

Christmas Push Pull and Competition 2019 – 8th December 2019 Macclesfield

BENCH

Equipped Men

Flt A	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH BP	Bench 1	Bench 2	Bench 3	Best Bench
A	Richard Evans	52	M_M3_S_ABPU	150.3	SHW	0.5531		4	-157.5	-157.5	-157.5	0
A	Chris Etherington	37	M_O_S_ABPU	75.3	82.5	0.7106		3	140	150	-172.5	150
A	Tom Gee	36	M_O_S_ABPU	91.25	100	0.6338		3	160	167.5	172.5	172.5
A	Shaun Millward	38	M_O_S_ABPU	108.2	110	0.5916		4	160	167.5	-175	167.5
A	Callum Rollo	37	M_O_S_BPU	95.45	100	0.6206		3	185	200	-230	200
A	Jonathan Vince	27	M_O_S_ABPU	99.5	100	0.6098		4	210	220	-230	220
A	Sean Blackburn	51	M_M3_S_BPU	123.9	125	0.5709		3	210	230	-255	230
A	Rob Preston	50	M_M3_S_BPU	106.6	110	0.5945		4	-240	250	-262.5	250
A	Phil Horwood	34	M_O_M_ABPU	117.1	125	0.5783		4	-250	250	-270	250
A	Kalle Ylitalo-James	36	M_O_S_BPU	130.4	140	0.5653		4	-352.5	-352.5	-352.5	0
A	Stephen Macneil	35	M_O_M_BPU	141.8	SHW	0.5578		3	-390	-410	-415	0

RAW and Equipped Women

Flt B	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH BP	Bench 1	Bench 2	Bench 3	Best Bench
B	Georgie Hodson	33	F_O_R_ABPU	47.8	48	1.3285		3	30	35	40	40
B	Nicola Vaughan-Ellis	57	F_M4_R_ABPU	100	SHW	0.8326		3	35	37.5	40	40
B	Rebecca Errington	27	F_O_R_ABPU	82.15	82.5	0.9017		4	40	45	47.5	47.5
B	Emma Heaton	27	F_O_R_ABPU	65.5	67.5	1.0432		3	47.5	52.5	-55	52.5
B	Nia Golding	49	F_M2_R_ABPU	62	67.5	1.0871		3	50	55	-60	55
B	Kaz Sharman	51	F_M3_R_ABPU	72.35	75	0.9725		3	50	55	-60	55
B	Charlie Hooson-Sykes	41	M_M1_R_ABPU	115.5	125	0.5804		3	57.5	60	-62.5	60
B	Dawn Birchall	34	F_O_R_ABPU	99.35	SHW	0.8341		3	57.5	-62.5	-62.5	57.5
B	Andrea Campbell	33	F_O_R_ABPU	89.95	90	0.8641		3	55	60	-65	60
B	Faye Nield	32	F_O_R_ABPU	72.05	75	0.9751		3	57.5	62.5	65	65
B	Josie Thomas	39	F_O_R_ABPU	63.95	67.5	1.0613		2	60	67.5	70	70
B	Geraldine Goligher	47	F_M2_R_BPU	64.9	67.5	1.0503		2	-70	75	80	80
B	Sarah Knight	35	F_O_R_ABPU	108.9	SHW	0.8148		3p	75	80	85	85
B	Robyn Vaughan	28	F_O_R_ABPU	89.05	90	0.8677		3	85	92.5	95	95
B	Gillian Millward	38	F_O_S_ABPU	80.45	82.5	0.9119		3	90	-100	-100	90
B	Elaine Rollo	37	F_O_S_ABPU	84.3	90	0.8902		3	90	100	112.5	112.5
B	Stephanie Taylor	33	F_O_M_BPU	64.85	67.5	1.0503		0	130	-140	-142.5	130
B	Stephanie Skeggs	37	F_O_M_ABPU	89.15	90	0.8673		2	-145	-145	145	145

