

Alan Collins Cup 2019 26 and 27 January 2019

Saturday Full Power

Flt A	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
A	Catherine Kruger	23	F_J_C_ABPU	65	67.5	1.0491		110	75	90	100		100	2	50	55	60	60	160	90	105	412.5	105	265
A	Aneela Rose	47	F_M2_C_ABPU	55	56	1.1933		150	82.5	90	92.5		92.5	2	47.5	52.5	55	55	147.5	100	110	117.5	117.5	265
A	Sophie Viner	25	F_O_R_ABPU	106.9	SHW	0.8182		180	85	92.5	100		100	4	47.5	52.5	55	52.5	152.5	112.5	125	435	125	277.5
A	Lindsey Mcguire	34	F_O_C_ABPU	58.2	60	1.1416		160	80	90	90		90	3	45	50	55	50	140	120	130	435	130	270
A	Melanie Clifford	40	F_M1_C_ABPU	112.8	SHW	0.8089		170	95	110	122.5		110	3	55	60	65	60	170	120	125	137.5	137.5	307.5
A	Joanne Gwyther	32	F_O_R_ABPU	117.6	SHW	0.8026		190	102.5	112.5	120		112.5	4	52.5	57.5	62.5	57.5	170	120	130	440	130	300
A	Zoe Pettit	24	F_O_C_ABPU	78.1	82.5	0.9276		14	110	110	115		115	3	65	70	72.5	72.5	187.5	120	130	140	140	327.5
A	Jessica Pallot Junior+Open	23	F_J_C_ABPU	56	56	1.1766		150	100	110	112.5		110	0	65	70.5	70.5	65	175	125	135	440	135	310
A	Cleary Clifford	43	F_M1_C_ABPU	81.8	82.5	0.904		160	105	105	112.5		105	3	47.5	50	52.5	50	155	130	137.5	442.5	137.5	292.5
A	Amy Pollard	24	F_O_R_ABPU	88.2	90	0.8716		170	120	130	140		130	3	50	55	60	60	190	130	142.5	155	155	345
A	Fran Loughlin	40	F_M1_R_ABPU	77.4	82.5	0.9326		160	100	107.5	115		115	2	65	70	75	75	190	135	142.5	150	142.5	332.5
A	Victoria Russell	26	F_O_M_BPU	71.7	75	0.9788		14	135	135	145		135	3	72.5	77.5	82.5	82.5	217.5	140	142.5	152.5	140	357.5
A	Eleanor Dodd	27	F_O_C_ABPU	68.4	75	1.011		18	155	165	170		165	2	62.5	67.5	70	67.5	232.5	147.5	157.5	157.5	147.5	380
A	Learna Lee	33	F_O_C_ABPU	82.2	82.5	0.9017		15	165	170.5	180		170.5	0	85	90	90	90	260.5	150	160	167.5	167.5	428
A	Kadie Crichton	26	F_O_C_ABPU	110.7	SHW	0.812		190	150	165	175		175	3	70	75	77.5	75	250	155	170	180	180	430
A	Gemma Wright	26	F_O_C_ABPU	74.5	75	0.9547		170	165.5	170	170		170	2	70	72.5	75	72.5	242.5	160	170	178	170	412.5

