

# GBPF Essex County Powerlifting Championships – Brentwood Barbell – Sunday 12 June 2016

Class	Age	BW	Name	Division	Squat				Bench Press				Sub-total	Deadlift				Total	Wilkes	Place
					1	2	3	Best	1	2	3	Best		1	2	3	Best			
52	M1	51.65	Suzie Richards	EM	77.5	-82.5	82.5	82.5	52.5	55	-57.5	55	137.5	105	110	-112.5	110	247.5	310.14	1
63	S	61.1	Tamasin Mallia	EM	82.5	87.5	-90	87.5	55	60	62.5	62.5	150	122.5	127.5	132.5	132.5	282.5	310.58	1
63	S	62.5	Tiffany Wood	EM	90	97.5	100	100	52.5	57.5	60	60	160	110	115	-117.5	115	275	297.14	2
63	J	61.85	Charlotte MacPherson	EM	100	-105	-105	100	62.5	67.5	72.5	72.5	172.5	75	90	100	100	272.5	296.78	3
72	S	70.85	Hannah Yardy	GL	-97.5	100	107.5	107.5	70	75	77.5	77.5	185	140	152.5	165	165	350	345.34	1
72	S	70.5	Tamsin Sharp	EM	115	-120	-122.5	115	62.5	67.5	-70	67.5	182.5	135	140	145	145	327.5	324.23	2
72	S	71.25	Emily Williams	GL	117.5	125	132.5	132.5	50	52.5	55	55	187.5	120	130	140	140	327.5	321.9	3
72	J	71.65	Izi Onadim	GL	97.5	107.5	112.5	112.5	65	70	75	75	187.5	117.5	127.5	-130	127.5	315	308.45	
72	S	70.6	Annabel Berry	EM	105	112.5	117.5	117.5	52.5	57.5	-62.5	57.5	175	122.5	130	135	135	310	306.59	
72	S	71.4	Samantha Bunker	EM	97.5	102.5	-105	102.5	45	-47.5		45	147.5	120	125	-127.5	125	272.5	267.46	
72	S	69.95	Kenlyn Stewart	GL	80	87.5	92.5	92.5	42.5	47.5	50	50	142.5	110	117.5	122.5	122.5	265	263.75	
72	S	71.95	Jessica Roberts	EM	-85	-85	95	95	35	40	47.5	47.5	142.5	95	105	120	120	262.5	256.33	
72	S	65	Rebecca Edwards	GL	90	-95	-95	90	40	45	-47.5	45	135	100	-105	-105	100	235	246.54	
72	S	70.65	Candice Croker	EM	67.5	70	75	75	42.5	45	47.5	47.5	122.5	95	100	-105	100	222.5	219.96	
84	S	83.3	Annelise Barnes	EM	105	110	117.5	117.5	77.5	80	82.5	82.5	200	130	140	147.5	147.5	347.5	311.19	1
84	S	82.9	Carly Spencer	EM	117.5	122.5	-125	122.5	52.5	55	57.5	57.5	180	-130	130		130	310	278.29	2
84	S	81.6	Julia Stent	GL	85	95	102.5	102.5	45	50	-55	50	152.5	112.5	122.5	-127.5	122.5	275	248.93	3
84	M1	79.9	Karen Evans	EM	80	85	90	90	50	52.5	55	55	145	105	-110	110	110	255	233.48	
84+	S	85.75	Claire Barclay	EM	80	85	-90	85	52.5	55	-57.5	55	140	105	-110	115	115	255	225.11	
59	S	58.15	Daniel McGauley	EM	82.5	-90	-90	82.5	65	-75	-75	65	147.5	80	85	90	90	237.5	208.53	1
74	J	71.35	Nathan Poynter	EM	130	137.5	145	145	85	92.5	-95	92.5	237.5	160	170	-180	170	407.5	301.02	1
83	S	81.55	Darren Smith	EM	-180	190	200	200	100	107.5	-112.5	107.5	307.5	190	210	220	220	527.5	355.85	1
83	S	81.85	Anthony Barnes	EM	150	160	167.5	167.5	115	122.5	127.5	127.5	295	200	207.5	-212.5	207.5	502.5	338.23	2
83	J	79.95	Ben Sparks	EM	125	132.5	140	140	67.5	70	72.5	72.5	212.5	187.5	200		200	412.5	281.74	3
83	J	79.5	Jake Walker	EM	100	105	107.5	107.5	77.5	80	-82.5	80	187.5	147.5	152.5	160	160	347.5	238.18	
93	S	92.4	Pierre Shillingford	GL	232.5	242.5	-247.5	242.5	162.5	172.5	177.5	177.5	420	280	295	-305	295	715	450.52	1
93	J	91.3	Reece Pearce	EM	200	207.5	212.5	212.5	135	-142.5	147.5	147.5	360	220	230	-240	230	590	373.94	2
93	S	91.35	John Mahoney	GL	140	150	160	160	105	110	-115	110	270	177.5	187.5	190	190	460	291.5	3
105	M1	97.45	Martin Ryan	EM	220	230	-240	230	120	-130	130	130	360	230	235	242.5	242.5	602.5	370.6	1
105	S	104.1	Dean Moody	GL	180	190	-200	190	-145	-145	145	145	335	180	200	230	230	565	338.66	2
105	J	101.7	Tom Andrews	EM	170	180	187.5	187.5	117.5	122.5	127.5	127.5	315	205	215	225	225	550	326.48	3
120	S	110.25	Rhett Milton	EM	190	200	210	210	160	-170	170	170	380	270	277.5	280	280	660	388.15	1
120	S	115.25	Paul Barclay	EM	190	200	-205	200	160	170	177.5	177.5	377.5	230	247.5		247.5	625	362.94	2
120	S	110.65	Ryan Faldo	GL	205	212.5	220	220	132.5	140	145	145	365	210	225	235	235	600	352.44	3

Referees: Mick Amey, John Bevan, Camille Holland, Sarah Marsden,.