

North Wales Qualifier 9 and 10 March 2019

Saturday 9th March

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	Natasha Bacigalupo	30	F_O_C_ABPU	52	52	1.2466		160	60	65	70		70	2	32.5	35	37.5	37.5	107.5	80	90	100	100	207.5
A	Leonie Bass	43	F_M1_C_ABPU	54	56	1.2106		180	-75	75	-80		75	2	40	45	-50	45	120	75	80	-85	80	200
A	Emma Heaton	27	F_O_R_ABPU	59.8	60	1.1178		150	75	80	85		85	2	42.5	45	47.5	47.5	132.5	105	115	125	125	257.5
A	Victoria Court	31	F_O_C_ABPU	55.1	56	1.1916		160	82.5	87.5	95		95	1	70	75	-80	75	170	100	110	-120	110	280
A	Jayne Spillane	45	F_M2_C_ABPU	62.4	67.5	1.0818		150	85	90	-95		90	3	-40	40	45	45	135	95	105	-140	105	240
A	Tess O'Flaherty	52	F_M3_C_ABPU	55.6	56	1.1832		150	85	90	95		95	2	55	60	-62.5	60	155	100	110	115	115	270
A	Pamela Fellows	30	F_O_C_ABPU	73.8	75	0.9604		150	85				85	3	65	75	82.5	82.5	167.5	100			100	267.5
A	Claire Comiskey+DL	36	F_O_R_ABPU	68.4	75	1.011		150	85	-92.5	100		100	2	45	50	52.5	52.5	152.5	130	140	150	150	302.5
A	Marie-Anne Thomas	33	F_O_C_ABPU	67.1	67.5	1.025		150	90	-100	100		100	2	35	40	45	45	145	100	110	-145	110	255
A	Chanel Hanes	24	F_O_R_ABPU	62.8	67.5	1.0765		150	97.5	102.5	110		110	3	60	65	-70	65	175	117.5	125	132.5	132.5	307.5
A	Jenny Davies	23	F_J_R_ABPU	73.3	75	0.9646		150	-100	100	110		110	3	50	55	-60	55	165	110		-125	110	275
A	Ashleigh Smedley	24	F_O_C_ABPU	72.9	75	0.9681		160	100	105	-140		105	2	40	-42.5	45	45	150	120	-125	-125	120	270
A	Nia Golding	48	F_M2_C_ABPU	62.3	67.5	1.0831		120	-100	100	-120		100	3	50	55	-60	55	155	140	155	165	165	320
A	Donna Phillips	30	F_O_C_ABPU	70.7	75	0.9881		160	105	115	125		125	2	67.5	75	-80	75	200	135	150	160	160	360
A	Leanne Pearson	32	F_O_R_ABPU	55.1	56	1.1916		170	110	115	-120		115	2	50	55	-57.5	55	170	110	120	-125	120	290
A	Rebecca Kay	26	F_O_R_ABPU	67.5	67.5	1.0206		140	120	130	140		140	2	70	75	80	80	220	150	160	172.5	172.5	392.5
A	Kerry Jones	31	F_O_R_BPU	74.4	75	0.9555		150	125	135	142.5		142.5	3	60	70	-80	70	212.5	135	145	155	155	367.5
A	Fay Davies	32	F_O_R_ABPU	66.2	67.5	1.0351							0	2	77.5	-80	80	80	0	157.5	-165	170	170	0

