

17/06/2017

Lancs & Cheshire 2017 @ UTS South Wirral



Name	Team	Bwt (kg)	WtCls (kg)	lot#	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	Placings	Qual	Qual Bench
Tania Robins	Lytham YMCA	45.2	47	28	Senior	70	77.5	80	80	35	40	42.5	42.5	122.5	100	112.5	125.5 ^{Sen}	125.5	248	342.860	1-47-PL	Br	
Jazmine Franks		51.8	52	21	Senior	100	-110	110	110	55	57.5	60	60	170	120	130	136 ^{Sen}	136	306 ^{Sen}	382.622	1-52-PL	Br	Br
Danielle Firth	Cross Fit Liverpool	49.8	52	24	Senior	97.5	100	-105	100	50	52.5	-55	52.5	152.5	120	125	130	130	282.5	364.001	3-52-PL	Br	Br
Beckie Hebson	Fighting Fit	51.9	52	13	Senior	90	95	-100	95	55	60 ^{Sen}	-62.5	60	155	120	130	135 ^{Sen}	135	290	362.065	guest	Br	Br
Natalie Banks	Catts Gym	54.4	57	4	Senior	90	95	-100	95	57.5	-60	-60	57.5	152.5	140	143 ^{Sen}	-145	143	295.5	355.664	1-57-PL	Br	Br
Sarah Pearson	Primal	60.1	63	5	U23	100	105	110	110	55	57.5	60	60	170	120	130	-135	130	300	334.020	1-63-PL	Br	Br
Holly McConnell	Taylor's Strength	60.3	63	11	U23	-90	90	100	100	50	55	-57.5	55	155	105	115	122.5	122.5	277.5	308.191	2-63-PL	Bj	Bj
ALISON PARKINSON	Lytham YMCA	61.9	63	29	M1	80	85	90	90	30	-35	40	40	130	100	110	-120	110	240	261.216	3-63-PL	Bm	
Sophie Gibbs	Taylor's Strength	67.5	72	27	Senior	117.5	125	132.5	132.5	52.5	57.5	-62.5	57.5	190	135	145	-152.5	145	335	341.901	2-72-PL	Br	
Lynzi Shepherd	Olympic Sports Gym	68.8	72	2	Senior	105	112.5	120	120	55	57.5	-60	57.5	177.5	105	120	125	125	302.5	304.587	3-72-PL	E	
Victoria savage	Power & Fitness Gym	65.4	72	9	M1	97.5	107.5	110	110	-50	50	52.5	52.5	162.5	105	115	125	125	287.5	300.265	4-72-PL	Bm	
Laura Parkinson	Carlisle Powerlifting Club	71.7	72	6	Senior	-95	-95	95	95	45	50	52.5	52.5	147.5	122.5	130	135	135	282.5	276.511	5-72-PL		
Toni Lyn Price	Cross Fit Wrexham	69.4	72	1	M1	90	97.5	-105	97.5	45	50	-57.5	50	147.5	110	115	120	120	267.5	267.714	6-72-PL	Bm	
Mariella fisher	Lytham YMCA	65	72	14	U18	U18 125	U18U23 135	U18U23Sen 142.5	142.5	U18U23 70	U18U23 77.5	-85	77.5	220	U18 160	U18U23Sen 175	U18U23Sen 182.5	182.5	U18U23Sen 402.5	422.263	guest	Br	Br
