

19/11/2016

## North West Powerlifting Championships

Name	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
James Doyle	81.8	83	Senior	212.5	222.5	-235	222.5	-132.5	132.5	137.5	137.5	360	250	265	272.5	272.5	632.5 <sup>Sen</sup>	425.925	1-83-PL
Kalvin Hughes	82.5	83	U23	210	-230	-230	210	140	-150	-150	140	350	210	225	235	235	585	391.892	1-83-PL
Tristan Kennedy Sutton	81.8	83	Senior	185	192.5	195	195	105	107.5	-110	107.5	302.5	250	265	272.5	272.5	575	387.205	1-83-PL
Clark Thompson	82.5	83	Senior	185	192.5	-197.5	192.5	117.5	122.5	-125	122.5	315	220	232.5	-240	232.5	547.5	366.770	1-83-PL
Stuart Nicholson	81.7	83	Senior	165	175	-185	175	120	127.5	-135	127.5	302.5	215	225	235	235	537.5	362.221	1-83-PL
Ahmed Kadry	80.1	83	Senior	165	-175	180	180	120	125	130	130	310	200	210	215	215	525	358.155	1-83-PL
Michael Roskell	81.3	83	Senior	160	170	180	180	100	105	-110	105	285	200	215	-220	215	500	337.950	1-83-PL
Jason Holmes	83	83	Senior	170	180	-185	180	105	110	-115	110	290	190	202.5	-207.5	202.5	492.5	328.744	1-83-PL
Danny Taylor	81.7	83	Senior	160	170	-180	170	110	-115		110	280	200	210	-220	210	490	330.211	1-83-PL
Robert Ward-Dutton	77.7	83	Senior	170	180	-187.5	180	95	105	-107.5	105	285	185	200	-210	200	485	337.414	1-83-PL
Marvin Turner	104.7	105	Senior	220	230	-235	230	170	180	-195	180	410	280	300		300	710	424.722	1-105-PL
Paul Jackson	103.7	105	Senior	210	222.5	227.5	227.5	150	165	-170	165	392.5	250	270	280	280	672.5	403.634	1-105-PL
Alexander Halliwell	103.8	105	U23	230	-242.5	-242.5	230	140	145	-150	145	375	240	252.5	267.5	267.5	642.5	385.500	1-105-PL
Danny Davies	101.4	105	Senior	212.5	225	237.5	237.5	155	162.5	-170	162.5	400	220	230	240	240	640	387.392	1-105-PL
Sean Broley	103.2	105	U23	200	210	217.5	217.5	117.5	122.5	127.5	127.5	345	235	250	257.5	257.5	602.5	362.283	1-105-PL
Ian Lee	98.5	105	Senior	190	-200	200	200	105	110	112.5	112.5	312.5	222.5	242.5	-250	242.5	555	339.826	1-105-PL
Tom Smith	116.5	120	U23	210	-220	220	220	130	140	-145	140	360	270	285 <sup>U23</sup>	-300	285	645	373.520	1-120-PL
Ryan Dean	107.9	120	U23	200	212.5	225	225	150	160	-170	160	385	220	235	240	240	625	370.063	1-120-PL
David Charnock	118.4	120	M2	205	220	-235	220	130	137.5	-142.5	137.5	357.5	240	265 <sup>M2</sup>	-272.5	265	622.5 <sup>M2</sup>	359.058	1-120-PL
Chris Peters	111.3	120	Senior	185	202.5	-207.5	202.5	130	-142.5	-142.5	130	332.5	210	240	-245	240	572.5	335.714	1-120-PL
Will Freeman Dunn	118.5	120	Senior	185	195	205	205	155	162.5	-167.5	162.5	367.5	180	192.5	200	200	567.5	327.221	1-120-PL
Andy Foster	133.6	120+	Senior	272.5	-287.5	-287.5	272.5	185	-192.5	-200	185	457.5	290	305 <sup>Sen</sup>	-317.5	305	762.5	429.211	1-120+-PL
Frazer pennington	123.3	120+	U23	270	-287.5	-287.5	270	150	-157.5	157.5	157.5	427.5	250	265	-272.5	265	692.5	395.764	1-120+-PL
Chris Hubel	129.4	120+	Senior	195	205	215	215	132.5	-140	140	140	355	270	280	-290	280	635	359.474	1-120+-PL
Ken Lingard	86.6	93	m4	100	110	-125	110	75	-80	85	85	195	130	140 <sup>M4</sup>	145 <sup>M4</sup>	145	340	221.510	Guest - Eq

