

03/07/2016

## Cumbria Championships

Qualified

| Name             | Team                       | Bwt (kg) | WtCls (kg) | Age | 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 | Total | Wilks   | Placing | NW | National |
|------------------|----------------------------|----------|------------|-----|-------|-------|--------|---------|--------|--------|--------|---------|-----------|-------|--------|--------|---------|-------|---------|---------|----|----------|
| Jane Girdlestone | FCPC                       | 54.6     | 57         | M1  | 102.5 | 107.5 | -113   | 107.5   | 52.5   | 57.5   | 62.5   | 62.5    | 170       | 115   | 120    | 126    | 126     | 296   | 355.259 | 1-57    | Y  | Br       |
| Maria Andrews    |                            | 53.6     | 57         | sen | 100   | 107.5 | x      | 107.5   | 45     | 52.5   | -55    | 52.5    | 160       | 120   | 125    | -132.5 | 125     | 285   | 347.016 | 2-57    | Y  | Br       |
| Sharon Holmes    | Carlisle Powerlifting Club | 70.7     | 72         | M1  | 95    | -105  | 105    | 105     | 50     | 55     | 60     | 60      | 165       | 115   | 120    | 130    | 130     | 295   | 291.489 | 1-72    | Y  | Bm       |
| Suzanne Manuel   | Carlisle Powerlifting Club | 69.9     | 72         | sen | -140  | 110   | -145   | 110     | 42.5   | 47.5   | 50     | 50      | 160       | 125   | 132.5  | -140   | 132.5   | 292.5 | 291.272 | 2-72    | Y  |          |
| Jo Foster        | Carlisle Powerlifting Club | 65.7     | 72         | m1  | 75    | 80    | 85     | 85      | 55     | 60     | 65     | 65      | 150       | 125   | 130    | 135    | 135     | 285   | 296.628 | 3-72    | Y  | Bm       |
| Laura Parkinson  | Carlisle Powerlifting Club | 70.7     | 72         | sen | 85    | 95    | 102.5  | 102.5   | 37.5   | 40     | -42.5  | 40      | 142.5     | 115   | 125    | 130    | 130     | 272.5 | 269.257 | 4-72    |    |          |
| Emma Edwards     | Carlisle Powerlifting Club | 65.7     | 72         | sen | 85    | -95   | 100    | 100     | 50     | 57.5   | -60    | 57.5    | 157.5     | 90    | 110    | 127.5  | 127.5   | 285   | 296.628 | Guest   | Y  |          |
| Amy Rickerby     | Lifestyle Fitness          | 64.6     | 72         | u18 | 50    | 62.5  | -70    | 62.5    | 32.5   | -37.5  | -40    | 32.5    | 95        | 100   | -140   | 110    | 110     | 205   | 216.050 | Guest   |    | Bj       |
| Senga Blackmore  | Carlisle Powerlifting Club | 99       | 84+        | sen | 125   | 135   | 140    | 140     | 62.5   | 65     | -67.5  | 65      | 205       | 125   | 130    | 140    | 140     | 345   | 288.109 | 1-84+   | Y  | Br       |
| Emma Cadden      |                            | 99.7     | 84+        | sen | -80   | -80   | -90    | 0       | 50     | -60    | -60    | 50      | 0         | 105   | 115    | 125    | 125     | 0     | 0.000   |         |    |          |
| Danny Smith      | Carlisle Powerlifting Club | 64.6     | 66         | sen | 140   | -145  | -145   | 140     | 92.5   | -97.5  | -97.5  | 92.5    | 232.5     | 170   | 180    | -185   | 180     | 412.5 | 329.711 | 1-66    | Y  |          |
| Iouie Pelicano   | Greater London             | 61.1     | 66         | sen | 130   | 135   | 145    | 145     | -95    | 95     | -97.5  | 95      | 240       | 155   | 170    | 177.5  | 177.5   | 417.5 | 350.282 | Guest   |    |          |
| Gary Lee         | Carlisle Powerlifting Club | 72.7     | 74         | sen | 160   | 167.5 | -172.5 | 167.5   | 105    | 110    | x      | 110     | 277.5     | 190   | x      | x      | 190     | 467.5 | 340.574 | 1-74    | Y  |          |
| Adam Zegveldt    | Carlisle Powerlifting Club | 67.8     | 74         | u23 | 125   | 135   | 142.5  | 142.5   | 75     | -85    | 85     | 85      | 227.5     | 150   | 160    | 170    | 170     | 397.5 | 305.399 | 2-74    |    |          |
| Stuart Ogden     | Village Hotel              | 73.3     | 74         | sen | 160   | 165   | 175    | 175     | 110    | 120    | 122.5  | 122.5   | 297.5     | 200   | 215    | 222.5  | 222.5   | 520   | 376.584 | Guest   | Y  | Br       |
| Alex fodor       | YNE                        | 73.7     | 74         | sen | -200  | 200   | 205    | 205     | -135   | -135   | -135   | 0       | 0         | -240  | x      | x      | 0       | 0     | 0.000   | Guest   |    |          |
| Stu Nicholson    | Carlisle Powerlifting Club | 81.1     | 83         | sen | 150   | 160   | -170   | 160     | 120    | -125   | 125    | 125     | 285       | 200   | 210    | 220    | 220     | 505   | 341.835 | 1-83    | Y  |          |
