

## A/BPU Qualifiers East Midlands and South Yorkshire 15 and 16 February 2020

Saturday 15<sup>th</sup>

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	Emily Baker	18	F_T3_R_ABPU	68.25	75	1.0121		18	30	40	50		50	2	50	55	60	60	110	70	90	120	120	230
A	Chloe marshall	31	F_O_R_ABPU	59.25	60	1.1251		14	60	-70	70		70	2	40	42.5	-45	42.5	112.5	85	-90	-90	85	197.5
A	Alexia Frangakis	25	F_O_C_ABPU	74.95	75	0.9506		17	82.5	87.5	-90		87.5	3	35	40	42.5	42.5	130	85	-90	-90	85	215
A	Jessica Baggaley	26	F_O_R_ABPU	54.65	56	1.1985		15	60	65	-70		65	2	40	-45	-45	40	105	85	95	105	105	210
A	Tehya-Leonie Kirby	21	F_J_R_ABPU	52.85	56	1.2302		13	95	100	105		105	2	45	50	52.5	52.5	157.5	100	110	-445	110	267.5
A	Elitsa Kostadinova	28	F_O_R_ABPU	58.05	60	1.1432		16	70	-77.5	-77.5		70	3	50	55	57.5	57.5	127.5	100	110	115	115	242.5
A	Abbie Blick	17	F_T2_R_ABPU	73.8	75	0.9604		17	80	87.5	95		95	2	42.5	47.5	52.5	52.5	147.5	100	115	130	130	277.5
A	Lucy Sheppard	26	F_O_C_ABPU	65.4	67.5	1.0444		16	90	-95	-95		90	3	47.5	50	-55	50	140	105	110	115	115	255
A	Jackie Langridge	45	F_M2_R_ABPU	74.25	75	0.9563		13	80	87.5	92.5		92.5	2	40	45	50	50	142.5	107.5	115	125	125	267.5
A	Jenny Burns	27	F_O_C_ABPU	52.45	56	1.2374		13	100	-405	105		105	2	50	-52.5		50	155	-440	110	-445	110	265
A	Alice Higgins	24	F_O_C_ABPU	55.65	56	1.1816		13	110	120	-430		120	1	37.5	42.5	-47.5	42.5	162.5	110	120	125	125	287.5
A	Emma Heaton	28	F_O_R_ABPU	65.55	67.5	1.042		17	82.5	87.5	92.5		92.5	3	47.5	52.5	-55	52.5	145	110	120	125	125	270
A	Philippa rogers	29	F_O_R_ABPU	73.25	75	0.9646		16	90	100	110		110	3	55	62.5	-67.5	62.5	172.5	110	120	130	130	302.5
A	Laura Mckie	27	F_O_R_ABPU	56.6	60	1.1668		16	92.5	100	-402.5		100	3	42.5	-50	-50	42.5	142.5	112.5	125	130	130	272.5
A	Emily Spafford	17	F_T2_C_ABPU	73.3	75	0.9646		16	95	105	115		115	3	60	65	-72.5	65	180	115	125	140	140	320
A	Maria Jose Gonzalez	35	F_O_R_ABPU	71.45	75	0.9806							0					0	0	-420		-427.5	0	0
A	Leanne Pearson	33	F_O_R_ABPU	58.75	60	1.1325		13	115	120	125		125	0	60	65	67.5	67.5	192.5	120	125	130	130	322.5
A	Samantha Vickers	34	F_O_R_ABPU	66.3	67.5	1.0339		14	110	-447.5	117.5		117.5	2	65	-70	70	70	187.5	125	140	145	145	332.5
A	Katie Rourke	24	F_O_R_ABPU	74.5	75	0.9547		16	105	115	125		125	3	65	70	72.5	72.5	197.5	130	140	150	150	347.5
A	Amanda Hillary	33	F_O_C_ABPU	65.75	67.5	1.0397		14	175	182.5	185		185	1	60	-65	-65	60	245	145	155	-462.5	155	400
A	Sandra Coombes	71	F_M7_R_ABPU	74.25	75	0.9563							0	2p	42.5	47.5	50	50	0				0	0

