

SOUTHERN QUALIFIER 30 and 31 March 2019

Saturday 30th

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	Charlotte Bogh	42	F_M1_R_ABPU	58.6	60	1.1355		17	45	55	60	60	3	30	35	37.5	37.5	97.5	70	80	92.5	92.5	190
A	Chloe Marshall	30	F_O_R_ABPU	64.05	67.5	1.0601		15	45	52.5	60	60	2	35	37.5	-40	37.5	97.5	70	75	80	80	177.5
A	Eliza Jobbins	19	F_T3_R_ABPU	59.7	60	1.1192		15	77.5	82.5	-87.5	82.5	3	32.5	35	-37.5	35	117.5	90	95	100	100	217.5
A	Diane Leach DO	60	F_M5_R_ABPU	109	SHW	0.8147						0					0	0	90	100	110	110	0
A	Nicola Vaughan-Ellis	56	F_M4_C_ABPU	102.5	SHW	0.8268		18	80	85	-90	85	3	35	40	-42.5	40	125	95	102.5	-407.5	102.5	227.5
A	Jenny Sibley	26	F_O_R_ABPU	58.25	60	1.1401		16	62.5	70	77.5	77.5	2	47.5	52.5	-57.5	52.5	130	97.5	105	-442.5	105	235
A	Leandrie Turner	31	F_O_C_ABPU	65.65	67.5	1.0408		16	-80	80	-90	80	2	40	45	-50	45	125	100	110	115	115	240
A	Chardonnay Holwell-Russell	15	F_T1_R_ABPU	80	82.5	0.915		15	110	115	120	120	2	45	50	-55	50	170	110	117.5	125	125	295
A	Pooma Bell	38	F_O_R_ABPU	61.3	67.5	1.0966		13	80	85	-90	85	2	45	47.5	50	50	135	110	120	125	125	260
A	Aleksandra Kowierec	25	F_O_R_ABPU	65.6	67.5	1.042		17	-400	107.5	112.5	112.5	2	55	57.5	60	60	172.5	110	115	120	120	292.5
A	Rachel Normington	28	F_O_R_ABPU	80.55	82.5	0.9112		13	85	90	-400	90	2	50	-55	60	60	150	115	125	132.5	132.5	282.5
A	Judyta Zisch	23	F_J_C_ABPU	86.8	90	0.8778		17	115	-420	120	120	3	52.5	55	-57.5	55	175	117.5	125	130	130	305
A	Aexandra Morrell	34	F_O_C_ABPU	65.55	67.5	1.042		19	95	100	-405	100	3	55	57.5	60	60	160	120	125	127.5	127.5	287.5
A	Katie Austin	31	F_O_C_ABPU	63	67.5	1.074		15	-400	-405	105	105	2	70	-75	75	75	180	120	125	130	130	310
A	Cleary Clifford	43	F_M1_C_ABPU	82.3	82.5	0.9011		16	100	-440	-440	100	4	47.5	50	-52.5	50	150	125	-432.5		125	275
A	Francesca Dennis BO DO	23	F_J_R_BPU	75	75	0.9506						0	3	-60	60	-65	60	0	125	130	132.5	132.5	0
A	Erin Seaman DO	23	F_J_R_ABPU	69.3	75	1.0018						0					0	0	125	-435	-435	125	0
A	Karalyn Shaw	31	F_O_C_BPU	65.15	67.5	1.0467		16	90	100	-405	100	3	57.5	-62.5	-62.5	57.5	157.5	135	142.5	-450	142.5	300
A	Samantha Macdonald	38	F_O_C_BPU	80.85	82.5	0.9094		17	120	125	130	130	3	45	55	-62.5	55	185	140	150	155	155	340
A	Leighanne Russell	38	F_O_R_ABPU	98.9	SHW	0.8353		14	140	-447.5	-450	140	2	62.5	67.5	70	70	210	140	147.5	-450	147.5	357.5
A	Amber Schonert	26	F_O_R_BPU	74.85	75	0.9514		14	-430	140	155	155	3	80	90	102.5	102.5	257.5	140	155	-467.5	155	412.5
A	Inara Kuissele	35	F_O_C_BPU	106.1	SHW	0.8197		18	115	125	135	135	4	65	70	80	80	215	150	165	175	175	390

