

26/03/2017

NWPL Push Pull 2017

Name	Affiliate	Div	Bwt (kg)	WtCls (kg)	lot#	Age	BP-1	BP-2	BP-3	Best BP	Bench Wilks	Bench placing	DL-1	DL-2	DL-3	Best DL	Deadlift wilks	Deadlift placing	Push Pull Total	Push pull Wilks	Push Pull placing	Qual
danielle firth		F-C-Snr	51.7	52	2	Senior	47.5	50	52.5	52.5	65.741	1st	110	115	125	125	156.53	1st	177.5	222.266	1st	Br
Natalie Banks		F-C-Snr	54.6	57	21	Senior	55	57.5	60	60	72.011	1st	137.5	-142.5	145	145	174.03	1st	205	246.041	1st	Br
Sarah Pearson		F-C-Snr	60	63	7	U23	55	-57.5	-57.5	55	61.319	2nd	125	130	132.5	132.5	147.72	1st	187.5	209.044	1st	Bj
Donna Bradbury	DJS Fitness	F-C-Snr	62	63	24	M1	57.5	60	62.5	62.5	67.944	1st										Br
Elfie Higson	Blanchflower	F-C-Snr	67.4	72	12	Senior	60	62.5	65	65	66.411	2nd	160	175	182.5	182.5	186.462	1st	247.5	252.871	1st	Br
Jo Kelly	Power & Fitness	F-C-Snr	64.4	72	14	Senior	65	67.5	-70	67.5	71.304	1st	-110	110	125	125	132.045	2nd	192.5	203.357	2nd	Br
Laura Bright		F-C-Snr	71.3	72	18	Senior	55	60	-62.5	60	58.947	3rd	-115	122.5	-130	122.5	120.349	3rd	182.5	179.288	3rd	E
Laura Battersby	DJS Fitness	F-C-Snr	66.4	72	8	Senior	45	47.5	50	50	51.64	4th	90	-100	-100	90	92.953	4th	140	144.592	4th	E
Lindsey Woodcock		F-C-Snr	82.2	84	23	Senior	65	-70	70	70	63.118	2nd	140	145	150	150	135.25	1st	220	198.374	1st	Br
Claire Dickson		F-C-Snr	80.5	84	20	Senior	65	67.5	70	70	63.83	1st	115	122.5	130	130	118.54	2nd	200	182.380	2nd	Br
Adele Fothersgill	Blanchflower	F-C-Snr	79	84	15	M1	60	65	-67.5	65	59.899	3rd										Br
Steevi Pugh		F-C-Snr	96.9	84+	3	Senior	50	55	60	60	50.445	1st	127.5	135	145	145	121.91	1st	205	172.343	1st	E
Claire Stansfield	DJS Fitness	F-C-Snr	94.3	84+	13	M1	42.5	-45	45	45	38.188	2nd	70	75	80	80	67.89	3rd	125	106.075	2nd	E
Emal Sheik		F-C-Snr	85.5	84+	16	Senior	-45	-50	-52.5	0	0		115	120	-125	120	106.09	2nd	0	0.000		

