

08/10/2016

NW Masters & Novice, Round 2 - Saturday

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Name		Div	Bwt (kg)	WtCls (kg)	Age	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	Total	Wilks	Placing	Qualified for NW	Qualified for nationals
Sean Marlow		Masters	71.7	74	M1	110	120	135	135	80	-87.5	-87.5	80	215	145	150	157.5	157.5	372.5	274.160	1-M1-74		
Glynne jones	Adlington Barbell	Masters	81.7	83	M1	130	140	147.5	147.5	115	-120	-120	115	262.5	190	210	220	220	482.5	325.157	1-M1-83	Y	BrM
Ian shaw	Adlington Barbell	Masters	91.3	93	M1	200	-220	220	220	120	125	X	125	345	260	275	280	280	625	396.125	1-M1-93	Y	Br
Andy Philp	Rochdale Strength & Conditioning	Masters	110.1	120	M1	-212.5	212.5	225	225	160	-465	X	160	385	260	270	-280	270	655	385.336	1-M1-120	Y	Br
David Charnock	Adlington Barbell	Masters	116.7	120	M2	200	-220	220	220	130	-140	140	140	360	235	260	-270	260	620	358.856	1-M2-120	Y	BrM
Adam Zegveldt	Carlisle Powerlifting Club	Novice	64.6	66	U23	150	155	-460	155	80	-90	-90	80	235	165	-175	-175	165	400	319.720	1-JR-66	Y	
David Morgan	Underground Training Station	Novice	69.9	74	Senior	105	120	130	130	100	110	-117.5	110	240	135	150	160	160	400	300.080	1-Sen-74		
Adam Roberts	Taylor's Strength Training	Novice	82.2	83	U23	152.5	162.5	170	170	90	95	100	100	270	172.5	187.5	-200	187.5	457.5	307.166	1-JR-83		
Daniel Whittall	Olympic Sports Gym	Novice	81.1	83	u23	142.5	150	-457.5	150	95	105	-112.5	105	255	175	187.5	197.5	197.5	452.5	306.297	2-JR-83		
Robert Woodworth		Novice	82.7	83	U23	120	130	140	140	95	102.5	-107.5	102.5	242.5	150	170	-185	170	412.5	275.921	3-JR-83		
Grant Casson		Novice	79.3	83	U23	100	110	117.5	117.5	75	82.5	-87.5	82.5	200	110	120	125	125	325	223.113	4-JR-83		
Michael Roskell		Novice	79.8	83	Senior	-460	160	172.5	172.5	97.5	102.5	107.5	107.5	280	200	212.5	-220	212.5	492.5	336.771	1-Sen-83	Y	
Robert Ward-Dutton		Novice	78.1	83	Senior	160	-172.5	180	180	90	102.5	-107.5	102.5	282.5	180	195	207.5	207.5	490	339.717	2-Sen-83	Y	
Jason Holmes		Novice	82.1	83	Senior	160	170	180	180	105	-112.5	-112.5	105	285	180	192.5	205	205	490	329.231	3-Sen-83	Y	
Richard Kelly	Underground Training Station	Novice	79.2	83	Senior	165	175	182.5	182.5	-85	92.5	-97.5	92.5	275	165	177.5	195	195	470	322.937	4-Sen-83	Y	
Joseph Corbin	RA Fitness	Novice	81.5	83	Senior	145	150	155	155	105	110	-115	110	265	185	195	-200	195	460	310.454	5-Sen-83		
Charles Gannicliffe	Taylor's Strength Training	Novice	77.8	83	Senior	145	155	165	165	-85	90	-97.5	90	255	175	190	200	200	455	316.271	6-Sen-83		
Akkas Miah	Core Fitness	Novice	81.8	83	Senior	140	152.5	162.5	162.5	95	102.5	110	110	272.5	160	172.5	182.5	182.5	455	306.397	7-Sen-83		
Danial Jones	Pure Gym	Novice	82.1	83	Senior	150	157.5	162.5	162.5	100	105	-107.5	105	267.5	180	-187.5	-187.5	180	447.5	300.675	8-Sen-83		
Joe Whiteley	Glossop Kinder Velo	Novice	82.9	83	M1	65	70	75	75	67.5	72.5	75	75	150	105	115	125	125	275	183.700	1-M1-83		
Sam Emmitt		Novice	82.4	83	U23	165	175	-182.5	175	-110	-112.5	-112.5	0	0	180	190	200	200	0	0.000			
Kieran Ahmed	Yorkshire North East	Novice	74	74	U18	140	150	-160	150	90	-95	95	95	245	165	175	-182.5	175	420	302.106	Guest	N/A	BrJ
Daniel Jackson		Novice	92.7	93	U23	215	230	235	235	130	-140	-140	130	365	210	222.5	-235	222.5	587.5	369.655	Guest	Y	BrJ