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	Johnny Nichols	17	M_T2_R_ABPU	55.75	56	0.9135		15	72.5	77.5	80	80	3	60	65	70	70	150	105	110	125	125	275
B	Romesh Tenuwera	36	M_O_R_ABPU	49.45	52	1.0344		14	-85	85	87.5	87.5	3	55	60	-62.5	60	147.5	120	130	135	135	282.5
B	Alex Dean	26	M_O_R_BPU	72.1	75	0.733		18	137.5	-445	145	145	3	105	112.5	120	120	265	150	162.5	-472.5	162.5	427.5
B	Gareth Ridley	39	M_O_C_ABPU	66.05	67.5	0.7842		18	-425	-425	-425	0	3	65	70		70	0	155	165	175	175	0
B	Zachery Ellington	23	M_J_C_ABPU	98.6	100	0.6121		19	130	150	160	160	4	75	82.5	-90	82.5	242.5	170	185	190	190	432.5
B	Sohail Rashid	34	M_O_R_BPU	73.85	75	0.72		15	165	172.5	175	175	3	130	140	-447.5	140	315	215	-225	-225	215	530
B	Amari Robinson	23	M_J_R_ABPU	75	75	0.7126		17	170	185	195	195	3	135	137.5	140	140	335	210	220	227.5	227.5	562.5
B	Aiden Pattison	19	M_T3_C_ABPU	139.5	140	0.5591		18l	200	220	240	240	4	130	150	-460	150	390	200	220	240	240	630
B	Peter King	22	M_J_C_BPU	81.55	82.5	0.6744		16	180	200	210	210	2	115	125	135	135	345	210	230	-250	230	575
B	Ebow Crankson	19	M_T3_C_BPU	89.5	90	0.6402		18	200	210	217.5	217.5	4	135	140	145	145	362.5	240	260	272.5	272.5	635
B	Benjamin Flawith	22	M_J_C_ABPU	129.3	140	0.5661		18l	250	270	-290	270	4	175	185	-492.5	185	455	260	290	-300	290	745
B	Lewis Lacey	23	M_J_C_BPU	87.4	90	0.6483		18	210	220	230	230	4	135	142.5		142.5	372.5	275	290	305	305	677.5
B	Tom Hudson	22	M_J_C_BPU	107	110	0.5937		19	250	-280	280	280	4	150	170	-475	170	450	300	317.5	-332.5	317.5	767.5
B	Jake Simpson	22	M_J_C_BPU	106.5	110	0.5946		19l	200			200	4	165	177.5	190	190	390	200	-320		200	590
B	Steve Middleton	48	M_M2_R_ABPU	109.5	110	0.5893		16	130			130	3	130			130	260	130			130	390
B	Iain Connor	41	M_M1_M_BPU	124.4	125	0.5704						0	4	325	-342.5	-342.5	325	0				0	0

