

Anglian Powerlifting Championship 8th April 2018, Hamiltons Fitness Centre, Colchester

Gp	Name	Club	m/f	Class	Weight	Age	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Sub	D'lift 1	D'lift 2	D'lift 3	Total	Wilks
A	Felicity Sadler		f	57	56.7	sen	90	100	-107.5	52.5	55	-57.5	155	100	105	110	265	308.8
A	Rebecca Barnett		f	57	56.7	sen	90	100	110	40	-45	47.5	157.5	100	110	115	272.5	317.5
A	Aya Elatrash		f	63	57.4	sen	77.5	-82.5	85	40	42.5	-45	127.5	85	90	97.5	225	259.7
A	Amina Bux	Domfaz	f	63	61.6	sen	85	92.5	-97.5	60	65	70	162.5	120	127.5	132.5	295	322.3
A	Ness Butler		f	63	61.5	M2	77.5	82.5	-90	45.5	47.5	50	132.5	100	110	120	252.5	276.2
A	Ajanta Hilton	Crossfit StAlban	f	72	71.6	M1	-100	100	110	50	52.5	-57.5	162.5	125	130	-133	292.5	286.6
A	Aden Sharif		f	72	68.8	jun	87.5	92.5	102.5	40	45	-50	147.5	95	100	107.5	255	256.8
A	Amy Clair	ColPow	f	72	67.2	sen	100	-110	-110	57.5	62.5	-65	162.5	115	125	-130	287.5	294.4
A	Kitty Pane	Spartans	f	72	71.6	jun	40	-45	45	37.5	42.5	45	90	70	80	90	180	176.3
A	Lottie Hall	The Farm	f	72	72	sen	115	122.5	-127.5	50	55	57.5	180	125	-130	-133	305	297.7
A	Kerri Edwards		f	84	78.7	sen	130	137.5	142.5	75	82.5	85	227.5	140	150	157.5	385	355.6
A	Caroline Grace		f	84+	98.1	sen	105	115	120	60	-67.5	-67.5	180	135	145	-153	325	272.2
A	Clare Drake		f	84+	87.7	sen	-97.5	100	-107.5	57.5	62.5	67.5	167.5	125	132.5	140	307.5	268.7
B	Dan McGauley	ColPow	m	59	55.6	sen	87.5	95	-102.5	75	-80	80	175	90	-100	100	275	252.1
B	Rob Salvesen		m	74	73	jun	135	150	-160	85	95	-100	245	175	190	200	445	323.2
B	Jon Ranson		m	74	73.4	sen	140	-150	-150	80	-90	-90	220	190	200	210	430	311.1
B	Josh Burton		m	74	72.9	sen	170	182.5	187.5	115	122.5	127.5	315	200	220	230	545	396.2
B	Chris Gallagher	Phoenix Gym	m	74	73.4	jun	160	167.5	172.5	120	125	127.5	300	170	180	182.5	482.5	349.1
B	Albie Sayer		m	83	82.9	jun	190	-202.5	202.5	120	130	-135	332.5	220	235	-250	567.5	379
B	Andy Wilson	RP Fitness	m	83	81.1	sen	140	150	155	105	110	-115	265	190	-195	-195	455	308
B	Darren Smith		m	83	82.4	sen	190	-195	-195	97.5	105	110	300	220	-240	-240	520	348.6
B	Luc Bigg	Body Active	m	83	79.5	jun	150	157.5	160	87.5	-95	-95	247.5	205	-213	-213	452.5	310.1
B	Grant Sugarman		m	83	81	M2	165	175	-192.5	110	-120	-120	285	220	242.5	-253	527.5	357.3
B	Quang Nguyen	Snap Hove	m	83	82.9	sen	-172.5	-172.5	177.5	125	132.5	-137.5	310	210	220	227.5	537.5	359
B	Oliwier Pilecki		m	83	75.8	subj	-180	190	-195	-120	130	137.5	327.5	210	220	-228	547.5	387.2
C	Dan Amey	Hamiltons	m	93	89.7	M1	160	170	-170	130	140	-150	310	180	200	210	520	332.5
C	Harvey Armitag		m	93	90.7	sen	230	242.5	255	142.5	150	155	410	225	237.5	247.5	657.5	418
C	Warren Curtis		m	93	90.4	M1	-160	-160	165	120	125	-127.5	290	190	200	210	500	318.4
C	Thomas Farley		m	93	88.2	subj	-145	150	160	70	85	-95	245	145	170	185	430	277.4
C	Khrys Speed	Tribe Strength	m	93	89.2	sen	190	205	212.5	107.5	112.5	-117.5	325	202.5	-218	217.5	542.5	347.9
C	Mark Golding		m	93	89.4	sen	-225	225	-225	145	152.5	-157.5	377.5	220	230	240	617.5	395.5
C	Adam Boxall	ColPow	m	93	88.6	sen	185	195	-202.5	112.5	117.5	122.5	317.5	-190	190	-195	507.5	326.6
C	Jacob Horton	Raf L'heath	m	93	91.5	sen	210	230	240	150	160	-165	400	250	265	275	675	427.3
D	Daniel Rudge	Phoenix Gym	m	105	100.9	jun	175	185	195	102.5	107.5	112.5	307.5	222.5	242.5	-253	550	333.4
D	Adam Fosbrook		m	105	100.2	sen	180	195	202.5	115	125	-130	327.5	220	240	-248	567.5	345
D	Callum Longhur	Spartans	m	105	100.7	jun	155	165	175	97.5	102.5	105	280	190	205	220	500	303.4
D	Karl Daniel	Bionic Bunch	m	105	101.3	jun	200	210	220	140	147.5	150	370	250	280	-280	650	393.5
D	Luke Strickland	Powering Thrgh	m	105	103.3	sen	160	172.5	-185	100	110	-120	282.5	180	195	-200	477.5	286.9
D	Matthew Agapi	Body Active	m	105	102.5	jun	200	210	220	105	110	-115	330	-230	230	242.5	572.5	345
D	Roland George		m	105	103.3	sen	185	200	215	-150	150	157.5	372.5	200	220	-220	592.5	356
D	Josh Nicklin	Champion	m	105	93.2	sen	175	190	205	100	107.5	112.5	317.5	-195	212.5	-228	530	332.5
D	Richard Griffiths		m	105	105	sen	-200	200	210	125	130	-132.5	340	-235	-235	-235	340	203.1
D	Kent NG	Phoenix Gym	m	105	95.8	sen	205	215	220	122.5	132.5	-137.5	352.5	210	225	-240	577.5	357.8
D	Rhett Milton	RMPT	m	120	117.9	sen	220	240	250	145	152.5	157.5	407.5	270	280	300	707.5	408.2
D	Alan Waite		m	120+	125.6	M1	170	180	-180	-140	140	-147.5	320	190	200	-205	520	295.8