

North Wales Qualifiers 23 and 24 November 2019 – Qualifiers for 2020 British, European and World Championships A/WPC

Saturday 23<sup>rd</sup> November

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	Laura Kirk	29	F_O_R_ABPU	46	48	1.3657		13o	75	80	-85	80	2	52.5	55	57.5	57.5	137.5	95	102.5	-110	102.5	240
A	Kristina Brophy	36	F_O_C_ABPU	55.9	56	1.1783		15o	75	80	-90	80	3	37.5	40	-42.5	40	120	100	105	-110	105	225
A	Georgia Lilley	23	F_J_C_ABPU	56.8	60	1.1636		17o	85	92.5	-100	92.5	3	35	40	-42.5	40	132.5	100	115	-125	115	247.5
A	Sharon Graham	59	F_M4_R_BPU	59.6	60	1.1207		15o	70	80	90	90	4	50	55	62.5	62.5	152.5	100	120	130	130	282.5
A	Kimberley Scott	29	F_O_R_ABPU	65.5	67.5	1.0432		14o	95	102.5	107.5	107.5	2	47.5	50	52.5	52.5	160	105	112.5	120	120	280
A	Vicky Ellis	39	F_O_C_ABPU	51.2	52	1.2616		15o	50	70	80	80	3	40	50	-55	50	130	105	120	-130	120	250
A	Katy McGurk	21	F_J_R_ABPU	77.8	82.5	0.9297		15o	92.5	97.5	102.5	102.5	2	50	55	60	60	162.5	107.5	115	125	125	287.5
A	Jennifer Davies	24	F_O_R_ABPU	73.3	75	0.9646		14o	105	110	115	115	2	55	60	-62.5	60	175	107.5	117.5	-125	117.5	292.5
A	Natalie McGarvey	28	F_O_R_ABPU	73.7	75	0.9613		16o	75	80	87.5	87.5	3	52.5	55	57.5	57.5	145	110	112.5	120	120	265
A	Karla Evans	39	F_O_C_ABPU	65.8	67.5	1.0397		14o	110	120	125	125	2	62.5	67.5	-70	67.5	192.5	110	120	122.5	122.5	315
A	Clare Batterton	26	F_O_R_ABPU	63.5	67.5	1.0676		16o	80	90	95	95	2	45	50	55	55	150	110	122.5	127.5	127.5	277.5
A	Tess O'Flaherty	52	F_M3_C_ABPU	62.5	67.5	1.0805		15o	90	100	107.5	107.5	2	55	60	65	65	172.5	110	120	130	130	302.5
A	Victoria Court	32	F_O_C_ABPU	48	48	1.3244		11o	85	90	95	95	1	72.5	77.5	80	80	175	-112.5	112.5	117.5	117.5	292.5
A	Holly Robinson	20	F_J_R_ABPU	58.7	60	1.134		15o	65	-75	80	80	2	-40	42.5	-47.5	42.5	122.5	-145	115		115	237.5
A	Leanne Sampson	31	F_O_C_ABPU	59.3	60	1.1251		16o	95	102.5	-107.5	102.5	3	47.5	52.5	-55	52.5	155	130	140	145	145	300
A	Jessica Pallot	23	F_J_C_ABPU	63.7	67.5	1.065		14o	120	-130	130	130	0	70	-72.5	-72.5	70	200	135	142.5	-145	142.5	342.5
A	Sarah Riley	28	F_O_R_ABPU	81.5	82.5	0.9058		17o	87.5	92.5	95	95	3	70	75	-77.5	75	170	140	-145	145	145	315
A	Nicola Corbett	27	F_O_C_BPU	58.6	60	1.1355		16o	135	-145	145	145	2	72.5	-80	80	80	225	150	160	165	165	390
A	Nia Golding	49	F_M2_R_ABPU	63.9	67.5	1.0625						0					0	0	150	165	175	175	0
A	Ellis Johnson	28	F_O_R_ABPU	72.2	75	0.9742		16o	92.5	97.5	-102.5	97.5	2	62.5	65	67.5	67.5	165	152.5	157.5	165	165	330
A	Pamela Fellows	30	F_O_C_ABPU	74.2	75	0.9571		16o	-155	155	-165	155	3	-82.5	82.5	-85	82.5	237.5	175	182.5	190	190	427.5
A	Jemma Stubbs	31	F_O_C_ABPU	74.8	75	0.9522		18o	162.5	-170	-170	162.5	3	72.5	-77.5	-77.5	72.5	235	180	187.5	-195	187.5	422.5

