

NW Championships 2014				Intershape gym, Colne, Lancs 29/11/14															
Name	age	BWC	B/W	Squat			Sub Total squat	Bench Press			Sub Total bench	DeadLift			Sub Total	Total	Place	Wilks	
				1	2.0	3.0		1	2	3		1	2	3					
Joanne Barnes	eq	M1	72	69	120.0	-130.0	-130.0	120.0	85.0	-87.5	-87.5	205.0	130.0	140.0	x	140.0	345.0	guest	346.6705
Richard Gallagher	uneq	Sen	66	65.7	120.0	125.0	130.0	130.0	105.0	-115.0	-120.0	235.0	185.0	192.5	-197.5	192.5	427.5	guest	336.9339
Adam Sawyers	uneq	U23	74	73.7	182.5	192.5	-195.0	192.5	90.0	-102.5	-102.5	282.5	220.0	-240.0	-240.0	220.0	502.5	guest	362.5013
John Corcoran	uneq	Sen	83	80.5	182.5	192.5	-200.0	192.5	102.5	107.5	110.0	302.5	195.0	210.0	220.0	220.0	522.5	guest	355.3186
Luke Corcoran	uneq	Sen	93	84.7	185.0	195.0	-205.0	195.0	100.0	105.0	110.0	305.0	225.0	235.0	-240.0	235.0	540.0	guest	356.2204
Alan Silvester	uneq	Sen	120	112.8	180.0	-190.0	-190.0	180.0	115.0	-125.0	125.0	305.0	200.0	220.0	240.0	240.0	545.0	guest	318.3598
Ian Spencer	uneq	M2	120	115.7	190.0	210.0	-220.0	210.0	120.0	130.0	-140.0	340.0	190.0	210.0	220.0	220.0	560.0	guest	324.867
Rousel Chowdhury	uneq	Sen	93	91.8	160.0	180.0	-190.0	180.0	-150.0	150.0	170.0	350.0	190.0	200.0	215.0	215.0	565.0	guest	357.1519
Kit Burgoyne	uneq	Sen	83	82.1	180.0	190.0	200.0	200.0	127.5	-137.5	-137.5	327.5	225.0	240.0	-255.0	240.0	567.5	guest	381.2847
Nathan Burton	uneq	Sen	93	92.2	205.0	-210.0	215.0	215.0	130.0	137.5	145.0	360.0	210.0	220.0	227.5	227.5	587.5	guest	370.5916
Samuel Laycock	uneq	U23	120	112.3	205.0	215.0	225.0	225.0	120.0	-125.0	130.0	355.0	240.0	255.0	262.5	262.5	617.5	guest	361.1684
Paul Bimrose	uneq	M1	105	104.4	-220.0	220.0	240.0	240.0	155.0	170.0	-180.0	410.0	260.0	280.0	290.0	290.0	700.0	guest	419.1361
Louis Beaumont	eq	U23	105	104.9	315.0	x	340.5	340.5	190.0	205.0	-215.0	545.5	265.0	280.0	x	280.0	825.5	guest	493.4456

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				1	2.0	3.0		1	2	3		1	2	3					
Maria Houghton	u23	57	54.9	70.0	80.0	85.0	85.0	40.0	45.0	50.0	135.0	105.0	112.5	117.5	117.5	252.5	1	Q	301.7479
Melissa Henderson	Sen	57	55.4	-80.0	80.0	85.0	85.0	45.0	50.0	52.5	137.5	100.0	105.0	110.0	110.0	247.5	2	Q	293.6793
Dorota Piotowska	Sen	57	56.3	67.5	72.5	75.0	75.0	35.0	37.5	40.0	115.0	97.5	105.0	110.0	110.0	225.0	3	Q	263.6295
Shannon Clifford	u23	63	60.8	100.0	-105.0	-105.0	100.0	55.0	-57.5	-57.5	155.0	130.0	132.5	135.0	135.0	290.0	1	Q	320.0245
Carole Blanchflower	m1	63	61.7	-97.5	-97.5	100.0	100.0	55.0	-57.5	57.5	157.5	115.0	125.0	132.5	132.5	290.0	2	Q	316.4319
