

## Day 5 AWPC World Championships 2018

Bench

Flight 1

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	Bench 4	Best Bench
A	Gemma Lucas	35	F_O_R_ABPU	64.2	67.5	1.0588							0	3	42.5	<del>47.5</del>	<del>47.5</del>		42.5
A	Bev Johnson	53	F_M3_R_ABPU	65.8	67.5	1.0397							0		47.5	<del>52.5</del>	52.5		52.5
A	Sandra Evans	33	F_O_R_ABPU	59.8	60	1.1178							0	2	50	55	<del>60</del>		55
A	Rebeka Ficekova	17	F_T2_R_ABPU	69.6	75	0.9988							0	2	50	55	<del>60</del>		55
A	Gillian Millward	37	F_O_R_ABPU	74.3	75	0.9563							0		55	<del>60</del>	<del>60</del>		55
A	Vicky Ellis	38	F_O_R_ABPU	58.6	60	1.1355							0	3	57.5	<del>62.5</del>	<del>62.5</del>		57.5
A	Elena Kudryashova	44	F_M1_R_ABPU	52	52	1.2466							0		55	60	<del>65</del>		60
A	Laura O'Shea	34	F_O_R_ABPU	86	90	0.8816							0		57.5	62.5	<del>67.5</del>		62.5
A	Sylwia Majszyk	40	F_M1_R_ABPU	67.5	67.5	1.0206							0	3	82.5	85	87.5		87.5
A	Aaron Ryan	15	M_T1_R_ABPU	76.9	82.5	0.7005							0		95	105	110		110
A	Harry Sheader	21	M_J_R_ABPU	64.1	67.5	0.8046							0	2	120	127.5	132.5		132.5
A	Mihails Rapoport	19	M_T3_R_ABPU	81.5	82.5	0.6749							0	3	145	150	155		155
A	Ben Karaosman	22	M_J_S_ABPU	123.9	125	0.5709							0	4	170	182.5	<del>192.5</del>		182.5

## Flight 2

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	Bench 4	Best Bench
B	Rebeka Ficekova	17	F_T2_M_ABPU	69.6	75	0.9988							0		70	80	85	90	85
B	Bosco Reid	58	M_M4_R_ABPU	86.4	90	0.6523							0		80	85	90		90
B	Tommy Evans	38	M_O_R_ABPU	72	75	0.7337							0		82.5	-90	-90		82.5
B	Mike Sweeney	66	M_M6_R_ABPU	98	100	0.6136							0		65	90	100		100
B	Rich Willis	49	M_M2_R_ABPU	52.8	56	0.9658							0	0	110	112.5	115	-120	115
B	Robert Worthington	52	M_M3_R_ABPU	89.7	90	0.6395							0		127.5	132.5	-137.5		132.5
B	Andrew Moyler	56	M_M4_R_ABPU	98.3	100	0.6129							0		127.5	135	-140		135
B	Thomas McCague	38	M_O_R_ABPU	81.1	82.5	0.6769							0		130	137.5	140	-150	140
B	Thomas McCague DIS	38	M_O_R_ABPU	81.1	82.5	0.6769							0		130	137.5	140	-150	140
B	Brendan O'Rourke	42	M_M1_R_ABPU	88.6	90	0.6436							0		135	142.5	145		145
B	Andrew Shaw	30	M_O_R_ABPU	99.4	100	0.6101							0		130	140	-150		140
B	Igor Usachev	53	M_M3_R_ABPU	93.5	100	0.6266							0		135	145	-150		145
B	Igor Usachev Open	53	M_O_R_ABPU	93.5	100	0.6266							0		135	145	-150		145
B	Vladimir Agasaryan	26	M_O_R_ABPU	80.3	82.5	0.6811							0		150	152.5	155		155
B	Chris Etherington	36	M_O_R_ABPU	89.3	90	0.641							0		145	155	-160		155
B	Martin Cockroft	35	M_O_R_ABPU	89.1	90	0.6417							0		145	157.5	160		160
B	Hefin Evans	32	M_O_R_ABPU	98.6	100	0.6121							0		165	170	177.5		177.5
B	Joseph Brown	28	M_O_R_ABPU	86.2	90	0.6532							0		162.5	172.5	180		180
B	Eric Stone	35	M_O_M_ABPU	79.8	82.5	0.6838							0	2	177.5	195	-207.5		195
B	Paul Morgan	45	M_M2_S_ABPU	99.1	100	0.6108							0		225	-237.5	-237.5		225