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09/10/2016

NW Masters & Novice, Round 2 - Sunday morning

Name		Div	Bwt (kg)	WtCls (kg)	Age	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	Total	Wilks	Placing	Qualified for NW	Qualified for nationals
Andrea Wilkinson		Masters	67.4	72	M2	90	-100	-100	90	55	60	62.5	62.5	152.5	115	125	132.5	132.5	285	291.185	1-M2-72	Y	BrM
Emma Stott	Strength Factory	Masters	61.1	63	M1	95	100	102.5	102.5	60	62.5	-65	62.5	165	120	130	138	138	303	333.118	1-M1-63	Y	Br
Donna Bradbury	DJS Fitness	Masters	67.1	72	M1	105	110	115	115	62.5	65	67.5	67.5	182.5	130	135	137.5	137.5	320	328.000	1-M1-72	Y	Br
Adele fothersgill		Masters	78.5	84	M1	100	-107.5	-107.5	100	55	-57.5	-57.5	55	155	115	120	125	125	280	258.972	1-M1-84		BrM
Lorna Warriner		Novice	50.3	52	Senior	82.5	87.5	90	90	40	42.5	45	45	135	90	97.5	105	105	240	306.912	1-Sen-52	Y	Br
Takiyah Daly		Novice	52.2	57	Senior	90	100	-102.5	100	45	47.5	-50	47.5	147.5	120	130	-140	130	277.5	344.905	1-Sen-57	Y	Br
Chloe Townsend	Taylor's Strength Training	Novice	61.3	63	U23	100	107.5	112.5	112.5	45	50	-52.5	50	162.5	135	150	157.5	157.5	320	350.912	1-JR-63	Y	Br
Emily Lloyd Whittington		Novice	61.9	63	U23	-105	105	110	110	55	57.5	-62.5	57.5	167.5	120	125	130	130	297.5	323.799	2-JR-63	Y	BrJ
Elfie Higson		Novice	61.3	63	Senior	120	-125	-125	120	-52.5	52.5	-55	52.5	172.5	140	150	157.5	157.5	330	361.878	1-Sen-63	Y	Br
Jo Kelly		Novice	62.4	63	Senior	90	95	97.5	97.5	60	-65	65	65	162.5	110	117.5	122.5	122.5	285	308.313	2-Sen-63	Y	E
Esme Parkinson		Novice	63	63	Senior	-80	-80	80	80	35	45	-50	45	125	120	130	135	135	260	279.240	3-Sen-63	Y	
Sharon Cooke		Novice	61.2	63	M1	80	-82.5	X	80	37.5	40	-42.5	40	120	105	110	112.5	112.5	232.5	255.285	1-M1-63		BrM
Amy Rickerby	LSF PT Carlisle	Novice	68	72	U18	-80	-80	-80	0	45	50	-55	50	0	110	120	127.5	127.5	0	0.000			
Scarlett zetter	Taylor's Strength Training	Novice	67.8	72	U23	90	105	120	120	45	50	55	55	175	100	115	130	130	305	310.307	1-JR-72	Y	Br
Laura Crompton	Strength Factory	Novice	67.4	72	Senior	95	102.5	110	110	55	60	62.5	62.5	172.5	125	135	140	140	312.5	319.281	1-Sen-72	Y	Br
Laura Parkinson	Carlisle Powerlifting Club	Novice	70.6	72	Senior	95	100	105	105	40	-45	-45	40	145	120	130	-140	130	275	271.975	2-Sen-72		
Katy Gest		Novice	67.5	72	Senior	70	75	80	80	50	55	60	60	140	105	110	120	120	260	265.356	3-Sen-72		
Nicky Duvall	Taylor's Strength Training	Novice	66.4	72	Senior	67.5	80	85	85	42.5	47.5	-55	47.5	132.5	90	100	107.5	107.5	240	247.872	4-Sen-72		
Hailie Slack	JD Gym	Novice	82.1	84	Senior	100	120	-125	120	55	65	-70	65	185	110	125	130	130	315	284.225	1-Sen-84	Y	Br
Scarlett Portues		Novice	76.4	84	Senior	105	110	120	120	60	-65	-65	60	180	115	125	132.5	132.5	312.5	293.719	2-Sen-84		Br
Suzanne Manuel		Novice	77.1	84	Senior	95	105	-115	105	45	50	-55	50	155	120	125	130	130	285	266.390	3-Sen-84		E
Helen Jones		Novice	108.4	84+	Senior	110	117.5	122.5	122.5	50	-57.5	-57.5	50	172.5	115	125	130	130	302.5	246.719	1-Sen-84+		Br
Emma cadden	Carlisle Powerlifting Club	Novice	102.8	84+	M1	-100	100	-105	100	55	60	-65	60	160	120	-130	135	135	295	243.729	2-Sen-84+		BrM
Steevi pugh		Novice	89.5	84+	Senior	90	97.5	102.5	102.5	45	50	52.5	52.5	155	110	125	130	130	285	246.839	3-Sen-84+		
Karen Molden	Danny Lee Fitness	Novice	114.6	84+	Senior	45	50	57.5	57.5	45	50	-52.5	50	107.5	105	115	122.5	122.5	230	185.472	4-Sen-84+		

