

NORTH WEST CHAMPIONSHIPS 2019 // STEEL HABITAT // 14 JULY 2019

Name	Team	Div	Bwt - kg	IPF Wt Cls	lot#	Birth Year	IPF Pts Code	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	P/Div/Cls/Event	IPF Points
Adele Tickle	Fighting Fit	FR-O	51.10	52	3	Senior	WCP	105.0	110.0	115.0	115.0	55.0	57.5	60.0	60.0	130.0	140.0	142.5	142.5	317.5	1/FR-O/52/PL	609.08
Danielle Firth	None	FR-O	50.80	52	44	Senior	WCP	112.5	115.0	118.5	118.5	52.5	55.0	-57.5	55.0	125.0	132.5	137.5	137.5	311.0	2/FR-O/52/PL	597.68
Tania Robins	Wolfpack	FR-O	51.30	52	7	Senior	WCP	95.0	102.5	105.0	105.0	52.5	55.0	57.5	57.5	-135.0	137.5	145.0	145.0	307.5	3/FR-O/52/PL	587.35
Natalie Banks	None	FR-O	50.90	52	46	Senior	WCP	87.5	90.0	92.5	92.5	60.0	62.5	-65.0	62.5	140.0	142.5	145.0	145.0	300.0	4/FR-O/52/PL	574.44
Leanne Singleton	None	FR-O	50.90	52	43	Senior	WCP	90.0	-95.0	-95.0	90.0	45.0	47.5	50.0	50.0	135.0	-142.5	-142.5	135.0	275.0	5/FR-O/52/PL	523.08
Sheina Kaye	None	FR-O	56.20	57	38	U23	WCP	120.0	-125.0	-125.0	120.0	72.5	-77.5	-77.5	72.5	140.0	145.0	-146.0	145.0	337.5	1/FR-O/57/PL	617.74
Megan Cotcher	University of Manchester	FR-O	56.80	57	11	U23	WCP	100.0	107.5	112.5	112.5	65.0	-70.0	70.0	70.0	120.0	-127.5	127.5	127.5	310.0	2/FR-O/57/PL	561.96
Helena Humphries	None	FR-O	62.10	63	41	Senior	WCP	127.5	132.5	137.5	137.5	65.0	67.5	70.0	70.0	157.5	165.0	172.5	172.5	380.0	1/FR-O/63/PL	664.46
Sinead Hines	None	FR-O	62.60	63	6	M1	WCP	125.0	132.5	135.0	135.0	75.0	80.0	82.5	82.5	142.5	150.0	155.0	155.0	372.5	2/FR-O/63/PL	648.41
Francesca Fernandes	Casson Strength	FR-O	59.20	63	7	Senior	WCP	102.5	110.0	115.0	115.0	80.0	85.0	-90.0	85.0	125.0	135.0	140.0	140.0	340.0	3/FR-O/63/PL	606.38
Beckie Hebson	Fighting Fit	FR-O	62.00	63	31	Senior	WCP	110.0	117.5	-125.0	117.5	65.0	-67.5	-67.5	65.0	140.0	150.0	-160.0	150.0	332.5	4/FR-O/63/PL	579.38
Ashley Wilkinson	None	FR-O	62.10	63	35	Senior	WCP	110.0	115.0	120.0	120.0	57.5	60.0	62.5	62.5	125.0	132.5	140.0	140.0	322.5	5/FR-O/63/PL	560.93
Laura Battersby	The Wolfpack	FR-O	62.40	63	25	Senior	WCP	100.0	105.0	-107.5	105.0	62.5	65.0	-67.5	65.0	145.0	-152.5	-160.0	145.0	315.0	6/FR-O/63/PL	546.21
Terezia Borcsok	None	FR-O	61.30	63	21	Senior	WCP	112.5	117.5	-122.5	117.5	-52.5	-52.5	52.5	52.5	125.0	132.5	-140.0	132.5	302.5	7/FR-O/63/PL	528.07
