

# South Wales 2019 to 2020 – Pembroke Powerlifting Club. 5 and 6 October

Saturday 5<sup>th</sup>

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	Angie Stevens	45	F_M2_C_ABPU	66.7	67.5	1.0294		120	90	95	-400	95	2	47.5	52.5	-55	52.5	147.5	105	110	115	115	262.5
A	Melanie Cuff	47	F_M2_R_ABPU	65.7	67.5	1.0408		100	100	110	-445	110	2	45	50	-55	50	160	110	120	130	130	290
A	Maddie Smith	42	F_M1_R_ABPU	73	75	0.9672		15	95	100		100	3	55	57.5	-60	57.5	157.5	110	120		120	277.5
A	Jodie Davies	23	F_J_S_ABPU	47.3	48	1.3387		80	125	135	-445	135	0	70	-75	77.5	77.5	212.5	115	125	-435	125	337.5
A	Alice Swain	22	F_J_C_ABPU	59	60	1.1295		12	100	-440	110	110	2	52.5	57.5	-60	57.5	167.5	120	127.5	-430	127.5	295
A	Louise Gilkinson	29	F_O_C_ABPU	66.4	67.5	1.0328		12	110	120	127.5	127.5	1	55	57.5	60	60	187.5	120	132.5	-437.5	132.5	320
A	Marie-Anne Thomas	33	F_O_C_ABPU	70.8	75	0.9871		16	115	120	-430	120	2	50	-55	-55	50	170	125	127.5	-430	127.5	297.5
A	Jessica Evans	29	F_O_C_ABPU	59.9	60	1.1163		150	100	105	-407.5	105	2	45	50	-55	50	155	135	-445	-445	135	290
A	Jody Pritchard	38	F_O_C_ABPU	59.1	60	1.1281		130	110	120	-430	120	2	55	57.5	60	60	180	135	142.5	150	150	330
A	Shan Passmore	48	F_M2_C_ABPU	59	60	1.1295		140	120	130	-435	130	2	60	65	-70	65	195	145	155	-462.5	155	350
A	Amanda Gisby	37	F_O_C_ABPU	66.2	67.5	1.0351		8	150	157.5	162.5	162.5	2	60	-67.5	-67.5	60	222.5	160	-470		160	382.5
A	Evelina Johansson	25	F_O_C_BPU	67.3	67.5	1.0228		14	160	167.5	172.5	172.5	2	75	80	85	85	257.5	180	190	200	200	457.5

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	Sherie Reed	39	F_O_C_ABPU	89.7	90	0.8653		11	120	130		130	2	62.5	-67.5	-67.5	62.5	192.5	127.5	137.5	-442.5	137.5	330
B	Savannah Thomas-millett	18	F_T3_R_ABPU	96.4	SHW	0.8422		140	100	-445	120	120	2	50	65	-70	65	185	110	125	-452.5	125	310
B	Sam Taylor	41	F_M1_R_BPU	92.4	SHW	0.855		19	140	150	-460	150	3	60	70	85	85	235	140	150	165	165	400
B	Sue Taylor-Franklin	51	F_M3_R_BPU	94.3	SHW	0.8486						0					0	0	160	170	185	185	0
B	Jordan Lee Thomas	18	M_T3_C_ABPU	80.5	82.5	0.68		140	145	152.5	155	155	2	95	102.5	110	110	265	175	185	192.5	192.5	457.5
B	Rory Davies	20	M_J_C_BPU	89.2	90	0.6413		190	180	200	220	220	2	120	135	-440	135	355	170	190	210	210	565
B	Cameron Reade	21	M_J_R_BPU	97.9	100	0.6139		190	180	190	210	210	3	145	155	165	165	375	200	220	235	235	610
B	Will Lewis	23	M_J_R_ABPU	104.9	110	0.5978		19	210	222.5	230	230	2	145	150	157.5	157.5	387.5	220	237.5	-260	237.5	625
B	Christian Young	30	M_O_R_BPU	74	75	0.7193		170	150	-465		150	3	110	125	-440	125	275	215	240	267.5	267.5	542.5
B	Sam McLean	22	M_J_C_BPU	81.8	82.5	0.6734		140	-272.5	272.5	-290	272.5	2	142.5	150	155	155	427.5	267.5	280	285	285	712.5
B	Luke Tolman	20	M_J_C_BPU	98.4	100	0.6126		14	290	310	327.5	327.5	3	210	220	227.5	227.5	555	270	295	300	300	855