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B	Christina McDermott	37	F_O_R_ABPU	121.7	SHW	0.7977		16o	95	102.5	110	110	3	70	72.5	75	75	185	112.5	117.5	-425	117.5	302.5
B	Dawn Birchall	34	F_O_C_ABPU	99.7	SHW	0.8333		18o	105	112.5	117.5	117.5	3	57.5	62.5	-65	62.5	180	122.5	130	-440	130	310
B	Francheska Roberts	30	F_O_R_ABPU	110.3	SHW	0.8126		15o	90	100	-410	100	4	55	65	-72.5	65	165	130	142.5	150	150	315
B	Matt Bray	40	M_M1_R_ABPU	72.7	75	0.7285		18o	100	107.5	115	115	2	52.5	-60	-60	52.5	167.5	140	150	-460	150	317.5
B	Katie Edwards	31	F_O_C_ABPU	88.9	90	0.8686		13o	135	145	152.5	152.5	2	70	77.5	82.5	82.5	235	150	165	172.5	172.5	407.5
B	Cornell Norton	16	M_T2_C_BPU	70.6	75	0.7445		19o	-440	110	135	135	4	67.5	72.5	-80	72.5	207.5	160	177.5	-480	177.5	385
B	Stephen Appleby	19	M_T3_C_ABPU	77.5	82.5	0.6969		17o	155	165	-475	165	3	110	112.5	117.5	117.5	282.5	175	182.5	192.5	192.5	475
B	Corey Martindale	20	M_J_C_ABPU	79.8	82.5	0.6838		20o	145	155	162.5	162.5	4	115	120	122.5	122.5	285	190	200	210	210	495
B	James Hodgkiss	29	M_O_R_ABPU	72.7	75	0.7285		16o	177.5	185	192.5	192.5	3	102.5	107.5	-412.5	107.5	300	195	205	215	215	515
B	Piotr Zietal	33	M_O_C_ABPU	82.3	82.5	0.6709		18o	190	200	205	205	3	102.5	110	115	115	320	200	207.5	215	215	535
B	Sean Green	21	M_J_C_ABPU	87.2	90	0.6491		18o	160	170	180	180	3	87.5	95	100	100	280	200	210	220	220	500
B	Lewis Greenwood	35	M_O_R_ABPU	82	82.5	0.6724		19o	140	152.5	165	165	3	85	95	-400	95	260	190	210	222.5	222.5	482.5
B	Nick Mendham	27	M_O_C_ABPU	81.8	82.5	0.6734		16o	160	170	-475	170	3	110	-420	-420	110	280	225	240	-255	240	520
B	John Morris	24	M_O_R_ABPU	73.3	75	0.7242		18o	165	177.5	-490	177.5	3	100	107.5	-445	107.5	285	227.5	245	-260	245	530
B	William Jones	22	M_J_C_BPU	114.9	125	0.5812		21o	270	-285	285	285	4	152.5	160	167.5	167.5	452.5	265	277.5	290	290	742.5
B	Erin Cartwright	29	F_O_R_ABPU	112.3	SHW	0.8096		17o	100			100	3	60			60	160	190	205		205	365
B	Chris Kershaw	30	M_O_C_ABPU	66.5	67.5	0.7804		14o	190	200	205	205	1	135	140	-445	140	345	140			140	485
B	Greg Marcou	43	M_O_C_BPU	80.6	82.5	0.6795		18o	165			165	3	135	140	145	145	310	230			230	540

