

Northern Manchester Qualifier 1st and 2nd December 2018 The Strength Therapy, Manchester

Saturday 1st December

Flight 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
Kirsty Holmes	40	F_M1_R_ABPU	58	60	1.1447		9o	60	65	65		65	4	40	42.5	45	45	110	95	102.5	110	110	220
Chelsie Andrews	25	F_O_C_ABPU	59.8	60	1.1178		17o	85	95	107.5		107.5	1	45	50	55	55	162.5	95	105	110	110	272.5
Charlotte Hornsby	42	F_M1_R_ABPU	72.9	75	0.9681		11o	90	97.5	400		97.5	3	47.5	52.5	55	52.5	150	100	110	115	115	265
Anna Rigby-Wild	42	F_O_C_ABPU	57.2	60	1.1572		15o	87.5	92.5	95		95	2	45	47.5	47.5	47.5	142.5	110	420	120	120	262.5
Gemma Lucas	36	F_O_R_ABPU	67.7	75	1.0185		16o	80	87.5	87.5		87.5	3	45	47.5	47.5	47.5	135	120	425	425	120	255
Vicky Savage	41	F_M1_R_ABPU	67.4	67.5	1.0217		14o	120	130	140		140	3	55	60	62.5	62.5	202.5	120	130	140	140	342.5
Aline Aronski	22	F_J_C_ABPU	74.5	75	0.9547		11o	100	107.5	112.5		112.5	4	47.5	52.5	52.5	52.5	165	122.5	132.5	137.5	137.5	302.5
Charlotte Taylor	28	F_O_R_ABPU	55.4	56	1.1866		15o	90				90	3	50	55	60	55	145	130	452.5	452.5	130	275
Nicola Corbett	26	F_O_R_ABPU	59.6	60	1.1207		14o	95	105	445		105	3	62.5	65	67.5	67.5	172.5	135	142.5	147.5	147.5	320
Lisa Hall	45	F_M2_C_ABPU	70.7	75	0.9881		11o	85	92.5	97.5		97.5	3	57.5	62.5	65	65	162.5	135	145	150	150	312.5
Amanda Hillary	31	F_O_C_ABPU	67.2	67.5	1.0239		15o	155	465	167.5		167.5	1	65	67.5	67.5	65	232.5	140	150	452.5	150	382.5
Kirsten Liggat	24	F_O_R_ABPU	60	60	1.1149		17o	122.5	127.5	432.5		127.5	2	70	72.5	75	72.5	200	145	150	455	150	350
Scarlet Portues	26	F_O_C_ABPU	74.9	75	0.9514		14o	150	160	165		165	2	75	80	82.5	80	245	150	155	460	155	400
Lucinda Stansfield	29	F_O_C_ABPU	72.7	75	0.9698		16o	145	465	475		145	2	62.5	67.5	67.5	62.5	207.5	150	160	470	160	367.5
Fay Northcott	26	F_O_C_ABPU	74.3	75	0.9563		14o	445	150	460		150	2	67.5	72.5	75	72.5	222.5	150	165	180	180	402.5

