

South East Open 2014

Woking Powerlifting Club, 30th November 2014

Name	Team	Div	Bwt (kg)	WCIs (kg)	Wilks Coeff	SQ rack	SQ-1	SQ-2	SQ-3	Best SQ	BP rack	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	(1) PL Total	(2) Wilks Pts
Senior																					
Kai Keteon	SE	M-O	68	74	0.7665		-420	120	127.5	127.5		70	72.5	80	80	207.5	130	-440	140	347.5	266.359
Simon Clark	SE	M-O	71.1	74	0.7406		160	170	180	180		110	115	120	120	300	-200	210	220	520.5	385.112
Richard Hawkins	SE	M-O	73.05	74	0.726		155	160	-166	160		100	102.5	-106	102.5	262.5	205	212.5		475	344.850
Sam Tomkins	SE	M-O	73.95	74	0.7197		135	145	150	150		105	-112.5	-112.5	105	255	190	202.5	-210	457.5	329.263
James Blanchard	SE	M-O	82.05	83	0.6721		195	205	-240	205		130	137.5	-142.5	137.5	342.5	190	200	210	552.5	371.335
Elliot Giles	SE	M-O	83	83	0.6675		165	-470	170	170		100	110	-120	110	280	180	-190	-190	460	307.050
Paul Dawson	SE	M-O	89.6	93	0.6398		170	180	-186	180		115	125	135	135	315	207.5	217.5	227.5	542.5	347.092
Harry Grove	SE	M-O	90.65	93	0.6361		200	-245	-245	200		-197.5	-197.5	-197.5	0	0				0	0.000
Togay Koc	SE	M-O	90.9	93	0.6352		140	150	-160	150		85	92.5	-100	92.5	242.5	160	175	-190	417.5	265.196
Michael Piani	SE	M-O	91.55	93	0.633		140	150	160	160		90	-100	100	100	260	175	195	-200	455	288.015
Aaron Filary	SE	M-O	92.5	93	0.6298		180	185	190	190		125	130	135	135	325	220	230	240	565	355.837
Matt Morais	SE	M-O	96.7	105	0.6172		205	215	225	225		145	152.5	-167.5	152.5	377.5	230	-247.5	-247.5	607.5	374.949
Joe Appleby	SE	M-O	98.7	105	0.6118		165	175	182.5	182.5		110	115	-117.5	115	297.5	205	220	-225	517.5	316.607
Aaron Jackson	SE	M-O	99.9	105	0.6088		210	215	-220	215		-190	-190	130	130	345	230	-240	-240	575	350.060
Mike Goodwin	SE	M-O	102.2	105	0.6035		210	220	230	230		162.5	167.5	172.5	167.5	397.5	252.5	262.5	272.5	670	404.345
Jack Greenhall	SE	M-O	104.1	105	0.5994		230	240	260	260		160	-170		160	420	270	300		720	431.568
David Shawcross	SE	M-O	104.7	105	0.5982		210	220	-227.5	220		100	110	115	115	335	205	-210		540	323.028
Ladies																					
Aileen Garner	SE	F-J	61.8	63	1.0898		65	-70	75	75		55	57.5	60	60	135	115	120	125	260	283.348
Nikki Farrell	SE	F-O	62.5	63	1.0805		80	90	95	95		47.5	50	52.5	52.5	147.5	100	110	115	262.5	283.631
Luzana Pinheiro	SE	F-O	67.2	63	1.0239		85	95	102.5	102.5		52.5	55	60	60	162.5	100	110	120	282.5	289.252
Rebecca Heath	SE	F-O	46.55	47	1.3542		-90	85	-87.5	85		50	-62.5	-62.5	50	135	105	115	120	255	345.321
Anita Kidgell	SE	F-M	51.9	52	1.2485		70	75	-80	75		50	52.5	55	55	130	105	112.5	-117.5	242.5	302.761
Khyra Kyriakou	SE	F-M	65.65	63	1.0414		-120	120	125	125		70	75	-77.5	75	200	120	130	135	335	348.869
Olivia Fitzpatrick	SE	F-M2	71.9	63	0.9769		75	82.5	92.5	92.5		50	52.5	-65	52.5	145	105	110	117.5	262.5	256.436
Julie Briggs	SE	F-M2	67.05	63	1.0255		60	65	70	70		35	37.5	40	40	110	75	80	90	200	205.100
Master 1																					
Ronan Bell	SE	M-M	72.7	74	0.7285		150	165	172.5	172.5		105	115	117.5	117.5	290	170	190	200	490	356.965
Tony Cardona	SE	M-M	83	83	0.6675		120	130	140	140		100	107.5	112.5	112.5	252.5	120	145	150	402.5	268.669
Keith Purcell	SE	M-M	93.9	105	0.6254		80	95	110	110		75	85	-95	85	195	135	155	170	365	228.271
Brian Alexander	SE	M-M	102.2	105	0.6035		215	232.5	235	235		120	135	-142.5	135	370	200	230	242.5	612.5	369.644
Master 2																					
Peter Cardona	SE	M-M2	71.1	74	0.7406		-120	125	145	145		70	85	95	95	240	140	160	165	405	299.943
Michael Cardona	SE	M-M2	80.8	83	0.6785		95	105	115	115		65	72.5	75	75	190	110	120	135	325	220.512
