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	48kg		Squat				Bench			Sub Total	Deadlift				Total	Position	
	Nation	BW	1st	2nd	3rd	Best	1st	2nd	3rd		Best	1st	2nd	3rd			Best
Junko Kitamuro	RSA	47.40	115.00	125.00	125.00	125.00	75.00	80.00	85.00	80.00	205.00	112.50	120.00	125.00	125.00	330.00	1st

Weight Category Name	52kg		Squat				Bench			Sub Total	Deadlift				Total	Position	
	Nation	BW	1st	2nd	3rd	Best	1st	2nd	3rd		Best	1st	2nd	3rd			Best
Teresa Sawyer	Eng	51.60	132.50	142.50	147.50	147.50	87.50	95.00	100.00	100.00	247.50	132.50	142.50	152.50	142.50	390.00	1st
Christa Power	Can	52.00	400.00	100.00	110.00	110.00	52.50	57.50	57.50	52.50	162.50	100.00	110.00	115.00	115.00	277.50	2nd
Samantha Van Der Geest	Aus	51.40	85.00	97.50	102.50	102.50	40.00	50.00	50.00	40.00	142.50	105.00	115.00	125.00	115.00	257.50	3rd
Imelda McAteer	NI	51.40	80.00	90.00	102.50	102.50	45.00	50.00	55.00	50.00	152.50	90.00	100.00	112.50	100.00	252.50	4th

Weight Category Name	56kg		Squat				Bench			Sub Total	Deadlift				Total		
	Nation	BW	1st	2nd	3rd	Best	1st	2nd	3rd		Best	1st	2nd	3rd		Best	
Hedi Clark	Eng	55.40	132.50	142.50	147.50	147.50	85.00	87.50	90.00	90.00	237.50	135.00	145.00	150.00	145.00	382.50	1st
Sabina Banu	Ind	56.00	150.00	155.00	155.00	155.00	60.00	65.00	67.50	65.00	220.00	150.00	155.00	165.00	155.00	375.00	2nd
Jenny Hunter	Eng	55.40	125.00	132.50	137.50	132.50	82.50	87.50	90.00	87.50	220.00	140.00	147.50	147.50	367.50	3rd	
Holly Swallow	Eng	55.40	117.50	127.50	132.50	132.50	57.50	62.50	62.50	57.50	190.00	117.50	127.50	130.00	130.00	320.00	4th
Linda Fennell	NI	55.80	115.00	115.00	115.00	0.00	52.50	60.00	62.50	60.00	60.00	110.00	120.00	120.00	110.00	170.00	5th

Weight Category Name	60kg		Squat				Bench			Sub Total	Deadlift				Total		
	Nation	BW	1st	2nd	3rd	Best	1st	2nd	3rd		Best	1st	2nd	3rd		Best	
Marian Gibson	Eng	59.20	157.50	167.50	167.50	157.50	110.00	115.00	120.00	120.00	277.50	170.00	180.00	187.50	180.00	457.50	1st
Badeti Tehaswini Maidu	Ind	60.00	160.00	170.00	177.50	177.50	90.00	95.00	97.50	95.00	272.50	160.00	170.00	177.50	170.00	442.50	2nd
Nicola Payne	Eng	58.80	115.00	122.50	127.50	122.50	65.00	72.50	77.50	77.50	200.00	160.00	167.50	172.50	172.50	372.50	3rd
Christa Schaus	Can	58.80	120.00	130.00	137.50	130.00	75.00	82.50	82.50	75.00	205.00	125.00	-	130.00	130.00	335.00	4th
Lisa Basson	RSA	57.00	105.00	105.00	120.00	105.00	65.00	67.50	67.50	65.00	170.00	117.50	125.00	130.00	125.00	295.00	5th
Michelle Dougan	NI	60.00	65.00	77.50	80.00	65.00	45.00	50.00	50.00	45.00	110.00	105.00	112.50	117.50	112.50	222.50	6th
Kelly Bellew	NI	57.20	70.00	80.00	90.00	80.00	32.50	35.00	40.00	40.00	120.00	85.00	95.00	100.00	100.00	220.00	7th
Denise McAstocker	NI	58.00	55.00	60.00	70.00	70.00	37.50	40.00	40.00	40.00	110.00	85.00	90.00	100.00	90.00	200.00	8th

Weight Category Name	67.5kg		Squat				Bench			Sub Total	Deadlift				Total		
	Nation	BW	1st	2nd	3rd	Best	1st	2nd	3rd		Best	1st	2nd	3rd		Best	
Gillian Wright	Eng	66.60	160.00	170.00	175.00	175.00	105.00	110.00	115.00	110.00	285.00	190.00	197.50	197.50	197.50	482.50	1st
Sini Jose	Ind	61.80	140.00	145.00	152.50	152.50	47.50	52.50	55.00	52.50	205.00	150.00	160.00	170.00	160.00	365.00	2nd

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Womens

Weight Category Name	75kg		Squat				Bench				Sub Total	Deadlift				Total	
	Nation	BW	1st	2nd	3rd	Best	1st	2nd	3rd	Best		1st	2nd	3rd	Best		
Jackie Blasberry	Eng	71.25	150.00	160.00	167.50	167.50	90.00	97.50	102.50	102.50	270.00	170.00	180.00	185.00	185.00	455.00	1st
Mary Anderson	Scot	71.35	445.00	445.00	145.00	145.00	85.00	87.50	87.50	87.50	232.50	160.00	175.00	200.00	175.00	407.50	2nd
Gokilavani	Ind	72.70	165.00	175.00	180.00	175.00	60.00	62.50	67.50	62.50	237.50	150.00	160.00	175.00	160.00	397.50	3rd

Weight Category Name	82.5kg		Squat				Bench				Sub Total	Deadlift				Total	
	Nation	BW	1st	2nd	3rd	Best	1st	2nd	3rd	Best		1st	2nd	3rd	Best		
Sue Tyson	Eng	76.60	155.00	155.00	165.00	165.00	100.00	110.00	117.50	110.00	275.00	150.00	160.00	165.00	160.00	435.00	1st
Karen Heggarty	NI	75.10	80.00	90.00	100.00	100.00	50.00	52.50	52.50	50.00	150.00	105.00	115.00	120.00	120.00	270.00	2nd
Roxy Adamson	RSA	81.45	155.00	155.00	155.00	-	95.00	95.00	95.00	95.00	-	150.00	165.00	165.00	150.00	-	Disq

Weight Category Name	90kg		Squat				Bench				Sub Total	Deadlift				Total	
	Nation	BW	1st	2nd	3rd	Best	1st	2nd	3rd	Best		1st	2nd	3rd	Best		
Jean Maton	Eng	82.60	160.00	170.00	170.00	160.00	100.00	110.00	117.50	110.00	270.00	160.00	170.00	180.00	170.00	440.00	1st
Geraldine Fitz	Scot	88.35	130.00	145.00	155.00	155.00	50.00	50.00	57.50	57.50	212.50	130.00	140.00	150.00	150.00	362.50	2nd

Weight Category Name	90+kg		Squat				Bench				Sub Total	Deadlift				Total	
	Nation	BW	1st	2nd	3rd	Best	1st	2nd	3rd	Best		1st	2nd	3rd	Best		
Sampa Guha	Ind	95.00	180.00	185.00	-	180.00	92.50	97.50	100.00	100.00	280.00	150.00	160.00	-	160.00	440.00	1st
Fiona Cunningham	NI	91.50	100.00	110.00	110.00	110.00	50.00	60.00	62.50	60.00	170.00	120.00	130.00	135.00	135.00	305.00	2nd