Emma Sullivan		77.4	84	18	Senior	132.5	140	145	145	75	80	82.5	82.5	227.5	150	160	-167.5	160	387.5	361.383	1-84-PL	Br	Br
Lindsey Woodcock		79.4	84	26	Senior	95	105	-112.5	105	65	70	-72.5	70	175	145	150	-155	150	325	298.643	2-84-PL	Br	Br
Adele Fothergill	Blanchflower Performance	79.5	84	3	M1	110	M1 115	-120	115	65	-70	-70	65	180	125	130	132.5	132.5	312.5	286.938	3-84-PL	Bm	Bm
Victoria Eldridge		81.8	84	22	Senior	105	112.5	120	120	57.5	60	-62.5	60	180	105	117.5	122.5	122.5	302.5	273.460	4-84-PL	E	
Donna Elder	Power & Fitness Gym	80.5	84	19	Senior	92.5	100	102.5	102.5	45	47.5	50	50	152.5	130	140	-147.5	140	292.5	266.731	5-84-PL	E	
Jennifer Shields	DJS Fitness	78.4	84	23	Senior	70	75	80	80	50	52.5	-55	52.5	132.5	110	120	-125	120	252.5	233.714	6-84-PL		
Jo Whiteley	Olympic Sports Gym	111.4	84+	8	M1	M1 150	M1 157.5	M1 162.5	162.5	M1 77.5	M1 80	M1Sen 83	83	245.5	170	180 ^{M1}	183 ^{M1}	183	428.5 ^{M1}	347.471	1-84+-PL	Br	Br
Steevi pugh	Fighting Fit	96.5	84+	15	Senior	145	152.5	160	160	65	70	72.5	72.5	232.5	145	155	-160	155	387.5	326.236	2-84+-PL	Br	Br
Lucy Jackson	Olympic Sports Gym	100.6	84+	16	U23	130	137.5	142.5	142.5	60	65	70	70	212.5	140	152.5 ^{U23}	-165	152.5 ^{U23}	365 ^{U23}	303.351	3-84+-PL	Br	Bj
Jenni crimmis	Taylor's Strength	137.2	84+	7	Senior	115	122.5	130	130	75	80	-85	80	210	130	145		145	355	277.077	4-84+-PL	Br	Br
Danielle Schofield	Lytham YMCA	97.3	84+	10	Senior	110	120	132.5	132.5	60	65	-70	65	197.5	135	152.5	-160	152.5	350	293.860	5-84+-PL	Br	
Rachel Bashforth	Flyde Coast Weightlifting	111.3	84+	25	Senior	90	-100	100	100	52.5	57.5	-65	57.5	157.5	110	120	127.5	127.5	285	231.164	6-84+-PL		
Elizabeth Redrup	Taylor's Strength	135	84+	12	Senior	90	100	-105	100	50	-55	-55	50	150	105	115	125	125	275	215.297	7-84+-PL		
Cloe Morley	The Strength Therapy	85.3	84+	20	Senior	100	110	-120	110	55	60	-62.5	60	170	115	130	-140	130	300	265.530	guest		
Lisa Harrison	Scotland	93	84+	17	Senior	100	110	115	115	50	-55	-55	50	165	115	120	125	125	290	247.370	guest		

