

UK BRITISH CHAMPIONSHIPS

9-10 OCTOBER 2010

ROYAL CONCERT HALL, NOTTINGHAM

RESULTS

OFFICIAL FINAL PLACES COMBINED SCORE SHEET

FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 2	FINAL ROUND 3	FINAL SCORE 2+3
	No.:	NAME	GYM	CITY				
<i>JUNIORS</i>								
1	2	BOGDANA RUDYCVAS	LONDON GYMS	LONDON	5	5	5	10
2	1	RHYS EVANS	D.W.FITNESS	CARDIFF	13	11	11	22
3	4	CHRIS HAYES	JEFF'S GYM	nr BRIDGEND	20	15	14	29
4	6	NICHOLAS MOORE	AREA 51	SOUTHAMPTON	26	20	22	42
5	7	ROBERT PLANT	POWER HOUSE	STOKE ON TRENT	19	24	24	48
6	5	SAM STONE	PHYSIQUE WAREHOUSE	LONDON	33	28	23	51
7	8	JAMIE DARLING	FLEXIBILITY GYM	BEDFORD	33			
8	3	ALVIN SOOSAY	GOLDS GYM	LONDON	35			
9	9	STEPHEN AHDFIELD	ULTRA FLEX	PRESTON	42			
FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 1	FINAL ROUND 2	FINAL SCORE 1+2
	No.:	NAME	GYM	CITY				
<i>WHEELCHAIR</i>								
1	225	JONATHAN WILSON	DUNMAR	CUMBRIA		5	6	11
2	227	DARREN WINFIELD-STANESBY		MANSFIELD		10	9	19
3	226	PAUL STEERS		SALFORD		15	15	30
FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 2	FINAL ROUND 3	FINAL SCORE 2+3
	No.:	NAME	GYM	CITY				
<i>MASTERS OVER 40 YEARS (UPTO 50)</i>								
1	14	ZAK PALLIKAROS	PUMPING IRON	LONDON	12	9	10	19
2	200	TARZAN			20	17	17	34
3	13	LESZEA JAGLA	SUGAR'S GYM	LEICESTER	14	17	17	34
4	10	NICK HOBSON	K2	CRAWLEY	19	19	19	38
5	11	IAN DENMAN	FOREST GYM	CRAWLEY	25	19	19	38
6	25	NIGEL COX	TOTAL REBUILD	ROTHERHAM	28	25	25	50
7	17	KEVIN FRASER	DAVID LLOYD	RENFREW	38			
8	28	KEITH WILLIAMS	HOOKS	LONDON	41			
9	21	KEVIN DEVONPORT	RHINOS GYM	KENT	46			
10	15	MATTHEW O'NEIL	GALLEON	KILMARNCK	50			
	29	SEAN FERGUSON	PHYSIQUE & SHAPES	DORCHESTER	50			
	22	JOHN RHOADES	MUSCLE WORKS	LONDON	51			
	26	MARK PALFERY	STUDIO 1	FLEET	51			
	12	PAUL NORTON	GEES GYM	MACCLESFIELD	55			
	16	ANDREW THOMPSON	ROTTERDAM	SCOTLAND	55			
	18	ANTHONY MURRAY			55			
	19	JASON HARDING	PHYSIQUES & SHAPES	DORCHESTER	55			
	20	PHIL SPOONER	1ST CLASS	SOUTH WALES	55			
	23	DEAN RUSSON	EMPORIUM	BIRMINGHAM	55			
	24	ANDREW LAWLEY	ANGELS GYM	MANSFIELD	55			
	27	JOE MARCHESS	PHYSIQUE WAREHOUSE	MOLESLEY	55			

