

## 4 NATIONS CHAMPIONSHIPS- STRADEY PARK , LLANELLI, SOUTH WALES 11.10.03

| Name                  | Country   | Wt.    | Squat  |        |        | Bench Press |        |        | Deadlift |        |        | Total  | Pos. |
|-----------------------|-----------|--------|--------|--------|--------|-------------|--------|--------|----------|--------|--------|--------|------|
| <b>WOMEN</b>          |           |        |        |        |        |             |        |        |          |        |        |        |      |
| <b>52kg</b>           |           |        |        |        |        |             |        |        |          |        |        |        |      |
| KATHRYN McCracken     | N.IRELAND | 50.30  | 67.50  | 75.00  | 82.50  | 37.50       | 40.00  |        | 90.00    | 95.00  | 105.00 | 225.00 | 1    |
| <b>56kg</b>           |           |        |        |        |        |             |        |        |          |        |        |        |      |
| JENNY HUNTER          | ENGLAND   | 55.70  | 130.00 | 137.50 | 140.00 | 85.00       | 90.00  | 92.50  | 140.00   | 147.50 | 150.00 | 380.00 | 1    |
| LINDA FENNELL         | N.IRELAND | 54.30  | 82.50  | 92.50  | 97.50  | 40.00       | 45.00  | 46.00  | 92.50    | 102.50 | 105.00 | 232.50 | 2    |
| <b>60KG</b>           |           |        |        |        |        |             |        |        |          |        |        |        |      |
| MICHELLE DOUGAN       | N.IRELAND | 59.40  | 60.00  | 67.50  | 72.50  | 35.00       | 37.50  | 40.00  | 77.50    | 87.50  | 100.00 | 212.50 | 1    |
| <b>67.5kg</b>         |           |        |        |        |        |             |        |        |          |        |        |        |      |
| GILLIAN WRIGHT        | ENGLAND   | 65.80  | 150.00 | 157.50 | 157.50 | 97.50       | 102.50 | 107.50 | 180.00   | 190.00 | 192.50 | 452.50 | 1    |
| SUSAN HALL            | ENGLAND   | 67.50  | 117.50 | 122.50 | 125.00 | 55.00       | 60.00  | 62.50  | 135.00   | 142.50 | 145.00 | 332.50 | 2    |
| CHRISTINA McSHERRY    | SCOTLAND  | 64.00  | 110.00 | 110.00 | 120.00 | 50.00       | 52.50  | 55.00  | 130.00   | 140.00 | 150.00 | 312.50 | 3    |
| HELEN RICHARDS        | SCOTLAND  | 66.40  | 102.50 | 110.00 | 117.50 | 62.50       | 67.50  | 67.50  | 120.00   | 130.00 | 140.00 | 295.00 | 4    |
| SENGA BRADLEY         | SCOTLAND  | 64.30  | 102.50 | 110.00 | 115.00 | 40.00       | 55.00  | 55.00  | 102.50   | 110.00 | 115.00 | 270.00 | 5    |
| <b>75kg</b>           |           |        |        |        |        |             |        |        |          |        |        |        |      |
| FRANCES SKIFTESVIK    | SCOTLAND  | 73.60  | 135.00 | 135.00 | 135.00 | 65.00       | 77.50  | 77.50  | 160.00   | 165.00 | 165.00 | 360.00 | 1    |
| <b>82.5kg</b>         |           |        |        |        |        |             |        |        |          |        |        |        |      |
| ALISON HEGLEY         | ENGLAND   | 82.50  | 140.00 | 150.00 | 157.50 | 100.00      | 110.00 | 115.00 | 170.00   | 180.00 | 185.00 | 450.00 | 1    |
| <b>90kg</b>           |           |        |        |        |        |             |        |        |          |        |        |        |      |
| GERALDINE FITZSIMMONS | SCOTLAND  | 86.30  | 100.00 | 110.00 | 120.00 | 35.00       | 45.00  | 50.00  | 120.00   | 130.00 | 140.00 | 305.00 | 1    |
| <b>90kg +</b>         |           |        |        |        |        |             |        |        |          |        |        |        |      |
| JENNIFER BUSBY        | ENGLAND   | 90.50  | 185.00 | 205.00 |        | 105.00      | 110.00 | 115.00 | 175.00   | 185.00 | 190.00 | 510.00 | 1    |
| <b>MEN</b>            |           |        |        |        |        |             |        |        |          |        |        |        |      |
| <b>52kg</b>           |           |        |        |        |        |             |        |        |          |        |        |        |      |
| PAT CONSTANTINE       | ENGLAND   | 50.90  | 165.00 | 172.50 | 177.50 | 95.00       | 100.00 | 102.50 | 195.00   | 205.00 | 212.50 | 492.50 | 1    |
| GERRY KELLY           | N.IRELAND | 50.90  | 110.00 | 120.00 | 125.00 | 75.00       | 80.00  | 85.00  | 155.00   | 170.00 | 175.00 | 380.00 | 2    |
| <b>60kg</b>           |           |        |        |        |        |             |        |        |          |        |        |        |      |
