

**Lancs & Cheshire Classic - Intershape Gym, Colne**  
**Saturday 2nd May 2015**

| Name                      | age | BWC | B/W  | Squat             |                   |                   |           | Bench Press       |                   |                   |            |           | DeadLift           |                   |                      |         | Total | Wilks    | Qualified | Place |
|---------------------------|-----|-----|------|-------------------|-------------------|-------------------|-----------|-------------------|-------------------|-------------------|------------|-----------|--------------------|-------------------|----------------------|---------|-------|----------|-----------|-------|
|                           |     |     |      | 1                 | 2                 | 3                 | Sub Total | 1                 | 2                 | 3                 | Best Bench | Sub Total | 1                  | 2                 | 3                    | Best DL |       |          |           |       |
| Sue Narey (guest)         | M1  | -57 | 54.6 | 70.0              | 75.0              | 80.0              | 80.0      | 40.0              | 42.5              | <del>45.0</del>   | 42.5       | 122.5     | 82.5               | 90.0              | 95.0                 | 95.0    | 217.5 | 261.0389 | Y         | YNE   |
| Samantha Thomas (guest)   | Sen | -63 | 60.6 | 75.0              | 85.0              | <del>95.0</del>   | 85.0      | 42.5              | 45.0              | 47.5              | 47.5       | 132.5     | 115.0              | 125.0             | 135.0                | 135.0   | 267.5 | 295.9462 | Y         | YNE   |
| Melanie Kaye (guest)      | M2  | -72 | 66.1 | 72.5              | <del>77.5</del>   | <del>77.5</del>   | 72.5      | 47.5              | 55.0              | <del>57.5</del>   | 55.0       | 127.5     | <del>117.5</del> x | x                 | <del>117.5</del> out |         |       |          |           | YNE   |
| Scott Bradwell (guest)    | Sen | -74 | 74   | 180.0             | 195.0             | <del>200.0</del>  | 195.0     | 135.0             | <del>142.5</del>  | <del>142.5</del>  | 135.0      | 330.0     | 210.0              | 230.0             | <del>235.0</del>     | 230.0   | 560.0 | 402.8156 | Y         | YNE   |
| Tom Dunning (guest)       | U23 | -74 | 73.1 | 205.0             | <del>215.0</del>  | <del>215.0</del>  | 205.0     | 120.0             | <del>125.0</del>  | <del>125.0</del>  | 120.0      | 325.0     | 225.0              | 235.0             | <del>245.0</del>     | 235.0   | 560.0 | 406.3582 | Y         | YNE   |
| Owen Lockwood (guest)     | U23 | -83 | 80.2 | 182.5             | 192.5             | 200.0             | 200.0     | 115.0             | 122.5             | <del>127.5</del>  | 122.5      | 322.5     | 230.0              | 245.0             | 250.0                | 250.0   | 572.5 | 390.2314 | Y         | YNE   |
| Richard Thimbleby (guest) | Sen | -93 | 91.2 | 175.0             | 190.0             | <del>195.0</del>  | 190.0     | 110.0             | 120.0             | <del>125.0</del>  | 120.0      | 310.0     | 210.0              | 225.0             | <del>235.0</del>     | 225.0   | 535.0 | 339.2793 |           | YNE   |