* Ties in Final Scores are broken using the Relative Placement Method in round 2

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FINAL Place	COMPETITORS				ROUND 1	ROUND 2	FINAL ROUND 3	FINAL SCORE 2+3
	No.:	NAME	GYM	CITY				
MASTERS OVER 50 YRS								
1	30	PAUL EHREN	FORT GALAXY	ILFORD	6	5	6	11
2	43	ROBERT TURNER	INVERCLYDE	GREENOCK	14	15	13	28
3	37	JOHN YOUNG	JEFF'S GYM	nr BRIDGEND	27	18	18	36
4	38	JOHN FONTANA	METTROFLEX	SYDENHAM	23	22	19	41
5	40	SEAN O'REILLY	PANTHERS GYM	UXBRIDGE	25	21	23	44
6	201	HOWARD THOMAS			30	23	25	48
7	33	KEVAN WILSON	GOLDS GYM	BEDFORD	30			
8	31	KEVIN WARD	FOREST GYM	CRAWLEY	35			
9	42	RICKY WALLIS	PHYSIQUE WAREHOUSE	MOLESEY, WINDSOR	44			
10	41	GARY BUCK	EURO FITNESS	BASILDON	51			
	34	DEREK DUFFY	PRO LIFE	PAISLEY	54			
	39	JOHN FENGARAS	FITNESS FIRST	EASTBOURNE	54			
	32	MIKE ZSCHORN	BODY LIMITS	ST. ALBANS	55			
	35	DOUG QUINE	SEVERN SIDE	GLOUCESTER	55			
	36	THOMAS CROCKET	PEAK PHYSIQUE	BRISTOL	55			
FINAL Place	COMPETITORS				ROUND 1	ROUND 2	FINAL ROUND 3	FINAL SCORE 1+2+3
	No.:	NAME	GYM	CITY				
FITNESS								
1	48	IRINA COTTON	DAVID LLOYD	DARTFORD	8	5	6	19
2	44	DAWN SCHOLEY	FITNESS FIRST	ESSEX	10	10	9	29
3	46	CAROLINE OLIVER	DW FITNESS	NOTTINGHAM	16	15	15	46
4	45	LEIGH PURCELL	PHYSIQUE WAREHOUSE	SURREY	24	20	20	64
5	47	KIRSTIE FREEBURN	MUSCLE JUNCTION	ALDERSHOT	21	28	29	78
6	49	JI SOOK LEE	NEW MODERN CENTRE	LONDON	27	27	25	79
FINAL Place	COMPETITORS				ROUND 1	ROUND 2	FINAL ROUND 3	FINAL SCORE 2+3
	No.:	NAME	GYM	CITY				
INTERMEDIATES UPTO 80 KG								
1	54	NATHAN ROBINSON	BERNIE'S GYM	CUMBRIA	7	5	5	10
2	50	QUIAM MONZEER	CHEETAH'S	HOVE	12	12	12	24
3	56	DAVID CHATTERTON	ULTIMATE FITNESS	STALEY BRIDGE	18	15	15	30
4	59	PETER WISEBY	IMAGE UNIQUE	NORTHAMPTON	27	24	24	48
5	61	RICHARD GOODWIN	BODYWORKS	PETERBOROUGH	23	24	24	48
6	58	ROB TAYLOR	FITNESS STATION	PETERBOROUGH	25	25	25	50
7	52	DANIEL FEENEY	PANTHERS	UXBRIDGE	38			
8	57	EDDIE PAPAJ	BODYWORKS	LONDON	42			
9	51	JOHN WHITFIELD	ILKESTON GYM	ILKESTON	45			
10	60	DARREN ROOK	RESHAPERS	GRIMSBY	49			
	53	CRAIG FALCONER	CITY GYM	GLASGOW	52			
	55	ANTHONY WELLINGTON	FITNESS UNLTD	REDDITCH	53			
	62	JASON GREENSLADE	UNIQUE BODIES	OXFORD	54			
	203	DECLAN FLYNN			54			

