

## Midlands and South Yorkshire Qualifiers 2019

Saturday 9<sup>th</sup> Feb

Flt	Name	Age	Div	BWt (Kg)	WtCls (Kg)	WtCls	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	Best Deadlift	PL Total
A	Beverly Johnson+BO+DO	53	F_M3_R_ABPU	66.75	67.5	1.0283		16	70	75	77.5	77.5	2	45	50	<del>55</del>	50	127.5	85	90	<del>95</del>	90	217.5
A	Shauna O'Brien	29	F_O_R_BPU	54.15	56	1.2071		140	70	<del>80</del>	80	80	2	40	<del>45</del>	45	45	125	90	100	<del>110</del>	100	225
A	Heidi Brown+Bench only	26	F_O_C_ABPU	55.15	56	1.19		140	105	110	115	115	0	65	70	<del>75</del>	70	185	110	115	<del>117.5</del>	115	300
A	Nel Fryzer	27	F_O_R_ABPU	52.35	56	1.2393		16	85	87.5	<del>90</del>	87.5	2	37.5	40	<del>45</del>	40	127.5	120	125	<del>130</del>	125	252.5
A	Zowie Trevena	36	F_O_C_BPU	64.45	67.5	1.0551		150	<del>110</del>	110	120	120	2	50	<del>60</del>	<del>60</del>	50	170	122.5	130	140	140	310
A	Claire Spencer	35	F_O_C_ABPU	67.2	67.5	1.0239		17	70	80	<del>90</del>	80	4	50	55	57.5	57.5	137.5	125	147.5	<del>150</del>	147.5	285
A	Cheryl Stanley	29	F_O_R_ABPU	59.15	60	1.1266		140	102.5	110	<del>117.5</del>	110	2	55	60	62.5	62.5	172.5	127.5	137.5	142.5	142.5	315
A	Yvette Wilmot	36	F_O_C_ABPU	60	60	1.1149		140	90	<del>100</del>	<del>100</del>	90	3	55	57.5	60	60	150	140	150	<del>157.5</del>	150	300
A	Emily Ilydd-Whittington	21	F_J_C_ABPU	64.15	67.5	1.0588		16i	<del>155</del>	155	165	165	2	77.5	82.5	85	85	250	165	175	180	180	430

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	Best Deadlift	PL Total
B	Sandra Coombes	70	F_M7_R_ABPU	76.7	82.5	0.9376		130	50	55	60	60	3	35	40	42.5	42.5	102.5	80	90	400	90	192.5
B	Kerrie Price+DO	27	F_O_C_ABPU	84.25	90	0.8902		170	115	125	132.5	132.5	2	55	60	62.5	60	192.5	140	155	160	160	352.5
B	Katherine Rogers	39	F_O_C_ABPU	100.6	SHW	0.8311		170	150	170	180	180	3	50	60	65	65	245	440	150	162.5	162.5	407.5
B	Lucinda Stansfield	29	F_O_C_ABPU	73.4	75	0.9638		16i	155	175	485	175	2	60	62.5	65	65	240	150	462.5	462.5	150	390
B	Katie Rourke	23	F_J_R_ABPU	74.8	75	0.9522		15	100	110	125	125	2	55	60	67.5	67.5	192.5	110	125	440	125	317.5
B	Samantha Vickers	33	F_O_R_ABPU	69.35	75	1.0008		140	100	110	115	115	3	57.5	62.5	67.5	62.5	177.5	125	135	445	135	312.5
B	Maureen Proctor	52	F_M3_C_ABPU	84.2	90	0.8907		150	405	440	110	110	2	72.5	75	75	72.5	182.5	130	135	140	140	322.5
B	Laura Smith	37	F_O_R_ABPU	70.05	75	0.9939		150	117.5	127.5	135	135	3	65	70	75	75	210	147.5	162.5	470	162.5	372.5
B	Gillian Millward + BO	37	F_O_S_ABPU	75	75	0.9506		16	115	420	120	120	3	75	80	80	75	195	120	430	130	130	325
B	Jane Boyd	37	F_O_R_ABPU	83.4	90	0.895		180	90	105	412.5	105	3	82.5	87.5	87.5	82.5	187.5	110	125	435	125	312.5
B	Robyn Vaughan BO	27	F_O_R_ABPU	97.55	SHW	0.8388						0	3	80	87.5	92.5	87.5	0				0	0
B	Sal Lack DL	42	F_M1_R_ABPU	89.8	90	0.8649						0				92.5	0	0	105	112.5	120	120	0
B	Nicola Goodwill BO+DO	37	F_O_R_BPU	88.4	90	0.8707						0	4	115	122.5	127.5	127.5	0	205	212.5	217.5	217.5	0
B	Hannah Venn-Munns	31	F_O_C_ABPU	73.3	75	0.9646		180	90	90		90	3	60	65		65	155	115			115	270