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Name	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 Pts	Placing
Joe Bullock	92.5	93	M1	250	260	x	260	150	160	-170	160	420	210	220	230	230	650	409.370	1-E-93-PL
Connor Burkhill	65.8	66	U23	155	165	175	175	120	-127.5	-127.5	120	295	185	200	-215	200	495	389.664	1-C-66-PL
Oli Clarke	64.9	66	Senior	145	-150	150	150	100	107.5	-112.5	107.5	257.5	190	207.5	215	215	472.5	376.204	2-C-66-PL
Henry Chay	63.7	66	M2	140	147.5	<sup>M1M2</sup> 150	150	80	-85	-85	80	230	185	195	<sup>M1M2</sup> 197.5	197.5	<sup>M1M2</sup> 427.5	345.805	3-C-66-PL
Danny Smith	65.6	66	Senior	145	-155	-155	145	92.5	95	-97.5	95	240	175	185	-190	185	425	335.367	4-C-66-PL
Adam Zegveldt	66	66	U23	145	-152.5	152.5	152.5	75	82.5	-87.5	82.5	235	145	160	170	170	405	318.006	5-C-66-PL
Stuart Ogden	72.3	74	Senior	160	170	177.5	177.5	100	110	120	120	297.5	195	210	220	220	517.5	378.551	1-C-74-PL
Josh Wahlers	73.8	74	U23	-165	165	180	180	95	100	107.5	107.5	287.5	200	215	227.5	227.5	515	371.161	2-C-74-PL
Raihan Mohammed	69.7	74	U23	155	162.5	167.5	167.5	95	-102.5	-102.5	95	262.5	-195	202.5	207.5	207.5	470	353.393	Guest
Ian Shaw	90.4	93	M1	205	217.5	<sup>M1</sup> 222.5	222.5	120	125	-127.5	125	347.5	265	<sup>M1</sup> 282.5	-287.5	282.5	<sup>M1</sup> 630	401.310	1-C-93-PL
Daniel jackson	92	93	U23	215	225	-240	225	125	132.5	140	140	365	215	-230	235	235	600	378.900	2-C-93-PL
David Clifford	86.9	93	M2	<sup>M2</sup> 187.5	-197.5	<sup>M2</sup> 197.5	197.5	<sup>M2</sup> 117.5	<sup>M2</sup> 122.5	<sup>M2</sup> 127.5	127.5	325	<sup>M2</sup> 232.5	<sup>M2</sup> 242.5	-250	242.5	<sup>M2</sup> 567.5	369.045	3-C-93-PL
Matthew kelly	92.3	93	Senior	190	195	197.5	197.5	110	115	-120	115	312.5	225	232.5	240	240	552.5	348.351	4-C-93-PL
Alexander Hayes	89.2	93	U23	170	185	-200	185	115	122.5	-130	122.5	307.5	200	225	240	240	547.5	351.112	5-C-93-PL
Dale Potter	90	93	Senior	167.5	177.5	185	185	110	-120	120	120	305	200	215	227.5	227.5	532.5	339.948	6-C-93-PL
Harry Wright	92	93	U23	185	195	-202.5	195	122.5	127.5	-130	127.5	322.5	205	-215	-215	205	527.5	333.116	7-C-93-PL
Jimmy Nsouli	92.6	93	Senior	-185	185	195	195	120	-125	-125	120	315	-205	210	-230	210	525	330.487	8-C-93-PL
Nathan Bell	90.6	93	U23	-180	-180	180	180	100	-105	-105	100	280	220	230	-240	230	510	324.513	9-C-93-PL
Elliot Kennedy	90.7	93	U23	-185	-185	-185	0	100	105	110	110	0	200	207.5	x	207.5	0	0.000	

