

Anglian Powerlifting Championship 10th April 2016, Hamiltons Fitness Centre, Colchester

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
Beth Wylie		f	52	47.2	u20	-80	85	90	30	35	-37.5	125	100	110	115	240	321.8	1
Felicity Sadler	RP Fitness	f	52	50.9	sen	57.5	65	-70	35	40	-42.5	105	70	75	-80	180	228.1	2
Sal Williams	PTS	f	52	47.6	sen	50	52.5	55	30	-32.5	32.5	87.5	70	75	80	167.5	223.2	3
Krishnaa Mahbubani	CUPLC/RPF	f	57	55.5	sen	85	92.5	-100	-45	-45	45	137.5	110	120	127.5	265	314.0	1
Vanessa Butler	Col Power	f	57	56.7	m2	77.5	82.5	87.5	45	47.5	-50	135	105	112.5	117.5	252.5	294.2	2
Becky McGrath		f	57	55.2	m1	75	80	-82.5	40	42.5	-45	122.5	-110	110	-122.5	232.5	276.7	3
Chloe Lazar	RP Fitness	f	57	56.5	u23	77.5	82.5	-90	45	50	-55	132.5	90	95	100	232.5	271.7	4
Abi Graham	RP Fitness	f	63	63.0	sen	115	122.5	130	70	75	80	210	155	165	175.5	385.5	414.0	1
Karrie Childs	RP Fitness	f	63	61.7	sen	102.5	112.5	115	40	-50	50	165	120	135	-	300	327.3	2
Paula Gentle	PTS	f	63	61.6	m1	75	85	90	45	-52.5	-52.5	135	120	125	-130	260	284.1	3
Tiffany Wood	Col Power	f	63	62.9	sen	85	90	95	50	55	-57.5	150	110	-120	-120	260	279.6	4
Faye Jordan (eq)	PTS	f	63	61.9	sen	115	-	-	-90	-90	-90	115				0	0.0	5
Anastasia Zinchenko	RP Fitness	f	72	70.1	sen	107.5	112.5	115	67.5	72.5	-75	187.5	120	125	130	317.5	315.6	1
Lottie Hall	The Farm	f	72	71.2	sen	105	107.5	-110	-50	50	52.5	160	120	125	130	290	285.2	2
Rowan Smith		f	72	71.0	m1	85	90	95	-57.5	57.5	-60	152.5	110	115	120	272.5	268.5	3
Candice Croker	Col Power	f	72	69.0	sen	62.5	67.5	70	40	42.5	45	115	85	90	100	215	216.0	4
Kitty Burroughs	Col Power	f	84	78.0	sen	115	125	-132.5	50	55	57.5	182.5	135	145	-	327.5	304.0	1
Laura Mitchell	RP Fitness	f	84	82.5	sen	100	110	115	45	-		160	120	125	-130	285	256.5	2
Daniel McGauley	Col Power	m	59	58.7	sen	80	87.5	92.5	62.5	67.5	75	167.5	90	100	-110	267.5	232.8	1
Jamie Jones	RP Fitness	m	66	64.9	sen	160	167.5	172.5	100	105	107.5	280	210	220	-225	500	398.1	1
Reece D'Alanno		m	74	72.1	sen	190	-200	200	120	130	-140	330	235	245	-255	575	421.4	1
Nathan Poynter	Col Power	m	74	71.3	u23	120	130	137.5	80	90	-100	227.5	165	170	-172.5	397.5	293.7	2
Callum Goddard		m	83	80.7	u23	205	212.5	220	140	147.5	152.5	372.5	215	225	235	607.5	412.4	1
Thomas Rowell	RP Fitness	m	83	82.9	sen	205	220	230	115	-125	125	355	230	240	-252.5	595	397.4	2
Samual Brooks		m	83	81.6	sen	175	190	200	-120	120	-125	320	230	245	255	575	387.7	3
Richard Enns	RP Fitness	m	83	82.2	sen	170	180	187.5	100	110	-115	297.5	215	227.5	235	532.5	357.5	4
Mick Amey (Eq)	Col Power	m	83	82.7	m3	140	-180	180	105	110	-	290	220	240.5	-	530.5	354.8	5
Darren Smith		m	83	79.3	sen	160	-177.5	182.5	90	-102.5	102.5	285	180	200	-207.5	485	332.9	6
Ali Wilson	PTS	m	83	81.3	m1	130	145	-152.5	100	-110	110	255	180	200	205	460	310.9	7
Neil Butler	Col Power	m	83	81.5	m2	140	145	152.5	95	100	-102.5	252.5	180	190	-195	442.5	298.6	8
Richard Patman	RP Fitness	m	93	89.0	sen	220	-235	-	160	170	-	390	220	235	-255	625	401.2	1
Danny Willgoss		m	93	92.5	sen	205	210	215	130	137.5	-140	352.5	230	247.5	255	607.5	382.5	2
Aaron Donaldson	Fit Perf	m	93	89.9	sen	185	195	-202.5	135	140	-145	335	210	220	230	565	360.8	3
James Maher		m	93	90.9	sen	165	175	180	97.5	102.5	-105	282.5	-235	250	262.5	545	346.1	4
Gary Allen	Yardley	m	93	93.0	sen	180	-187.5	187.5	130	-135	-135	317.5	210	220	-230	537.5	337.6	5
John Mahoney		m	93	91.3	sen	140	147.5	152.5	-105	110	112	264.5	172.5	182.5	192.5	457	289.6	6
Justin Green	PTS	m	105	99.4	m1	140	155	160	105	115	-117.5	275	200	212.5	215	490	298.8	1
Daniel Lindsell		m	120	119.1	sen	220	230	240	175	185	-190	425	275	295	-305	720	414.4	1
Thomas Vazson	Yardley	m	120	118.4	sen	255	265	-272.5	155	-165	-	420	255	270	280	700	403.5	2
Adam Berry		m	120	114.8	sen	220	240	250	140	-150	-155	390	220	235	245	635	369.0	3
Tom Weavers		m	120	119.5	sen	210	220	-227.5	160	-170	-170	380	212.5	230	245	625	359.5	4
Mark Davies	PTS	m	120	109.9	sen	210	220	225	110	120	125	350	245	257.5	265	615	361.9	5
Jack Powell		m	120+	142.6	u23	210	-220	220	112.5	-117.5	122.5	342.5	200	210	-220	552.5	307.5	1