

## EM Essex Championships 28/10/2018

Name	Club	m/f	Class	Weight	Age	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Sub	D'lift 1	D'lift 2	D'lift 3	Total	Wilks	Place
Natalie Neal		f	52	49.5	M1	67.5	75	80	47.5	50	-55	130	87.5	92.5	95	225	291.2	1
Jessica Bapia		f	52	48.6	subjun	-65	75	-80	20	25	30	105	65	75	85	190	249.3	2
Flick Sadler		f	57	55.7	sen	95	100	102.5	52.5	57.5	-60	160	105	-110	-110	265	313.1	1
Melanie Lester	Eltray fitness	f	57	56.3	M3	-65	-70	-70	32.5	37.5	-40	37.5	80	90	95	0		
Kelly Bardwell		f	63	58.2	sen	105	112.5	117.5	70	75	77.5	195	120	130	135	330	376.7	1
Nicola Day		f	63	61.4	sen	95	100	105	55	60	-65	165	110	120	130	295	323.1	2
Candice Westaway	Hamiltons	f	72	70.9	sen	100	110	-120	60	62.5	-65	172.5	100	105	-110	277.5	273.7	1
Iona Ross-Marrs		f	72	67.4	jun	-70	77.5	82.5	47.5	50	-52.5	132.5	97.5	105	112.5	245	250.3	1
Kitty Pane	Spartans	f	72	70.3	jun	60	65	70	40	45	50	120	-87.5	87.5	100	220	218.2	2
Natasha Brooks	ColPow	f	84	81.4	sen	115	125	135	65	-70	-75	200	140	150	162.5	362.5	328.6	1
Becky Hill	Project Barbell	f	84	82.2	sen	100	107.5	112.5	50	55	-57.5	167.5	110	120	132.5	300	270.5	2
Gina Hook	crossfit st albans	f	84	79.5	sen	105	110	112.5	55	-60	-60	167.5	115	120	130	297.5	273.2	3
Jelena Aleksic		f	84+	127.7	sen	130	140	150	60	65	-70	215	130	140	150	365	288.7	1
Sophia Harley		f	84+	84.4	sen	60	65	70	50	55	-57.5	125	100	110	-125	235	209.1	2
Mick Amey	Hamiltons	m	83	81.2	M3	180	190	200	105	112.5	115	315	225	-235	-235	540	365.2	1
Ian Card		m	83	81.2	M1	170	190	202.5	100	110	117.5	320	220	235	250	570	385.5	1
Oliwier Pilecki		m	83	76.9	subjun	180	190	-195	135	140	-145	330	210	215	220	550	385.2	2
Josh Constable	Project Barbell	m	83	81.6	jun	150	162.5	172.5	95	100	105	277.5	200	210	222.5	500	337.1	3
Neil Butler		m	83	81.5	M2	150	155	-162.5	90	-95	-	245	180	190	-200	435	293.5	4
Joshua Freem		m	93	92.2	sen	207.5	217.5	225	125	132.5	135	360	250	265	-275	625	394.2	1
Oli Butler	FTC	m	93	92.2	sen	215	227.5	-	135	140	-142.5	367.5	225	235	240	607.5	383.1	2
Dan Amey	Hamiltons	m	93	88.9	M1	160	170	185	140	145	-150	330	200	210	217.5	547.5	351.7	3
Saleem Painchun		m	93	87.4	sen	165	175	-185	97.5	100	112.5	287.5	165	175	190	477.5	309.5	4
Kent Ng	phoenix mafia	m	105	98.6	sen	200	215	225	127.5	132.5	-137.5	357.5	205	225	245	602.5	368.7	1
Charles Pritchard	phoenix mafia	m	105	94.9	sen	180	195	-210	130	140	-142.5	335	205	225	-242.5	560	348.4	2
Callum Longhurst		m	105	99.9	jun	170	180	192.5	100	107.5	-112.5	300	210	222.5	230	530	322.6	3
Jack Golding	ColPow	m	105	101.4	jun	145	150	165	105	112.5	-115	277.5	205	215	225	502.5	304.1	4
Joseph O'Neill		m	105	95.5	sen	170	180	-190	110	120	-125	300	170	185	195	495	307.1	5
Rhett Milton	RMPT	m	120	117.5	sen	230	250	-260	150	160	165	415	280	300	-	715	412.9	1
Darren Goldsney		m	120	108.2	M1	170	182.5	190	100	115	-122.5	305	175	192.5	-205	497.5	294.2	2
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Equipped

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