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NW Masters & Novice, Round 2 - Sunday afternoon

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Adam Callaway		Novice	89.1	93	u18	130	140	147.5	147.5	70	75	-80	75	222.5	160	170	180	180	402.5	258.284	1-SJ-93		BrJ
Connor Lannon	Strength Factory	Novice	92.6	93	u23	190	210	220	220	135	145	-155	145	365	220	240	250	250	615	387.142	1-JR-93	Y	Br
Tom Griffiths		Novice	92.2	93	u23	200	210	-220	210	127.5	-140	140	140	350	225	240	-250	240	590	372.172	2-JR-93	Y	BrJ
nathan bell	Carlisle Powerlifting Club	Novice	92.1	93	U23	180	190	-200	190	100	-105	-105	100	290	220	230	-235	230	520	328.172	3-JR-93	Y	
Alex Hayes	Leigh Sports Village	Novice	90.7	93	u23	165	172.5	180	180	-140	110	120	120	300	180	200	210	210	510	324.309	4-JR-93	Y	
Liam Rushworth		Novice	90.2	93	Senior	140	155	165	165	130	145	150	150	315	200	220	240	240	555	353.924	1-Sen-93		
Joe Lyons		Novice	92.5	93	Senior	140	155	170	170	105	115	122.5	122.5	292.5	160	185	-207.5	185	477.5	300.730	2-Sen-93		
Peter Scanlon	Taylor's Strength Training	Novice	89.4	93	Senior	102.5	112.5	120	120	70	77.5	-82.5	77.5	197.5	140	152.5	160	160	357.5	229.015	3-Sen-93		
Matthew Dorman	West Midlands	Novice	90.4	93	Senior	175	185	195	195	125	-132.5	-132.5	125	320	230	245	-255	245	565	359.905	1-Gst-93	N/A	
Isaac Fox		Novice	102.7	105	U18	142.5	-150	155	155	-87.5	-92.5	92.5	92.5	247.5	175	185	-190.5	185	432.5	260.538	1-SJ-105		BrJ
Marvin Turner		Novice	103.7	105	Senior	210	220	230	230	160	-170	180	180	410	280	300	-310	300	710	426.142	1-Sen-105	Y	Br
James Barnett	Olympic Sports Gym	Novice	103.3	105	Senior	200	215	225	225	115	122.5	-127.5	122.5	347.5	240	255	-265	255	602.5	362.163	2-Sen-105	Y	E
James Hannon	JD Gym	Novice	103	105	Senior	180	200	215	215	-120	135	-150	135	350	200	225	250	250	600	361.020	3-Sen-105	Y	E
Yiannis verenakis	Flyde Coast Barbell	Novice	103.7	105	Senior	200	210	220	220	150	-157.5	-160	150	370	205	215	225	225	595	357.119	4-Sen-105	Y	E
Danny Taylor		Novice	97.6	105	Senior	185	195	202.5	202.5	115	122.5	-130	122.5	325	250	-265	265	265	590	362.673	5-Sen-105	Y	
Martin walker		Novice	104.8	105	Senior	160	180	190	190	110	120	-130	120	310	180	-200	200	200	510	304.980	6-Sen-105		
Benjamin Pask	RA Fitness	Novice	105	105	Senior	165	172.5	180	180	120	-127.5	-127.5	120	300	170	180	200	200	500	298.800	7-Sen-105		
Gary Chapman	DW Fitness	Novice	99.4	105	Senior	-160	-160	-160	0	120	130	-140	130	0	160	175	190	190	0	0.000			
Barry Richards	Taylor's Strength Training	Novice	102.4	105	M1	-190	190	207.5	207.5	132.5	140	-145	140	347.5	205	220	-230	220	567.5	342.202	1-M1-105	Y	BrM
Marlon Wragg	Yorkshire North East	Novice	103.4	105	Senior	-225	225	240	240	135	150	160	160	400	245	265	-272.5	265	665	399.598	1-Gst-105	N/A	Br
Ben Cook	Danny Lee Fitness	Novice	109.7	120	Senior	125	135	-142.5	135	125	132.5	-137.5	132.5	267.5	175	190	200	200	467.5	275.357	1-Sen-120		
Paul Modaley	Taylor's Strength Training	Novice	108.6	120	Senior	120	125	132.5	132.5	100	105	-110	105	237.5	130	145	160	160	397.5	234.883	2-Sen-120		
Andrew Rothwell	Primal, Chester	Novice	109.6	120	Senior	-140	-160	-160	0	90	110	117.5	117.5	0	160	210	220	220	0	0.000			
Rob Evans	Steel Habitat	Novice	125.5	120+	Senior	210	-220	230	230	120	130	142.5	142.5	372.5	200	215	227.5	227.5	600	341.640	1-Sen-120+	Y	E

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