Alexandra Wiacek	Sen	63	60.3	-90.0	90.0	100.0	100.0	52.5	57.5	62.5	162.5	100.0	110.0	117.5	117.5	280.0	3	Q	310.9655
Rachel Hassall	Sen	63	60.7	-70.0	-70.0	70.0	70.0	45.0	50.0	55.0	125.0	100.0	110.0	120.0	120.0	245.0	4	Q	270.7089
Rachel Gregory	Sen	63	62.7	60.0	67.5	75.0	75.0	37.5	42.5	-45.0	117.5	100.0	110.0	115.0	115.0	232.5	5	Q	250.6002
Hannah Beaumont	Sen	63	63	-105.0	-105.0	-107.5	0.0	-55.0	55.0	57.5	57.5	125.0	130.0	135.0	135.0 out				
Gemma Pemrick	Sen	72	70.9	110.0	115.0	120.0	120.0	40.0	45.0	52.5	172.5	120.0	125.0	135.0	135.0	307.5	1	Q	303.253
Avril Hughes	Sen	72	69.7	85.0	-90.0	-90.0	85.0	47.5	50.0	52.5	137.5	140.0	145.0	150.0	150.0	287.5	2	Q	286.8675
April Edwards	u23	72	70.3	100.0	-105.0	-105.0	100.0	40.0	45.0	47.5	147.5	120.0	125.0	130.0	130.0	277.5	3	Q	275.2585
Sophie Bent	u23	72	69	90.0	95.0	100.0	100.0	47.5	50.0	-52.5	150.0	102.5	-107.5	110.0	110.0	260.0	4	Q	261.259
Jade Shepherd	u20	72	70.9	80.0	85.0	90.0	90.0	35.0	40.0	-42.5	130.0	115.0	125.0	130.0	130.0	260.0	5	Q	256.409
Chelsey Logue	Sen	84	81.1	80.0	-110.0	-120.0	80.0	40.0	50.0	-65.0	130.0	80.0	120.0	155.0	155.0	285.0	1	Q	258.8313
Jo Whiteley	m1	84+	98.6	80.0	90.0	100.0	100.0	65.0	70.0	72.5	172.5	120.0	135.0	145.0	145.0	317.5	1	Q	265.4671
Chris Rattray	u20	59	56	130.0	135.0	-137.5	135.0	-80.0	85.0	90.0	225.0	160.0	170.0	-172.5	170.0	395.0	1	Q	359.5876
Junaid Ali	u23	66	64.7	140.0	150.0	-155.0	150.0	80.0	85.0	-87.5	235.0	180.0	-200.0	-200.0	180.0	415.0	1	Q	331.2909
Jack Harvey	u20	66	64.1	-135.0	140.0	145.0	145.0	80.0	85.0	-90.0	230.0	160.0	170.0	-175.0	170.0	400.0	2	Q	321.8418

NW records

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				1	2.0	3.0		1	2	3		1	2	3					
adil Khan	u23	74	73.3	160.0	175.0	182.5	182.5	115.0	130.0	-135.0	312.5	200.0	220.0	232.5	232.5	545.0	1	Q	394.6961
Ben Dandy		74	72.1	150.0	160.0	165.0	165.0	120.0	127.5	130.0	295.0	180.0	190.0	-192.5	190.0	485.0	2	Q	355.4846
Aodhan Lees	u23	74	73.3	157.5	165.0	170.0	170.0	105.0	110.0	-112.5	280.0	170.0	-177.5	-177.5	170.0	450.0	3	Q	325.8958
Matthew Piaseki		74	72	140.0	147.5	-152.5	147.5	-95.0	95.0	-100.0	242.5	190.0	200.0	205.0	205.0	447.5	4		328.3339
Adam Desai		74	71.6	115.0	125.0	-132.5	125.0	82.5	92.5	95.0	220.0	160.0	172.5	180.0	180.0	400.0	5		294.6944
Danny Taylor	U23	74	71	120.0	-140.0	-140.0	120.0	85.0	-95.0	-95.0	205.0	140.0	160.0	170.0	170.0	375.0	6	Q	278.0168
Alex Ouzounoglou		74	68.5	-125.0	125.0	132.5	132.5	95.0	100.0	-102.5	232.5	120.0	130.0	135.0	135.0	367.5	7		280.0634
Christopher Rigby	u23	74	68.1	-95.0	100.0	-110.0	100.0	70.0	75.0	-77.5	175.0	125.0	130.0	135.0	135.0	310.0	8		237.3376