Flt	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
B	Mark Lockstone	50	M_M3_C_ABPU	78.9	82.5	0.6888		17o	110	120	-130		120	3	75	-80	-80	75	195	140	150	-165	150	345
B	Doug Lisle	38	M_O_S_ABPU	79.5	82.5	0.6854		18o	225	237.5	242.5		242.5	3	-470	170	180	180	422.5	200	207.5	-245	207.5	630
B	Sam Picknett	20	M_J_R_ABPU	107.6	110	0.5926		20i	150	160	-470		160	4	85	-95	-95	85	245	200	210	215	215	460
B	Daniel Bassett	41	M_M1_R_BPU	78.6	82.5	0.6905		17o	125	135	145		145	3	70	-80	-80	70	215	205	212.5	-220	212.5	427.5
B	Daniel Whittall	25	M_O_S_ABPU	82.5	82.5	0.6699		17o	245	-265	265		265	3	135	145	-152.5	145	410	210	-222.5	-222.5	210	620
B	Daniel Galata	25	M_O_R_ABPU	82.5	82.5	0.6699		17o	180	195	-245		195	4	100	110	-420	110	305	190	210	-225	210	515
B	Merat tafreshi	27	M_O_C_BPU	74.3	75	0.7173		15o	220	-235	235		235	4	110	120	-130	120	355	200	220	232.5	232.5	587.5
B	Luke McDonald	38	M_O_C_BPU	81.9	82.5	0.6729		16i	250	-272.5	272.5		272.5	3	145	-155	-155	145	417.5	260	-275	-275	260	677.5
B	Lewis King	23	M_J_C_BPU	130.7	140	0.5651		20i	-345	315	323		323	3	180	-190	-190	180	503	270	290.5	-297.5	290.5	793.5
B	Ben Flawith DO	22	M_J_C_ABPU	127.4	140	0.5677		20i	-280	-280	-280		0					0	0	280	-300	-300	280	0
B	Paul Ashton	56	M_M4_C_ABPU	81.6	82.5	0.6744		18i	165	-175	-175		165	4	100	-105	105	105	270	160	-477.5		160	430

Saturday Single Lifts

Flt A	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH BP	Bench 1	Bench 2	Bench 3	Best Bench
A	Emmy Louise	35	F_O_R_BPU	55.3	56	1.1883		3	70	75	-80	75
A	Cat Donnelly	25	F_O_R_BPU	96	SHW	0.8434		4	110	117.5	-122.5	117.5
A	Richard Willis	49	M_M2_R_ABPU	51.2	52	0.9975		0	118	-122.5	-122.5	118
A	Catherine Croydon	27	F_O_R_BPU	80.7	82.5	0.9106		1	132.5	-140	-140	132.5
A	Michael Delastie	27	M_O_R_BPU	107.1	110	0.5935		4	150	165	170	170
A	Josh Brown	27	M_O_R_BPU	147.3	SHW	0.5547		4	170	182.5	-195	182.5
A	Aaron Widdows	30	M_O_R_BPU	120.1	125	0.5748		4	-200	210	220	220
A	David Morris	48	M_M2_R_BPU	164.2	SHW	0.5461		5	213	222.5	-235	222.5
A	Iain Connor	41	M_O_M_BPU	122.1	125	0.5727		3	-335	-335	-335	0
A	Dave Pennington	51	M_M1_R_BPU	110	110	0.5885			190			190
A	Scott Halliday	41	M_M1_M_BPU	105.5	110	0.5966		4	205			205

Flt B	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift
B	Kayleigh Morris Teen & Open	18	F_T3_R_ABPU	87.6	90	0.8742						0	90	105	-115	105
B	Georgie Hodson	32	F_O_R_ABPU	54.6	56	1.2002						0	105	115	-132.5	115
B	Gwennan Evans	21	F_J_R_ABPU	72.6	75	0.9707						0	125	130	-140	130
B	Emmy Louise	35	F_O_R_BPU	55.3	56	1.1883						0	140	-150	-150	140
B	Chris Mills	57	M_M4_R_ABPU	79.6	82.5	0.6849						0	160	180	192.5	192.5
B	Cat Donnelly	25	F_O_R_BPU	96	SHW	0.8434						0	180	190	202.5	202.5
B	David Hodson	34	M_O_R_ABPU	79.5	82.5	0.6854						0	180	210	-230	210
B	Jacob Hoy	26	M_O_R_BPU	82	82.5	0.6724						0	242.5	250	255	255
B	Darryl Triance	42	M_M1_R_BPU	90	90	0.6384						0	240	257.5	-267.5	257.5
B	David Morris	48	M_M2_R_BPU	164.2	SHW	0.5461						0	280	-310	310	310