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Maria Andrews	51.7	52	Senior	102.5 <sup>Sen</sup>	110 <sup>Sen</sup>	115 <sup>Sen</sup>	115	55	57.5	-60	57.5	172.5	120	128 <sup>Sen</sup>	132.5 <sup>Sen</sup>	132.5	305 <sup>Sen</sup>	381.921	Guest
Jane Girdlestone	53.7	57	M1	110	117.5 <sup>Sen M1</sup>	125 <sup>Sen M1</sup>	125	62.5	67.5	-70	67.5	192.5	120	130 <sup>M1</sup>	135 <sup>M1</sup>	135	327.5 <sup>Sen M1</sup>	398.207	1-57-PL
Elfie Higson	62.5	63	Senior	115	120	-125	120	50	52.5	-55	52.5	172.5	145	160	165.5 <sup>Sen</sup>	165.5	338	365.209	1-63-PL
Emily Lloyd Whittington	61.6	63	U23	112.5	117.5	122.5	122.5	60	65	-67.5	65	187.5	132.5	140	-445	140	327.5	357.794	2-63-PL
Emma Stott	61.3	63	M1	95	102.5	107.5	107.5	57.5	62.5	65	65	172.5	125	135	145 <sup>M1</sup>	145	317.5 <sup>M1</sup>	348.171	3-63-PL
Lauren-May Drake	62.3	63	Senior	90	92.5	95	95	52.5	55	-57.5	55	150	140	150	155	155	305	330.345	4-63-PL
Donna Bradbury	62.4	63	M1	105	110 <sup>M1</sup>	-115	110	60	62.5	-67.5	62.5	172.5	120	125	130	130	302.5	327.244	5-63-PL
Esme Parkinson	61.3	63	U23	-80	80	-90	80	45	-47.5	-47.5	45	125	130	137.5	140	140	265	290.599	6-63-PL
Moira Pritchard	62.6	63	M1	70	x	x	70	45	x	x	45	115	70	x	x	70	185	199.652	Guest
Kim Cowell	70.7	72	Senior	120	127.5	132.5	132.5	70	72.5	-75	72.5	205	140	155	-160	155	360	355.716	1-72-PL
Jo Foster	68.5	72	M1	-400	-400	100	100	62.5	-65	-65	62.5	162.5	140 <sup>M1</sup>	145 <sup>M1</sup>	150 <sup>M1</sup>	150	312.5	315.625	2-72-PL
Sharon Holmes	69.5	72	M1	110	-120	-120	110	57.5	-62.5	62.5	62.5	172.5	115	125	130	130	302.5	302.440	3-72-PL
Andrea Wilkinson	67.2	72	M2	90	97.5	102.5 <sup>M2</sup>	102.5	57.5	60	63 <sup>M2</sup>	63	165.5	120	130	135 <sup>M2</sup>	135	300.5 <sup>M2</sup>	307.682	4-72-PL
Suzanne Manuel	72	72	Senior	95	105	-115	105	45	47.5	-50	47.5	152.5	127.5	132.5	140	140	292.5	285.480	5-72-PL
Sarah Freeman Dunn	65.2	72	Senior	125	132.5	x	132.5	x	x	x	0	0	x	x	x	0	0	0.000	
Emma Sullivan	76	84	Senior	120	127.5	132.5	132.5	72.5	75	77.5	77.5	210	140	152.5	160	160	370	348.873	1-84-PL
Hailie Slack	83	84	Senior	110	120	125	125	60	65	-70	65	190	115	122.5	127.5	127.5	317.5	284.861	2-84-PL
Lucy Killick	80.3	84	Senior	-400	105	-112.5	105	47.5	52.5	-57.5	52.5	157.5	115	125	132.5	132.5	290	264.799	Guest
Adele fothersgill	78.6	84	M1	90	95	100	100	52.5	55	57.5	57.5	157.5	120	-127.5	-127.5	120	277.5	256.465	Guest
Jo Whiteley	106	84+	M1	-132.5	132.5	140 <sup>M1</sup>	140	72.5	-75.5	-75.5	72.5	212.5	160	170 <sup>M1</sup>	175 <sup>M1</sup>	175	387.5 <sup>M1</sup>	317.673	1-84+-PL
Senga Grave	99	84+	Senior	152.5 <sup>Sen</sup>	160 <sup>Sen</sup>	165 <sup>Sen</sup>	165	65	-70	-70	65	230	130	140	-150	140	370	308.987	2-84+-PL