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FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 2	FINAL ROUND 3	FINAL SCORE 2+3
	No.:	NAME	GYM	CITY				
INTERMEDIATES UPTO 90 KG								
1	68	DARREN ARCHER	FX POWER	CROYDON	7	6	6	12
2	75	TIAGO MARCIZS	ULTRA BODIES	PETEROROUGH	14	13	14	27
3	69	SANTINO CIAMPALMA	HOT BODYS	LEICESTER	20	16	16	32
4	77	CLIFF RODRIQUES	BODYWORKS	JERSEY	15	18	21	39
5	72	HANNIBAL NORRIS	MUSCLEWORKS	LONDON	35	26	26	52
6	71	RICHARD BARKER	BEARTOWN FITNESS	CHESHIRE	32	28	27	55
7	67	MO NAVEED	FORT GALAXY	ILFORD	35			
8	74	NICHOLAS STORES	XXXL FITNESS	STOCKPORT	35			
9	64	MAT LACEY	POWERHOUSE	STOKE ON TRENT	43			
10	204	SCOTT HEADLAM			49			
	63	MARK BUTLER	HERCULES	COLCHESTER	53			
	65	MARIUST STACHOWICK	PLANET	SCOTLAND	55			
	66	NICHOLAS BELL	FUTURE PHYSIQUE	WEYMOUTH	55			
	70	GARETH MARLES	GYM AHOLIC	WREXHAM	55			
	73	MATT WILD	LA GYM	BRISTOL	55			
	76	ANIS JAAFAR	DW FITNESS	NEWTON ABBEY	55			
FINAL Place	COMPETITORS				ROUND 1	ROUND 2	FINAL ROUND 3	FINAL SCORE 1+2+3
	No.:	NAME	GYM	CITY				
BODYFITNESS								
1.	89	MAXINE COOK	THE GALLERY	WINDSOR	6	8	7	21
2.	90	JAYNE TINGLE	EVOLUTION	ROCHDALE	18	16	17	51
3.	97	MAXINE BETTS	FORT GALAXY	ILFORD	23	21	14	58
4	100	JOANNE GRIFFITHS	POWERHOUSE	ABERCLARE	28	18	19	65
5	102	KIM HOLLIS	BODYWORKS	FEATHERSTONE	31	22	23	76
6	93	HALEY BRYLEWSKI	FITSPACE	LINCOLN	35	33	29	97
7	108	REEM BAREEQ	BEEF & BABES	KENT	42	37		
8	104	JENNY ANDREWS	BANNATYNE	ESSEX	43	45		
9	107	SARAH MURA	MIKE O'HEARN PRO GYM	BIRKENHEAD	43	50		
10	98	KIM BYRNE	TEMPLE GYM	BIRMINGHAM	50	47		
	91	LORRAINE SOUTTER	FOREST GYM	CRAWLEY	55	53		
	92	FRANCESCA BOERS	OLNEY HEALTH & FITN	OLNEY	52			
	94	JULIA HUBBARD	GYM 7	PLYMOUTH	55			
	95	IWONA OTTENBREIT	RESULTS	ABERDEEN	55			
	96	JOYCE NUNN	NEW PHYSIQUE	ILFORD	47	59		
	99	ANGELA OGG	BODY TONE WAREHOUSE	DUNDEE	55	53		
	101	CLAIRE BOOTH	BODYOLOGY	BRACKNELL	55			
	103	NICOLA THOMAS	WESTSIDE	STAMFORD	52			
	105	MARY WESTWOOD	EMPORIUM	BIRMINGHAM	55			
	106	BRITT JENSON	FITNESS FIRST	N.IRELAND	55	55		
	109	RHINNON BRYANT	SKYLINE	LONDON	55			
	110	AUSRA SLEVINSKYTE	FEELGOOD FIT	PETERBOROUGH	55			

