

2nd Dec 2017

NM 4 Counties

Powerlifting Results Name	Team	Div	Bwt (kg)	WtCls (kg)	Age	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	(1) PL Total	(2) Wilks Pts	Pl-Div- WtCls-Evt
Leslie Griffin	Guest	F-C-M2	67.7	72	M2	75	80	-85	80	45	47.5	-50	47.5	95	100	105	105	232.5	236.801	1-F-C-M2-72-PL
Sam Shillitto	NM	F-C-M1	64.4	72	M1	70	75	80	80	42.5	45	-47.5	45	97.5	105	110	110	235	248.254	1-F-C-M1-72-PL
Lizelle Atwood	NM	F-C-M1	80.9	84	M1	90	95	100	100	70	75	-77.5	75	122.5	127.5	-132.5	127.5	302.5	275.093	1-F-C-M1-84-PL
Elizabeth Barnard	NM	F-C-M1	77.9	84	M1	-85	85	90	90	47.5	50	52.5	52.5	95	100	105	105	247.5	229.928	2-F-C-M1-84-PL
Paula Craven	NM	F-C-M1	96.8	84+	M1	100	-110	-112.5	100	55	57.5	-60	57.5	120	130	135	135	292.5	245.993	1-F-C-M1-84+-PL
Rachael Delaney	NM	F-C-M1	93.1	84+	M1	87.5	95	100	100	40	42.5	45	45	122.5	130	135	135	280	238.728	2-F-C-M1-84+-PL
Nicola Hill	NM	F-C-M1	88	84+	M1	75	80	85	85	52.5	-55	-55	52.5	-117.5	125	130	130	267.5	233.367	3-F-C-M1-84+-PL
Lisa Dawn Welch	Guest	F-C-M1	84.7	84+	M1	85	90	95	95	42.5	45	-47.5	45	112.5	120	125	125	265	235.347	4-F-C-M1-84+-PL
Sophie Moszuti	NM	F-C-Snr	48.5	47	Senior	52.5	57.5	60	60	35	37.5	40	40	85	90	95	95	195	264.283	1-F-C-Snr-47-PL
Linzi Waite	NM	F-C-Snr	50.9	52	Senior	80	87.5	92.5	92.5	47.5	52.5	55	55	87.5	92.5	100	100	247.5	313.657	1-F-C-Snr-52-PL
Sarah Cheshire	NM	F-C-Snr	55.1	57	Senior	90	100	105	105	40	45	50	50	120	130	140	140	295	351.522	1-F-C-Snr-57-PL
Suzanne Dakin	NM	F-C-Snr	56.2	57	Senior	80	90	95	95	-50	50	-55	50	145	147.5	150	150	295	346.124	2-F-C-Snr-57-PL
Emma James	NM	F-C-Snr	57	57	Senior	92.5	97.5	102.5	102.5	50	55	-57.5	55	115	120	-125	120	277.5	322.011	3-F-C-Snr-57-PL
Claire Lilley	NM	F-C-Snr	62.1	63	Senior	120	125	127.5	127.5	65	-70	-70	65	145	-152.5	-152.5	145	337.5	366.458	1-F-C-Snr-63-PL
Hayley Gambin	NM	F-C-Snr	62.4	63	Senior	97.5	102.5	-107.5	102.5	57.5	60	62.5	62.5	130	140	150	150	315	340.767	2-F-C-Snr-63-PL
Holly Cox	NM	F-C-Snr	62.2	63	Senior	95	100	-105	100	50	52.5	55	55	127.5	135	-140	135	290	314.476	3-F-C-Snr-63-PL
Cassandra Marillier	NM	F-C-Snr	62.1	63	Senior	100	110	-117.5	110	45	50	-52.5	50	100	110	115	115	275	298.595	4-F-C-Snr-63-PL
Naomi Hollands	NM	F-C-Snr	69.7	72	Senior	-115	117.5	120	120	57.5	60	-62.5	60	150	160	-165	160	340	339.252	1-F-C-Snr-72-PL
Sophie Hardy	NM	F-C-Snr	70.3	72	Senior	120	125	127.5	127.5	67.5	70	72.5	72.5	135	137.5	140	140	340	337.246	2-F-C-Snr-72-PL