Flt C	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	Best Deadlift	PL Total
C	Joey Mitchell	53	M_M3_R_ABPU	58.95	60	0.8662		160	90	100	110	110	3	50	60	-70	60	170	90	102.5	110	110	280
C	Mathew Pond	15	M_T1_R_ABPU	70.7	75	0.7437		150	130	140	147.5	147.5	3	100	-105	105	105	252.5	145	155	165	165	417.5
C	Stafford Young	19	M_T3_R_ABPU	81.5	82.5	0.6749		190	130	140	145	145	4	72.5	80	90	90	235	155	170	-190	170	405
C	David Gould	33	M_O_R_ABPU	71.3	75	0.739		180	137.5	145		145	3	62.5	87.5	-92.5	87.5	232.5	165	-175		165	397.5
C	Jethpal Nijjar	25	M_O_R_ABPU	74.15	75	0.7179		190	145	150	-160	150	4	85	87.5	-92.5	87.5	237.5	165			165	402.5
C	Charles Tanbis	23	M_J_C_ABPU	89.1	90	0.6417		180	120	-130	130	130	4	80	-90	90	90	220	170	180	-190	180	400
C	Sibghat Ullah	39	M_O_R_ABPU	74.55	75	0.7152		180	142.5	152.5	-162.5	152.5	3	87.5	95	-100	95	247.5	180	-195	-195	180	427.5
C	Daniel Routledge	22	M_J_R_ABPU	78.75	82.5	0.6893		160	160	170	177.5	177.5	2	90	100	-102.5	100	277.5	200	212.5	-222.5	212.5	490
C	Bradley Nortcliffe	22	M_J_C_ABPU	61.5	67.5	0.8341		160	170	180	-187.5	180	3	110	117.5	-122.5	117.5	297.5	200	215	-225	215	512.5
C	Daniel Gildersleeve	31	M_O_C_ABPU	71.05	75	0.7406		130	185	-205	205	205	3	112.5	122.5	127.5	127.5	332.5	210	227.5	235	235	567.5
C	George Walton	25	M_O_R_ABPU	73.8	75	0.7207		170	180	-190	195	195	3	127.5	-135	-135	127.5	322.5	220			220	542.5
C	Jamie Routledge	21	M_J_C_ABPU	81.5	82.5	0.6749		180	170	185	192.5	192.5	3	105	112.5	117.5	117.5	310	225	235	245	245	555

Sunday 10<sup>th</sup> February

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	Best Deadlift	PL Total
A	Anthony Gill	49	M_M2_R_ABPU	81.75	82.5	0.6734		18i	125	132.5	137.5	137.5	4	100	105	110	110	247.5	165	175	180	180	427.5
A	Jamie Walmsley	31	M_O_C_ABPU	79.15	82.5	0.6871		22	150	160		160	4	110	-420	122.5	122.5	282.5	170	185	200	200	482.5
A	Al Kotwal	30	M_O_R_ABPU	80.05	82.5	0.6822		17	135	145	150	150	3	100	107.5	-440	107.5	257.5	185	192.5	-200	192.5	450
A	Daniel McCaughey	33	M_O_C_BPU	81.15	82.5	0.6764		16	155	165	175	175	3	115	125	132.5	132.5	307.5	185	200	210	210	517.5
A	Craig Dobbs	27	M_O_R_ABPU	89.35	90	0.6406		20	157.5	165	-472.5	165	4	120	127.5	132.5	132.5	297.5	190	207.5	215	215	512.5
A	Benjamin Gadsdon	27	M_O_R_ABPU	88.95	90	0.6421		17	160	170	187.5	187.5	3	-430	130	140	140	327.5	200	220	232.5	232.5	560
A	Maxwell Colonna+ DO	33	M_O_C_ABPU	80.9	82.5	0.6779		19	180			180	3	110	120	-427.5	120	300	200	220		220	520
A	Sean Sutherland	32	M_O_R_ABPU	88.5	90	0.644		18	170	185	192.5	192.5	5	115	122.5	125	125	317.5	215	230	237.5	237.5	555
A	Darren Clayton	38	M_O_C_BPU	80.45	82.5	0.68		17	190			190	3	130	140	145	145	335	220	-230		220	555
A	Paul Beattie	31	M_O_C_ABPU	80.65	82.5	0.679		14	200	220	240	240	2	150	-457.5	160	160	400	230	242.5	252.5	252.5	652.5
A	Andy Parton	32	M_O_C_ABPU	87.65	90	0.6471		17in	240	262.5	-275	262.5	4	140	150	155	155	417.5	240	260	272.5	272.5	690
A	Leon Holmes	24	M_O_C_ABPU	89.1	90	0.6417		18o	245	-265	-265	245	4	145	-450		145	390	275	285	-300	285	675

