

Push 'N' Pull 19th July 2015 @ Milton Regis Weightlifting Club

LADIES	Age Class	Club	bwt class	Weighed	CATEGORY	BENCH					DEADLIFT				TOTAL	wilks points	
						1	2	3	4	Best	1	2	3	4			Best
Harriet Milligan	Senior	Unattached	63	59	Unequipped	50	52.5x	52.5x	Pass	50	122.5	125	130	132.5	132.5	182.5	206.133
Jennifer Gibbons	U20	Unattached	63	61.5	Unequipped	45	50x	50	52.5x	50	115	120	125	130	130	180	196.902
Alana Pash	Senior	Unattached	72	67.5	Unequipped	42.5	47.5	50x	50x	47.5	85	92.5	100x	100x	92.5	140	142.884
Gloria Fitzpatrick	M2	Unattached	72	63.5	Unequipped	50	55x	55	57.5x	55	100	110	117.5	120	120	175	186.83
Sheri Miles	Senior	Unattached	84	73	Unequipped	50	55	60	65	65	140	150	155	160	160	225	217.619*
MEN						BENCH					DEADLIFT						
			bwt class			1	2	3	4	Best	1	2	3	4	Best	TOTAL	
Joe Strike	U 20	Unattached	66	66	Unequipped	87.5	92.5	95x	95x	92.5	102.5	112.5	120x	120x	112.5	205	160.966
Daniel Cullen	U16	Unattached	83	73.5	Unequipped	85	92.5	102.5x	102.5x	92.5	150	167.5	180x	180x	167.5	260	187.928
Ira Hills	U18	Unattached	83	81	Unequipped	92.5	97.5	102.5	105x	102.5	185	200	205	212.5	212.5	315	213.381
Angus Castle	U23	Unattached	93	89	Unequipped	135	140	147.5x	147.5	147.5	180	190	200	210	210	357.5	229.55
Mike Perrin	U23	Unattached	93	90	Unequipped	150	157.5	165	170x	165	220	230	240	245	245	410	261.743*
						BENCH					DEADLIFT						
						1	2	3	4	Best	1	2	3	4	Best	TOTAL	
David Cole	Senior	Unattached	93	85.5	Unequipped	100	107.5	112.5	117.5	117.5	160	170	185	190	190	307.5	201.781
Ian Chapman	Senior	Unattached	93	89.5	Unequipped	110	117.5	122.5	127.5	127.5	170	180	190	195x	190	317.5	203.263
Lee Potier	Senior	Milton	105	99.5	Unequipped	90	100	110	120	120	180	190	200	210x	200	320	195.136
Mike Goodwin	Senior	Unattached	105	99.5	Unequipped	155	165x	165	170	170	250	260	270	Pass	270	440	268.312*
Dave Downs	Senior	Milton	105	102.5	Unequipped	135	140	145	Pass	145	240	250	260	265x	260	405	244.134
Ian Richards	M1	Unattached	93	91	Unequipped	130	140	145	147.5	147.5	190	200	210	215	215	362.5	230.151*
Nick Grundy	M1	Milton	120	115.5	Unequipped	130	135	140	145x	140	200	210	220	Pass	220	360	208.944

Referees Adam Reilly Craig Wilkins Mark Macey

Promoters- Nobby Clarke, Mark Macey
Loaders- Dave Holtum Casey Fuller John Merner Grant Johnstone

Coaches- Grant Johnstone
M/C and scorers- John Halfacre Tracy Macey
Club Aide Sue Tyson

* Best Lifter

IPF Weight Classes:

Men: up to 53 kg (Sub-Junior/Junior), 59 kg, 66 kg, 74 kg, 83 kg, 93 kg, 105 kg, 120 kg, 120 kg+

Women: up to 43 kg (Sub-Junior/Junior), 47 kg, 52 kg, 57 kg, 63 kg, 72 kg, 84 kg, 84 kg +

Age categories

15-18 (Sub-Jr), 19-23 (Jr), open (any age), masters (40+)