| Kurtis Charnock           | U23 | -66 | 62.3 | 140.0             | 145.0             | <del>150.0</del>  | 145.0     | 90.0              | <del>95.0</del>   | <del>95.0</del>   | 90.0       | 235.0     | 175.0              | 190.0             | <del>200.0</del>     | 190.0   | 425.0 | 350.4719 | Y         | 1     |
| Steve Dunn                | Sen | -66 | 65.4 | 120.0             | 130.0             | 135.0             | 135.0     | 95.0              | 105.0             | 107.5             | 107.5      | 242.5     | <del>150.0</del>   | 160.0             | 170.0                | 170.0   | 412.5 | 326.3467 |           | 2     |
| Connor Burkhill           | U18 | -66 | 64.5 | 125.0             | 132.5             | 140.0             | 140.0     | 105.0             | <del>110.0</del>  | <del>110.0</del>  | 105.0      | 245.0     | 145.0              | 155.0             | 160.0                | 160.0   | 405.0 | 324.1524 | Y         | 3     |
| Dean Barton               | Sen | -66 | 59.5 | <del>120.0</del>  | 120.0             | 130.0             | 130.0     | 70.0              | 75.0              | <del>77.5</del>   | 75.0       | 205.0     | 150.0              | 155.0             | 160.0                | 160.0   | 365.0 | 313.6963 |           | 4     |
| Christopher Rigby         | Sen | -66 | 65.6 | 100.0             | 105.0             | 110.0             | 110.0     | 70.0              | <del>75.0</del>   | <del>75.0</del>   | 70.0       | 180.0     | 130.0              | 140.0             | 142.5                | 142.5   | 322.5 | 254.4986 |           | 5     |
| Adil Khan                 | U23 | -74 | 73.3 | 188.00            | <del>195.00</del> | 195.00            | 195.0     | 130.0             | 137.5             | <del>140.5</del>  | 137.5      | 332.5     | 235.0              | 245.0             | <del>250.5</del>     | 245.0   | 577.5 | 418.233  | Y         | 1     |
| Ben Dandy                 | Sen | -74 | 71.2 | <del>160.00</del> | 170.00            | 180.00            | 180.0     | 120.0             | <del>135.00</del> | <del>135.00</del> | 120.0      | 300.0     | 180.0              | 190.0             | <del>195.00</del>    | 190.0   | 490.0 | 362.5106 | Y         | 2     |
| Aodhan Phillips-Lees      | U23 | -74 | 72.6 | 162.50            | 172.50            | 177.50            | 177.5     | 105.0             | 112.5             | 117.5             | 117.5      | 295.0     | 170.0              | 180.0             | 185.0                | 185.0   | 480.0 | 350.0447 | Y         | 3     |
| Danny Staples             | Sen | -74 | 67.8 | <del>135.00</del> | <del>145.00</del> | 145.00            | 145.0     | 100.0             | 107.5             | 112.5             | 112.5      | 257.5     | 170.0              | 185.0             | 195.0                | 195.0   | 452.5 | 347.6523 |           | 4     |
| Danny Taylor              | Sen | -74 | 72.5 | 130.00            | <del>160.00</del> | <del>160.00</del> | 130.0     | 90.0              | 105.0             | <del>110.00</del> | 105.0      | 235.0     | 160.0              | 190.0             | <del>200.00</del>    | 190.0   | 425.0 | 310.2471 |           | 5     |