Jamie Clarricoats		74	66.4	130.0	140.0	150.0	150.0	-90.0	-95.0	-95.0	60.0	180.0	190.0	200.0	200.0 out				
Euan Lees		74	72.4	-140.0	140.0	152.5	152.5	-105.0	-110.0	-110.0	47.5	180.0	192.5	-200.0	192.5 out				
Lee McNeil	u23	83	82.7	180.0	190.0	-200.0	190.0	130.0	135.0	137.5	327.5	230.0	240.0	-245.0	240.0	567.5	1	Q	379.6222
James Doyle		83	79.3	190.0	200.0	-205.0	200.0	120.0	125.0	130.0	330.0	200.0	215.0	230.0	230.0	560.0	2	Q	384.4507
Bobby Lee Coates		83	82.3	180.0	190.0	195.0	195.0	-115.0	115.0	-122.5	310.0	200.0	215.0	222.5	222.5	532.5	3	Q	357.2452
Alexander Fitton		83	77.2	165.0	180.0	190.0	190.0	105.0	-110.0	-110.0	295.0	200.0	220.0	225.0	225.0	520.0	4	Q	363.3032
Jon Howard		83	80.2	160.0	180.0	190.0	190.0	120.0	125.0	130.0	320.0	180.0	190.0	200.0	200.0	520.0	5	Q	354.446
David Clifford	M1	83	81.8	150.0	165.0	175.0	175.0	110.0	-117.5	-117.5	285.0	220.0	230.0	-240.0	230.0	515.0	6	Q	346.7799
Nathan Parkinson	u23	83	81	150.0	160.0	-165.0	160.0	100.0	105.0	110.0	270.0	190.0	-200.0	-200.0	190.0	460.0	7	Q	311.6159
Adam Esa	u23	83	76.7	140.0	150.0	160.0	160.0	90.0	97.5	-105.0	257.5	-180.0	180.0	-200.0	180.0	437.5	8	Q	306.9975
Gary Lovett	M1	83	81.9	140.0	-150.0	152.5	152.5	115.0	120.0	-122.5	272.5	190.0	202.5	205.0	205.0	477.5	guest	Q	321.2905
Chris Graham	u23	93	93	200.0	210.0	-215.0	210.0	135.0	140.0	145.0	355.0	280.0	297.5	310.0	310.0	665.0	1	Q	417.7464
Haydn Crook	u23	93	92.9	225.0	235.0	241.0	241.0	150.0	155.0	160.0	401.0	250.0	-260.0	-260.0	250.0	651.0	2	Q	409.1607
Carl Robinson		93	91.2	200.0	210.0	220.0	220.0	110.0	130.0	X	350.0	230.0	250.0	265.0	265.0	615.0	3	Q	390.0127
Ian Shaw		93	89.7	200.0	210.0	-220.0	210.0	120.0	125.0	-127.5	335.0	250.0	270.0	X	270.0	605.0	4	Q	386.8869
James Cameron		93	92.2	160.0	170.0	180.0	180.0	150.0	-155.0	-160.0	330.0	200.0	215.0	-230.0	215.0	545.0	5	Q	343.7828
Daniel Lee		93	87.7	-175.0	175.0	185.0	185.0	117.5	122.5	127.5	312.5	215.0	225.0	230.0	230.0	542.5	6		351.0404
Paul Constantine	sen	93	91.5	170.0	180.0	190.0	190.0	125.0	-132.5	132.5	322.5	190.0	202.5	-212.5	202.5	525.0	7		332.3991
Ewan Cunliffe	u23	93	91.5	180.0	-200.0	-200.0	180.0	-120.0	130.0	-145.0	310.0	180.0	200.0	-235.0	200.0	510.0	8	Q	322.902
Matthew Kelly		93	90.2	155.0	165.0	172.5	172.5	100.0	-110.0	-115.0	272.5	190.0	205.0	-220.0	205.0	477.5	9		304.4901
Daniel Bland		93	90.3	-145.0	145.0	155.0	155.0	95.0	100.0	105.0	260.0	170.0	-175.0	175.0	175.0	435.0	10		277.2335
Joe Thomas	u18	93	89.1	-140.0	147.5	-155.0	147.5	90.0	100.0	-105.0	247.5	160.0	170.0	180.0	180.0	427.5	11	Q	274.3262