Sunday 24<sup>th</sup> November 2019

Flt A	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	Billy Woods	34	M_O_C_ABPU	88.8	90	0.6428		17	160	165	172.5	172.5	3	105	110	115	115	287.5	165	175	-185	175	462.5
A	Michael Gilliver	21	M_J_C_ABPU	88.9	90	0.6424		19	172.5	-182.5	182.5	182.5	4	107.5	112.5	117.5	117.5	300	170	180		180	480
A	Adam Roberts	24	M_O_C_ABPU	86.8	90	0.6507		15	195	205	215	215	3	107.5	112.5	120	120	335	200	210	-220	210	545
A	Aiden Guy	19	M_T3_C_ABPU	91	100	0.6349		200	180	-200	200	200	3	95	100	110	110	310	200	220	-230	220	530
A	Steven Townshend	28	M_O_C_ABPU	84.6	90	0.6601		16	215	-225	230	230	3	110	120	125	125	355	220	230	245	245	600
A	Henry Chan	34	M_O_C_BPU	88.5	90	0.644		16	205	220	-235	220	2	130	140	-150	140	360	220	240	255	255	615
A	Ashley Guy	23	M_J_C_BPU	99.1	100	0.6108		18	260	275	290	290	3	125	135	-142.5	135	425	235	250	260	260	685
A	Dan Oultram	31	M_O_C_BPU	88.6	90	0.6436		20	200	220	240	240	3	160	167.5	175	175	415	235	250		250	665
A	Ian Williams	26	M_O_C_BPU	87.8	90	0.6467		171	235	250	265	265	3	160	170	175	175	440	245	255	260	260	700
A	Joseph Saveker	29	M_O_C_ABPU	99	100	0.6111		18	240	250	255	255	3	137.5	145	150	150	405	245	260	-270	260	665
A	Conor Neilly	27	M_O_C_BPU	98.8	100	0.6116		18	260	-272.5	-272.5	260	3	142.5	150	155	155	415	272.5	-300		272.5	687.5

Flt B	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	Richard Jones	33	M_O_C_ABPU	122.1	125	0.5727		20	182.5	202.5	207.5	207.5	3	92.5	100	105	105	312.5	190	200	207.5	207.5	520
B	Jake Green	30	M_O_C_ABPU	101.9	110	0.6041		18	165	-175	180	180	3	100	110	-115	110	290	200	-210	-210	200	490
B	Verrol Skerritt	52	M_M3_C_ABPU	107.7	110	0.5924		19	175	187.5	200	200	4	135	-145	145	145	345	217.5	235	242.5	242.5	587.5
B	Ashley Lindop	29	M_O_C_ABPU	107.8	110	0.5923		18	200	225	250	250	4	120	142.5	-155	142.5	392.5	220	240	255	255	647.5
B	Richard Spanswick	28	M_O_C_ABPU	108.6	110	0.5909		21	220	230	235	235	5	110	115	120	120	355	230	245	260	260	615
B	Neirin Roberts	39	M_O_C_ABPU	108.4	110	0.5912		16o	250	-265	-265	250	4	127.5	135	-140	135	385	255	265	272.5	272.5	657.5
B	Peter Jones	40	M_M1_C_BPU	125	125	0.5698		21o	-240	-240	240	240	4	140	145	150	150	390	262.5	272.5	-280	272.5	662.5
B	Aaron Moody	30	M_O_C_BPU	109.4	110	0.5895		20	220	250	282.5	282.5	5	150	162.5	-172.5	162.5	445	240	265	-282.5	265	710
B	James Crosbie	36	M_O_C_ABPU	109.9	110	0.5887		18	227.5	240	250	250	3	140	147.5	152.5	152.5	402.5	260	272.5	285	285	687.5
B	Michael Lucas	25	M_O_C_BPU	139.4	140	0.5592		23	270	-285		270	5	-185	185		185	455	272.5	292.5	-300	292.5	747.5
B	Curtis McLaren	25	M_O_C_ABPU	109.5	110	0.5893		19o	245	-255	255	255	4	155	162.5	-170	162.5	417.5	285	295	305	305	722.5
B	Peter Edgell	27	M_O_C_BPU	107.8	110	0.5923		21i	-240	240	255	255	5	140	147.5	152.5	152.5	407.5	280	300	310	310	717.5
B	Harry Owen	24	M_O_C_BPU	108.6	110	0.5909		20	267.5	280	300	300	3	167.5	-180	180	180	480	285	305	-320	305	785
B	Tom Griffiths	25	M_O_C_BPU	119.3	125	0.5757		20i	285	300	-310	300	4	175			175	475	275	300	325	325	800
B	Dekwan Elfizgha	26	M_O_C_BPU	150.1	SHW	0.5532		20o	200	-250		200	3	170	180	-190	180	380	-320	320	-345	320	700
B	<b>Grant Roberts</b>	<b>29</b>	<b>M_O_C_BPU</b>	<b>106.1</b>	<b>110</b>	<b>0.5954</b>		<b>21i</b>	<b>230</b>	<b>250</b>		<b>250</b>	<b>4</b>	<b>160</b>	<b>170</b>	<b>180</b>	<b>180</b>	<b>430</b>	<b>220</b>			<b>220</b>	<b>650</b>