| Ahmed Kadry               | Sen | -74 | 71.7 | 120.00            | 130.00            | <del>140.00</del> | 130.0     | <del>105.00</del> | 105.0             | <del>112.50</del> | 105.0      | 235.0     | 180.0              | <del>190.00</del> | <del>190.00</del>    | 180.0   | 415.0 | 305.4292 |           | 6     |
| Thomas Fawcett            | Sen | -74 | 73.6 | 110.00            | 120.00            | <del>140.00</del> | 120.0     | 80.0              | 85.0              | <del>90.00</del>  | 85.0       | 205.0     | 180.0              | 195.0             | <del>205.00</del>    | 195.0   | 400.0 | 288.8382 |           | 7     |
| James Doyle               | Sen | -83 | 80   | <del>200.00</del> | <del>200.00</del> | 200.00            | 200.0     | <del>130.00</del> | 135.0             | <del>140.00</del> | 135.0      | 335.0     | 240.0              | <del>245.00</del> | <del>245.00</del>    | 240.0   | 575.0 | 392.5517 | Y         | 1     |
| Phil Reid                 | U23 | -83 | 80.6 | 180.00            | 190.00            | 200.50            | 200.5     | 105.0             | 115.0             | 122.5             | 122.5      | 323.0     | 200.0              | 220.0             | 240.5                | 240.5   | 563.5 | 382.9035 | Y         | 2     |
| Dave Clifford             | M2  | -83 | 81.9 | 165.00            | 172.50            | 180.00            | 180.0     | 107.5             | 112.5             | <del>117.50</del> | 112.5      | 292.5     | 222.5              | 232.5             | <del>240.00</del>    | 232.5   | 525.0 | 353.2514 | Y         | 3     |
| Michael Giles             | U23 | -83 | 82.5 | 175.00            | 190.00            | <del>201.00</del> | 190.0     | 115.0             | 122.5             | <del>130.00</del> | 122.5      | 312.5     | 190.0              | <del>200.00</del> | <del>200.00</del>    | 190.0   | 502.5 | 336.628  | Y         | 4     |
| Nathan Parkinson          | U23 | -83 | 81.3 | 150.00            | 160.00            | <del>170.00</del> | 160.0     | 105.0             | 110.0             | 115.0             | 115.0      | 275.0     | 200.0              | 215.0             | 225.0                | 225.0   | 500.0 | 337.9427 | Y         | 5     |
| Ramin Daswani             | U20 | -83 | 80.9 | 140.00            | 150.00            | <del>160.00</del> | 150.0     | <del>105.00</del> | <del>110.00</del> | 110.0             | 110.0      | 260.0     | 170.0              | 180.0             | <del>195.00</del>    | 180.0   | 440.0 | 298.2952 | Y         | 6     |
| Dale Potter               | U23 | -83 | 81.1 | 130.00            | 140.00            | 150.00            | 150.0     | <del>100.00</del> | 100.0             | <del>110.00</del> | 100.0      | 250.0     | 170.0              | 180.0             | 190.0                | 190.0   | 440.0 | 297.8405 | Y         | 7     |

Divisional record

Lancs & Cheshire Classic - Intershape Gym, Colne  
 Sunday 3rd May 2015

| Name                   | age | BWC  | B/W   | Squat |       |       |           | Bench Press |       |       |           | DeadLift |       |       | Total    | Wilks    | Qualified for British | Place |
|------------------------|-----|------|-------|-------|-------|-------|-----------|-------------|-------|-------|-----------|----------|-------|-------|----------|----------|-----------------------|-------|