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B	Sophie Begley	23	F_J_C_ABPU	95.9	SHW	0.8437		130	52.5	60	60		60	3	32.5	37.5	40	40	100	95	102.5	112.5	112.5	212.5
B	Christina McDermott	36	F_O_R_ABPU	123	SHW	0.7962		130	80	80	85		80	3	65	70	75	70	150	87.5	95	115	95	245
B	Sarah Jayne Riley	28	F_O_R_ABPU	84.4	90	0.8896		130	82.5	87.5	92.5		92.5	3	62.5	70	75	70	162.5	130	135	140	135	297.5
B	Dawn Birchill	33	F_O_C_ABPU	89.5	90	0.8661		13	85	90	100		100	3	50	57.5	62.5	57.5	157.5	120	130	140	130	287.5
B	Pauline Dolan	61	F_M5_C_ABPU	81.1	82.5	0.9082		130	85	95	100		100	2	47.5	52.5	57.5	57.5	157.5	125	132.5	137.5	132.5	290
B	Charlotte Clarke	32	F_O_R_ABPU	106.4	SHW	0.8191		140	90	95	102.5		102.5	2	52.5	57.5	60	60	162.5	130	137.5	142.5	142.5	305
B	Monica Hofvind	22	F_J_C_BPU	89.1	90	0.8677		130	110	120	130		120	1	62.5	65	70	70	190	120	130	130	130	320
B	Lauren Aitchison	22	F_J_C_BPU	89.6	90	0.8657		140	110	120	132.5		120	2	62.5	65	70	65	185	127.5	140	150	150	335
B	Cloe Morley	25	F_O_C_ABPU	100.8	SHW	0.8307		130	130	135	142.5		142.5	2	57.5	60	65	65	207.5	125	140	150	150	357.5
B	Jenni Crimmins	28	F_O_C_ABPU	135.3	SHW	0.7825		120	140	147.5	157.5		157.5	3	80	85	90	90	247.5	160	160	172.5	172.5	420
B	Amie Walters	24	F_O_C_ABPU	113.5	SHW	0.8079		100	170	180	190		190	4	65	70	75	70	260	180	190	200	190	450
B	Erin Cartwright	28	F_O_C_ABPU	108.6	SHW	0.8153		130	190	200	210		200	3	80	90	90	80	280	180	190		190	470
B	Hailie Slack	38	F_O_C_BPU	80.5	82.5	0.9119		17	202.5	220	220		202.5	1	100	105	110	110	312.5	180	200		180	492.5
B	Jemma Stubbs	30	F_O_R_ABPU	80.5	82.5	0.9119							0					0	0	132.5	142.5		142.5	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	Morgan Williams	17	M_T2_C_ABPU	61	67.5	0.8402		16o	80	95	-140		95	2	100	-107.5	-107.5	100	195	120	130	140	140	335
C	Anthony Gill	49	M_M2_R_ABPU	81.5	82.5	0.6749		12i	135	142.5	150		150	3	105	110	115	115	265	165	182.5	187.5	187.5	452.5
C	Piotr Zietal	32	M_O_C_ABPU	79.5	82.5	0.6854		12	150	157.5	165		165	2	95	100	105	105	270	185	195	200	200	470
C	Christopher Bareham	19	M_T3_C_ABPU	82.4	82.5	0.6704		12o	155	165	-170		165	3	110	117.5	125	125	290	175	182.5	-195	182.5	472.5
C	Jon- Paul Pearson	34	M_O_R_ABPU	80.4	82.5	0.6806		13o	-160	-160	160		160	3	85	90	-92.5	90	250	180	192.5	-197.5	192.5	442.5
C	Jake Spottiswood	18	M_T2_C_ABPU	99.6	100	0.6096		11o	165	175	185		185	3	115	122.5	130	130	315	170	185	200	200	515
C	Chris Kershaw	30	M_O_C_ABPU	75	75	0.7126		15	180	190	200		200	2	140	145	150	150	350	180	190	200	200	550
C	Greg Marco	42	M_M1_C_BPU	80.3	82.5	0.6811		13i	-220	220			220	3	147.5	152.5	-155	152.5	372.5	262.5	272.5		272.5	645
C	Ash Armstrong	23	M_J_C_BPU	81.8	82.5	0.6734		12o	240	250	-262.5		250	3	165	-180	-180	165	415	285	300	-307.5	300	715
C	Mike Hoare	27	M_O_C_BPU	82.1	82.5	0.6719		14	250	265	-275		265	3	150	160	165	165	430	270	-290	290	290	720
C	Chris Phelps	31	M_O_M_BPU	79.5	82.5	0.6854		17i	265	-280	-285		265	3	-180	180	-190	180	445	-260	270	280	280	725
C	Adam Walkowycz	15	M_T1_R_ABPU	84.9	90	0.6588							0					0	0	160	175	190	190	0
C	Matt Daniels	35	M_O_R_BPU	141.5	SHW	0.5579							0					0	0	272.5	292.5	310	310	0
C	Ian Chaffey	32	M_O_R_BPU	99.6	100	0.6096							0	4	150	-160	165	165	0				0	0
C	David Wilson	20	M_J_R_BPU	89.4	90	0.6406							0	3	170	-185	185	185	0				0	0
C	Gavin Hughes	33	M_O_R_BPU	124.9	125	0.5699							0	3	240	-255	-255	240	0				0	0

