

13/08/2017

NWPL Cumbria Championships 2017



Name	Team	Bwt (kg)	WtCls (kg)	lot#	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 Points	Placing	Events Entered	Qual	Qual bench
Chloe Dickinson	Ironwerx Gym	46.3	47	13	U23	-57.5	-65	-65	0	27.5	32.5 ^{u23}	35 ^{u23}	35	0	55	62.5	70	70	0	0.000		PL		
Danielle Firth	CrossFit Liverpool	51.2	52	2	Senior	87.5	90	92.5	92.5	45	47.5	50	50	142.5	110	115	120	120	262.5	331.170	1st	PL	Br	Br
Leanne Singleton	Northern Warrior	51.5	52	12	Senior	-75	77.5	-82.5	77.5	32.5	37.5	-42.5	37.5	115	-110	110	112.5	112.5	227.5	285.740	2nd	PL	Br	
Beckie Hebson	Fighting Fit	52.5	57	21	Senior	95	-102.5	102.5	102.5	-60	-60	60	60	162.5	125	-135	135	135	297.5	368.127	Guest	PL	Br	Br
Sharon Holmes	Carlisle Powerlifting Club	62.4	63	8	M1	117.5	-122.5	127.5 ^{M1}	127.5	60	-62.5	-62.5	60	187.5	120	130	-140	130	317.5	343.471	1st	PL	Br	Br
Jackie day (SCO)	Glasgow Powerlifting Club	60	63	22	M1	-95	95	-102.5	95	-47.5	50	52.5	52.5	147.5	110	115	-120	115	262.5	292.661	Guest	PL	Br	Bm
Laura Parkinson	Carlisle Powerlifting Club	71.8	72	6	Senior	97.5	105	115	115	50	52.5	55	55	170	130	135	-140	135	305	298.260	1st	PL	E	
Victoria Schmidt	Iain Martin - Strength Coach	70.6	72	4	Senior	90	100	110	110	-50	55	57.5	57.5	167.5	110	-125	130	130	297.5	294.228	2nd	PL	E	
Rebecca Woods	Nuffield Health Preston	69.2	72	14	Senior	95	105	-110	105	55	60	-62.5	60	165	115	120	125	125	290	290.812	3rd	PL	E	
Laura Battersby	DJS Fitness	67.3	72	17	Senior	80	-85	85	85	50	-62.5	-62.5	50	135	115	122.5	130	130	265	271.042	4th	PL		
Jennifer Shields	DJS Fitness	71.8	72	10	Senior	-80	80	-85	80	50	52.5	55	55	135	110	115	120	120	255	249.365	5th	PL		
Katie Yates		81.5	84	3	U23	110	-120	120	120	60	65	-70	65	185	140	150	-160	150	335	303.443	1st	PL	Br	Bj
Netty Hall	Ulverston health club	78.9	84	11	M1	85	90	95	95	52.5	55	57.5	57.5	152.5	100	110	115	115	267.5	246.689	2nd	PL	Bm	
Jo Whiteley	Olympic Sports Gym	112.6	84+	5	M1	-157.5	157.5	166 ^{M1Sen}	166	80	-82.5	-82.5	80	246	170	180	186 ^{M1Sen}	186	432 ^{M1}	349.574	1st	PL	Br	Br
Lucy Jackson	Olympic Sports Gym	105.9	84+	1	U23	140	-147.5	150 ^{u23}	150	70	75 ^{u23}	-80	75	225	150	165 ^{u23}	180 ^{u23}	180	405 ^{u23}	332.100	2nd	PL	Br	Br
Helen Jones	RA fitness	105.4	84+	23	Senior	122.5	130	135	135	62.5	-67.5	-67.5	62.5	197.5	130	140	-145	140	337.5	277.087	3rd	PL	Br	
Emma cadden	Carlisle Powerlifting Club	110	84+	19	M1	-120	-120	120	120	60	65	70	70	190	130	140	-145	140	330	268.323	4th	PL	Br	Bm
Claire Stansfield	DJS Fitness	90.8	84+	9	M1	62.5	65	67.5	67.5	50	55	57.5	57.5	125	100	105	-110	105	230	198.007	5th	PL		
Lisa Harrison (SCO)	Carlisle Powerlifting Club	93.4	84+	7	Senior	-107.5	107.5	117.5	117.5	52.5	-57.5	-57.5	52.5	170	115	122.5	130	130	300	255.480	Guest	PL		

NW Records: U18 = Sub-Junior U23 = Junior Sen= Senior M1 = M1 NW record M2 = Masters 2

Qual: Br = British senior Bj = British Juniors Bm = British Masters **Best Lifter**