|                        |     |      |       | 1     | 2     | 3     | Sub Total | 1           | 2     | 3     | Sub Total | 1        | 2     | 3     |          |          |                       |       |
| Jamila Digankar        | U18 | -43  | 43    | 50.0  | 57.5  | 60.0  | 60.0      | 25.0        | 27.5  | 28.0  | 87.5      | 60.0     | 65.0  | 70.0  | 157.5    | 225.1448 | Y                     | 1     |
| Tessa Hart             | Sen | -52  | 51.4  | 92.5  | 97.5  | 100.0 | 97.5      | 55.0        | 58.0  | 59.0  | 156.5     | 115.0    | 122.5 | 127.5 | 284.0    | 357.226  | Y                     | 1     |
| Maria Houghton         | U23 | -57  | 56.5  | 85.0  | 92.5  | 100.0 | 100.0     | 47.5        | 52.5  | 55.0  | 152.5     | 110.0    | 117.5 | 125.0 | 277.5    | 324.2405 | Y                     | 1     |
| Sarah Freeman Dunn     | Sen | -63  | 62    | 80.0  | 90.0  | 95.0  | 95.0      | 50.0        | 55.0  | 62.5  | 150.0     | 110.0    | 120.0 | 130.0 | 280.0    | 304.3893 | Y                     | 1     |
| Emma Stott             | M1  | -63  | 57.5  | 75.0  | 77.5  | 80.0  | 80.0      | 45.0        | 50.0  | 55.0  | 135.0     | 105.0    | 117.5 | 125.0 | 260.0    | 299.6461 | Y                     | 2     |
| Rachel Hassall         | Sen | -63  | 59.9  | 72.5  | 82.5  | 87.5  | 82.5      | 47.5        | 50.0  | 52.5  | 135.0     | 110.0    | 120.0 | 120.0 | 245.0    | 273.5006 | Y                     | 3     |
| Dorota Piotrowski      | Sen | -63  | 61.3  | 75.0  | 80.0  | 85.0  | 85.0      | 42.5        | 47.5  | 52.5  | 132.5     | 95.0     | 105.0 | 112.5 | 245.0    | 268.6671 | Y                     | 4     |
| Gemma Pemrick          | Sen | -72  | 70.8  | 120.0 | 125.0 | 130.0 | 130.0     | 45.0        | 50.0  | 55.0  | 185.0     | 135.0    | 145.0 | 150.0 | 335.0    | 330.69   | Y                     | 1     |
| Avz Hughes             | Sen | -72  | 69    | 95.0  | 100.0 | 105.0 | 105.0     | 50.0        | 52.5  | 55.0  | 157.5     | 150.0    | 155.0 | 160.0 | 317.5    | 319.0374 | Y                     | 2     |
| Sophie Bent            | U23 | -72  | 69    | 100.0 | 105.0 | 107.5 | 105.0     | 57.5        | 62.5  | 65.0  | 170.0     | 117.5    | 122.5 | 127.5 | 297.5    | 298.9405 | Y                     | 3     |
| Rebecca Avgerinopoulou | Sen | -72  | 69    | 77.5  | 85.0  | 90.0  | 90.0      | 40.0        | 42.5  | 45.0  | 132.5     | 110.0    | 120.0 | 125.0 | 257.5    | 258.7469 | Y                     | 4     |
| Joanne Hughes          | Sen | -72  | 63.8  | 80.0  | 85.0  | 85.0  | 85.0      | 40.0        | 45.0  | 50.0  | 130.0     | 100.0    | 110.0 | 120.0 | 250.0    | 265.9471 | Y                     | 5     |
| Charlotte Rowley       | Sen | -72  | 71.8  | 70.0  | 72.5  | 75.0  | 75.0      | 40.0        | 45.0  | 47.5  | 122.5     | 105.0    | 110.0 | 112.5 | 235.0    | 229.7949 |                       | 6     |
| Jill Rutter            | Sen | -72  | 65.9  | 62.5  | 65.0  | 70.0  | 70.0      | 37.5        | 42.5  | 47.5  | 117.5     | 80.0     | 85.0  | 85.0  | 202.5    | 210.3016 |                       | 7     |
| Emma Sullivan          | Sen | -84  | 79.6  | 95.0  | 107.5 | 115.0 | 115.0     | 60.0        | 67.5  | 70.0  | 185.0     | 130.0    | 140.0 | 150.0 | 335.0    | 307.3884 | Y                     | 1     |