NW Records:

U23 = Junior

U18 = Sub-junior

Sen= Senior

M1 = Masters 1

Br = British senior

Bj = British Juniors

Bm = British Masters QT

E = All England 2018

Best Lifter

18/06/2017

Lancs & Cheshire



Name	Team	Bwt (kg)	WtCls (kg)	lot#	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	Qual	Qual Bench
Dean Murray Barton	GymFit Chester	58.1	59	24	Senior	140	150	155	155	80	85	-87.5	85	240	175	185	190	190	430	377.841	1-C-59	Br	
Graham Hayes		58.3	59	14	U23	130	142.5	-145	142.5	90	U23Sen 102.5	U23Sen 105	105	247.5	120	140	160	160	407.5	356.929	2-C-59	Br	Br
Danny Smith	Carlisle Powerlifting Club	65.9	66	7	Senior	-150	-155	-155	0	90	97.5	-102.5	97.5	0	175	-190	190	190	0	0.000			
Tunde Ogunfolaju	Taylor's Strength	73.2	74	17	U23	140	150	165	165	95	105	112.5	112.5	277.5	227.5	240	-251	240	517.5	375.136	1-C-74	Br	Bj
Oli Clarke	Blanchflower Performance	68.6	74	11	Senior	155	167.5	170	170	105	-115	115	115	285	200	215	-220	215	500	380.600	2-C-74	Br	
Michael Roskell	Oxygym	73.8	74	25	Senior	155	167.5	175	175	-100	102.5	110	110	285	180	200	215	215	500	360.350	3-C-74	Br	
Mathew Beenham	Nuffield Health	72.3	74	2	Senior	160	170	-175	170	110	117.5	-120	117.5	287.5	195	-205		195	482.5	352.949	4-C-74	E	Br
Daniel Whittall	Olympic Sports Gym	73.4	74	5	Senior	150	165	-170	165	95	102.5	-107.5	102.5	267.5	180	195	-202.5	195	462.5	334.619	5-C-74		
Michael Evans	Taylor's Strength	70.6	74	16	Senior	150	157.5	160	160	72.5	77.5	80	80	240	200	215	220	220	460	342.470	6-C-74		
Jeff Burrows		70.3	74	9	M1	132.5	140	146 ^{M1}	146	75	82.5	90	90	236	155	160	167.5 ^{M1}	167.5	403.5 ^{M1}	301.374	7-C-74	Bm	
Joe Gould	Taylor's Strength	72.3	74	22	U16	120	130	137.5 ^{U16}	137.5	67.5	72.5	77.5 ^{U16}	77.5	215	135	145	150.5 ^{U16}	150.5	365.5	267.363	8-C-74	Bj	
Martyn wood		72.4	74	20	Senior	-150	-165	-165	0	90	-100	-102.5	90	0	150	-180	180	180	0	0.000			
David Heath		80.9	83	13	Senior	205	220	230 ^{Sen}	230	130	-140	-140	130	360	240	250	-255	250	610	413.519	1-C-83	Br	Br
Stu Nicholson	Carlisle Powerlifting Club	82.9	83	8	Senior	180	190	197.5	197.5	122.5	130	-137.5	130	327.5	215	225	235	235	562.5	375.750	2-C-83		Br
Jason Holmes	Carlisle Powerlifting Club	81.9	83	18	Senior	175	185	-190	185	107.5	115	-117.5	115	300	185	200	210	210	510	343.179	3-C-83		
Charles Jupiter	Taylor's Strength	81.3	83	4	Senior	170	180	185	185	92.5	-97.5	97.5	97.5	282.5	205	217.5	-227.5	217.5	500	337.950	4-C-83		
Rob Ward-Dutton		78.9	83	12	Senior	157.5	165	170	170	97.5	107.5	-112.5	107.5	277.5	200	205	215	215	492.5	339.234	5-C-83		
Glynne Jones	Adlington Barbell	82.5	83	19	M1	132.5	142.5	150	150	105	110	115	115	265	215	225	-235	225	490	328.251	6-C-83	Bm	Bm
Adam Roberts	Taylor's Strength	81.3	83	10	U23	155	162.5	170	170	95	100	105	105	275	180	190	200	200	475	321.052	7-C-83		Bj
Harry Charnock	Life Leisure	80.7	83	21	U23	140	150	155	155	105	112.5	117.5	117.5	272.5	175	185	195	195	467.5	317.433	8-C-83		Bj
Andrew Fleming	Cross Fit Widnes	78	83	15	Senior	130	140	145	145	80	90	-95	90	235	150	170	175	175	410	284.499	9-C-83		
Matthew Archer	David Lloyd	82.1	83	1	U18	-130	-135	137.5	137.5	80	87.5	95	95	232.5	160	167.5	175	175	407.5	273.799	10-C-83	Bj	Bj
Kalvin Hughes	Volt Gym	91.3	93	16	Senior	235	250	-260	250	147.5	157.5	-162.5	157.5	407.5	220	240	-252.5	240	647.5	410.386	1-C-93	Br	Br
Jimmy Nsouli	Carlisle Powerlifting Club	92	93	4	Senior	182.5	195	-205	195	112.5	120	-125	120	315	205	220	232.5	232.5	547.5	345.746	2-C-93		
Johnny Knight	Primal	91.2	93	11	Senior	160	170	180	180	120	-130	130	130	310	200	210	220	220	530	336.126	3-C-93		
Jack southwick		87.2	93	12	Senior	150	160	-165	160	135	-142.5	-142.5	135	295	180	-190	-190	180	475	308.323	4-C-93		Br
Richard Bishop	South Midlands	91.6	93	5	U23	197.5	207.5	215	215	142.5	150	-155	150	365	220	235	-247.5	235	600	379.680	Guest		Br
Charlie Bloxham		100.1	105	13	Senior	-250	250	-260	250	160	-167.5	-170	160	410	225	232.5		232.5	642.5	390.833	1-E-Snr-105		