## Flight 3

Flt C	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	Bench 4	Best Bench
C	Andrew Whitaker (Dis)	35	M_O_R_ABPU	104	110	0.5996							0		195	210	220	<del>227.5</del>	220
C	ErikSusztay	46	M_M2_R_ABPU	138.8	140	0.5595							0		<del>240</del>		220	227.5	220
C	Andrew Whittaker	35	M_O_R_ABPU	104	110	0.5996							0		195	210	220	<del>227.5</del>	220
C	Lee Mortimer	41	M_M1_R_ABPU	135.8	140	0.5614							0		225	230	242.5	<del>250</del>	242.5
C	Vasily Chernyshenko	55	M_M4_R_ABPU	117.1	125	0.5783							0		122.5	127.5	132.5		132.5
C	Daniel Stain	27	M_O_R_ABPU	145.6	SHW	0.5556							0		130	140	150		150
C	Andre Du Plessis	53	M_M3_R_ABPU	142.3	SHW	0.5575							0		150	160	<del>165</del>		160
C	Mark Lawford	44	M_M1_R_ABPU	123.4	125	0.5714							0		185	<del>192.5</del>	<del>192.5</del>		185
C	Steve Boring	39	M_O_R_ABPU	110	110	0.5885							0		172.5	182.5	<del>195</del>		182.5
C	Julian McKerrow	27	M_O_R_ABPU	121.3	125	0.5735							0		185	<del>195</del>	195		195
C	James Hickey	41	M_M1_R_ABPU	123.7	125	0.5711							0		190	205	210		210
C	David O'Keefe	26	M_O_R_ABPU	114.5	125	0.5817							0		127.5	<del>132.5</del>			127.5
C	Peter Mihaly	60	M_M5_M_ABPU	158.2	SHW	0.5491							0		200				200

## DEADLIFT

Flight 1

Flt A	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift
A	Rebeka Ficekova	17	F_T2_M_ABPU	69.6	75	0.9988		90	105	112.5	120	112.5
A	Bev Johnson	53	F_M3_R_ABPU	65.8	67.5	1.0397		97.5	105	<del>112.5</del>		105
A	Christine Scragg	52	F_M3_R_ABPU	66.8	67.5	1.0283		100	110	115		115
A	Elena Kudryashova	44	F_M1_R_ABPU	52	52	1.2466		105	120	132.5		132.5
A	Gemma Lucas	35	F_O_R_ABPU	64.2	67.5	1.0588		110	<del>120</del>	<del>120</del>		110
A	Gillian Millward	37	F_O_R_ABPU	74.3	75	0.9563		115	120	125		125
A	Odette Smaldon	24	F_O_R_ABPU	47.4	48	1.3367		115	<del>127.5</del>	<del>127.5</del>		115
A	Melanie Cowen	51	F_M3_R_ABPU	92.9	SHW	0.8533		117.5	135	140		140
A	Sandra Evans	33	F_O_R_ABPU	59.8	60	1.1178		120	125	130		130
A	Chantelle Brady	36	F_O_R_ABPU	67.1	67.5	1.025		120	130	135		135
A	Katrina Allwood	47	F_M2_R_ABPU	56	56	1.1766		122.5	130	<del>135</del>		130
A	Clare Comiskey	35	F_O_R_ABPU	68.7	75	1.0079		125	132.5	140		140
A	Laura O'Shea	34	F_O_R_ABPU	86	90	0.8816		<del>135</del>	135	150		150
A	Vicky Ellis	38	F_O_R_ABPU	58.5	60	1.1371		<del>135</del>	140	<del>152.5</del>		140
A	Kerrie Price	24	F_O_R_ABPU	81.4	82.5	0.9064		140	152.5	<del>161</del>		152.5
A	Karla Frater	55	F_M4_R_ABPU	87.3	90	0.8755		145	150	155	160	155
A	Kerry Fannon	41	F_M1_R_ABPU	105.7	SHW	0.8204		155	160	<del>170</del>		160