Roy Cole	SE	M-M2	93	93	0.6282		180	200	-217.5	200		142.5			142.5	342.5	180			522.5	302.734
Steve Porter	SE	M-M2	111.4	120+	0.5863		180	-200	200	200		125	132.5	140	140	340	180			520	304.876
Toby Eves	SE	M-M2	116.4	120+	0.5792		150	160	170	170		110	115	117.5	117.5	287.5	170	180	185	472.5	273.672
Master 3																					
Douglas Graham	SE	M-M3	66.1	74	0.7842		-90	-95	95	95		-70	-70	70	70	165	137.5	-145	145	310	243.102
Mick Ellender	SE	M-M3	91.3	93	0.6338		145	155	165	165		105	115	120	120	285	210	220	225	510	323.238
U18																					
Adam Pegler	SE	M-SJ	55.9	59	0.9119		70	72.5	75	75		75	-80	80	80	155	115	120	130	285	259.891
Zoe Niles Davies	SE	M-SJ	67.55	74	0.7706		145	155	-160	155		90	95	-97.5	95	250	170	185	-190	435	335.211
Hannah Rainald	SE	M-SJ	69.75	74	0.7514		75	-80	82.5	82.5		85	-90	-90	85	167.5	140	150	-160	317.5	238.569
Emerson Watkins	SE	M-SJ	76.1	83	0.7055		110	120	127.5	127.5		87.5	92.5	95	95	222.5	150	160	165	387.5	273.381
James Baldwin	SE	M-SJ	79	83	0.6882		147.5	155	162.5	162.5		107.5	112.5	117.5	117.5	280	170	182.5	190	470	323.454
George Llewellyn	SE	M-SJ	81.05	83	0.6772		137.5	145	155	155		87.5	92.5	-97.5	92.5	247.5	160	180	-195	427.5	289.503
William McDowell	SE	M-SJ	81.6	83	0.6744		160	170	-180	170		97.5	102.5	-107.5	102.5	272.5	180	192.5	197.5	470	316.968
Bernardo Adkins	SE	M-SJ	81.95	83	0.6726		152.5	-162.5	-162.5	152.5		90	95	100	100	252.5	175	187.5	195	447.5	300.988
Aaron Harris	SE	M-SJ	87.65	93	0.6473		-140	145	152.5	152.5		95	100	-107.5	100	252.5	190	210	220	472.5	305.849
Charlie Bolton	SE	M-SJ	90.75	93	0.6357		-140	120	132.5	132.5		90	97.5	-102.5	97.5	230	160	-170	175	405	257.458
Nick Pritchard	SE	M-SJ	90.85	93	0.6354		165	-172.5	180	180		-197.5	-197.5	-197.5	0	0	100	140	145	0	0.000
Sam Threlwell	SE	M-SJ	101.4	105	0.6053		110	-120	130	130		90	95	-97.5	95	225	160	170	180	405	245.147
U20																					
Jack Price	SE	M-J	62.4	66	0.8235		110	120	130	130		85	92.5	100	100	230	155	167.5	180	410	337.635
Charlie Smith	SE	M-J	81.15	83	0.6767		170	190	202.5	202.5		120	-127.5	-127.5	120	322.5	215	230	245	567.5	384.027
Camron Keyes	SE	M-J	109.2	120	0.5898		180	190	202.5	202.5		100	107.5	-112.5	107.5	310	205	215	225	535	315.543
David Cliband	SE	M-J	118.6	120	0.5765		180	-190	-190	180		120	125	-130	125	305	190	200	-210	505	291.132
U23																					
Luke Wilkinson	SE	M-J	64.6	66	0.7993		140	150	-167.5	150		95	100	-102.5	100	250	170	180	-182.5	430	343.699
Dean Reed	SE	M-J	71.6	74	0.7367		130	140	150	150		110	117.5	122.5	122.5	272.5	170	182.5	192.5	465	342.565
Eddie Arden	SE	M-J	72.75	74	0.7282		157.5	162.5	-170	162.5		115	120	125	125	287.5	180	185	190	477.5	347.716
Christie Cardona	SE	M-J	74.15	83	0.7183		160	167.5	175	175		100	105	107.5	107.5	282.5	200	215	217.5	500	359.150
Chris Watkins	SE	M-J	75.3	83	0.7106		175	182.5	-190	182.5		92.5	97.5	-102.5	97.5	280	192.5	202.5	-207.5	482.5	342.865
Killian Wilson	SE	M-J	77.65	83	0.696		110	125	135	135		85	95	-100	95	230	175	190	-202.5	420	292.320
Toby Urquess	SE	M-J	86.9	93	0.6503		185	195	200	200		-106	-106	105	105	305	225	240	-260	545	354.414
Ian Pearson Jones	SE	M-J	88.7	93	0.6432		160	-172.5	-180	160		105	110	115	115	275	220	245	255	530	340.896
Billy Mead	SE	M-J	90.35	93	0.6371		180	192.5	200	200		-140	-160	-160	0	0	-240	210	220	0	0.000
Harry O'Neilly	SE	M-J	94.4	105	0.6238		155	170	185	185		135	145	-152.5	145	330	220	240	250	580	361.804
Oliver France	SE	M-J	104.5	105	0.5986		200	220	-232.5	220		125	132.5	-137.5	132.5	352.5	220	230	-247.5	582.5	348.684