Sunday Full Power

Flt	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total
A	James Chapman	42	M_M1_S_BPU	90	90	0.6384		16i	287.5	302.5	315	315	3	182.5	192.5	200	200	515	222.5	235	245		245	760
A	Andrew Moyer	57	M_M4_R_ABPU	98.7	100	0.6118		17i	-185	200	-207.5	200	5	127.5	137.5	140	140	340	230	240	253	257.5	253	593
A	Jacek Toczydlowski	37	M_O_C_BPU	89.3	90	0.641		19i	230	242.5	-252.5	242.5	4	150	160	-167.5	160	402.5	230	245	-260		245	647.5
A	Benjamin Algar	42	M_M1_C_ABPU	118.8	125	0.5763		20i	225	245	255	255	4	110	115	117.5	117.5	372.5	240	255	-262.5		255	627.5
A	Mark Lawford	45	M_M2_C_ABPU	125.5	140	0.5694		19i	225	240	242.5	242.5	4	190	-202.5	-202.5	190	432.5	240	260	-267.5		260	692.5
A	Jordan Gretton-Doige	29	M_O_R_BPU	89	90	0.6421		21o	165	175	185	185	4	145	152.5	160	160	345	250	260	270		270	615
A	Luke Nash	32	M_O_R_BPU	89.6	90	0.6398		18i	210	217.5	220	220	3	145	-150	-152.5	145	365	245	260	270		270	635
A	Johnathan Vince	26	M_O_C_ABPU	91.9	100	0.6318		20i	225	235		235	4	155	160	-165	160	395	255	265	-270		265	660
A	Jon May	27	M_O_C_BPU	97.8	100	0.6142		19i	242.5	252.5	260	260	4	162.5	172.5		172.5	432.5	280	-300	-300		280	712.5
A	Richard Kemp	58	M_M4_R_ABPU	87.9	90	0.6463		16o	145	155	-167.5	155	4	85	97.5	-100	97.5	252.5	185				185	437.5
A	Aaron Fillery	31	M_O_C_BPU	89.7	90	0.6395		18o	205	-215		205	4	145	-150		145	350	-270	-270			0	0
A	Michael Taylor	40	M_M1_C_BPU	107	110	0.5937		17i	220	235	-242.5	235	3	120	130	-135	130	365	220	260			260	625
A	Luther Nzinga	27	M_O_C_ABPU	89.3	90	0.641		17i	227.5	-235	-235	227.5	4	135	145	-155	145	372.5	245				245	617.5
A	Keneth Jones	45	M_M2_R_BPU	122.9	125	0.5719		20i	270	290		290	4	145	150	155	155	445	270	290			290	735

Flt	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total
B	Ian White	32	M_O_C_ABPU	105.9	110	0.5958		18o	170	180	-190	180	4	75	82.5	-90	82.5	262.5	180	200	-222.5		200	462.5
B	Darren Hammond open & Masters	46	M_O_R_BPU	108.2	110	0.5916		20o	210	225	235	235	5	127.5	135	140	140	375	270	285	300		300	675
B	Alex Tuddenham	24	M_O_R_ABPU	124.2	125	0.5706		21o	220	230	240	240	4	140	150	155	155	395	255	272.5	280		280	675
B	Nathan Wysocki	25	M_O_R_ABPU	108.4	110	0.5912		16o	230	240	250	250	4	135	140	145	145	395	250	267.5	272.5		272.5	667.5
B	Mark Harbert	26	M_O_C_BPU	105.3	110	0.597		17i	235	250	262.5	262.5	3	160	170	-180	170	432.5	-260	270	282.5		282.5	715
B	Robert Warburton	35	M_O_C_ABPU	109.7	110	0.589		20o	240	-265		240	4	130	140	-150	140	380	260	-285	-290		260	640
B	Frankie Kemp	25	M_O_R_ABPU	135.1	140	0.5619		21i	-260	260	-272.5	260	5	170	180	-182.5	180	440	260	-280	-280		260	700
B	Rhys Browning	29	M_O_C_BPU	119.3	125	0.5757		20i	260	285	300	300	4	175	182.5	187.5	187.5	487.5	320	340	350		350	837.5
B	Cameron Couldwell	27	M_O_C_BPU	117.1	125	0.5783		23i	265	275	285	285	6	175	-185	-185	175	460	305	-315			305	765
B	Adam Hindle	32	M_O_C_BPU	164	SHW	0.5462		20i	300			300	4	200	210		210	510	320	342.5	-368		342.5	852.5
B	Brad Scott	30	M_O_C_BPU	129.6	140	0.5659		24i	300	-312.5	-312.5	300	5	185	-200	-200	185	485	305	-320			305	790
B	Dan Stewart	25	M_O_C_BPU	109.2	110	0.5898		17i	380	-422.5		380	4	210	220	-230	220	600	300	-330	-330		300	900