Sunday 6<sup>th</sup>

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	Dan Brown	29	M_O_R_ABPU	86.6	90	0.6515		22	142.5	-150	150	150	4	-402.5	102.5	-407.5	102.5	252.5	170	180	-485	180	432.5
A	Richard Jones	39	M_O_R_ABPU	81.8	82.5	0.6734						0					0	0	170	210		210	0
A	David Bendle	36	M_O_C_ABPU	99.6	100	0.6096		14	185	190	-200	190	2	125	130	135	135	325	185	200	-215	200	525
A	Steve Arnold	41	M_M1_C_ABPU	81.1	82.5	0.6769		15	155	160	165	165	3	115	120	125	125	290	192.5	195	197.5	197.5	487.5
A	Julian Tregakis	45	M_M2_R_BPU	98.9	100	0.6113		21	165	175	182.5	182.5	4	122.5	127.5	132.5	132.5	315	-495	195	207.5	207.5	522.5
A	Andrew Kuttner	63	M_M5_R_BPU	95.1	100	0.6217						0	4	95	105	112.5	112.5	0	195	215	227.5	227.5	0
A	Gareth James	40	M_M1_C_BPU	93.9	100	0.6254		17i	185	195	-202.5	195	5	110	115	120	120	315	220	235	-247.5	235	550
A	Adam Gasson	39	M_O_R_ABPU	87.9	90	0.6463		19	180	195	200	200	5	130	140	-447.5	140	340	220	240	-252.5	240	580
A	Matthew Pardy	33	M_O_C_BPU	88.5	90	0.644		19	-205	205	210	210	4	132.5	140	-445	140	350	220	225		225	575
A	Matthew Jacob	34	M_O_C_ABPU	96.4	100	0.618		20	180	195	205	205	4	105	115	130	130	335	240	270	-285	270	605
A	David Todd	36	M_O_C_BPU	87	90	0.6499		17i	250	270	282.5	282.5	4	150	155	165	165	447.5	270	285	-300	285	732.5
A	Alex Wilkinson	37	M_O_C_BPU	99.9	100	0.6088		17	200	210	220	220	3	175	185	200	200	420	270	285	300	300	720
A	Josh Walton	26	M_O_C_ABPU	96.3	100	0.6183		17	265	285	300	300	5	155	162.5	-470	162.5	462.5	270	285	-300	285	747.5
A	Tommy Ray D'ortez	30	M_O_R_BPU	99.7	100	0.6093		17i	225	-232.5	235	235	3	135	145	150	150	385	275	-292.5	-295	275	660
A	Michael walton	28	M_O_C_ABPU	100	100	0.6086		21	230	245	255	255	5	140	147.5	152.5	152.5	407.5	275	292.5	307.5	307.5	715

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	Matthew Jones	27	M_O_S_ABPU	79.7	82.5	0.6843						0					0	0	-200	200	222.5	222.5	0
B	Matthew Close	24	M_O_R_BPU	108.3	110	0.5914		20	200	212.5	217.5	217.5	5	127.5	132.5	140	140	357.5	220	232.5	242.5	242.5	600
B	Jack Coyne	28	M_O_C_ABPU	123	125	0.5718		19i	270	285	300	300	4	180	187.5	195	195	495	245	260	275	275	770
B	Marc Adams	35	M_O_C_ABPU	120.5	125	0.5744		21	-230	240	250	250	4	140	145	150	150	400	240	262.5	-280	262.5	662.5
B	Tom McMutrie	52	M_M3_C_BPU	118.5	125	0.5766		20	205	215	-222.5	215	5	150	162.5		162.5	377.5	255	272.5	282.5	282.5	660
B	Andrew Murphy	25	M_O_S_BPU	95.1	100	0.6217		18i	250	280	300	300	3	180			180	480	250	277.5	-282.5	277.5	757.5
B	Scott Neary	29	M_O_M_ABPU	113.1	125	0.5837		14i	325	-345	-345	325	3	250	-270	-270	250	575	260	275	-285	275	850
B	Greg Probert	39	M_O_S_BPU	108.3	110	0.5914		17	300	320	340	340	3	210	225	-235	225	565	270	-290	290	290	855
B	Luke Litchfield	33	M_O_S_BPU	101.6	110	0.6048		14	310	335	350	350	2	210	225	240	240	590	210	260	-302.5	260	850
B	Mitchal Flowers	28	M_O_C_ABPU	160.2	SHW	0.5481		19i	315	345	365	365	4	-192.5	202.5	-210	202.5	567.5	300	-317.5	317.5	317.5	885
B	Will Tinkler	48	M_M2_S_ABPU	102.5	110	0.6028		15	220	250		250	4	70			70	320	200	220		220	540