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OFFICIAL FINAL PLACES COMBINED SCORE SHEET

FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 2	FINAL ROUND 3	FINAL SCORE 2+3
	No.:	NAME	GYM	CITY				
INTERMEDIATES OVER 90 KG								
1	82	OLIVER PRICE	MONSTER	CHESHUNT	5	6	5	11
2	81	DANAS URHIEZIUS	MUSCLE WORKS	LONDON	11	10	10	20
3	79	MILES LEESON		TORQUAY	24	19	19	38
4	83	CRAIG ANDERSON	AUCHENARVIE	AYRESHIRE	17	21	20	41
5	85	LEWIS BREED	CORE FITNESS	PLYMOUTH	27	22	22	44
6	80	NORBERT LEWANDOWSKI	PUMPING IRON	SOUTHGATE	27	26	25	51
7	84	TYLER SMITH	IRONWORKS	COALVILLE	29			
8	87	RYAN PETFORD	AREA 51	SOUTHAMPTON	43			
9	249	ROBERT COX			43			
10	78	MOHAMMAD KONDORY	GYM 7	PLYMOUTH	48			
	250	DEAN JONES			49			
FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 2	FINAL ROUND 3	FINAL SCORE 2+3
	No.:	NAME	GYM	CITY				
CLASSIC BODYBUILDING UPTO 175 CM								
1	111	KEVIN GILLESPIE	IRONWORKS	COALVILLE	5	5	5	10
2	113	TREVOR CHUNG	COLESEUM GYM	LEYTON BUZZARD	11	8	8	16
3	116	TERRY AUSTIN	FOREST GYM	CRAWLEY	13	14	14	28
4	118	STEVE CASTLE	LLOYDS FITNESS	LEICESTER	20	20	20	40
5	115	COLLIN GALLIER	MUSCLE HEALTH & FITNESS	TIPTON	25	25	25	50
6	117	KEVIN TWIGGER	FUTURE FITNESS	COVENTRY	31	30	30	60
7	114	RICHARD DICKENSON	HERCOS GYM	DONCASTER	34			
8	248	ALEX GRANT	TOTAL FITNESS	CHESTER	42			
9	112	MEHMET EDIP	MUSCLE LIMIT	ENFIELD	44			
10	247	GARETH LUNEY			48			
FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 2	FINAL ROUND 3	FINAL SCORE
	No.:	NAME	GYM	CITY				
CLASSIC BODYBUILDING OVER 175 CM								
1	119	HARRY OGG	BODY TONE WAREHOUSE	DUNDEE	5	5	5	10
2	127	DENIS DORONIN	METROFLEX	SYDENHAM	16	12	12	24
3	124	KAMI KALSI	ENTERPRISE HEALTH & FITN	GLASGOW	21	15	15	30
4	121	GARY WILLMETT	BODY ROCKS	JERSEY	27	21	21	42
5	128	JOSH MALEY	POWERBASE	LOUGHBOROUGH	23	27	27	54
6	202	TONY MURRAY	CROSBY HEALTH & LEISURE	CROSBY LIVERPOOL	34	27	27	54
7	246	GAZ SMITH			39			
8	132	RUSTUM ALI	EMPORIUM	BIRMINGHAM	43			
9	129	REZA PANAH	DAILY FITNESS	LONDON	44			
10	126	ROBERT CRAIG	GLENCAIRN GYM	GLASGOW	47			
	131	COLIN GIBSON	RANKIN PARK	GREENOCK	47			
	125	WILL COLEMAN	MUSCLE JUNCTION	ALDERSHOT	49			
	122	CHRIS TOMLINSON	MINISTRY OF FITNESS	BRISTOL	52			
	123	LEWIS HORT	MUSCLE & FITNESS	BARRY ISLAND, WALES	55			
	130	MATT CLARKE	WORKOUT MILL	LEAMINGTON	55			

