# East Midlands Bench Press 2013 at Hamiltons Fitness, Colchester

| Gp | Name | Gender | Class | Weight | Age | Equip | Bench 1 | Bench 2 | Bench 3 | Best | Wilks | Place |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Megan Ainsworth | f | 43.0 | 38.8 | jun | n | 57.5 | 62.5 | -65.0 | 62.5 | 94.92 | 1 |
| 2 | Natalie Blake | f | 52.0 | 50.0 | sen | n | 90.0 | -95.0 | -95.0 | 90.0 | 115.62 | 1 |
| 3 | Lorraine Burke | f | 84.0 | 78.8 | m2 | n | 40.0 | 45.0 | -47.5 | 45.0 | 41.53 | 1 |
| 4 | Adam Alderman | m | 59.0 | 50.3 | sen | n | 127.5 | 132.5 | -140.0 | 132.5 | 134.69 | 1 |
| 4 | Shazad Maqsood | m | 59.0 | 57.0 | sen | n | 90.0 | 95.0 | -97.5 | 95.0 | 85.01 | 2 |
| 5 | Stephen Dodd | m | 66.0 | 61.8 | m2 | n | 77.5 | 82.5 | 85.0 | 85.0 | 70.59 | 1 |
| 5 | Joe Strike | m | 66.0 | 60.3 | u18 | n | 50.0 | 55.0 | 62.5 | 62.5 | 53.06 | 2 |
| 6 | Ben Cattermole | m | 74.0 | 67.8 | u20 | n | 92.5 | 97.5 | -102.5 | 97.5 | 74.90 | 1 |
| 7 | Jake Allen | m | 83.0 | 82.6 | u23 | n | -110.0 | 120.0 | 130.0 | 130.0 | 87.01 | 1 |
| 7 | Gary Ingram | m | 83.0 | 82.9 | sen | n | 110.0 | 117.5 | -122.5 | 117.5 | 78.48 | 2 |
| 7 | Dominic Crane | m | 83.0 | 78.3 | sen | n | 100.0 | 105.0 | -110.0 | 105.0 | 72.67 | 3 |
| 7 | Mick Amey | m | 83.0 | 82.0 | m3 | y | -100.0 | 100.0 | -107.5 | 100.0 | 67.23 | 4 |
| 8 | Ken Osunde | m | 93.0 | 91.5 | m2 | n | -80.0 | -85.0 | -85.0 | | 0.00 | |
| 8 | Ian Wells | m | 93.0 | 92.6 | sen | y | 207.5 | 217.5 | -225.0 | 217.5 | 136.88 | 1 |
| 8 | Dan Amey | m | 93.0 | 86.1 | sen | n | 125.0 | 135.0 | 137.5 | 137.5 | 89.86 | 2 |
| 8 | Tom Hudson | m | 93.0 | 91.2 | sen | y | 120.0 | 130.0 | -135.0 | 130.0 | 82.43 | 3 |
| 9 | Stewart Cowan | m | 105.0 | 104.4 | m2 | y | -200.0 | 200.0 | -212.5 | 200.0 | 119.71 | 1 |
| 9 | Steve Bullimore | m | 105.0 | 102.5 | m1 | n | 150.0 | 160.0 | 167.5 | 167.5 | 100.94 | 2 |
| 9 | Jay Moore | m | 105.0 | 103.1 | sen | n | 165.0 | -170.0 | -170.0 | 165.0 | 99.21 | 3 |
| 10 | John McComish | m | 120.0 | 109.5 | m1 | n | 160.0 | -170.0 | 180.0 | 180.0 | 106.03 | 1 |
| 10 | Ian Sullivan | m | 120.0 | 115.5 | m2 | y | 160.0 | 165.0 | 170.0 | 170.0 | 98.61 | 2 |
| 10 | Julian Massey | m | 120.0 | 111.0 | m2 | n | 120.0 | 0.0 | 0.0 | 120.0 | 70.40 | 3 |
| 11 | Tony Blythe | m | 120+ | 129.0 | m1 | n | 165.0 | 175.0 | -185.0 | 175.0 | 99.04 | 1 |

Left Referee: Cathie Wass Centre Referee: John Bevan Right Referee: Stuart Hamilton

Loaders: Mike King, Stefan Nolan, Steve Dodd, Mick Amey. Scorekeeper: Grahame Hamilton. MC: Stuart Hamilton