

British Senior, Junior and Masters Powerlifting Championships 2016
Gosport, Hampshire 27th / 28th March 2016



Powerlifting Results Name	Team	Div	Bwt (kg)	WtCls (kg)	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	(1) PL Total	(2) Wilks Pts	Pl-Div- WtCls Evt
Marina Cornwall	SM	F-M3	44.5	47	72.5	77.5	-82.5	77.5	42.5	45	47.5	47.5	125	110	117.5	122.5	122.5	247.5	345.857	1-F-M3-47-PL
Louise Edwards	WM	F-O	51.3	52	127.5	135	140	140	65	70	72.5	72.5	212.5	140	150	-160	150	362.5	456.641	1-F-O-52-PL
Jenny Hunter	EM	F-M2	51.8	52	45	55	60	60	60	65	67.5	67.5	127.5	100	110	115	115	242.5	303.222	1-F-M2-52-PL
Jennifer Hancock	SW	F-SJ	57	57	52.5	60	65	65	40	45	47.5	47.5	112.5	87.5	92.5	97.5	97.5	210	243.684	1-F-SJ-57-PL
Amelia Maycock	NM	F-SJ	57	57	50	55	60	60	27.5	30	32.5	32.5	92.5	85	95	102.5	102.5	195	226.278	2-F-SJ-57-PL
Bianca Pennington	NM	F-J	56	57	105	115	122.5	122.5	45	50	50	50	172.5	115	125	132.5	132.5	305	358.863	1-F-J-57-PL
Ellie Steel	WM	F-O	55.3	57	165	175.5 ^{BR}	180 ^{BR}	180	105	-115	117.5 ^{BR}	117.5	297.5	150	160	167.5	167.5	465 ^{BR}	552.560	1-F-O-57-PL
Susannah Butler	SW	F-J	59.8	63	135	142.5	150	150	67.5	72.5	77.5	77.5	227.5	130	137.5	145	145	372.5	416.380	1-F-J-63-PL
Fay Jordan	EM	F-O	60.8	63	115	125	130	130	90	-95	95	95	225	130	140	145	145	370	408.295	1-F-O-63-PL
Yasmina Couty	SM	F-O	61.6	63	92.5	100	105	105	42.5	47.5	-50	47.5	152.5	142.5	152.5	-157.5	152.5	305	333.212	2-F-O-63-PL
Rosimery Lima Gallo	SW	F-Gu	62.6	63	160	170	-180	170	90	95	97.5	97.5	267.5	175	185	-193	185	452.5	488.338	1-F-Gu-63-PL
Lucy Cohen	W	F-O	71.6	72	140	152.5	162.5	162.5	85	95	100	100	262.5	130	145	150	150	412.5	404.126	1-F-O-72-PL
Joanne Barnes	YNE	F-M1	70.5	72	135	142.5	147.5	147.5	80	82.5	x	82.5	230	145	155	-160	155	385	381.150	1-F-M1-72-PL
Charlie Shotton Gale	SW	F-O	84	84	190	205	215 ^{BR}	215	125	132.5 ^{BR}	137.5 ^{BR}	137.5	352.5	180	192.5	202.5 ^{BR}	202.5	555 ^{BR}	494.894	1-F-O-84-PL
Jennifer Keane	WM	F-O	82.1	84	185	200	210	210	95	100	-102.5	100	310	160	170	180	180	490	442.127	2-F-O-84-PL
Christie Civetta	SW	F-O	80.3	84	175	185	190	190	95	102.5	107.5	107.5	297.5	155	165	172.5	172.5	470	429.157	3-F-O-84-PL
Victoria Embleton	YNE	F-O	83.2	84	185	192.5	200	200	90	97.5	102.5	102.5	302.5	165	-172.5	-177.5	165	467.5	418.927	4-F-O-84-PL
Shasha Bowers	SW	F-O	82.1	84	135	142.5	150	150	65	67.5	70	70	220	117.5	125	130	130	350	315.805	5-F-O-84-PL
Jean Maton	SM	F-M2	84	84	-160	160	-170	160	100	107.5	-110	107.5	267.5	160	170	-175	170	437.5	390.119	1-F-M2-84-PL
Helen Toms	SW	F-M2	83.7	84	-140	-140	140	140	70	75	-80	75	215	140	150	155	155	370	330.521	2-F-M2-84-PL