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FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 2	FINAL ROUND 3	FINAL SCORE 2+3
	No.:	NAME	GYM	CITY				
MEN 70 KG								
1	133	BRANDON MARJORAM	BODY SHAPERS	KETTERING	6	7	7	14
2	146	KIT SAEYONG	FOREST	CRAWLEY	11	10	10	20
3	143	WADE STAFFORD	GOLDS GYM	CAMBERLEY	17	18	18	36
4	139	JOEL WRIGHT	DAZ BALL'S EXTREME GYM	LEICESTER	20	21	21	42
5	138	ANTHONY ROBINSON	ULTRAFLEX	PRESTON	31	24	24	48
6	145	HENRY VICO	GOLDS/FLEX	BEDFORD	30	28	28	56
7	137	JUAN AKIYAMA	MUSCLEWORKS	BETHNAL GREEN	32			
8	144	ROB HARRIS	HOOFERS	NOTTINGHAM	36			
9	142	DARREN STEWART	MUSCLE HEALTH & FITNESS	TIPTON	43			
10	134	KARL TIBBETT	TJ'S GYM	ACCRINGTON	53			
	141	LYNDON BOYDON	EMPORIUM GYM	BIRMINGHAM	53			
	135	SCOTT THOMPSON	EXCEL GYM	ACCRINGTON	54			
	136	MARK PUGH	ATLAS GYM	MILTON	54			
	140	JASON BARNETT	PLANET FITNESS	BRADFORD	55			

* Tie in the Final Score is broken using the Relative Placement Method in round 2

FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 2	FINAL ROUND 3	FINAL SCORE
	No.:	NAME	GYM	CITY				
MEN UPTO 80 KG								
1	150	MANUEL GOMEZ	KINGS GYM	LONDON	11	10	10	20
2	147	LUKE BAGSTER	IMAGE & UNIQUE GYM	NORTHAMPTON	25	14	14	28
3	245	MEDHAT KHALIL			21	15	15	30
4	159	MICKY McKAY	FITNESS 1 TO 1	CORBYP	16	19	19	38
5	149	MICHAEL SMITH	DYNAMICS	RADCLIFFE	26	20	20	40
6	153	CARL McVITIE	BODYTECH	CARLISLE	31	25	25	50
7	162	ROBBY ANCHANT	MUSCLEWORKS	LONDON	33			
8	160	STEVE GRAHAM	SAM'S GYM	BALLYMORE N.IRELAND	35			
9	220	JERMAINE ELLISON	ALTERED IMAGE	LEEDS	38			
10	157	ALFIE NODA	FOREST GYM	CRAWLEY	44			
	151	DAMIAN McBRIDE	DW FITNESS	CAMBRIDGE	49			
	154	BRIAN SOUTER	ARBLAR	DUNDEE	53			
	158	ANDY GOLD	STOKE GYM	STOKE	54			
	148	ROSS SKELTON	DW FITNESS	WIGAN	55			
	152	PHIL BARRAT	CASTLE GYM	WINDSOR	55			
	155	NEAL EVANS	J2	TONYPANDY	55			
	156	CHRIS UNIT	MUSCLE HEALTH & FITNESS	WEST BROMWICH	55			

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	No.:	NAME	GYM	CITY				
WOMEN BODYBUILDING								
1	166	LISA CROSS	CORE FITNESS	PLYMOUTH	5	5	5	10
2	167	RENE CAMPBELL	FOREST GYM	CRAWLEY	11	12	12	24
3	164	ANGELA DAWSON	SKYLINE	LONDON	15	14	14	28
4	165	TRACEY ANN KING	YORKIES GYM	BATTERSEA	21	21	21	42
5	163	TAMAZIN DAWKS	POWERHOUSE	STOKE ON TRENT	23	23	23	46
6	244	NICOLA GILBERT			30	30	30	60
7	168	KATE AUSTIN	BRIDGE END	SOUTH WALES	35			
8	169	JENNY CORNELIUS	FITNESS FIRST	EASTBOURNE	40			
FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 2	FINAL ROUND 3	FINAL SCORE 2+3
	No.:	NAME	GYM	CITY				
MEN'S UPTO 90 KG								
1	170	DEAN LESIAK	IRONWORKS	KINGS NORTON	5	5	5	10
2	176	JOHN GRIFFITHS	PEAK PHYSIQUE	CARDIFF	11	11	11	22
3	241	TONY BAILEY			15	17	17	34
4	172	DOUG KELLY	METRO FLEX	LONDON	26	20	20	40
5	171	WILL SIDDALL	PHYSICAL SCULPTURE	SHROPSHIRE	30	25	25	50
6	242	MARK WESTOT			32	28	28	56
7	182	SHAUN BLACKWOOD	IRONWORKS	BIRMINGHAM	32			
8	178	MITCHEL GOSLING	FITNESS FIRST	LONDON	37			
9	240	IAN STURROCK			41			
10	243	NEIL BATCHELOR			45			
	177	TOM KAPSKI	PEAK PHYSIQUE	CARDIFF	51			
	183	GREGG BROWN	BODYLINE	WORKSOP	54			
	173	MARK NAVER	BODYWORKS	LONDON	55			
	174	LUCAS QUEIROZ	KINGS GYM	LONDON	55			
	175	MARK TAYLOR	DOWIES GYM	LEVEN	55			
	179	PAUL PARRIS	YORKIES	BATTERSEA	55			
	180	JONATHAN GILLEN	PLATINUM	DERRY	55			
	181	SEAN JACKSON	XXL FITNESS CENTRE	MARPLE	55			
	184	SAF MAJID	FORT GALAXY	ILFORD	55			
	238	CRAIG CLEGG	CROSBY HEALTH & LEISURE	CROSBY LIVERPOOL	55			