Amy Kenney	NM	F-C-Snr	70.3	72	Senior	-105	105	-112.5	105	-50	50	-52.5	50	140	-145	-145	140	295	282.611	3-F-C-Snr-72-PL
Sadie Hurst	NM	F-C-Snr	72	72	Senior	100	107.5	-115	107.5	45	50	-55	50	115	127.5	137.5	137.5	295	287.920	4-F-C-Snr-72-PL
Kim Clarke	NM	F-C-Snr	71.7	72	Senior	85	90	92.5	92.5	47.5	52.5	55	55	105	-115	-115	105	252.5	247.147	5-F-C-Snr-72-PL
Laura Rowett	NM	F-C-Snr	66.4	72	Senior	72.5	77.5	82.5	82.5	42.5	45	-47.5	45	95	100	105	105	232.5	240.126	6-F-C-Snr-72-PL
Jemima Cholmondely - Smth	NM	F-C-Snr	66.9	72	Senior	70	75	80	80	40	42.5	-45	42.5	97.5	105	110	110	232.5	238.824	7-F-C-Snr-72-PL
Kelly Marie O'Dell	Guest	F-C-Snr	64.6	72	Senior	67.5	72.5	77.5	77.5	37.5	-40	42.5	42.5	80	87.5	95	95	215	226.589	8-F-C-Snr-72-PL
Lisa White	NM	F-C-Snr	67.3	72	Senior	47.5	52.5	57.5	57.5	27.5	30	-32.5	30	70	75	77.5	77.5	165	168.762	9-F-C-Snr-72-PL
Sam Jackson	NM	F-C-Snr	73.9	84	Senior	100	105	107.5	107.5	57.5	60	62.5	62.5	140	147.5	-155	147.5	317.5	304.673	1-F-C-Snr-84-PL
Hollie Gardener	NM	F-C-Snr	82.6	84	Senior	100	105	107.5	107.5	45	50	-52.5	50	110	120	127.5	127.5	285	256.329	2-F-C-Snr-84-PL
Kate Freeman	NM	F-C-Snr	78.9	84	Senior	75	80	85	85	32.5	35	37.5	37.5	110	117.5	122.5	122.5	245	225.939	3-F-C-Snr-84-PL
Lucy Claire Henighan	NM	F-C-Snr	72.8	84	Senior	60	65	70	70	40	42.5	-45	42.5	90	95	100	100	212.5	205.891	4-F-C-Snr-84-PL
Sarah Bouskill	NM	F-C-Snr	115	84+	Senior	135	142.5	150.5	150.5	82.5	87.5	91.5	91.5	145	160	-175	160	402	323.972	1-F-C-Snr-84+-PL
Hannah Stansfield	NM	F-C-Snr	94.3	84+	Senior	90	95	100	100	47.5	50	52.5	52.5	105	110	115	115	267.5	227.000	2-F-C-Snr-84+-PL
Sade Loonam Garrison	NM	F-C-Snr	101	84+	Senior	60	67.5	72.5	72.5	32.5	35	-37.5	35	87.5	95	100	100	207.5	172.267	3-F-C-Snr-84+-PL
Helen Round	NM	F-C-JR	50.7	52	U23	80	85	87.5	87.5	47.5	52.5	55	55	97.5	102.5	105	105	247.5	314.597	1-F-C-JR-52-PL
Amelia Nixon	NM	F-C-JR	59.9	63	U23	80	85	-87.5	85	50	55	60	60	90	97.5	105	105	250	279.075	1-F-C-JR-63-PL
Rowena Roos	NM	F-C-JR	68.4	72	U23	125	132.5	140	140	57.5	62.5	67.5	67.5	140	150	160	160	367.5	371.543	1-F-C-JR-72-PL
Chelsea Marshall	Guest	F-C-SJ	53.1	57	U18	50	55	-60	55	25	27.5	30	30	60	65	67.5	67.5	152.5	187.057	1-F-C-SJ-57-PL
Any Grace Delaney	NM	F-C-SJ	57.9	63	U18	60	65	70	70	25	27.5	-30	27.5	70	75	80	80	177.5	203.468	1-F-C-SJ-63-PL
Mariah Connor Brown	NM	F-C-SJ	83.1	84	U18	75	77.5	80.5	80.5	62.5	67.5	70	70	100	107.5	115	115	265.5	238.047	1-F-C-SJ-84-PL
Chloe Ann Waby	NM	F-C-SJ	80.8	84	U18	75	80	85	85	32.5	35	37.5	37.5	92.5	100	105	105	227.5	207.025	2-F-C-SJ-84-PL