Men RAW

Flt C	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH BP	Bench 1	Bench 2	Bench 3	Best Bench
C	Joey Mitchell	54	M_M4_R_ABPU	58.1	60	0.8787		4	65	-75	-75	65
C	Craig Mansfield-Perry	56	M_M4_R_ABPU	96.95	100	0.6163		4	80	85	92.5	92.5
C	Charlie Dimmock	17	M_T2_R_ABPU	65.7	67.5	0.7881		3	80	90	100	100
C	Matthew Pond	16	M_T2_R_ABPU	73.95	75	0.7193		3	110	115	122.5	122.5
C	Jacob Hoy	27	M_O_R_BPU	82.1	82.5	0.6719		3	130	-437.5	-437.5	130
C	Sean Kilbride	39	M_O_R_ABPU	74.6	75	0.7152		3	140	-447.5	147.5	147.5
C	Harry Glass	23	M_J_R_BPU	108.4	110	0.5912		4	135	142.5	-150	142.5
C	Lewis Bucknell	31	M_O_R_BPU	113.6	125	0.583		5	130	150	160	160
C	Kevin Maher	58	M_M4_R_BPU	101.1	110	0.606		4	140	155	165	165
C	Jamie Bailey	45	M_M2_R_BPU	87.6	90	0.6475		4	150	160	167.5	167.5
C	Tim Hopwood	30	M_O_R_BPU	109.2	110	0.5898		4	150	160	170	170
C	Rik Davison	58	M_M4_R_BPU	99.35	100	0.6101		4	155	165	172.5	172.5
C	Simon Newton	35	M_O_R_BPU	81.5	82.5	0.6749		4	160	172.5	175	175
C	Martin Cockcroft	37	M_O_R_ABPU	89.4	90	0.6406		4	165	-475	-477.5	165
C	Tommy Lawton	24	M_O_R_BPU	98.3	100	0.6129		4	165	175	182.5	175
C	Warren Whitaker	33	M_O_R_ABPU	121.6	125	0.5732		3	152.5			152.5

DEADLIFT

Women

Flt D	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift
D	Gail Dodd	62	F_M5_R_ABPU	66.4	67.5	1.0328		70	85	97.5		97.5
D	Rebecca Errington	27	F_O_R_ABPU	82.15	82.5	0.9017		85	95	-405		95
D	Kaz Sharman	51	F_M3_R_ABPU	72.35	75	0.9725		90	110	117.5		117.5
D	Christine Bradley	53	F_M3_R_ABPU	105.8	SHW	0.8202		92.5	97.5	-402.5		97.5
D	Nicola Vaughan-Ellis	57	F_M4_R_ABPU	100	SHW	0.8326		95	100	105		105
D	Georgie Hodson	33	F_O_R_ABPU	47.8	48	1.3285		95	105	115		115
D	Charlie Hooson-Sykes	41	F_M1_R_ABPU	115.5	SHW	0.8052		110	115	-420		115
D	Emma Heaton	27	F_O_R_ABPU	65.5	67.5	1.0432		110	120	-425		120
D	Faye Nield	32	F_O_R_ABPU	72.05	75	0.9751		112.5	120	125		125
D	Elaine Rollo	37	F_O_S_ABPU	84.3	90	0.8902		115	125	135		135
D	Andrea Campbell	33	F_O_R_ABPU	89.95	90	0.8641		120	127.5	132.5		132.5
D	Dawn Birchall	34	F_O_R_ABPU	99.35	SHW	0.8341		122.5	130	140		140
D	Geraldine Goligher	47	F_O_R_BPU	64.9	67.5	1.0503		130	140	150		150
D	Nia Golding	49	F_M2_R_ABPU	62	67.5	1.0871		160	-475	-475		160
D	Fay Northcott	27	F_O_R_ABPU	86.6	90	0.8788		180	-490	-200		180
D	Stephanie Taylor	33	F_O_M_BPU	64.85	67.5	1.0503		200	210	-220		210

Men up to and including 90kg

Flt	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift
E	Joey Mitchell	54	M_M3_R_ABPU	58.1	60	0.8787		120	130	135		135
E	Gareth Ridley	40	M_M1_R_ABPU	69.8	75	0.751		165	172.5	180		180
E	Stuart Ogden	38	M_O_R_BPU	65.35	67.5	0.7911		180	190	-200		190
E	Georgios Christofidis	31	M_O_R_ABPU	81.45	82.5	0.6749		182.5	190	195		195
E	Matthew Pond	16	M_T2_R_ABPU	73.95	75	0.7193		185	195	200		200
E	Elliot Newman	34	M_O_R_ABPU	77.45	82.5	0.6969		190	205	215		215
E	David Hodson	35	M_O_R_ABPU	74.55	75	0.7152		200	220	230		230
E	John Ball	29	M_O_R_ABPU	65.55	67.5	0.7891		210	232.5	-235		232.5
E	Bradley Nortcliffe	23	M_J_R_ABPU	59.15	60	0.8635		220	-237.5	-237.5		220
E	Luke Corcoran	30	M_O_R_ABPU	88.05	90	0.6455		220	235	-245		235
E	Wojciech Szymaszczyk	29	M_O_R_ABPU	87.1	90	0.6495		220	235	-250		235
E	Dimitry Rakshaznov	21	M_J_R_ABPU	81.85	82.5	0.6729		225	245	-255		245
E	Sean McCarthy	51	M_M3_R_ABPU	88.05	90	0.6455		225	252.5	-255		252.5
E	Rob Hunter	31	M_O_M_ABPU	88.75	90	0.6428		250	-260	260		260
E	Jacob Hoy	27	M_O_R_BPU	82.1	82.5	0.6719		-265	265	270		270
E	Stefan Putter	28	M_O_R_ABPU	81.55	82.5	0.6744		300	320			320