Genevieve Collins	Freedom Strength	FR-O	65.10	72	28	Senior	WCP	140.0	147.5	152.5	152.5	85.0	-90.0	-90.0	85.0	155.0	165.0	-167.5	165.0	402.5	1/FR-O/72/PL	688.80
Rebecca Allen	None	FR-O	72.00	72	14	M1	WCP	135.0	140.0	143.0	143.0	65.0	67.5	70.0	70.0	155.0	165.0	-170.0	165.0	378.0	2/FR-O/72/PL	616.79
Emma Robinson	None	FR-O	68.20	72	39	Open	WCP	120.0	127.5	135.0	135.0	55.0	57.5	60.0	60.0	130.0	137.5	142.5	142.5	337.5	3/FR-O/72/PL	563.15
Florence Henriksen	None	FR-O	67.80	72	17	Senior	WCP	105.0	110.0	115.0	115.0	55.0	57.5	-60.0	57.5	135.0	142.5	147.5	147.5	320.0	4/FR-O/72/PL	534.75
Netty Hall	Nsouli Barbell	FR-O	83.20	84	11	M1	WCP	137.5	142.5	-145.0	142.5	72.5	75.0	-77.5	75.0	140.0	145.0	150.0	150.0	367.5	1/FR-O/84/PL	564.35
Kelly Kay	None	FR-O	82.90	84	27	M1	WCP	132.5	142.5	-145.0	142.5	65.0	67.5	-70.0	67.5	145.0	-152.5	-152.5	145.0	355.0	2/FR-O/84/PL	546.08
Nichola Mather	Fighting Fit	FR-O	76.40	84	18	Senior	WCP	105.0	115.0	117.5	117.5	57.5	60.0	62.5	62.5	130.0	145.0	150.0	150.0	330.0	3/FR-O/84/PL	524.58
Lizzy Terry	Fighting Fit	FR-O	102.50	84+	38	Senior	WCP	145.0	150.0	155.0	155.0	62.5	65.0	67.5	67.5	162.5	172.5	-180.0	172.5	395.0	1/FR-O/84+/PL	559.90
Lisa Harrison	Nsouli Barbell	FR-O	92.80	84+	43	Senior	WCP	150.0	-155.0	-155.0	150.0	65.0	70.0	-72.5	70.0	140.0	147.5	-150.0	147.5	367.5	2/FR-O/84+/PL	541.17
Shahid Ahmed	Freedom Strength	MR-O	57.30	59	3	Senior	MCP	150.0	157.5	-162.5	157.5	85.0	87.5	-90.0	87.5	170.0	180.0	185.0	185.0	430.0	1/MR-O/59/PL	543.98
Callum McGovern	Wolfpack	MR-O	64.80	66	46	U18	MCP	157.5	-160.0	-160.0	157.5	100.0	105.0	-107.5	105.0	180.0	190.0	203.0	203.0	465.5	1/MR-O/66/PL	536.52
Callum Glendinning	None	MR-O	62.50	66	7	U18	MCP	130.0	137.5	-142.5	137.5	65.0	67.5	-70.0	67.5	180.0	200.0	210.0	210.0	415.0	3/MR-O/66/PL	483.73
Shane Bowman	Nsouli Barbell	MR-O	64.70	66	43	Senior	MCP	147.5	155.0	160.0	160.0	80.0	85.0	-90.0	85.0	160.0	165.0	172.5	172.5	417.5	2/MR-O/66/PL	473.12
Jac Lewis	Liverpool Barbell	MR-O	82.20	83	11	Senior	MCP	230.0	240.0	245.0	245.0	162.5	172.5	-175.5	172.5	247.5	260.0	-265.0	260.0	677.5	1/MR-O/83/PL	688.84
Jack Plaister	None	MR-O	81.90	83	27	U23	MCP	205.0	217.5	225.0	225.0	135.0	-142.5	-142.5	135.0	237.5	245.0	255.0	255.0	615.0	2/MR-O/83/PL	619.08
