

Anglian Powerlifting Championship 26th April 2015, Hamiltons Fitness Centre, Colchester

Gp	Name	Club	m/f	Class	Weight	Age	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Sub	D'lift 1	D'lift 2	D'lift 3	Total	Wilks	Place
1	Emma Goodwin	una	f	52	51.6	sen	85	95	-100	60	65	-67.5	160	110	120	125	285	357.4	1
1	Sal Williams	PTS	f	52	51.6	sen	37.5	42.5	45	27.5	32.5	-35	77.5	50	60	70	147.5	185.0	2
1	Kat Parnell	una	f	57	53.9	sen	75	80	-90	55	57.5	-60	137.5	100	110	122.5	260	315.2	1
1	Vanessa Butler	una	f	57	56.3	m1	75	80	-82.5	40	42.5	45	125	85	90	95	220	257.8	2
1	Becky McGrath	una	f	57	55.7	m1	65	70	-75	37.5	-42.5	-42.5	107.5	90	100	107.5	215	254.0	3
1	Faye Jordan	PTS	f	57	56.8	sen	-120	-120	-120	60	65	67.5	67.5	120	125	130	197.5	229.8	
1	Selma Hannan	una	f	63	58.9	sen	-100	107.5	112.5	50	-60	-60	162.5	105	115	122.5	285	322.3	1
1	Amina Bux	RP Fitness	f	63	60.1	sen	80	87.5	95	50	55	-60	150	100	110	122.5	272.5	303.4	2
1	Rhiannon Archer	Genesis	f	63	61.5	sen	85	95	-100	47.5	52.5	-55	147.5	105	-112.5	112.5	260	284.4	3
1	Joanna Montagu	una	f	63	61.5	m1	75	-80	80	42.5	-45	45	125	110	115	-120	240	262.5	4
1	Paula Gentle	PTS	f	63	62.5	m1	77.5	-85	-85	45	-50	-50	122.5	110	112.5	115	237.5	256.6	5
1	Tiffany Croker	Hamiltons	f	63	62.2	sen	70	75	-80	47.5	50	-55	125	95	100	-105	225	244.0	6
1	Leanne Clifford	PTS	f	63	60.0	sen	62.5	65	67.5	42.5	45	47.5	115	80	90	95	210	234.1	7
2	Anastasia Zinchenko	CU PLC	f	72	66.0	sen	97.5	105	112.5	62.5	67.5	-70	180	117.5	127.5	135	315	326.8	1
2	Wendy Williams	PTS	f	72	67.2	m1	90	95	100	50	52.5	-55	152.5	127.5	135	-137.5	287.5	294.4	2
2	Beccy Peacock	SAS Power	f	72	67.6	u23	67.5	75	82.5	35	42.5	-47.5	125	87.5	95	102.5	227.5	231.9	3
2	Kristin Wilson	una	f	84	80.0	u23	85	-100	100	55	60	-65	160	120	125	130	290	265.4	1
2	Daniel McGauley	Hamiltons	m	59	57.6	sen	60	65	70	60	65	-70	135	60	67.5	75	210	186.0	1
2	Joseph Fallon	una	m	74	71.8	sen	150	157.5	162.5	85	90	92.5	255	190	200	210	465	341.8	1
2	Dullal Miah Ali	RP Fitness	m	74	72.2	sen	-135	-135	135	120	125	-127.5	260	180	-200	-200	440	322.1	2
2	Joshua Owen	Definition Gym	m	74	73.4	sen	140	-150	-150	80	-82.5	-82.5	220	160	170	-180	390	282.1	3
3	Thomas Rowell	RP Fitness	m	83	82.6	sen	205	215	-	115	122.5	-127.5	337.5	250	265	-272.5	602.5	403.3	1
3	Liam Rowles	una	m	83	77.0	u23	-200	200	210	100	110	-120	320	220	230	-240	550	384.9	2
3	Derek Hussey	una	m	83	82.1	sen	190	-205	-205	125	135	-140	325	220	-230	-230	545	366.1	3
3	Christopher McKenzie	una	m	83	82.4	sen	-195	-195	195	110	-115	-115	305	220	-230	-230	525	351.9	4
3	Matthew Lines	una	m	83	82.2	sen	167.5	177.5	182.5	107.5	115	-117.5	297.5	205	215	220	517.5	347.4	5
3	Alexander Leeder	of Southamp	m	83	82.0	sen	167.5	-175	-175	115	-120	-	282.5	220	-230	-	502.5	337.8	6
3	Stephen Hall	una	m	83	78.1	sen	165	180	-190	-90	100	-112.5	280	185	205	-232.5	485	336.2	7
3	Rick Enns	RP Fitness	m	83	81.3	sen	150	-160	160	90	-100	100	260	210	220	227.5	487.5	329.5	8
3	Toby Sharp	RP Fitness	m	83	82.6	m1	160	170	-175	92.5	-97.5	97.5	267.5	200	215	220	487.5	326.3	9
3	Dominic Hemp	una	m	83	81.6	sen	-165	-165	165	85	90	-95	255	210	225	-230	480	323.7	10
3	Ali Wilson	PTS	m	83	81.2	sen	130	140	145	110	-117.5	-117.5	255	190	-207.5	207.5	462.5	312.8	11
3	Chris Sycamore	SAS Power	m	83	80.1	u23	150	162.5	-167.5	90	97.5	-102.5	260	167.5	182.5	-190	442.5	301.8	12
3	Connor Lunn	una	m	83	81.5	u23	100	110	120	85	97.5	102.5	222.5	145	160	-180	382.5	258.1	13
3	Neil Butler	una	m	83	81.7	m2	110	115	122.5	80	85	90	212.5	150	160	170	382.5	257.7	14
3	Stefano Bit	una	m	83	80.9	sen	155	165	-170	-130	-	-	165	-	-	-	165	111.8	
4	Ian Wells	Ripped Gym	m	93	92.8	sen	160	180	195	-160	160	-165	355	220	235	245	600	377.2	1
4	Falai Baldeh	Cambridge	m	93	88.5	sen	175	-185	185	130	135	137.5	322.5	240	260	267.5	590	379.9	2
4	Michael Hall	una	m	93	84.9	sen	-180	180	190	110	120	-125	310	200	220	230	540	355.7	3
4	Aaron Donaldson	fit Performanc	m	93	89.2	u23	165	175	-185	117.5	122.5	127.5	302.5	190	200	-210	502.5	322.2	4
4	Gavin Webb	una	m	93	84.8	u23	140	150	160	100	110	117.5	277.5	160	180	205	482.5	318.0	5
4	Sean Smith	una	m	93	86.5	sen	-160	160	-170	95	-105	-115	255	210	220	230	485	316.1	6
4	Alistair McKenzie	una	m	93	91.6	sen	150	160	-165	-90	-95	100	260	170	180	185	445	281.5	7

