

4 Nations Glasgow 29th November 2014

Women Unequipped

Team	Name	Class	Wt.	Squat	Bench Press	Sub	Deadlift	Total	Wilks						
ENGLAND	KAYTEE POOLTON	52.0	50.9	107.5	-115.0	52.5	55.0	110.0	117.5	-120.0	282.5	358.01			
	PELIN BAYKAL	57.0	56.2	97.5	-105.0	57.5	62.5	-65.0	167.5	130.0	147.5	315.0	369.60		
	NINA CABBATTA	63.0	62.8	105.0	112.5	117.5	62.5	67.5	-70.0	185.0	147.5	160.0	345.0	371.41	
SCOTLAND	LEE HELLSTROM	72.0	66.0	80.0	85.0	-90.0	67.5	70.0	-72.5	155.0	145.0	152.5	-160.0	307.5	318.99
	MARCELLE BROWN	72.0	66.1	-105.0	-105.0	65.0	70.0	75.0		120.0	132.5	142.5			
	APPLE DOEPNER	84.0	73.7	120.0	-130.0	130.0	67.5	70.0	72.5	202.5	160.0	-167.5	-167.5	362.5	348.45
N. IRELAND	RACHAEL BELL	57.0	56.6	110.0	-117.5	120.0	-57.5	62.5	-65.0	182.5	135.0	140.0	-145.0	322.5	376.30
	CHLOE SIMPSON	57.0	55.1	92.5	97.5	100.0	45.0	47.5	50.0	150.0	125.0	132.5	137.5	287.5	342.60
	GABRIEL ERVINE	63.0	58.4	-102.5	102.5	107.5	65.0	70.0	-72.5	177.5	130.0	140.0	-145.0	317.5	361.50
WALES	LUCY COHEN	63.0	62.3	100.0	110.0	120.0	55.0	-60.0	60.0	180.0	130.0	140.0	-145.0	320.0	346.59
	BETHAN KEEBLE	63.0	61.3	100.0	107.5	-112.5	52.5	57.5	-60.0	165.0	125.0	-130.0	-130.0	290.0	318.01
	TANYA BULL	72.0	69.7	120.0	127.5	132.5	65.0	70.0	-72.5	202.5	160.0	170.0	-178.0	372.5	371.68

Women Equipped

Team	Name	Class	Wt.	Squat	Bench Press	Sub	Deadlift	Total	Wilks						
ENGLAND	SHARIN ROWLANDS	47.0	43.8	140.0	150.0	-155.0	60.0	65.0	70.0	220.0	110.0	117.5	122.5	342.5	483.73
	LOUISE EDWARDS	52.0	51.6	127.5	135.0	-140.0	67.5	72.5	75.0	210.0	145.0	152.5	-160.0	362.5	454.61
	ELLIE STEEL	57.0	55.6	-155.0	162.5	170.0	97.5	102.5	-107.5	272.5	150.0	160.0	170.0	442.5	523.58
SCOTLAND	LOUISE MURRAY	57.0	55.9	160.0	167.5	173.0	95.0	102.5	105.5	278.5	157.5	165.0	172.5	451.0	531.39
	ROWAN H-HORNE	63.0	61.1	100.0	110.0	-120.0	60.0	65.0	-70.0	175.0	105.0	115.0	125.0	300.0	329.81
	MICHELLE BRAND	84.0	83.6	157.5	165.0	170.0	97.5	107.5	-112.5	277.5	150.0	155.0	160.0	437.5	391.07
N. IRELAND	CLAIRE CONWAY	63.0	60.2	80.0	-87.5	-87.5	55.0	-60.0	-60.0	135.0	125.0	132.5	140.0	275.0	305.80
	MARTINA DONNELLA	63.0	60.2	-105.0	-105.0	105.0	52.5	57.5	60.0	165.0	125.0	132.5	137.5	302.5	336.39
	SARAH LUCAS	72.0	65.5	-105.0	-105.0	105.0	52.5	-55.0	55.0		135.0	140.0	-145.0		
WALES	ROSI LIMA	63.0	59.6	170.0	-180.0	185.5	92.5	97.5	102.5	288.0	177.5	190.0	-195.0	478.0	535.69
	AMANDA GIBSBY	63.0	57.8	125.0	135.0	-140.0	60.0	-65.0	-65.0	195.0	135.0	150.0	-160.0	345.0	395.99
	AMY SPENCER	72.0	69.9	135.0	140.0	-145.0	82.5	87.5	90.0	230.0	140.0	147.5	-152.5	377.5	375.92