Men 100kg and over

Flt	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift
F	Craig Mansfield-Perry	56	M_M4_R_ABPU	96.95	100	0.6163		125	135	145		145
F	David Wade	46	M_M2_R_ABPU	108.2	110	0.5916		180	200	-210		200
F	Tim Hopwood	30	M_O_R_BPU	109.2	110	0.5898		250	265	270		270
F	Rik Davison	58	M_M4_R_BPU	99.35	100	0.6101		255	265	-275		265
F	Lewis Bucknell	31	M_O_R_BPU	113.6	125	0.583		260	-270	-270		260
F	Callum Rollo	37	M_O_S_BPU	95.45	100	0.6206		260	272.5	-282.5		272.5
F	William Spence	37	M_O_R_BPU	138.3	140	0.5598		260	272.5	300		300
F	Jonathan Vince	27	M_O_S_ABPU	99.5	100	0.6098		270	285	-300		285
F	Harry Glass	23	M_J_S_BPU	108.4	110	0.5912		270	290	300		300
F	Stephen Macneil	35	M_O_M_BPU	141.8	SHW	0.5578		280	300	-312.5		300
F	Tommy Lawton	24	M_O_R_BPU	98.3	100	0.6129		285	300	310		310

Strict Curl

Flt G	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff
G	Elaine Rollo	37	F_O_R_BPU	84.3	90	0.8902		20	30	32.5	-35	32.5	28.932	0.000
G	Sarah Knight	35	F_O_R_BPU	108.9	SHW	0.8148		20	27.5	-35	-35	27.5	22.407	0.000
G	Geraldine Goligher	47	F_O_R_BPU	64.9	67.5	1.0503		25	30	35	-42.5	35	36.761	39.775
G	Sophie Scott	24	F_O_R_BPU	79	82.5	0.9215		-30	37.5	-45	-45	37.5	34.556	0.000
G	Chris Etherington	37	M_O_R_BPU	75.3	82.5	0.7106		20	40	-50	-50	40	28.424	0.000
G	Stuart Ogden	38	M_O_R_BPU	65.35	67.5	0.7911		35	45	55	-57.5	55	43.511	0.000
G	Tyler Elliott	20	M_O_R_BPU	81	82.5	0.6774		30	50	-60	-60	50	33.870	0.000
G	Bradley Nortcliffe	24	M_O_R_BPU	59.1	60	0.8648		45	55	-60	-60	55	47.564	0.000
G	Simon Newton	35	M_O_R_BPU	81.5	82.5	0.6749		50	55	60	-65	60	40.494	0.000
G	Martin Cockcroft	37	M_O_R_BPU	89.4	90	0.6406		40	50	60	-70	60	38.436	0.000
G	Tom Gee	36	M_O_R_BPU	91.25	100	0.6338		55	62.5	67.5	70	67.5	42.782	0.000
G	Jon Vince	27	M_O_R_BPU	99.5	100	0.6098		50	60	-70	-72.5	60	36.588	0.000
G	Stefan Putter	28	M_O_R_BPU	81.55	82.5	0.6744		65	70	75	-77.5	75	50.580	0.000
G	Danny Whittall	25	M_O_R_BPU	90	90	0.6384		-30	40	50	-80	50	31.920	0.000
G	Alex Clarke	31	M_O_R_BPU	125	125	0.5698		60	70	75	80	75	42.735	0.000
G	Emma Ylitalo-James	49	F_O_R_BPU	88	90	0.8724		30	40	-50		40	34.896	38.839
G	Fay Northcott	27	F_O_R_BPU	86.6	90	0.8788		25	30	-35		30	26.364	0.000
G	Rik Davison	58	M_O_R_BPU	99.35	100	0.6101		50	60	-72.5		60	36.606	47.258
G	Callum Rollo	37	M_O_R_BPU	95.45	100	0.6206		40	50	-75		50	31.030	0.000
G	David Hodson	35	M_O_R_BPU	74.55	75	0.7152		30	-50			30	21.456	0.000
G	Kaz Sharman	51	F_O_R_BPU	72.35	75	0.9725		20				20	19.450	22.309
G	Nia Golding	49	F_O_R_BPU	62	67.5	1.0871		30				30	32.613	36.298