Flt B	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	Sarah Knight BP	35	F_O_R_ABPU	108.8	SHW	0.815		13i	100	110	<del>117.5</del>		110	3p	70	77.5	82.5	82.5	192.5	100	110	115	115	307.5
B	Corban Perry	14	M_T1_C_ABPU	60.9	67.5	0.8415		15	80	100	<del>125</del>		100	3	50	<del>62.5</del>	62.5	62.5	162.5	100	120	140	140	302.5
B	Jane Boyd BP	38	F_O_R_ABPU	87.4	90	0.8751		18	80	90	95		95	3	60	<del>75</del>	<del>75</del>	60	155	110	120	135	135	290
B	Julie Churm	53	F_M3_C_ABPU	110.6	SHW	0.8121		18	<del>85</del>	100	110		110	3	30	40	50	50	160	110	130	140	140	300
B	Sam Rynne	36	F_O_C_ABPU	82.25	82.5	0.9011		16	115	120	<del>125</del>		120	3	52.5	55	57.5	57.5	177.5	120	<del>125</del>	125	125	302.5
B	Ashleigh Smedley	25	F_O_C_ABPU	84.1	90	0.8912		13	110	120	130		130	3	50	<del>60</del>	<del>60</del>	50	180	120	125	<del>130</del>	125	305
B	Lucy Armitage	17	F_T2_R_ABPU	81.2	82.5	0.9076		17	90	105	<del>112.5</del>		105	3	50	<del>55</del>	<del>55</del>	50	155	120	130	145	145	300
B	Ann Votsikas	55	F_M4_R_ABPU	87.5	90	0.8746		17	70	80	90		90	2	55	60	<del>65</del>	60	150	135	147.5	152.5	152.5	302.5
B	Holly Bolus	30	F_O_C_ABPU	83.65	90	0.8933		17	90	115	125		125	2	47.5	<del>55</del>	55	55	180	135	145	<del>155</del>	145	325
B	Dylan Brooker	16	M_T2_C_BPU	70.25	75	0.7469		17	135		<del>155</del>		135	3	80	90	<del>100</del>	90	225	165	175	185	185	410
B	Syed Haque	19	M_T3_C_ABPU	85.1	90	0.6579		17	<del>175</del>	175	190		190	3	100	107.5	<del>112.5</del>	107.5	297.5	180	200	220	220	517.5
B	Joseph Ferguson	19	M_T3_C_BPU	108.8	110	0.5905		18	260	280	295		295	3	210	220		220	515	275	<del>290</del>	290	290	805
B	Robyn vaughan	28	F_O_R_ABPU	89.15	90	0.8673							0	3	90	95	100	100	0				0	0

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	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
C	Alexander Clay	27	M_O_R_ABPU	65.95	67.5	0.7852		17	-430	130	-450		130	2	80	90	-92.5	90	220	130	145	160	160	380
C	Owen Crisp	21	M_J_R_ABPU	73.35	75	0.7235		18	110	117.5	122.5		122.5	3	72.5	80	82.5	82.5	205	152.5	162.5	-467.5	162.5	367.5
C	Andrew Charles Wright	26	M_O_C_ABPU	80.65	82.5	0.679		17	145	152.5	160		160	3	87.5	92.5	97.5	97.5	257.5	160	172.5	-482.5	172.5	430
C	Jethpal Nijjar	26	M_O_R_ABPU	74	75	0.7193		18	160	170	-475		170	3	85	92.5	-97.5	92.5	262.5	160	175	185	185	447.5
C	Mohammed Rashid	22	M_J_C_ABPU	65.75	67.5	0.7872		17	155	160	-470		160	3	105	112.5	-420	112.5	272.5	175	185	195	195	467.5
C	Shahin Miah	20	M_J_C_ABPU	64.45	67.5	0.8004		16	165	175	185		185	3	95	-405	112.5	112.5	297.5	185	-495	-495	185	482.5
C	Stafford Young	20	M_J_R_ABPU	87.85	90	0.6463		19	140	150	160		160	3	85	90	95	95	255	170	185	-200	185	440
C	Sibghat Ullah	41	M_M1_R_ABPU	74.45	75	0.7159		16	160	165	170		170	3	90	95	100	100	270	180	195	205	205	475
C	Chris Palmer	29	M_O_R_ABPU	74.95	75	0.7126		19	125	135	-445		135	3	102.5	-407.5	-407.5	102.5	237.5	205	210	217.5	217.5	455
C	James Furnish BPD	34	M_O_C_ABPU	74.5	75	0.7159		17	160	180	205		205	3	100	110	-417.5	110	315	180	205	220	220	535
C	Bradley nortcliffe	23	M_J_C_ABPU	60.3	67.5	0.849		16	180	-490	190		190	3	110	115	120	120	310	215	225	230	230	540
C	Paul Wardally	23	M_J_C_ABPU	135	140	0.562		20i	170	180	190		190	4	90	-95	102.5	102.5	292.5	220	230	240	240	532.5
C	Michael Keegan	22	M_J_C_ABPU	113.6	125	0.583		17	240	260	-272.5		260	3	122.5	127.5	-432.5	127.5	387.5	220	235	-250	235	622.5
C	Ben Flawith	23	M_J_C_ABPU	129.2	140	0.5662		19i	290	305	-340		305	4	180	-492.5	-492.5	180	485	292.5	-345	315	315	800
C	David Gould BP	34	M_O_R_ABPU	74.6	75	0.7152							0	3	-97.5	100	105	105	0				0	0
C	Ricky McDonald APD	34	M_O_R_ABPU	73.65	75	0.7214							0	4	140	147.5	155	155	0				0	0