Charlie Chester	SW	F-J	84.8	84+	145	152.5	155	155	70	75	77.5	77.5	232.5	157.5	167.5	172.5	172.5	405	359.478	1-F-J-84+-PL
Kelly Phasey	WM	F-M1	121.6	84+	200 ^{M1}	-210	220 ^{M1}	220	-135	135 ^{M1}	142.5 ^{M1}	142.5	362.5	140	-150	0	140	502.5	400.895	1-F-M1-84+-PL
Michelle Brand	Sc	F-M1	89	84+	157.5	165	172.5	172.5	97.5	107.5	-115	107.5	280	145	155	-160	155	435	377.623	2-F-M1-84+-PL
Jackie Blasbery	EM	F-M2	88.8	84+	130	140	150	150	90	105	112.5	112.5	262.5	145	155	165	165	427.5	371.498	1-F-M2-84+-PL
Sue Hollands	YNE	F-M3	86.1	84+	162.5	170	177.5	177.5	85	90.5 ^{M3}	92.5 ^{M3}	92.5	270	152.5	162.5	-173	162.5	432.5	381.076	1-F-M3-84+-PL

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Joe Sherwood	YNE	M-SJ	63	66	150	-160	165	165	82.5	87.5	90	90	255	150	162.5	170	170	425	347.055	1-M-SJ-66-PL
Peter Barrett	SE	M-M4	64.5	66	95	100	105	105	65	67.5	-70	67.5	172.5	150	165 ^{M4}	177.5 ^{M4}	177.5	350	280.140	1-M-M4-66-PL
Daniel Sherman	YNE	M-SJ	71.7	74	225	237.5 ^{SJ}	-245	237.5	-142.5	142.5	-145	142.5	380	225	237.5 ^{SJ}	240 ^{SJ}	240	620 ^{SJ}	456.320	1-M-SJ-74-PL
Jack Suljevic	SW	M-J	73.3	74	190	205	-215	205	40	50	x	50	255	240	250	260	260	515	372.963	1-M-J-74-PL
Sunil Shahal	WM	M-O	72.2	74	250	262.5	-270	262.5	195	205	-218.5	205	467.5	250	260	265	265	732.5	536.337	1-M-O-74-PL
William Murray	Sc	M-O	72.3	74	225	230	235	235	165	170	-175	170	405	210	220	-225	220	625	457.188	2-M-O-74-PL
Steven Tyers	SW	M-O	72.1	74	185	200	-212.5	200	130	140	-150	140	340	235	250	-260	250	590	432.470	3-M-O-74-PL
Bernie McGurk	Sc	M-O	73.7	74	230	237.5	-245	237.5	-142.5	-142.5	x	0	0	260	270	-285.5	270	0	0.000	
Phil Richard	W	M-M1	74	74	-282.5	282.5	290	290	-207.5	207.5	212.5	212.5	502.5	242.5	252.5	-257.5	252.5	755	543.071	1-M-M1-74-PL
Allen Ottolangui	EM	M-M2	73.5	74	190	210	x	210	130	140	x	140	350	190	210	220	220	570	411.996	1-M-M2-74-PL
Steve Walker	EM	M-M3	73.2	74	210	222.5 ^{M3}	-233	222.5	150	160	165 ^{M3}	165	387.5	225	240 ^{M3}	-245	240	627.5 ^{M3}	454.875	1-M-M3-74-PL
Harri Singh	WM	M-M3	73.2	74	-195	200	215	215	-125	125	130	130	345	195	210	215	215	560	405.944	2-M-M3-74-PL
Desmond Scott	NI	M-M4	72.1	74	75	80	85	85	65	67.5	70	70	155	125	130	135	135	290	212.570	1-M-M4-74-PL
Jakub Zarebo	NM	M-SJ	80.9	83	190	210	215	215	110	120	125	125	340	190	210	220	220	560	379.624	1-M-SJ-83-PL
Ryan Strang	YNE	M-J	81.2	83	255	-265	-267.5	255	172.5	-175	175	175	430	225	237.5	242.5	242.5	672.5	454.879	1-M-J-83-PL
Ethan Brownlee	SW	M-J	82.3	83	230	245	255	255	130	140	147.5	147.5	402.5	-230	-230	230	230	632.5	424.344	2-M-J-83-PL