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Name	Team	0	0	lot#	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 Points	Placing	Events Entered	Qual	Qual bench
Danny Smith	Carlisle Powerlifting Club	65.5	66	2	Senior	150	-167.5	157.5	157.5	92.5	97.5	-102.5	97.5	255	180	190	195	195	450	355.545	1st	PL	Br	
Ashah Nelson		65.3	66	27	u16	-70	70	80	80	-60	60	-75	60	140	90	115	125	125	265	209.933	2nd	PL	Bj	
Chris Eaton		69.7	74	13	Senior	125	132.5	137.5	137.5	112.5	120	-125	120	257.5	165	180	190	190	447.5	336.475	1st	PL		Br
Adam Zegveldt	Carlisle Powerlifting Club	71.6	74	17	Senior	135	145	152.5	152.5	82.5	90	95	95	247.5	150	160	170	170	417.5	307.572	2nd	PL		
Ahmed Kadry		81.8	83	22	Senior	180	195	205	205	125	-135	135	135	340	215	235	-240	235	575	387.205	1st	PL	Br	Br
Stu Nicholson	Carlisle Powerlifting Club	81.9	83	8	Senior	180	190	200	200	120	130	135	135	335	220	230	240	240	575	386.918	2nd	PL	Br	Br
Jason Holmes	Carlisle Powerlifting Club	82.2	83	25	Senior	177.5	187.5	-192.5	187.5	110	-117.5	117.5	117.5	305	190	205	-215	205	510	342.414	3rd	PL		
Mathew Beenham	Nuffield Health Preston	75.9	83	19	Senior	165	175	-182.5	175	115	120	-122.5	120	295	200	-210		200	495	349.817	4th	PL		
Jonathan Brooks	Pro-Fit Personal Training	76.9	83	18	U23	155	165	-175	165	-85	90	100	100	265	195	210	220	220	485	339.743	5th	PL		Bj
Felix Stamper		80.7	83	1	U23	130	140	150	150	90	100	-105	100	250	140	150	160	160	410	278.390	6th	PL		Bj
Thomas James Scott Robson	Carlisle Powerlifting Club	82.2	83	7	U23	-135	135	140	140	100	107.5	-110	107.5	247.5	135	142.5	150	150	397.5	266.882	7th	PL		Bj
Adil Khan		77.3	83	24	Senior	192.5	202.5	210	210	132.5	140	-142.5	140	350	225	240	252.5	252.5	602.5	420.605	Guest	PL	Br	Br
Joseph Corbin		80.2	83		Senior					122.5	-130	-130	122.5						122.5	83.499		BP		
Jimmy Nsouli	Carlisle Powerlifting Club	91.8	93	9	Senior	185	195	202.5	202.5	120	127.5	130	130	332.5	210	225	235	235	567.5	358.717	1st	PL		
Alex Hayes	Taylor's Strength	87.4	93	10	Senior	160	167.5	180	180	110	117.5	-122.5	117.5	297.5	210	230	-240	230	527.5	341.978	2nd	PL		
Neil Hardy	DJS Fitness	90.4	93	21	M1	170	180	-190	180	122.5	125	127.5	127.5	307.5	212.5	217.5	-220	217.5	525	334.425	3rd	PL	Bm	Bm
Gavin Cottrell	Carlisle Powerlifting Club	85.4	93	6	M1	-140	140	150	150	110	120	-127.5	120	270	170	185	200	200	470	308.602	Guest	PL	Bm	Bm
Arran Sullivan	Powerhouse whitehaven	104.6	105	15	Senior	210	235	-250	235	150	160	-170	160	395	225	245	255	255	650	388.960	1st	PL	Br	Br
Wayne Phillips		102.6	105	4	M2	180	-195	195 ^{M2}	195	150 ^{M2}	155 ^{M2}	162.5 ^{M2}	162.5	357.5	220	240	260 ^{M2}	260	617.5 ^{M2}	372.105	2nd	PL	Bm	Br
Benjamin Pask	RA fitness	104.6	105	20	Senior	170	185	-190	185	125	130	-140	130	315	190	210	-227.5	210	525	314.160	3rd	PL		
Isaac Fox	Xtreme Fitness	96.9	105	5	U18	165	175	187.5 ^{U18}	187.5	100	105	107.5	107.5	295	200	215	226 ^{U18}	226	521	321.249	4th	PL	Bj	Bj
Robert Mitcham	Primal	99.8	105	14	Senior	180	190	-200	190	100	107.5	112.5	112.5	302.5	190	207.5		207.5	510	310.641	5th	PL		
Ryan Dean	Carlisle Powerlifting Club	111.4	120	16	U23	220	230	235	235	162.5	170	-176	170	405	220	235	245	245	650	381.095	1st	PL	Br	Br
John Cotton	Anytime Fitness	120	120	26	M1	200	220	-240	220	135	150	-160	150	370	160	180	210	210	580	333.442	2nd	PL	Bm	Br
Paul Williamson	Racksmiths	141.4	120+	3	Senior	200	-212.5	212.5	212.5	112.5	120	125	125	337.5	-217.5	232.5	240	240	577.5	322.245	1st	PL		
Martin McGimpsey	Carlisle Powerlifting Club	157.4	120+		Senior					170	180	190	190						190	104.409		BP		Br
Bob Sadler (WAL)	Sadlers Strength	126.2	120+	11	M2	180	190	200	200	110	120	130	130	330	200	0		200	530	301.464	Guest	PL	Bm	Bm

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Best Lifter