## SUNDAY 16<sup>th</sup> February

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	James Matthews-Williams	28	M_O_C_BPU	98.55	100	0.6121		19	292.5	310	-315		310	3	177.5	185	187.5	187.5	497.5	75			75	572.5
A	Dave Langridge	44	M_M1_R_ABPU	90	90	0.6384		18	130	-440	-440		130	3	85	92.5	97.5	97.5	227.5	155	165	175	175	402.5
A	James McCubbin	29	M_O_R_ABPU	93.05	100	0.6279		20	155	170	175		175	4	90	95	100	100	275	175	185	200	200	475
A	Daniel Stafford	32	M_O_C_ABPU	89	90	0.6421		17i	175	190	200		200	3	95	102.5	105	105	305	180	190	200	200	505
A	Andrew Bretherton BP DL	38	M_O_R_ABPU	99.85	100	0.6088		21	125	137.5	145		145	4	100	-440	-445	100	245	180	200	-245	200	445
A	Paul Galloway	29	M_O_C_ABPU	95.5	100	0.6206		18	160	165	172.5		172.5	4	95	107.5	112.5	112.5	285	195	205	215	215	500
A	Tom Copeland	32	M_O_C_ABPU	89.8	90	0.6391		18	195	210	217.5		217.5	4	130	140	-445	140	357.5	210	220	227.5	227.5	585
A	Darren collett	37	M_O_C_ABPU	99.6	100	0.6096		19	185	205	215		215	4	125	132.5	-435	132.5	347.5	220	230	-240	230	577.5
A	John Penn	41	M_M1_C_ABPU	93.25	100	0.6272		18	190	-240	-240		190	3	110	117.5	120	120	310	220	235	247.5	247.5	557.5
A	Samuel Godfrey-Mayes	28	M_O_C_ABPU	94.8	100	0.6226		18	202.5	215	225		225	3	107.5	115	122.5	122.5	347.5	222.5	237.5	247.5	247.5	595
A	David Brodlie	24	M_O_C_ABPU	99.35	100	0.6101		21	210	220	225		225	3	130	-440	-440	130	355	235	250	255	255	610
A	Nathaniel Robinson	26	M_O_R_BPU	95.8	100	0.6197		17i	210	220	227.5		227.5	4	120	125		125	352.5	235	252.5	-260	252.5	605
A	Sie Vickers	37	M_O_C_ABPU	89.1	90	0.6417		17i	220	240			240	3	110			110	350	240	260		260	610
A	Nigel Beattie	36	M_O_R_ABPU	97.1	100	0.6161		18	200	-240	210		210	4	137.5	142.5		142.5	352.5	250	-270		250	602.5
A	Sam Ounsworth	21	M_O_C_ABPU	95.5	100	0.6206		17	217.5	227.5	240		240	4	160	170	177.5	177.5	417.5	255	-272.5	275	275	692.5
A	Alexander Gurton	24	M_O_C_BPU	99.35	100	0.6101		20	265	280	290		290	3	150	157.5	-462.5	157.5	447.5	260	-272.5	272.5	272.5	720
A	Rob Warburton	36	M_O_C_ABPU	100	100	0.6086		20	235	255			255	4	140	-450	150	150	405	260	-280	-280	260	665
A	Ben Thornes	32	M_O_R_ABPU	99.25	100	0.6103		20	205	212.5	217.5		217.5	4	122.5	127.5	132.5	132.5	350	260	280	300	300	650
A	Karl Daniel	24	M_O_C_BPU	90	90	0.6384		21	220	240	-250		240	4	150	160	-465	160	400	280	300		300	700