4	Mick Coleman	PTS	m	93	90.7	sen	105	115	125	72.5	80	-87.5	205	150	162.5	172.5	377.5	240.0	8
5	Richard Patman	RP Fitness	m	105	94.6	sen	205	215	225	160	170	-175	395	190	210	230	625	389.4	1
5	Dwight Williamson	Cambridge	m	105	101.9	sen	195	210	-220	117.5	-122.5	122.5	332.5	215	240	-250	572.5	345.8	2
5	Danny Willgoss	una	m	105	94.4	u23	185	195	-197.5	125	-135	-135	320	212.5	-225	-225	532.5	332.1	3
5	Malcolm Bason	The Farm	m	105	101.6	m3	170	180	185	120	125	127.5	312.5	190	200	-	512.5	309.9	4
5	Kieran Stubbings	una	m	105	94.3	u18	170	180	-187.5	110	115	-122.5	295	185	195	200	495	308.9	5
5	Scott Carson	una	m	105	102.8	sen	175	-185	-185	-90	90	-100	265	190	200	-205	465	279.9	6
5	Rhett Milton	RP Fitness	m	120	106.9	sen	210	-220	220	150	-160	-160	370	250	260	270	640	380.0	1
5	Tom Weavers	una	m	120	119.6	sen	205	215	-222.5	145	155	-160	370	240	-250	-262.5	610	350.8	2
5	Jordan Lue	una	m	120	111.8	sen	180	200	212.5	120	130	-140	342.5	225	235	-250	577.5	338.1	3
5	Sam Smith	SAS Power	m	120	116.7	sen	-170	-170	170	135	-142.5	-142.5	305	210	-232.5	-	515	297.9	4
5	Chris Hartwig	una	m	120+	126.7	sen	240	250	-260	170	175	-182.5	425	280	290	302.5	727.5	413.1	1