Men Unequipped

Team	Name	Class	Wt.	Squat	Bench Press	Sub	Deadlift	Total	Wilks						
ENGLAND	MARK HODGETT	83.0	82.8	200.0	210.0	215.0	132.5	140.0	-145.0	355.0	265.0	275.0	280.0	635.0	424.47
	PIERRE SHILLINGFO	93.0	91.2	225.0	235.0	242.5	157.5	165.0	-170.0	407.5	277.5	290.0	-295.0	697.5	442.33
	TONY CLIFFE	120+	120.4	300.0	320.0	330.0	210.0	225.0	-227.5	555.0	320.0	335.0	345.0	900.0	517.03
SCOTLAND	DANIEL MACURA	83.0	82.6	220.0	230.0	-240.0	135.0	145.0	-150.0	375.0	250.0	262.5	-270.0	637.5	426.76
	WILLIAM RODGERS	120.0	118.0	230.0	240.0	245.0	140.0	150.0	155.0	400.0	-290.0	290.0	305.0	705.0	406.95
	DARREN LEGGATT	120+	139.2	280.0	-295.0		155.0	165.0	170.0	450.0	235.0	250.0	-262.5	700.0	391.50
N. IRELAND	COLIN WRIGHT	120.0	116.8	275.0	287.5	300.0	165.0	172.5	-180.0	472.5	290.0	307.5	318.0	790.5	457.47
	JACEK STANEK	120+	146.8	320.0	340.0	-345.0	190.0	200.0	205.0	545.0	305.0		-327.5	867.5	481.45
	RICKY MULLAN	120+	126.8	250.0	260.0	270.0	130.0	140.0	150.0	420.0	285.0	300.0	-305.0	720.0	409.13
WALES	JACOB DOWNES	66.0	64.2	150.0	157.5	165.0	110.0	117.5	120.0	285.0	180.0	190.0	200.0	485.0	389.72
	FRANCIS BARRETT	83.0	81.2	200.0	212.5	222.5	140.0	145.0	150.0	372.5	225.0	235.0	-242.5	607.5	410.91
	ADAM THOMAS	93.0	91.0	190.0	200.0	205.0	135.0	142.5	150.0	355.0	250.0	260.0	-270.0	615.0	390.44

Men Equipped

Team	Name	Class	Wt.	Squat	Bench Press	Sub	Deadlift	Total	Wilks						
ENGLAND	ROBERT PULLING	120.0	105.2	-270.0	275.0	290.0	-215.0	220.0	230.0	520.0	250.0	-260.0	-260.0	770.0	459.81
	DEAN BOWRING	120.0	119.6	-360.0	385.0	-402.5	285.0	295.0	302.5	687.5	320.0	340.0	355.0	1042.5	599.82
	RANBIR SAHOTA	120+	122.4	350.0	370.0	380.0	215.0	225.0	232.5	612.5	305.0	325.0	-337.5	937.5	536.60
SCOTLAND	BERNIE MCGURK	74.0	73.4	225.0	235.0	-242.5	145.0	-147.5	-147.5	380.0	255.0	-270.0	-270.0	635.0	459.43
	ROBERT LOVE	93.0	92.6	307.5	-325.0	325.0	190.0	197.5	-202.5	522.5	275.0	290.0	-297.5	812.5	511.45
	STUART CRICHTON	105.0	104.6	280.0	-290.0	300.0	205.0	210.0	215.0	515.0	265.0	-285.0	-285.0	780.0	466.72
N. IRELAND	DAVIE CARLETON	66.0	65.0	160.0	170.0	-175.0	105.0	112.5	-115.0	282.5	200.0	-212.5	-212.5	482.5	383.68
	SEAN RYAN	74.0	73.6	200.0	-207.5	-207.5	132.5	-137.5	137.5	337.5	240.0	-250.0	-250.0	577.5	417.01
	MARC RUSSELL	120.0	109.4	240.0	255.0	270.0	185.0	195.0	-205.0	465.0	240.0	255.0	260.0	725.0	427.38
WALES	PHIL RICHARD	74.0	73.8	280.0	-292.5	300.0	205.0	212.5	-217.5	512.5	230.0	240.0	250.0	762.5	549.53
	OWEN HUBBARD	83.0	81.0	280.0	300.0	-310.0	230.0	247.5	-260.0	547.5	250.0	270.0	-285.0	817.5	553.80
	SION HUGHES	93.0	90.8	300.0	310.0	325.0	180.0	187.5	-192.5	512.5	265.0	280.0	-287.5	792.5	503.68

TEAM	ENGLAND	SCOTLAND	N IRELAND	WALES
LADIES CLASSIC	1099	667	1080	1036
MEN'S CLASSIC	1384	1225	1348	1191
TOTAL	2483	1893	2428	2227
Place	1st	4th	2nd	3rd
LADIES EQUIPPED	1462	1252	642	1308
MEN'S EQUIPPED	1596	1438	1228	1607
TOTAL	3058	2690	1870	2915
Place	1st	3rd	4th	2nd
COUNTRY TOTAL	5541	4583	4299	5142
Place	1st	3rd	4th	2nd