Daniel Saunders	NM	M-O	82.7	83	220	-230	-230	220	140	145	-150	145	365	210	225	240	240	605	404.685	1-M-O-83-PL
Shaun Haynes	NM	M-M1	82.1	83	225	235	242.5	242.5	180	187.5	-200	187.5	430	227.5	237.5	-240	237.5	667.5	448.493	1-M-M1-83-PL
Jasvinder Singh	WM	M-M1	82.2	83	230	242.5	247.5	247.5	-190	-190	190	190	437.5	220	230	-232.5	230	667.5	448.160	2-M-M1-83-PL
Glen Blacklock	YNE	M-M1	82.4	83	220	230	-237.5	230	-140	-140	-145	0	0	240	250	-257.5	250	0	0.000	
Doug D'Gama	EM	M-M2	82.2	83	200	215	0	215	140	147.5	150	150	365	225	240	-247.5	240	605	406.197	1-M-M2-83-PL
Farris Collins	SW	M-SJ	91	93	170	180	x	180	115	125	x	125	305	180	x	x	180	485	307.926	1-M-SJ-93-PL
John Walsh	YNE	M-J	90.9	93	245	260	275	275	-197.5	-197.5	197.5	197.5	472.5	230	250	-262.5	250	722.5	458.932	1-M-J-93-PL
Calum Keenan	Sc	M-O	92.2	93	-225	230	-240	230	-135	140	145	145	375	270	282.5	-295	282.5	657.5	414.751	1-M-O-93-PL
T.S. Adewale	GL	M-M2	83.1	93	-180	180	-210	180	120	-130	x	120	300	220	x	x	220	520	346.840	1-M-M2-93-PL
Kevin Jane	EM	M-M3	92.7	93	240	-260	267.5	267.5	155	160	165	165	432.5	250	270	-280	270	702.5	442.013	1-M-M3-93-PL
Mick Ellender	SE	M-M4	90.5	93	145	155	160	160	105	115	120	120	280	205	225	-235	225	505	321.483	1-M-M4-93-PL
Steven Barber	WM	M-J	100.2	105	230	240	-250	240	-150	150	-160	150	390	230	240	255	255	645	392.224	1-M-J-105-PL
Jake O'Neill	EM	M-O	104.9	105	-315	315	330	330	215	-222.5	230	230	560	285	295	-302.5	295	855	511.119	1-M-O-105-PL
Jack Cook	EM	M-O	103.6	105	285	300	-310	300	190	202.5	210	210	510	285	300	-310	300	810	486.324	2-M-O-105-PL
Matt Saunders	EM	M-M1	100.3	105	-290	290	-300	290	-210	-210	-210	0	0	250	290	310	310	0	0.000	
Stuart Crichton	Sc	M-M1	103.9	105	-280	-280	280	280	-205	-207.5	-207.5	0	0	x	x	x	0	0	0.000	
Jack Johnson	SM	M-SJ	118.7	120	205	220	-225	220	160	167.5	172.5	172.5	392.5	210	230	245	245	637.5	367.455	1-M-SJ-120-PL
Sam Harvey	EM	M-J	118.6	120	260	275	280	280	180	-192.5	192.5	192.5	472.5	247.5	257.5	-260	257.5	730	420.845	1-M-J-120-PL
David Mills	YNE	M-O	119.4	120	320	332.5	-342.5	332.5	230	242.5	-247.5	242.5	575	270	-280	-280	270	845	486.382	1-M-O-120-PL
Dylan Hywel Davies	W	M-M1	119	120	-230	240	-260	240	-160	160	-180	160	400	240	250	0	250	650	374.465	1-M-M1-120-PL
Phil Frost	YNE	M-M2	110.5	120	215	225	-240	225	160	167.5	175	175	400	200	220	230	230	630	370.251	1-M-M2-120-PL
Mathew Pearce	WM	M-O	151.3	120+	280	295	310	310	180	187.5	192.5	192.5	502.5	260	275	292.5	292.5	795	439.317	1-M-O-120+PL
Jon Askey	WM	M-O	122.4	120+	-255	265	277.5	277.5	180	190	197.5	197.5	475	-270	270	-285	270	745	426.438	2-M-O-120+PL