## Flight 2

Flt B	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift
B	Eddie Thorpe	13	M_T1_R_ABPU	79	82.5	0.6882		140	-460	-460		140
B	Boscoe Reid	58	M_M4_R_ABPU	88.4	90	0.6444		152.5	162.5	172.5		172.5
B	Liam Beville	53	M_M3_R_ABPU	65.9	67.5	0.7862		160	175	-182.5		175
B	Tommy Evans	38	M_O_R_ABPU	72	75	0.7337		-465	-465	-465		0
B	Aaron Ryan	15	M_T1_R_ABPU	76.9	82.5	0.7005		180	187.5	195		195
B	William Ashton	65	M_M6_R_ABPU	81.1	82.5	0.6769		180	192.5	-200		192.5
B	Irek Rizvanov	26	M_O_R_ABPU	64.5	67.5	0.8004		185	200	-210		200
B	Daniel Whittall	24	M_O_R_ABPU	81.9	82.5	0.6729		200	215	220		220
B	Shane Gwyther	17	M_T2_R_ABPU	80	82.5	0.6827		200	222.5	-225		222.5
B	Andrey Dobrenko	54	M_M3_R_ABPU	81	82.5	0.6774		200	-215			200
B	Harry Sheader	21	M_J_R_ABPU	64.1	67.5	0.8046		210	220	-222.5		220
B	Adeel Rana	38	M_O_S_ABPU	73.4	75	0.7235		240	260	270		270
B	James Hickey	41	M_M1_R_ABPU	123.7	125	0.5711		310	340	-365		340

## Flight 3

Flt C	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift
C	Mike Sweeney	66	M_M6_S_ABPU	98	100	0.6136		65	90	100	110	100
C	Boscoe Reid	58	M_M4_S_ABPU	88.4	90	0.6444		152.5	175	180		180
C	John Miller	52	M_M3_R_ABPU	102.9	110	0.6019		<del>465</del>	175	185		185
C	Robert Worthington	52	M_M3_R_ABPU	89.7	90	0.6395		177.5	<del>192.5</del>	192.5		192.5
C	Mark Lacey	52	M_M3_R_ABPU	88.7	90	0.6432		200	210	212.5		212.5
C	Igor Usachev	53	M_M3_R_ABPU	93.5	100	0.6266		205	215			215
C	Igor Usachev Open	53	M_O_R_ABPU	93.5	100	0.6266		205	215			215
C	Andrew Moyler	56	M_M4_R_ABPU	98.3	100	0.6129		227.5	242	252.5		252.5
C	Brendan O'Rourke	42	M_M1_R_ABPU	88.6	90	0.6436		230	240	<del>245</del>		240
C	Andre Du Plessis	53	M_M3_R_ABPU	142.3	SHW	0.5575		250	260	270		270
C	Lee Mortimer	41	M_M1_R_ABPU	135.8	140	0.5614		250	285			285
C	David O'Keefe	27	M_O_R_ABPU	114.5	125	0.5817		262.5	270	280		280
C	Daniel Stain	27	M_O_R_ABPU	145.6	SHW	0.5556		265	282.5	290		290
C	Julian McKerrow	27	M_O_R_ABPU	121.3	125	0.5735		290	315	<del>332.5</del>		315
C	Allen Davis	20	M_J_R_ABPU	132.5	140	0.5637		300	315	<del>330</del>		315
C	James Hickey	41	M_M1_M_ABPU	123.7	125	0.5711		315	<del>350</del>			315
C	William Newton	30	M_O_R_ABPU	119.4	125	0.5756		330	<del>342.5</del>			330