Sunday 10th March

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	Matt Collins	42	M_M1_C_ABPU	89.2	90	0.6413		19	150	157.5			157.5	3	80	85	92.5	92.5	250	170	180	-185	180	430
A	Sean Green	20	M_J_C_ABPU	87.1	90	0.6495		20	155	165	170		170	4	90	95	-102.5	95	265	205	212.5	-247.5	212.5	477.5
A	Gavin Whittaker	33	M_O_C_ABPU	96.1	100	0.6188		19	150	160	170		170	3	110	115	122.5	122.5	292.5	205	215	222.5	222.5	515
A	Joe Byrne	25	M_O_C_ABPU	98	100	0.6136		17	220	-227.5			220	3	140	145	-150	145	365	220	225	-230	225	590
A	Robert Ralph	30	M_O_C_BPU	98	100	0.6136		180	220	232.5	-242.5		232.5	3	132.5	140	145	145	377.5	220	225	235	235	612.5
A	Ian Williams	25	M_O_C_BPU	89.5	90	0.6402		19	205	215	220		220	3	155	165	170	170	390	230	250	-260	250	640
A	Joe Saveker	28	M_O_C_ABPU	99	100	0.6111		180	212.5	230	-240		230	3	130	142.5	-155	142.5	372.5	230	250	-270	250	622.5
A	Robert Masson	28	M_O_C_BPU	99.4	100	0.6101		18	260	275	287.5		287.5	4	137.5	147.5	150	150	437.5	247.5	265	275	275	712.5
A	Conor Neilly	27	M_O_C_BPU	98.9	100	0.6113		180	210	230	-245		230	3	132.5	145	-155	145	375	255	277.5	290	290	665
A	Sam Alderson-Bythell	26	M_O_C_ABPU	96.3	100	0.6183		18	260	270	-280		270	3	170	-180	-180	170	440	260	275	-285	275	715
A	James Taylor	27	M_O_M_BPU	100	100	0.6086		15i	360	380	-380		360	3	-330	-330		0	0				0	0

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B	Michael McDonnel	34	M_O_R_BPU	106.1	110	0.5954		210	175	190	-200		190	5	130	135	140	140	330	210	230	240	240	570
B	Arran Knott	31	M_O_R_BPU	100.2	110	0.6081		19	200	-242.5	-242.5		200	4	145	155	165	165	365	220	230	250	250	615
B	Kye Brown	28	M_O_C_BPU	103.6	110	0.6004		19	230	242.5	260		260	3	150	170	-490	170	430	230	250	265	265	695
B	Christian Murphy	26	M_O_R_BPU	101.1	110	0.606		190	250	-260	-260		250	3	160	165		165	415	250	270	-280	270	685
B	Dave Wilkes	35	M_O_C_ABPU	109.2	110	0.5898		20	225	235	245		245	4	140	-450	150	150	395	255	265	280	280	675
B	James Crosbie	36	M_O_C_ABPU	109	110	0.5902		200	215	225	232.5		232.5	3	145	150	155	155	387.5	270	280	-290	280	667.5
B	Chris Lane	38	M_O_C_BPU	100.5	110	0.6074		16i	-230	230	242.5		242.5	4	147.5	155	162.5	162.5	405	270	285	300	300	705

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	Rich Jones	33	M_O_C_ABPU	124.1	125	0.5707		20	157.5	170	177.5		177.5	3	90	95	100	100	277.5	195	205	-217.5	205	482.5
C	Will Freeman Dunn	36	M_O_C_ABPU	124.4	125	0.5704		21i	190	200	210		210	4	170	180	185	185	395	190	205	230	230	625
C	Dan Cocker	34	M_O_C_BPU	121.3	125	0.5735		21i	205	225	240		240	5	130	137.5	142.5	142.5	382.5	200	220	240	240	622.5
C	Dennis O'shea	33	M_O_R_ABPU	132.9	140	0.5634		20	150	157.5	165		165	4	120	127.5	132.5	132.5	297.5	230	240	250	250	547.5
C	Peter Jones	39	M_O_C_BPU	124.4	125	0.5704		22o	225	240	260		260	5	150	-160	-160	150	410	250	260	270	270	680
C	Nathan Wickham	26	M_O_C_BPU	120.8	125	0.574		20o	225	235	-240		235	4	165	172.5	-180	172.5	407.5	270	-280	-280	270	677.5
C	Peter Edgell	26	M_O_C_BPU	121.3	125	0.5735		20i	-235	250	265		265	4	135	142.5	150	150	415	285	300	312.5	312.5	727.5
C	Mariusz Pilinski	37	M_O_C_BPU	155	SHW	0.5507		19i	325	-340	-350		325	5	220	227.5	232.5	232.5	557.5	300	310	320	320	877.5
C	Tom Smith	25	M_O_C_BPU	124	125	0.5708		17i	287.5	305	317.5		317.5	4	167.5	180	185	185	502.5	300	325	-340	325	827.5
C	Eliot Page	26	M_O_C_BPU	111.5	125	0.5861		16i	330	350	357.5		357.5	4	165	172.5	-177.5	172.5	530	330	-350	-350	330	860
C	Will Newton	33	M_O_M_ABPU	120.1	125	0.5748							0					0	0	-380	380	-400	380	0
C	Will Holliday	21	M_J_C_BPU	135.5	140	0.5616		20o	200	220			220	5	140	155		155	375	230	255		255	630
C	Gariq Johnson	22	M_J_C_BPU	113.6	125	0.583		22i	180				180	5	150	160	170	170	350	250	270		270	620
C	Michael Lucas	24	M_O_C_BPU	139.6	140	0.559		22o	265	275	285		285	5	180	-190		180	465	275	290		290	755