A/BPU Christmas Competiton and Qualifier – with Strict Curl and Bench for Reps Competition 8th December 2018

Benchpress



Flight B



Deadlift

Flight A



Flight B



Bench for Reps



Strict Curl Competition – Bar 10kg – based on Wilks with gender and age points

Flight A



Flight B



!st place: Bradley Nortcliffe 2nd place: Emma Ylitalo-James 3rd place: Kalle Ylitalo-James