Flt B	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	Gary Redfern-Smith	46	M_M2_C_ABPU	107.2	110	0.5933		17	155	170	185		185	3p	100	107.5	-440	107.5	292.5	140	195	-202.5	195	487.5
B	Andy Philp	48	M_M2_C_BPU	106.5	110	0.5946		23i	245	260	-265		260	6	100	120	130	130	390	140			140	530
B	Steven Cox DL	31	M_O_S_ABPU	103.7	110	0.6002		22	170	190	-240		190	4	-430	-440		0	0	160	170	180	180	0
B	Nadeem Mahmood	41	M_M1_R_ABPU	109.3	110	0.5897		20	180	190	202.5		202.5	5	107.5	112.5	117.5	117.5	320	195	210	222.5	222.5	542.5
B	William Webb	29	M_O_C_ABPU	106	110	0.5956		20	207.5	217.5	227.5		227.5	5	115	122.5	127.5	127.5	355	200	212.5	222.5	222.5	577.5
B	Kevin Savoury	59	M_M4_C_ABPU	98.35	100	0.6126		17	160	170	185		185	4	110	120	-430	120	305	200	220	230	230	535
B	Phillip Allan	26	M_O_C_ABPU	109.1	110	0.59		20	200	212.5	220		220	3	162.5	175	182.5	182.5	402.5	205	220	-227.5	220	622.5
B	Richard Baker	50	M_M3_R_ABPU	106.9	110	0.5939		18	190	207.5	220		220	4	140	-450	-450	140	360	225	240	245	245	605
B	Adam Jones	29	M_O_R_ABPU	109.6	110	0.5892		16	200	210			210	3	140	150		150	360	240			240	600
B	Keiran Johnson	31	M_O_R_ABPU	106.1	110	0.5954							0	4	147.5	157.5	162.5	162.5	0				0	0

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	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
C	Robert Thornhill	47	M_M2_R_ABPU	117.3	125	0.5781		22i	120	-427.5	127.5		127.5	5	97.5	-402.5	102.5	102.5	230	150	160	-470	160	390
C	Phil Hadley	40	M_M1_R_ABPU	134.3	140	0.5624		17	160	170	-477.5		170	4	72.5	85	-90	85	255	180	-495	-495	180	435
C	Jacob Teffs	31	M_O_C_ABPU	118.7	125	0.5764		17i	170	180	190		190	3	115	122.5	130	130	320	190	200	212.5	212.5	532.5
C	Shaun Nightingale	27	M_O_C_ABPU	122	125	0.5728		20i	-200	200	-227.5		200	4	80	-90		80	280	-200	225	-240	225	505
C	Mark Bowler	40	M_M1_C_ABPU	115.9	125	0.5799		20i	180	190	210		210	4	-440	120	130	130	340	235	250	265	265	605
C	edward holt	25	M_O_C_ABPU	120.6	125	0.5743		21i	245	262.5	272.5		272.5	4	150	160		160	432.5	240	260	-267.5	260	692.5
C	Christopher Farrow	38	M_O_S_ABPU	121.8	125	0.573		22	255	265			265	4	150	170	200	200	465	220	252.5	280	280	745
C	Ian Slater	29	M_O_C_ABPU	172.9	SHW	0.5417		18	-280	280	-300		280	4	170	180	195	195	475	240	260	-280	260	735
C	alex Shortland	27	M_O_C_ABPU	118.3	125	0.5769		20	215	-240	240		240	4	140	150	155	155	395	250	270	-280	270	665
C	Edwin Bosse	25	M_O_R_ABPU	122.2	125	0.5726		20i	225	235	245		245	5	145	152.5	160	160	405	280	295	302.5	302.5	707.5
C	Matthew Steele	34	M_O_C_BPU	124.5	125	0.5703		18i	310	-330	-330		310	4	-485	195	205	205	515	290	310	320	320	835
C	<b>Martin Cooke</b>	<b>49</b>	<b>M_M2_C_ABPU</b>	<b>156.2</b>	<b>SHW</b>	<b>0.5501</b>		<b>17</b>	<b>220</b>	<b>240</b>	<b>260</b>		<b>260</b>	<b>4p</b>	<b>140</b>	<b>150</b>	<b>-460</b>	<b>150</b>	<b>410</b>	<b>180</b>	<b>190</b>		<b>190</b>	<b>600</b>
C	Lee Smith	41	M_M1_C_ABPU	140.4	SHW	0.5586		22	140	160	-470		160	4	120	125	127.5	127.5	287.5	210	220		220	507.5
C	Richard Evans	52	M_M3_S_ABPU	156	SHW	0.5502							0	5	147.5	157.5	162.5	162.5	0				0	0
C	James Godber	34	M_O_S_BPU	136.5	140	0.561							0	5	265	-290	-290	265	0				0	0