Ryan Jones	None	MR-O	90.20	93	18	U23	MCP	250.0	-252.5	252.5	250.0	150.0	-152.5	-152.5	150.0	220.0	-222.5	-222.5	220.0	620.0	1/MR-O/93/PL	585.48
Fadhl Mohamed	Liverpool Barbell	MR-O	91.20	93	38	U23	MCP	175.0	-187.5	-187.5	175.0	150.0	157.5	-160.0	157.5	215.0	235.0	242.5	242.5	575.0	2/MR-O/93/PL	532.97
Chris Ashton	Wolfpack	MR-O	92.30	93	43	M1	MCP	-180.0	-180.0	180.0	180.0	120.0	-125.0	-125.0	120.0	235.0	242.5	247.5	247.5	547.5	3/MR-O/93/PL	499.46
Raivi Rahman	Fighting Fit	MR-O	90.30	93	41	Senior	MCP	-150.0	-150.0	150.0	150.0	110.0	120.0	-127.5	120.0	180.0	200.0	-210.0	200.0	470.0	4/MR-O/93/PL	423.14
Tom Wilks	Blanchflower Perfor	MR-O	100.20	105	31	Senior	MCP	235.0	245.0	250.0	250.0	135.0	145.0	-155.0	145.0	265.0	275.0	-280.0	275.0	670.0	1/MR-O/105/PL	598.27
Andy Evans	None	MR-O	93.90	105	45	Senior	MCP	210.0	220.0	230.0	230.0	135.0	140.0	145.0	145.0	260.0	270.0	-280.0	270.0	645.0	2/MR-O/105/PL	596.76
Stephen Manford	Fighting Fit	MR-O	103.20	105	25	Senior	MCP	220.0	-235.0	235.0	235.0	135.0	140.0	-142.5	140.0	230.0	245.0	-260.0	245.0	620.0	3/MR-O/105/PL	537.41
Jon Hulme	Wolfpack	MR-O	95.60	105	35	M1	MCP	185.0	195.0	-200.0	195.0	127.5	130.0	-135.0	130.0	242.5	250.0	257.5	257.5	582.5	4/MR-O/105/PL	524.64
David Charnock	None	MR-O	104.90	105	7	M2	MCP	175.0	190.0	200.0	200.0	105.0	115.0	120.0	120.0	200.0	225.0	240.0	240.0	560.0	5/MR-O/105/PL	472.40
Jamie Goodman	None	MR-O	110.50	120	14	U18	MCP	195.0	210.0	222.5	222.5	-132.5	132.5	140.0	140.0	230.0	245.0	-255.0	245.0	607.5	1/MR-O/120/PL	503.46
Josh Pearson	None	MR-O	117.20	120	28	Senior	MCP	212.5	220.0	-222.5	220.0	140.0	-142.5	-142.5	140.0	100.0	-102.5	-220.0	100.0	460.0	2/MR-O/120/PL	347.71
Frazer Pennington	Blanchflower Perfor	MR-O	129.50	120+	17	U23	MCP	290.0	305.0	307.5	305.0	130.0	145.0	155.0	155.0	265.0	277.5	-290.0	277.5	737.5	1/MR-O/120+/PL	575.37
Brian McMeekan	Nsouli Barbell	MR-O	123.50	120+	26	Senior	MCP	190.0	197.5	200.0	200.0	160.0	167.5	-172.5	167.5	220.0	230.0	-235.0	230.0	597.5	2/MR-O/120+/PL	462.51
Gareth Crooks	None	MR-O	123.80	120+	14	Senior	MCP	200.0	207.5	-215.0	207.5	145.0	-155.0	-155.0	145.0	230.0	235.0	245.0	245.0	597.5	3/MR-O/120+/PL	461.87