Aaron Sullivan		93	93	-205.0	-205.0	-205.0	-205.0	130.0	137.5	-145.0	-67.5	220.0	230.0	235.0	235.0 out				
Tom Martin		105	96.5	250.0	260.0	270.0	270.0	162.5	170.0	X	440.0	330.0	x	351.0	351.0	791.0	guest	Q	488.6126
Stephen Manuel		105	101.8	270.0	285.0	292.5	292.5	180.0	187.5	-192.5	480.0	290.0	-310.0	X	290.0	770.0	guest	Q	465.3599

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Name	age	BWC	B/W	Squat			Sub Total squat	Bench Press			Sub Total bench	DeadLift			Sub Total	Total				
				1	2	3		1	2	3		1	2	3						
Jake Turner	uneq	Sen	93	91.9	202.5	217.5	227.5	227.5	140.0	150.0	-155.0	150.0	377.5	220.0	242.5	252.5	252.5	630.0	Q	398.029
Joe Chiffers	uneq	Sen	93	91.3 x		165.0	-175.0	165.0	-135.0	-135.0	-135.0	-135.0	0.0	215.0	225.0	-235.0	225.0	out		
Darren Sloan	uneq	Sen	105	103.4	202.5	212.5	230.0	230.0	130.0	135.0	-147.5	135.0	365.0	210.0	230.0	250.0	250.0	615.0	1 Q	369.5234
Dan Casson	uneq	Sen	105	101.2	205.0	220.0	-230.0	220.0	-110.0	127.5	132.5	132.5	352.5	250.0	-272.5 x		250.0	602.5	2 Q	364.9577
Ben Deller- Rust	uneq	u23	105	100.6	175.0	190.0	200.0	200.0	120.0	127.5	135.0	135.0	335.0	235.0	250.0	-260.0	250.0	585.0	3 Q	355.1811
Kieran Bamford	uneq	Sen	105	100.9	180.0	-190.0	-190.0	180.0	130.0	140.0	-145.0	140.0	320.0	210.0	220.0	230.0	230.0	550.0	4	333.5414
Jason Ennis	uneq	m1	105	104.2	160.0	175.0	-190.0	175.0	130.0	135.0	137.5	137.5	312.5	210.0	220.0	230.0	230.0	542.5	5 Q	325.0532
Ted Moore	uneq	m3	105	103.4	160.0	180.0 x		180.0	110.0	120.0	130.0	130.0	310.0	180.0	210.0	230.0	230.0	540.0	6 Q	324.4596
Charlie Bloxham	uneq	Sen	105	104.4	170.0	180.0	185.0	185.0	100.0	112.5	-117.5	112.5	297.5	-200.0	-215.0	215.0	215.0	512.5	7	306.8675
Joe Bullock	eq	m1	105	95.2	-250.0	260.0 x		260.0	160.0 x	x		160.0	420.0	200.0 x	x		200.0	620.0	1 Q	385.2917
Frazer Pennington	uneq	u18	120	114.8	190.0	205.0	215.0	215.0	130.0	140.0	-145.0	140.0	355.0	195.0	215.0	227.5	227.5	582.5	1 Q	338.6195
Neil Ronaldson	uneq	Sen	120	114	200.0	210.0	215.0	215.0	150.0	160.0	-165.0	160.0	375.0	190.0	200.0	205.0	205.0	580.0	2	337.8064
Daniel Truman	uneq	u18	120	116.6	150.0	-160.0	165.0	165.0	100.0	-115.0	-115.0	100.0	265.0	190.0	200.0	210.0	210.0	475.0	3 Q	275.0057
Michael Porter	uneq	Sen	120	110.3	140.0	145.0	150.0	150.0	90.0	100.0	110.0	110.0	260.0	160.0	180.0	190.0	190.0	450.0	4	264.6019
Chris Hubel	uneq	Sen	120	119.5	175.0	185.0	190.0	190.0	-130.0	-130.0	-130.0	-130.0	60.0	240.0	255.0	-265.0	255.0	out		
Pete Ratcliffe	uneq	m2	120+	133.1	190.0	205.0	220.0	220.0	110.0	120.0	130.0	130.0	350.0	230.0	245.0	257.5	257.5	607.5	1 Q	342.1959

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