| Jade Shepherd          | U23 | -84  | 73.8  | 90.0  | 95.0  | 100.0 | 95.0      | 35.0        | 40.0  | 45.0  | 135.0     | 130.0    | 140.0 | 145.0 | 275.0    | 264.1135 | Y                     | 2     |
| Claud Cunningham       | M1  | -84  | 80.6  | 80.0  | x     | x     | 80.0      | 40.0        | 45.0  | 50.0  | 130.0     | 120.0    | 125.0 | 130.0 | 260.0    | 236.9229 | Masters               | 3     |
| Isabelle Osborne       | Sen | -84  | 83.6  | 115.0 | 115.0 | 115.0 | 115.0     | 60.0        | 60.0  | x     | 175.0     | 140.0    | x     | x     | -        |          |                       |       |
| Rebecca Jones          | Sen | 84+  | 103.2 | 110.0 | 140.0 | 145.0 | 145.0     | 50.0        | 65.0  | 72.5  | 210.0     | 140.0    | 165.0 | 165.0 | 375.0    | 309.506  | Y                     | 1     |
| Haydn Crook            | U23 | -93  | 92    | 230.0 | 240.0 | 247.5 | 247.5     | 155.0       | 162.5 | 167.5 | 415.0     | 252.5    | 262.5 | 272.5 | 687.5    | 434.1274 | Y                     | 1     |
| Carl Robinson          | Sen | -93  | 92.5  | 200.0 | 220.0 | 227.5 | 227.5     | 120.0       | 145.0 | x     | 372.5     | 240.0    | 267.5 | 272.5 | 645.0    | 406.2262 | Y                     | 2     |
| Jaob Bagley            | U23 | -93  | 91.8  | 200.0 | 210.0 | 220.0 | 220.0     | 105.0       | 115.0 | 120.0 | 335.0     | 220.0    | 235.0 | 250.0 | 585.0    | 369.7945 | Y                     | 3     |
| Danny Davies           | Sen | -93  | 90.6  | 190.0 | 200.0 | 210.0 | 200.0     | 130.0       | 137.5 | 142.5 | 342.5     | 200.0    | 210.0 | 215.0 | 557.5    | 354.7124 | Y                     | 4     |
| Danny Lee              | Sen | -93  | 89.9  | 175.0 | 175.0 | 187.5 | 187.5     | 120.0       | 120.0 | 125.0 | 307.5     | 220.0    | 230.0 | 237.5 | 545.0    | 348.1217 | Y                     | 5     |
| Matthew Galley         | U23 | -93  | 83.3  | 170.0 | 180.0 | 190.0 | 190.0     | 120.0       | 130.0 | 135.0 | 325.0     | 180.0    | 195.0 | 210.0 | 535.0    | 356.3518 | Y                     | 6     |
| Dean Ward              | Sen | -93  | 90.7  | 180.0 | 190.0 | 200.0 | 200.0     | 110.0       | 120.0 | 125.0 | 325.0     | 200.0    | 210.0 | 220.0 | 535.0    | 340.2086 |                       | 7     |
| Paul Constantine       | Sen | -93  | 92.8  | 170.0 | 182.5 | 190.0 | 190.0     | 127.5       | 135.0 | 142.5 | 332.5     | 190.0    | 200.0 | 207.5 | 532.5    | 334.8538 |                       | 8     |
| Matthew Kelly          | Sen | -93  | 92.1  | 160.0 | 170.0 | 175.0 | 175.0     | 105.0       | 112.5 | 115.0 | 290.0     | 220.0    | 230.0 | 235.0 | 520.0    | 328.1852 |                       | 9     |
| Oliver Platt           | U20 | -93  | 91.5  | 170.0 | 170.0 | 170.0 | 170.0     | 110.0       | 120.0 | 120.0 | 280.0     | 175.0    | 205.0 | 245.0 | 485.0    | 307.0734 | Y                     | 10    |
| Matthew Hemming        | Sen | -93  | 90.2  | 150.0 | 160.0 | 170.0 | 150.0     | 100.0       | 110.0 | 110.0 | 250.0     | 180.0    | x     | x     | -        |          |                       | 11    |