| Martyn Wood      | Racksmiths                 | 81.2     | 83         | sen | 140   | -175  | 175    | 175     | 90     | -100   | 100    | 100     | 275       | 160   | -195   | -195   | 160     | 435   | 294.234 | 2-83    |    |          |
| Duncan Keith     | Scotland                   | 80.9     | 83         | sen | 175   | 180   | 190    | 190     | 100    | 105    | -140   | 105     | 295       | 210   | 220    | -242.5 | 220     | 515   | 349.119 | Guest   |    |          |
| Scott Huddart    |                            | 90.9     | 93         | sen | 195   | 205   | -245   | 205     | 132.5  | 140    | 145    | 145     | 350       | 237.5 | 250    | 260    | 260     | 610   | 387.472 | 1-93    | Y  | Br       |
| Daniel Lee       | Barbell Warrior            | 91.8     | 93         | sen | 170   | 185   | 200    | 200     | 120    | 127.5  | 132.5  | 132.5   | 332.5     | 190   | 205    | 220    | 220     | 552.5 | 349.235 | 2-93    | Y  |          |
| Matthew Kelly    | The Iron Pit               | 92.9     | 93         | sen | 180   | 190   | 192.5  | 192.5   | 110    | -112.5 | x      | 110     | 302.5     | 220   | 230    | 237.5  | 237.5   | 540   | 339.390 | 3-93    | Y  |          |
| Joe Thomas       |                            | 91.1     | 93         | u23 | 180   | 190   | 200    | 200     | 120    | -125   | -125   | 120     | 320       | 205   | 215    | -220   | 215     | 535   | 339.458 | 4-93    | Y  |          |
| Jimmy Nsouli     | Carlisle Powerlifting Club | 90.3     | 93         | sen | 180   | 190   | x      | 190     | -122.5 | 122.5  | -130   | 122.5   | 312.5     | 205   | 215    | -230   | 215     | 527.5 | 336.176 | 5-93    | Y  |          |
| Tom Yarrow       | Carlisle Powerlifting Club | 90       | 93         | m1  | 190   | 195   | 200    | 200     | 100    | 105    | -140   | 105     | 305       | 220   | x      | x      | 220     | 525   | 335.160 | 6-93    | Y  | Bm       |
| Dale Potter      | Power & Fitness            | 87       | 93         | sen | 157.5 | 167.5 | 175    | 175     | -105   | 110    | 115    | 115     | 290       | 187.5 | 200    | 210    | 210     | 500   | 324.950 | 7-93    | Y  |          |
| Arran Sullivan   | Powerhouse                 | 103.7    | 105        | sen | 190   | 220   | 240    | 240     | 140    | 155    | -170   | 155     | 395       | 220   | 235    | -255   | 235     | 630   | 378.126 | 1-105   | Y  | Br       |
| Ian Lee          | Team Screamer              | 96.9     | 105        | sen | 185   | 195   | 205    | 205     | 100    | 110    | -145   | 110     | 315       | 205   | 220    | 240    | 240     | 555   | 342.213 | 2-105   | Y  |          |
| Nathan Bell      | Carlisle Powerlifting Club | 97.7     | 105        | u23 | -165  | 165   | 180    | 180     | 95     | 100    | -140   | 100     | 280       | 210   | 220    | -230   | 220     | 500   | 307.200 | 3-105   |    |          |
| Jonathan Peters  |                            | 100.9    | 105        | U23 | 100   | 130   | -150   | 130     | 90     | 105    | -112.5 | 105     | 235       | 190   | 205    | 220    | 220     | 455   | 275.912 | 4-105   |    |          |
| Paul Sutton      | Lifestyle Fitness          | 117.8    | 120        | sen | -200  | 200   | 210    | 210     | -125   | 125    | 135    | 135     | 345       | 240   | 255    | 265    | 265     | 610   | 352.275 | guest   | Y  |          |
| Ryan Dean        | Carlisle Powerlifting Club | 107      | 120        | u23 | 180   | 195   | -240   | 195     | 140    | 155    | -170   | 155     | 350       | 210   | 225    | -250   | 225     | 575   | 341.377 | guest   | Y  | Bj       |
| Peter Ratcliffe  | Adlington                  | 136.5    | 120+       | M3  | 200   | 220   | 230    | 230     | 110    | 120    | 130    | 130     | 360       | 230   | -237.5 | x      | 230     | 590   | 330.990 | 1-120+  | Y  | Bm       |
| Freddie Sewell   | Carlisle Powerlifting Club | 130.1    | 120+       | sen | 180   | 190   | 200    | 200     | 130    | 140    | 145    | 145     | 345       | 200   | 215    | 225    | 225     | 570   | 322.335 | 2-120+  | Y  |          |
| Paul Williamson  | Racksmiths                 | 134.7    | 120+       | Sen | 170   | 195   | -212.5 | 195     | 100    | 112.5  | -122.5 | 112.5   | 307.5     | 200   | 215    | 225    | 225     | 532.5 | 299.372 | 3-120+  |    |          |

Qualification

Br = British Bj = British Junior Bm = British Masters

Senior record

Junior Record

Masters 1 Record

Masters 2 record

Masters 3 Record