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	No.:	NAME	GYM	CITY				
MEN'S UPTO 100 KG								
1	197	HAROLDAS DAMBRAUGKAS	MUSCLEWORKS	LONDON	5	5	5	10
2	185	BARNEY DUPLESSIS	IRONWORKS	SWINDON	14	12	12	24
3	188	CECIL CROASDALE	METRO FLEX	LONDON	12	13	13	26
4	191	DALTON DIYA	MUSCLEWORKS	LONDON	22	20	20	40
5	205	WAYNE NIEMIEC	AREA 51	SOUTHAMPTON	30	26	26	52
6	196	MAX O'CONNOR	WORKOUT MILL	LEAMINGTON	29	29	29	58
7	190	KEITH NIMO	BODYTEK	CARLISLE	39			
8	199	DAMIAN ATHERTON	BODYFITNESS	WIGAN	40			
9	198	MARCUS BRAITHWAITE	ANY GYM	LEICESTER	49			
10	195	JUSTIN TROLLOPE	PLATINUM	WALES	50			
	186	MARK ETHERDEN	THE GYM	DUNSTABLE	52			
	189	NICHOLAS HALLE	FORT GALAXY	ILFORD	53			
	187	LUKE NICHOLAS	FLEXABILITY	BEDFORD	54			
	192	ROY McLEAN	FITNESS FIRST	EASTBOURNE	55			
	194	BRIAN HARRIS	GLENCAIRN	STEVENSTON	55			

FINAL Place	COMPETITORS				ROUND 1	FINAL ROUND 2	FINAL ROUND 3	FINAL SCORE 2+3
	No.:	NAME	GYM	CITY				
MEN'S OVER 100 KG								
1	216	ALVIN SMALL	GARTHA'S GYM	NOTTINGHAM	5	5	5	10
2	208	DEAN McTERNAN	HERCULES	COLCHESTER	10	13	13	26
3	215	ALLY ALJAF	MUSCLE WORKS	LONDON	15	14	14	28
4	206	STEVE TAYLOR	EXCELL	ACCRINGTON	22	19	19	38
5	210	MARTIN STEVENSON	OLNEY HEALTH & FITNESS	OLNEY	28	27	27	54
6	207	DAVID TALBOT	METROFLEX GYM	SYDENHAM	25	28	28	56
7	209	CHRIS WALL	ATLAS GYM	NEWCASTLE	40			
8	213	CHUKSY OGBONDA	MUSCLE WORKS	LONDON	41			
9	212	CHRIS ADAMS	SAMSON'S GYM	SOUTHAMPTON	49			
10	214	CHRIS BARNES	LIFEWISE	BOURNEMOUTH	55			

OVERALL: ALVIN SMALL