| Stephen Manuel         | Sen | -105 | 101.8 | 240.0 | 260.0 | 275.0 | 275.0     | 150.0       | 165.0 | 180.0 | 455.0     | 300.0    | 315.0 | 325.0 | 780.0    | 471.4035 | Y                     | 1     |
| Ben Deller-Rust        | U23 | -105 | 103.4 | 175.0 | 190.0 | 205.0 | 205.0     | 130.0       | 140.0 | 145.0 | 345.0     | 250.0    | 272.5 | 280.0 | 625.0    | 375.532  | Y                     | 2     |
| Dan Casson             | Sen | -105 | 103.2 | 220.0 | 230.0 | 245.0 | 230.0     | 120.0       | 130.0 | 140.0 | 360.0     | 260.0    | 280.0 | x     | 620.0    | 372.7925 | Y                     | 3     |
| Paul Jackson           | Sen | -105 | 101.3 | 190.0 | 200.0 | 205.0 | 205.0     | 140.0       | 145.0 | 150.0 | 355.0     | 250.0    | 260.0 | 262.5 | 615.0    | 372.387  | Y                     | 4     |
| Jason Ennis            | M1  | -105 | 105   | 180.0 | 190.0 | 205.0 | 205.0     | 125.0       | 137.5 | 142.5 | 347.5     | 220.0    | 240.0 | 252.5 | 587.5    | 351.0627 | Y                     | 5     |
| Ewan Cunliffe          | U23 | -105 | 99.1  | 180.0 | 190.0 | 200.0 | 200.0     | 130.0       | 140.0 | 145.0 | 345.0     | 190.0    | 210.0 | 230.0 | 575.0    | 351.2197 | Y                     | 6     |
| Gavin Price-Evans      | Sen | -105 | 103   | 145.0 | 155.0 | 165.0 | 165.0     | 105.0       | 110.0 | 110.0 | 270.0     | 160.0    | 180.0 | 200.0 | 470.0    | 282.803  |                       | 7     |
| Chris Graham           | U23 | -105 | 100.2 | 60.0  | x     | x     | 60.0      | 60.0        | x     | 120.0 | 300.0     | 307.5    | 320.0 | 427.5 | 259.9647 |          | 8                     |       |
| Roger Davis            | M1  | -105 | 97.8  | 110.0 | 120.0 | 130.0 | 130.0     | 95.0        | 105.0 | 112.5 | 242.5     | 150.0    | 160.0 | 175.0 | 417.5    | 256.4192 |                       | 9     |
| Christian Whittaker    | Sen | -120 | 116.5 | 215.0 | 225.0 | x     | 225.0     | 147.5       | 155.0 | 160.0 | 385.0     | 270.0    | 285.0 | 300.0 | 670.0    | 387.9879 | Y                     | 1     |
| Andy Foster            | Sen | -120 | 119   | 240.0 | 255.0 | 255.0 | 255.0     | 140.0       | 160.0 | 160.0 | 395.0     | 240.0    | 260.0 | 275.0 | 670.0    | 385.957  | Y                     | 2     |
| Marcus Pemrick         | M1  | -120 | 112.4 | 200.0 | 210.0 | 220.0 | 220.0     | 140.0       | 145.0 | 150.0 | 365.0     | 240.0    | 250.0 | 262.5 | 627.5    | 366.9235 | Y                     | 3     |
| Neil Ronaldson         | Sen | -120 | 116.5 | 210.0 | 220.0 | 225.0 | 220.0     | 165.0       | 172.5 | 177.5 | 392.5     | 210.0    | 220.0 | 225.0 | 612.5    | 354.6904 | Y                     | 4     |
| Chris Peters           | Sen | -120 | 107.9 | 150.0 | 160.0 | 170.0 | 170.0     | 115.0       | 122.5 | 122.5 | 292.5     | 190.0    | 205.0 | 217.5 | 510.0    | 301.962  |                       | 5     |
| Dan Trueman            | U18 | -120 | 118.8 | 170.0 | 170.0 | 180.0 | 170.0     | 100.0       | 115.0 | 127.5 | 285.0     | 190.0    | 210.0 | 230.0 | 495.0    | 285.2621 | Y                     | 6     |
| Jordan McLaughlin      | U23 | 120+ | 132.5 | 280.0 | 280.0 | 300.0 | 280.0     | 180.0       | 220.0 | 220.0 | 460.0     | 260.0    | 280.0 | 300.0 | 740.0    | 417.1494 | Y                     | 1     |

Divisional record