Flight 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
Sarah Knight	34	F_O_R_ABPU	110.4	SHW	0.8124		17o	100	110	120		120	3 fp	60	65	67.5	67.5	187.5	100	110	120	120	307.5
Viv Dickinson	37	F_O_C_ABPU	86.5	90	0.8792		18o	115	-422.5	122.5		122.5	1fp	60	62.5	-65	62.5	185	115	122.5	-427.5	122.5	307.5
Zeeshan Naveed	21	M_J_C_ABPU	63.7	67.5	0.8089		12	120	130	140		140	3	50	55	60	60	200	110	120	130	130	330
Valerie Tinker	58	F_M5_C_ABPU	78.3	82.5	0.9263		20o	77.5	-85	87.5		87.5	2 fp	50	52.5	-55	52.5	140	120	-430	-430	120	260
Richard Godwin	55	M_M4_R_ABPU	74.2	75	0.7179		9	80	85	90		90	4	67.5	72.5	75	75	165	115	125	132.5	132.5	297.5
Geni Devonish+DOBO	44	F_M1_R_ABPU	86	90	0.8816		17o	100	110	120		120	1	62.5	67.5	72.5	72.5	192.5	120	130	140	140	332.5
Rose Pope	28	F_O_R_ABPU	88.9	90	0.8686		17o	90	100	105		105	2	50	55	60	60	165	120	140	145	145	310
Stephanie Kyle	32	F_O_C_ABPU	80.9	82.5	0.9094		15	145	155	-465		155	2	70	75	-77.5	75	230	145	150	160	160	390
Sainabou Joof	26	M_O_C_BPU	75.2	82.5	0.7112		14o	112.5	117.5	-420		117.5	3	50	52.5	55	55	172.5	142.5	152.5	160	160	332.5
Marinda Wells	33	F_O_R_ABPU	107	SHW	0.818		11o	130	137.5	145		145	3	57.5	62.5	67.5	67.5	212.5	145	155	165	165	377.5
Aleksandr Pnegin + BO	31	M_O_R_ABPU	64.3	67.5	0.8025		14o	125	130	135		135	3	-420	120	-425	120	255	150	165	-470	165	420
Elizabeth Terry	27	F_O_C_ABPU	90.5	SHW	0.8621		12o	-460	160	167.5		167.5	3	60	62.5	65	65	232.5	160	170	-475	170	402.5
Alireza Herfedoust	30	M_O_C_BPU	74.3	75	0.7173		15o	275	300			300	3	135	145		145	445	225	245	260	260	705
Rohin Nayar DL	22	M_J_R_BPU	80.8	82.5	0.6785							0					0	0	230	250	260	260	0
Iwona Karwowska	36	F_O_C_ABPU	84.6	90	0.8886		12	150	170	-490		170	3	75	80	-85	80	250	155	170		170	420

Sunday 2nd December 2018

Flight 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
Alan Motyer Lowndes	49	M_M2_R_ABPU	81.8	82.5	0.6734		13o	125	135	145		145	3	75	85		85	230	110	130	150	150	380
Colin O'Hagan	58	M_M4_R_ABPU	89.7	90	0.6395		9 i	72.5	77.5			77.5	4	75			75	152.5	122.5			122.5	275
Aleksandr Pietraszek	27	M_O_R_ABPU	79.3	82.5	0.6865		9o	135	145	155		155	4	-90	-400	100	100	255	140	155	170	170	425
Dexter Curtis	28	M_O_R_ABPU	88.5	90	0.644		12i	145	165	175		175	3	90	97.5	-402.5	97.5	272.5	160	175	185	185	457.5
Ty Tankard	25	M_O_C_ABPU	102.1	110	0.6037		11o	200	-215	-215		200	3	100	110	-412.5	110	310	175	200	-245	200	510
Wakas Rashid DLO	40	M_M1_R_ABPU	150.9	SHW	0.5528		12i	-485	205	-220		205	4	-435	-445	-455	0	0	180	195	-205	195	0
Tom Inglis	24	M_O_R_ABPU	87.5	90	0.6479		15o	205	215	-225		215	3	105	-415	115	115	330	-490	190	200	200	530
Lee Donohue	25	M_O_C_ABPU	87.5	90	0.6479		12o	160	170	180		180	3	110	115	-417.5	115	295	195	210	220	220	515
Edward Holt	24	M_O_C_ABPU	107.5	110	0.5928		9o	210	230	245		245	4	120	140	152.5	152.5	397.5	200	220	230	230	627.5
Jay Watson	36	M_O_R_ABPU	105.6	110	0.5964		11o	150	165	180		180	4	-435	145	-460	145	325	200	-220	250	250	575
Alex Gurton	23	M_J_C_ABPU	97.6	100	0.6147		11o	230	-252.5	252.5		252.5	3	125	-435	135	135	387.5	-220	220	235	235	622.5
John Warburton	31	M_O_R_ABPU	81.3	82.5	0.6759		14o	200	220	-232.5		220	3	100	115	125	125	345	220	240	-260	240	585
Luke Corcoran	29	M_O_C_ABPU	89.7	90	0.6395		12o	215	225	232.5		232.5	3	112.5	117.5	-422.5	117.5	350	225	235	242.5	242.5	592.5
Alex Shortland	25	M_O_C_ABPU	115.4	125	0.5805		10 o	205	-212.5	212.5		212.5	3	145	152.5	-455	152.5	365	-245	255	265	265	630
Edwin Bosse	24	M_O_R_ABPU	120.8	125	0.574		9o	200	220	240		240	5	120	140	-455	140	380	270	300	-302.5	300	680
Will Newton BO DLO	33	M_O_R_ABPU	118.8	125	0.5763		7o	-340	-345	-345		0	4	165	-475		165	0	330	340	360	360	0
Jay Hollingsworth	34	M_O_C_ABPU	99.2	100	0.6106		11 o	270	-290	-300		270	4	180	190	-200	190	460	-330	350	-370	350	810
Daniel Whittal BO	39	M_O_R_ABPU	88.1	90	0.6455							0	2	110	117.5	-425	117.5	0				0	0