SUNDAY 31 MARCH

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A	Jack Howe	27	M_O_R_ABPU	81.95	82.5	0.6724		22	125	130	135	135	4	125	-427.5	-427.5	125	260	175	185	200	200	460
A	Steve Knight	44	M_O_R_BPU	88.7	90	0.6432		181	140	160	180	180	3	140	155	160	160	340	180	200	220	220	560
A	David Wade	45	M_M2_R_ABPU	98.8	100	0.6116		18	140	150		150	3	100	105	-440	105	255	185	-495	-495	185	440
A	John Mitchell	27	M_O_C_ABPU	97	100	0.6163		191	160	190	-200	190	4	140	150	155	155	345	190	210	222.5	222.5	567.5
A	NicHolas Mendham	27	M_O_R_ABPU	80.8	82.5	0.6785		16	155	-470	-470	155	3	110	-420	-420	110	265	190	220	-240	220	485
A	Matt Mawson	45	M_M2_C_ABPU	98.4	100	0.6126		19	170	185	200	200	4	120	125	130	130	330	200	-242.5	212.5	212.5	542.5
A	Callumn Pickering	27	M_O_C_ABPU	87.8	90	0.6467		19	185	-492.5	195	195	4	100	115	-420	115	310	200	215	225	225	535
A	Hefin Evans	33	M_O_C_ABPU	97.9	100	0.6139		201	170	185	205	205	5	160	-470	-470	160	365	200	215	230	230	595
A	Danny Bassett	42	M_M1_C_BPU	80.1	82.5	0.6822		16	145	-455		145	2	75	82.5	-90	82.5	227.5	200	215	-230	215	442.5
A	Samuel Godfrey-Mayes	27	M_O_C_ABPU	90.4	100	0.637		16 In	-200	-200	200	200	3	105	110	-442.5	110	310	205	215	225	225	535
A	Christopher Wehbe DO	36	M_O_R_ABPU	81.9	82.5	0.6729						0					0	0	205	230	-235	230	0
A	Piotr Sulecki+BO DO	30	M_O_R_BPU	86.7	90	0.6511		18	185	195	205	205	5	127.5	135	140	140	345	210	225	-235	225	570
A	Johnny Wade	50	M_O_C_ABPU	82.3	82.5	0.6709		18	165	175	182.5	182.5	3	125	-430	-430	125	307.5	220	230	-240	230	537.5
A	Daniel Watkins	31	M_O_C_ABPU	81.3	82.5	0.6759		17	180	200	215	215	3	120	125	-430	125	340	230	240	260	260	600
A	Pete Tryner	47	M_O_C_ABPU	92.05	100	0.6311		18	180	190		190	4	135	140		140	330	250	265		265	595
A	Stefan Putter	28	M_O_R_ABPU	87.3	90	0.6487		18	200	220	235	235	2	150	160	165	165	400	260	280	300	300	700
A	Kurt Beech	29	M_O_M_BPU	89.7	90	0.6395		17	280	300		300	3	185			185	485	270	285	-300	285	770
A	Ryan Godding	34	M_O_S_ABPU	95.05	100	0.6217		171	-250	250	-270	250	4	170	180	-490	180	430	270	300	-340	300	730
A	Wylie Sung	31	M_O_C_BPU	82.5	82.5	0.6699		17 In	250	270	282.5	282.5	3	150	160	162.5	162.5	445	280	305	315	315	760
A	Luke Hayward	34	M_O_C_BPU	98.3	100	0.6129		17	270	285		285	4	200	210	-220	210	495	300	320	-340	320	815

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	David Aboagye	41	M_O_R_ABPU	104.5	110	0.5986		16	180	185	195	195	4	102.5	107.5	115	115	310	-180	180	190	190	500
B	Michael Delastie	27	M_O_C_BPU	103.9	110	0.5998		17i	250	270	-280	270	3	150	160	170	170	440	225	240	250	250	690
B	Anthony Read	31	M_O_C_BPU	138.5	140	0.5597		21i	210	220	230	230	5	160	170	-480	170	400	220	245	-260	245	645
B	Lewis Deeley	28	M_O_C_ABPU	153.3	SHW	0.5516		22i	235	255	-270	255	5	135	145	150	150	405	230	250	270	270	675
B	Scott Neary	29	M_O_M_ABPU	113.7	125	0.5828		16i	-300	300	330	330	3	-202.5	232.5	-250	232.5	562.5	240	260	-270	260	822.5
B	Tom Gregory	35	M_O_C_BPU	142.7	SHW	0.5572		19i	-300	300	-320	300	4	170	-475		170	470	270	290	-300	290	760
B	Carl Thompson	26	M_O_C_BPU	121.3	125	0.5735		18i	375	-402.5		375	2	215	230	232.5	232.5	607.5	300	317.5	-325	317.5	925
B	Adam Hindle	33	M_O_C_BPU	165.8	SHW	0.5453		19i	300	320	-330	320	5	200	212.5		212.5	532.5	320	-340		320	852.5
B	William Newton	33	M_O_C_ABPU	120.2	125	0.5747		20	300	-345		300	5	170	-475		170	470	-340	340		340	810
B	Tom Price	29	M_O_C_BPU	128.1	140	0.5671		19i	180	220		220	5	220	-252.5		220	440	260			260	700
B	Ben Smith	34	M_O_C_BPU	132.4	140	0.5638		19	200	210	220	220	4	180	190		190	410	290			290	700
B	Phil Horwood	34	M_O_M_ABPU	113.8	125	0.5827		17	310	-330	330	330	4	-230	-230	-235	0	0				0	0
B	James Williams BO	35	M_O_R_BPU	134.3	140	0.5624						0	4	240	252.5	260	260	0				0	0
B	Al Brown BO	37	M_O_M_BPU	106.3	110	0.595						0	3	210			210	0				0	0