18/06/2017

Lancs & Cheshire



Name	Team	Bwt (kg)	WtCls (kg)	lot#	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	Qual	Qual Bench
paul jackson		104.1	105	18	M1	200	215	225	225	150	160	-162.5	160	385	250	270	282.5 ^{M1}	282.5	667.5 ^{M1}	400.099	1-C-105	Br	Br
Danny Davies		97.6	105	21	Senior	230	-245	245	245	145	150	155	155	400	210	227.5	235	235	635	390.335	2-C-105	Br	Br
James crosbie	Taylor's Strength	102	105	14	Senior	-210	210		210	140	-145		140	350	270	-277.5	277.5	277.5	627.5	378.947	3-C-105	Br	
Yiannis Verenakis	Fylde Coast Barbell	103.5	105	9	Senior	220	230	-235	230	150	157.5	162.5	162.5	392.5	220	227.5	232.5	232.5	625	375.375	4-C-105	Br	Br
Ryen spencer - wolfe		99.9	105	2	U23	160	170	-180	170	100	110	-112.5	110	280	190	-207.5		190	470	286.136	5-C-105		Bj
Ryan Metcalfe	Taylor's Strength	100.5	105	17	Senior	150	160	-167.5	160	100	107.5	110	110	270	190	200	-205	200	470	285.478	6-C-105		
Jay Hannon	JD Gym	104.5	105	22	Senior	210	225	-230	225	-140	-145	-145	0	0	-240	250	-270	250	0	0.000			
James Barnett	Olympic Sports Gym	102.1	105	10	Senior	-225	-230	-230	0	-115			0	0	-245			0	0	0.000			
Will Freeman Dunn	Taylor's Strength	119.5	120	26	Senior	195	207.5	220	220	160	167.5	-172.5	167.5	387.5	200	212.5	220	220	607.5	349.616	1-C-120		Br
Chris Jones	Primal	112.4	120	15	Senior	200	212.5	-220	212.5	142.5	150	155	155	367.5	235	-247.5		235	602.5	352.282	2-C-120		Br
Jordon Siddall	Olympic Sports Gym	118.2	120	24	Senior	185	197.5	210	210	140	147.5	150	150	360	220	235	-250	235	595	343.315	3-C-120		Br
Bob Evans	Steel Habitat	118.9	120	23	Senior	190	205	220	220	120	132.5	142.5	142.5	362.5	200	215	225	225	587.5	338.518	4-C-120		
Richard Jones	Taylor's Strength	117.6	120	8	Senior	150	160	170	170	90	95	-400	95	265	205	212.5	-217.5	212.5	477.5	275.852	5-C-120		
Paul Modaley	Taylor's Strength	107.1	120	25	Senior	160	170	-175	170	110	-115	-115	110	280	175	182.5	190	190	470	278.945	6-C-120		
Ross Shahin-Ajerlo	Primal	124.6	120+	3	Senior	205	220		220	170	180		180	400	250	260		260	660	376.332	1-C-120+	Br	Br
Paul M Williamson	Racksmiths	132.9	120+	20	Senior	190	200	210	210	110	117.5	-122.5	117.5	327.5	200	215	230	230	557.5	314.095	2-C-120+		

NW Records:

U23 = Junior

U18 = Sub-junior

Sen= Senior

M1 = Masters 1

Br = British senior

Bj = British Juniors

Bm = British Masters QT

E = All England 2018

Best Lifter