Flt B	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wlks	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	Best Deadlift	PL Total
B	Keiran Johnson	32	M_O_C_ABPU	96.3	100	0.6183		19	140	150	160	160	4	120	127.5	132.5	132.5	292.5	175	192.5	207.5	207.5	500
B	Bryn Powell	39	M_O_C_ABPU	93.65	100	0.626		19	175	185	195	195	4	135	145	150	150	345	200	215	230	230	575
B	Jason Berrington	35	M_O_C_ABPU	95.8	100	0.6197		22	180	190	205	205	3	130	140	147.5	147.5	352.5	210	230	247.5	247.5	600
B	Tom Collins	28	M_O_C_ABPU	98.55	100	0.6121		19	<del>230</del>	235	<del>245</del>	235	3	130	140	145	145	380	220	230	<del>235</del>	230	610
B	Dariusz Trojniak	30	M_O_C_BPU	99.45	100	0.6098		21	<del>215</del>	215	<del>225</del>	215	4	120	132.5	137.5	137.5	352.5	220	232.5	<del>240</del>	232.5	585
B	Stephen Wilcox	44	M_M1_C_ABPU	96.65	100	0.6172		19	130	<del>150</del>	<del>150</del>	130	4	120	<del>130</del>	<del>130</del>	120	250	220	<del>240</del>	<del>240</del>	220	470
B	John Penn	40	M_M1_C_ABPU	92.6	100	0.6295		18	185	200	<del>210</del>	200	3	100	110	<del>120</del>	110	310	220	237.5	245	245	555
B	Darren Collett	36	M_O_C_ABPU	96.7	100	0.6172		20	180	200	210	210	3	125	130	<del>132.5</del>	130	340	225	<del>242.5</del>	<del>242.5</del>	225	565
B	Jesse Page	31	M_O_C_ABPU	96.45	100	0.6177		18	210	220		220	3	130	140	150	150	370	240	250	<del>255</del>	250	620
B	Nigel Beattie	35	M_O_R_ABPU	98.35	100	0.6126		18	190	200	207.5	207.5	4	130	137.5	<del>142.5</del>	137.5	345	240	260	<del>277.5</del>	260	605
B	Marion Wragg	26	M_O_C_ABPU	98.8	100	0.6116		18	300	<del>320</del>	<del>320</del>	300	4	160	170	175	175	475	280	300		300	775
B	Tawanda Bwerudza	25	M_O_C_ABPU	98.7	100	0.6118		19	260	<del>280</del>	280	280	5	140	150	<del>155</del>	150	430	300	320	<del>330</del>	320	750
B	Jason Etherington ABLE and DIS	35	M_O_R_ABPU	95.1	100	0.6217						0	0	65	70	75	75	0				0	0