Flight 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
Bob Fielding	49	M_M2_C_BPU	89.7	90	0.6395		13i	-205	205	215		215	4	125	135	-440	135	350	170	-205	-205	170	520
Ian Armstrong	32	M_O_C_BPU	89.7	90	0.6395		12o	180	200	210		210	4	120	130	135	135	345	205	225	240	240	585
Harrison Fleetwood	29	M_O_C_BPU	99.1	100	0.6108		10o	240	250	260		260	4	125	130	-440	130	390	230	240	-250	240	630
Tomasz Gorny	40	M_M1_C_BPU	116.1	125	0.5796		8o	-235	-235	235		235	4	140	-150	-150	140	375	235	250	-260	250	625
Rik Davidson BO DLO	57	M_O_R_BPU	96.7	100	0.6172							0	4	155	162.5	-470	162.5	0	240	250	-265	250	0
Arran Sullivan	28	M_O_R_BPU	106.7	110	0.5943		13i	230	255	-265		255	3	150	165	-480	165	420	230	260	280	280	700
Joe Lyons	30	M_O_C_BPU	100.2	110	0.6081		11i	265	-285	285		285	3	145	-155	-155	145	430	250	270	-280	270	700
Alan Wilson	38	M_O_C_BPU	102	110	0.6039		11	280	300	310		310	4	132.5			132.5	442.5	265	280	-292.5	280	722.5
Ross Rook	32	M_O_M_BPU	88.2	90	0.6451		14i	327.5	-347.5	347.5		347.5	4	195	205	-207.5	205	552.5	270	287.5	292.5	292.5	845
Jason Holmes	29	M_O_C_BPU	125.4	140	0.5695		5i	260				260	5	130	140		140	400	270	290	300	300	700
Jamie Winter	27	M_O_C_BPU	89.1	90	0.6417		12i	270	290	300		300	4	180	-190	190	190	490	280	300	-310	300	790
Grant McEvansoneya	27	M_O_C_BPU	123.1	125	0.5717		11i	330	-355	355		355	4	230	240	-247.5	240	595	290	310	317.5	317.5	912.5
Mariusz Pilinski	36	M_O_C_BPU	155.1	SHW	0.5507		11i	-325	325	345		345	5	210	220	230	230	575	-300	300	-325	300	875
Tom Martin	31	M_O_C_BPU	107.6	110	0.5926		11i	380	400			400	4	200	205	207.5	207.5	607.5	380	392.5	-405	392.5	1000
Joe Schofield	23	M_O_C_BPU	108.9	110	0.5903		13o	255	265	-280		265	4	140	150	-160	150	415	245	-255		245	660
Adam Riman	25	M_O_C_BPU	104	110	0.5996		11o	290	-310	-310		290	4	140			140	430	300	-322.5		300	730
Mike Jones	26	M_O_C_BPU	108.7	110	0.5907		9i	310	330	340		340	5	180	190	-195	190	530	310	-325		310	840
Mark Towers DLO	20	M_O_S_BPU	94.5	100	0.6235		11i	195	-210	-210		195	4	-175	-175	-175	0	0				0	0