| ALISTAIR FLEMING      | SCOTLAND  | 56.60  | 100.00 | 125.00 |        | 100.00      | 105.00 | 110.00 | 180.00   |        |        | 415.00 | 1    |
| MARK NETTLE           | WALES     | 59.70  | 135.00 | 135.00 | 135.00 |             |        |        |          |        |        |        |      |
| <b>67.5kg</b>         |           |        |        |        |        |             |        |        |          |        |        |        |      |
| PHIL RICHARD          | WALES     | 66.50  | 250.00 | 270.00 |        | 167.50      | 175.00 | 180.00 | 215.00   | 230.00 | 242.50 | 675.00 | 1    |
| <b>75kg</b>           |           |        |        |        |        |             |        |        |          |        |        |        |      |
| WALLACE CLARKE        | N.IRELAND | 75.00  | 210.00 | 220.00 |        | 155.00      | 160.00 | 162.50 | 230.00   | 250.00 | 262.50 | 642.50 | 1    |
| GERRY McKENNA         | N.IRELAND | 73.90  | 240.00 | 255.00 | 255.00 | 150.00      | 160.00 | 160.00 | 230.00   | 247.50 | 250.00 | 640.00 | 2    |
| BOB PARFITT           | SCOTLAND  | 71.90  | 200.00 | 215.00 | 225.00 | 110.00      | 115.00 | 122.50 | 225.00   | 235.00 | 242.50 | 565.00 | 3    |
| JASON PARKER          | WALES     | 73.40  | 130.00 | 140.00 | 150.00 | 75.00       | 80.00  | 85.00  | 170.00   | 180.00 | 190.00 | 425.00 | 4    |
| <b>82.5KG</b>         |           |        |        |        |        |             |        |        |          |        |        |        |      |
| T.S.ADWALE            | ENGLAND   | 81.80  | 265.00 | 275.00 | 275.00 | 155.00      | 155.00 | 160.00 | 297.50   | 310.00 | 310.00 | 717.50 | 1    |
| NICK REES             | WALES     | 81.40  | 185.00 | 185.00 | 195.00 | 110.00      | 115.00 | 120.00 | 235.00   | 245.00 | 250.00 | 560.00 | 2    |
| <b>90kg</b>           |           |        |        |        |        |             |        |        |          |        |        |        |      |
| STEVEN O'DONNELL      | SCOTLAND  | 90.00  | 235.00 | 245.00 | 255.00 | 130.00      | 137.50 | 142.50 | 250.00   | 265.00 | 272.50 | 657.50 | 1    |
| ADRIAN PAUL           | N.IRELAND | 88.30  | 210.00 | 225.00 | 235.00 | 125.00      | 135.00 | 140.00 | 210.00   | 235.00 | 245.00 | 610.00 | 2    |
| MIKE EDWARDS          | WALES     | 88.50  | 170.00 | 177.50 | 177.50 | 132.50      | 135.00 | 137.50 | 180.00   | 190.00 | 195.00 | 497.50 | 3    |
| <b>100kg</b>          |           |        |        |        |        |             |        |        |          |        |        |        |      |
| KEN WILLIAMS          | WALES     | 92.80  | 200.00 | 210.00 | 220.00 | 130.00      | 135.00 | 140.00 | 230.00   | 240.00 | 250.00 | 595.00 | 1    |
| <b>110kg</b>          |           |        |        |        |        |             |        |        |          |        |        |        |      |
| SIMON NORCUP          | ENGLAND   | 104.70 | 275.00 | 295.00 | 310.00 | 190.00      | 200.00 | 205.00 | 285.00   | 300.00 | 312.50 | 810.00 | 1    |
| STEVE CUMMING         | SCOTLAND  | 107.10 | 230.00 | 260.00 | 285.00 | 170.00      | 185.00 | 195.00 | 200.00   | 230.00 | 250.00 | 710.00 | 2    |
| SCOTT SIMON           | WALES     | 104.90 | 180.00 | 190.00 | 200.00 | 170.00      | 175.00 | 175.00 | 230.00   | 240.00 | 255.00 | 630.00 | 3    |
| <b>125kg</b>          |           |        |        |        |        |             |        |        |          |        |        |        |      |
| ANDY HAWKINS          | ENGLAND   | 121.60 | 295.00 | 310.00 | 315.00 | 215.00      | 222.50 | 230.00 | 280.00   | 290.00 | 302.50 | 847.50 | 1    |
| JAMES JACK            | SCOTLAND  | 110.90 | 300.00 | 315.00 | 327.50 | 202.50      | 212.50 | 217.50 | 290.00   | 305.00 | 310.00 | 845.00 | 2    |
| RICHARD MULLEN        | N.IRELAND | 116.20 | 280.00 | 300.00 | 300.00 | 180.00      | 190.00 | 200.00 | 290.00   | 310.00 | 315.00 | 815.00 | 3    |
| ANDY RODNEY           | ENGLAND   | 113.40 | 300.00 | 320.00 | 335.00 | 170.00      | 180.00 | 185.00 | 250.00   | 280.00 |        | 780.00 | 4    |
| <b>125kg+</b>         |           |        |        |        |        |             |        |        |          |        |        |        |      |
| ANDY THOMPSON         | ENGLAND   | 150.20 | 340.00 | 360.00 | 370.00 | 242.50      | 255.00 | 265.00 | 320.00   | 340.00 | 350.00 | 975.00 | 1    |
| RODNEY FULLERTON      | N.IRELAND | 151.00 | 310.00 | 320.00 | 332.50 | 200.00      | 210.00 | 210.00 | 310.00   | 320.00 |        | 842.50 | 2    |