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	Best Deadlift	PL Total
C	Robert Thornhill	46	M_M2_R_ABPU	114.6	125	0.5816		23	102.5	110	<del>117.5</del>	110	5	90	97.5	100	100	210	140	155	162.5	162.5	372.5
C	Andrew Bretherton	37	M_O_R_ABPU	102	110	0.6039		20	110	120	<del>127.5</del>	120	4	110	<del>145</del>	<del>145</del>	110	230	155	170	185	185	415
C	Shaun Millward	37	M_O_R_ABPU	104.4	110	0.5988		190	160	170	175	175	4	110	<del>145</del>	<del>145</del>	110	285	170	180	<del>185</del>	180	465
C	Nadeem Mahmood	40	M_M1_R_ABPU	109.9	110	0.5887		210	160	175	185	185	5	<del>97.5</del>	97.5	107.5	107.5	292.5	180	195	205	205	497.5
C	Phillip Allan	25	M_O_C_ABPU	107.8	110	0.5923		210	185	200	<del>210</del>	200	3	155	170	180	180	380	190	210	<del>220</del>	210	590
C	Kevin Hewitson	41	M_M1_C_BPU	105.8	110	0.596		20in	190	200	210	210	5	130	140	147.5	147.5	357.5	210	<del>222.5</del>	222.5	222.5	580
C	Ben Stacey	25	M_O_C_ABPU	122.3	125	0.5725		22	180	190	200	200	5	120	130	140	140	340	200	210	240	240	580
C	Alex McClymont	35	M_O_C_ABPU	128.6	140	0.5667		18in	170	200	220	220	3	150	160	165	165	385	210	230	250	250	635
C	Ryan Mears	26	M_O_C_ABPU	121.7	125	0.5731		20in	200	220	<del>235</del>	220	4	125	135	<del>145</del>	135	355	210	230	250	250	605
C	Scott Neary	29	M_O_C_ABPU	113.9	125	0.5826		17in	<del>270</del>	270	<del>290</del>	270	3	150	160	<del>175</del>	160	430	240	260	<del>270</del>	260	690
C	Thomas Sheppard	26	M_O_R_BPU	102	110	0.6039		18in	190			190	3	150	162.5	170	170	360	240	260	275	275	635
C	Liam Jones	32	M_O_C_ABPU	138.4	140	0.5598		190	<del>210</del>	210	225	225	4	145	152.5	<del>165</del>	152.5	377.5	257.5	272.5	<del>280</del>	272.5	650
C	Gerry-Lee Pierre	24	M_O_C_ABPU	102.5	110	0.6028		200	270	<del>290</del>	290	290	4	170	180	182.5	182.5	472.5	270	290	<del>300</del>	290	762.5
C	Marcus Kay	22	M_O_C_BPU	110	110	0.5885		170	320	<del>340</del>		320	3	190	200	205	205	525	300	320	330	330	855
C	Jared Holmes BO DO	27	M_O_R_BPU	132.8	140	0.5635						0	5	160	187.5	<del>200</del>	187.5	0	260	300		300	0

Flt C	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	Best Deadlift	PL Total
C	Robert Thornhill	46	M_M2_R_ABPU	114.6	125	0.5816		23	102.5	110	-447.5	110	5	90	97.5	100	100	210	140	155	162.5	162.5	372.5
C	Andrew Bretherton	37	M_O_R_ABPU	102	110	0.6039		20	110	120	-427.5	120	4	110	-445	-445	110	230	155	170	185	185	415
C	Shaun Millward	37	M_O_R_ABPU	104.4	110	0.5988		19o	160	170	175	175	4	110	-445	-445	110	285	170	180	-485	180	465
C	Nadeem Mahmood	40	M_M1_R_ABPU	109.9	110	0.5887		21o	160	175	185	185	5	-97.5	97.5	107.5	107.5	292.5	180	195	205	205	497.5
C	Phillip Allan	25	M_O_C_ABPU	107.8	110	0.5923		21o	185	200	-240	200	3	155	170	180	180	380	190	210	-220	210	590
C	Kevin Hewitson	41	M_M1_C_BPU	105.8	110	0.596		20in	190	200	210	210	5	130	140	147.5	147.5	357.5	210	-222.5	222.5	222.5	580
C	Ben Stacey	25	M_O_C_ABPU	122.3	125	0.5725		22	180	190	200	200	5	120	130	140	140	340	200	210	240	240	580
C	Alex McClymont	35	M_O_C_ABPU	128.6	140	0.5667		18in	170	200	220	220	3	150	160	165	165	385	210	230	250	250	635
C	Ryan Mears	26	M_O_C_ABPU	121.7	125	0.5731		20in	200	220	-235	220	4	125	135	-445	135	355	210	230	250	250	605
C	Scott Neary	29	M_O_C_ABPU	113.9	125	0.5826		17in	-270	270	-290	270	3	150	160	-475	160	430	240	260	-270	260	690
C	Thomas Sheppard	26	M_O_R_BPU	102	110	0.6039		18in	190			190	3	150	162.5	170	170	360	240	260	275	275	635
C	Liam Jones	32	M_O_C_ABPU	138.4	140	0.5598		19o	-240	210	225	225	4	145	152.5	-465	152.5	377.5	257.5	272.5	-280	272.5	650
C	Gerry-Lee Pierre	24	M_O_C_ABPU	102.5	110	0.6028		20o	270	-290	290	290	4	170	180	182.5	182.5	472.5	270	290	-300	290	762.5
C	Marcus Kay	22	M_O_C_BPU	110	110	0.5885		17o	320	-340		320	3	190	200	205	205	525	300	320	330	330	855
C	Jared Holmes BO DO	27	M_O_R_BPU	132.8	140	0.5635						0	5	160	187.5	-200	187.5	0	260	300		300	0