Br = British Bench

Bj = British Bench - junior

E = English bench press

Best lifter

27/03/2017

NWPL Push Pull 2017

Name	Affiliate	Div	Bwt (kg)	WtCls (kg)	lot#	Age	BP-1	BP-2	BP-3	Best BP	Bench Wilks	Bench placing	DL-1	DL-2	DL-3	Best DL	Deadlift wilks	Deadlift placing	Push Pull Total	Push pull Wilks	Push pull Placing	Qual	
Callum McGovern	DJS Fitness	M-C-Sen	57.8	59	19	U16	U16 U18 55	U16 U18 57.5	U16 U18 60	60	52.98220335	1st	110	117.5	-120	117.5	103.7568	1st		177.5	156.733	1st	E
Samuel Stafford	DJS Fitness	M-C-Sen	62.4	66	17	U18	70	77.5	80	80	65.87852338	guest	140	145	150	150	123.5222	guest		230	189.405	guest	Bs
Danny potter		M-C-Sen	73.8	74	9	Senior	135	142.5	145.5 ^{Sen}	145.5	104.8616538	1st	215	-225	227.5	227.5	163.9589	1st		373	268.821	1st	Br
Oli Clarke	Blanchflower	M-C-Sen	68.8	74	10	Senior	102.5	110	115	115	87.33928452	3rd	190	210	-220	210	159.4891	2nd		325	246.838	2nd	E
Chris Eaton		M-C-Sen	70.1	74	1	Senior	110	117.5	122.5	122.5	91.69997005	2nd	180	192.5	200	200	149.7142	3rd		322.5	241.424	3rd	Br
Adam Zegveldt		M-C-Sen	72.7	74	4	Senior	80	85	92.5	92.5	67.38898788	4th	150	165	-180	165	120.2074	5th		257.5	187.589	4th	E
Nathan Wright		M-C-Sen	72.7	74	11	U18	70	85	-100	85	61.92501589	5th	145	155	170	170	123.85	4th		255	185.768	5th	Bs
Steve Turner		M-C-Sen	71.9	74	25	M2	50	60	67.5	67.5	49.57601496	6th	-160	-160	160	160	117.5135	6th		227.5	167.099	6th	E
Dan Frampton		M-C-Sen	73.4	74	6	U18	-115	-115	-115	0	0		-195	-195		0	0			0	0.000		
Mat Simpson		m-c-Sen	82.7	83	14	Senior	100	107.5	112.5	112.5	75.256	3rd	235	252.5	262.5	262.5	175.596	1st		375	250.838	1st	Br
Stuart Nicholson		m-c-Sen	81.6	83	3	Senior	120	127.5	132.5	132.5	89.353	2nd	220	230	-237.5	230	155.104	2nd		362.5	244.470	2nd	Br
Neil fisher		m-c-Sen	80.8	83	8	Senior	125	135	140	140	94.985	1st	160	180	195	195	132.300	3rd		335	227.297	3rd	E
John Foy		m-c-Sen	93	93	11	Senior	130	140	-150	140	87.947	1st	200	220	235	235	147.625	1st		375	235.575	1st	Br
Neil Hardy	DJS Fitness	m-c-Sen	89.2	93	5	M1	110	115	120	120	76.959	3rd	190	200	210	210	134.678	2nd		330	211.629	2nd	E
Andy Lavery		m-c-Sen	90.8	93	10	Senior	105	110	120	120	76.266	4th	-170	180	195	195	123.933	3rd		315	200.214	3rd	E
Jack Southwick		m-c-Sen	87.1	93	2	Senior	120	130	137.5	137.5	89.303	2nd	150	160	170	170	110.411	4th		307.5	199.721	4th	Br
Ryan O Gara		m-c-Sen	88.8	93	17	U23	90	95	100	100	64.283	5th	150	160	170	170	109.281	5th		270	173.556	5th	Br
Nicolas Jones		m-c-Gst	92.3	93	12	M1	105	-110	120	120	75.656	guest	190	205	210	210	132.397	guest		330	208.065	guest	E
Sam McLeod	DJS Fitness	m-c-Sen	100.7	105	16	U23	112.5	125	132.5	132.5	80.416	1st	190	200	212.5	212.5	128.968	1st		345	209.380	1st	Bj
Ryen spencer- wolfe		m-c-Sen	99.3	105	19	U23	90	105	-115	105	64.083	3rd	195			195	119.011	2nd		300	183.090	2nd	E
darren stafford	DJS Fitness	m-c-Sen	98	105	15	M1	110	120	-130	120	73.638	2nd	-215			0	0.000			0	0.000		E
David Wozniak		m-c-Gst	103.5	105	9	Senior	157.5	160	165	165	99.090	guest	195	210	220	220	132.141	guest		385	231.231	guest	E
Joseph Kean		m-c-Gst	101.6	105	6	M1	135	150	-155	150	90.723	guest	215	230	-240	230	139.108	guest		380	229.824	guest	E

Paul Constantine		M-e-snr	93.3	105	4	M1	150	157.5	162.5	162.5	101.926	1st				0	0.000			0	0.000		E	
Chris Jones		m-c-Sen	108.6	120	7	Senior	140	-150	-150	140	82.719	3rd		245	-255		245	144.759	1st		385	227.497	1st	E
Tamas Kurcz		m-c-Sen	117.2	120	21	Senior	165	-172.5	-172.5	165	95.404	1st				0	0.000			0	0.000		Br	
Timothy Smith		m-c-Sen	116	120	13	Senior	135	145	155	155	89.858	2nd				0	0.000			0	0.000		Br	
John Osborne	DJS Fitness	m-c-Sen	116.9	120	20	Senior	120	125	130	130	75.216	4th				0	0.000			0	0.000		E	
Benjamin Deller-Rust		m-c-gst	108.3	120	18	Senior	140	147.5	152.5	152.5	90.185	guest		245	262.5	272.5	272.5	161.150	guest		425	425.000	guest	Br
Dave Wharmby	DJS Fitness	M-C-Sen	121.9	120+	1	Senior	105	110	-115	110	63.017	1st		190	195	200	200	114.576	1st		0	177.593	1st	E

Br = British Bench Bj = British Bench - junior Bs = British Bench - sub-junior E = English bench press

Best lifter u16 = Under 16 NW record u18 = Under 18 NW record Sen = Senior NW record