

GBPF Northwest Champs Intershape gym colne 01/12/13															
Name	CAT	B/W	Squat			Sub Total squat	Bench Press			Sub Total bench	DeadLift			Sub Total	Total
			1	2	3		1	2	3		1	2	3		
57	lot														
Melisa Henderson	32	56.4	70.0	75.0	-80.0	75.0	40.0	-45.0	45.0	120.0	95.0	100.0	105.0	105.0	225.0
63															
Carole Blanchflower	35	61.9	82.5	87.5	-92.5	87.5	45.0	47.5	50.0	137.5	85.0	92.5	100.0	100.0	237.5
Charlotte Dodd	8	62.2	60.0	65.0	70.0	70.0	37.5	40.0	-42.5	110.0	105.0	115.0	-125.0	115.0	225.0
72															
Lisa Bordman	3	71.2	70.0	80.0	85.0	85.0	45.0	50.0	-55.0	135.0	110.0	120.0	130.0	130.0	265.0
Rachel Gregory	27	63.8	60.0	67.5	72.5	72.5	37.5	40.0	-42.5	112.5	100.0	115.0	-125.0	115.0	227.5
84															
Jo Whiteley		83.7	75.0	82.5	87.5	87.5	52.5	-55.0	55.0	142.5	115.0	125.0	130.0	130.0	272.5
66															
john turner	1	65.7	130	150.0	0.0	150.0	110.0	120.0	-125.0	270.0	160.0	170.0	180.0	180.0	450.0
Aodhan Lees	39	65.6	150.0	155	-162.5	155.0	90.0	-95.0	-95.0	245.0	145.0	155.0	162.5	162.5	407.5
74															
Chris Bennett	9	73.6	140.0	150.0	155.0	155.0	110.0	120.0	125.0	280.0	210.0	220.0	-222.5	220.0	500.0
John Corcoran	20	74.0	155.0	165.0	175.0	175.0	100.0	-105.0	-105.0	275.0	200.0	212.5	0.0	212.5	487.5
83															
Luke Corcoran	10	83	220.0	-230.0	230.0	230.0	100.0	-105.0	-105.0	330.0	220.0	237.5	-247.5	237.5	567.5
Thomas Roda	16	79.1	155.0	170.0	-175.0	170.0	107.5	112.5	117.5	287.5	195.0	-210.0	-210.0	195.0	482.5
Mike Mason	37	81.9	140.0	150.0	-165	150.0	-100.0	100.0	105.0	255.0	195.0	205.0	-210.0	205.0	460.0
Dan Davies	13	82.8	135.0	142.5	150.0	150.0	100.0	105.0	-110.0	255.0	180.0	190.0	205.0	205.0	460.0
Mark Peet	30	82.3	130.0	140.0	150.0	150.0	90.0	100.0	105.0	255.0	180.0	0.0	0.0	180.0	435.0
Marcus Kay	11	75.5	140.0	-182.5	-182.5	140.0	90.0	-105.0	-105.0	230.0	190.0	200.0	-210.0	200.0	430.0
Dean Parr		78.2	100.0	105	107.5	107.5	-77.5	80.0	82.5	190.0	140.0	150.0	-155.0	150.0	340.0
Mark Judge	19	81.6				0.0	125.0	130.0	132.5	132.5				0.0	132.5
93															
Thomas Martin		92.9	235.0	0.0	0.0	235.0	165.0	-175.0	0.0	400.0	305.0	0.0	0.0	305.0	705.0
Ian shaw	21	86.3	185.0	205.0	-215.0	205.0	115.0	120.0	125.0	330.0	250.0	270.0	0.0	270.0	600.0
Carl Robinson	22	90.3	-180.0	180.0	190.0	190.0	125.0	135.0	-145.0	325.0	232.5	240.0	250.0	250.0	575.0
Paul Contantine	24	92.1	165.0	175.0	185.0	185.0	117.5	125.0	132.5	317.5	185.0	195.0	210.0	210.0	527.5
Alex Robson		85.0	-155.0	155.0	-165.0	155.0	120.0	130.0	135.0	290.0	205.0	-210.0	210.0	210.0	500.0
Franco Lenhrdt	12	85	155	165	170.0	170.0	90.0	-100.0	0.0	260.0	210.0	220.0	0.0	220.0	480.0
Tim Haddon	5	92.6	160.0	165.0	170.0	170.0	90.0	95.0	-97.5	265.0	180.0	190.0	195.0	195.0	460.0
Keiran Bamford	14	91.6	-140.0	-140.0	-140.0	-140.0	110.0	115.0	-120.0	-25.0	-190.0	190.0	-200.0	190.0	165.0
105															
Stephen Manuel	23	100.8	235.0	255.0	270.0	270.0	180.0	190.0	-195.0	460.0	260.0	280.0	300.0	300.0	760.0
Jake Turner		102.5	205.0	217.5	222.5	222.5	127.5	135.0	140.0	362.5	225.0	-245.0	250.0	250.0	612.5
Ian mcDonald	26	101.3	180.0	190.0	200.0	200.0	140.0	147.5	-152.5	347.5	230.0	240.0	-245.0	240.0	587.5
Tom Macmillan	6	95.7	-160.0	170.0	190.0	190.0	130.0	-135.0	135.0	325.0	240.0	255.0	260.5	260.5	585.5
Neil Stewart	28	100.2	160.0	175.0	185.0	185.0	130.0	140.0	147.5	332.5	195.0	220.0	230.0	230.0	562.5
Adam Thomas	7	96.0	-160.0	-160.0	160.0	160.0	110.0	-130.0	-130.0	270.0	-210.0	230.0	-250.0	230.0	500.0
Ross Pritchard		100.6	150.0	160.0	165.0	165.0	90.0	95.0	-100.0	260.0	205.0	215.0	-220.0	215.0	475.0
Stuart Jones	15	98.4	140.0	-155.0	-155.0	140.0	100.0	120.0	-140.0	260.0	150.0	175.0	200.0	200.0	460.0
Martin Flett	36	98				0.0	180.0	-190.0	-190.0	180.0	170.0	185.0	-190.0	185.0	365.0
Scott Hopkins		104.1	-200.0	-200.0	-200.0	-200.0	0.0	out		-200.0	0.0	out		0.0	-200.0
120															
Tom Kendal	29	110.8	220.0	240.0	250.0	250.0	182.5	190.0	200.0	450.0	210.0	230.0	240.0	240.0	690.0
Jordan McLaughlan	34	118.2	-220.0	-220.0	220.0	220.0	165.0	175.0	-185.0	395.0	240.0	260.0	-280.0	260.0	655.0
Marcus Pemrick	lot	110.5	180.0	190.0	200	200.0	130.0	140.0	-145.0	340.0	230.0	245.0	-260.0	245.0	585.0
Ian Spencer	18	118.7	195.0	220.0	232.5	232.5	122.5	130.0	-140.0	362.5	190.0	210.0	220.0	220.0	582.5
Michael Porter	lot	114.4	145.0	150	155	155.0	95.0	97.5	-102.5	252.5	200.0	210.0	215.0	215.0	467.5
120+															
Pete Ratcliffe	33	133.5	220.0	235	-242.5	235.0	130.0	137.5	-142.5	372.5	220.0	230.0	240.0	240.0	612.5

jnr u23

equipped

u20

eq

eq

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eq

u20