



## British Powerlifting South East 'Push N Pull' 02 07 2017



### Milton Regis Weightlifting/Powerlifting Club @ The Fitness Centre, Milton Regis Sittingbourne

Ladies	Age Class	bwt class	Weighed	BENCH PRESS					DEADLIFT					TOTAL	Wilkes	Wilkes points
				1	2	3	4	Best	1	2	3	4	Best			
Kate Cox	M1	57	54.8	47.5	50	50	50	47.5	110	115	120	X	115	162.5	1.1967	194.46
Lydia Forrest	U20	57	56.1	32.5	37.5	40	X	37.5	75	85	90	95	90	127.5	1.1750	149.81
Suzanne Daniel	U23	63	61.3	65	65	67.5	X	67.5	160	170	170	X	170	237.5	1.0966	260.44
Lois Park	U23	63	60.4	45	47.5	50	50	47.5	110	115	117.5	120	117.5	165	1.1092	183.02
Gloria Fitzpatrick	M2	72	71.85	55	60	62.5	62.5	60	130	137.5	142.5	X	142.5	202.5	0.9779	198.02
Kim Diaper	Senior	84	76.3	50	55	60	60	55	120	127.5	132.5	X	132.5	187.5	0.9406	176.36
<b>MEN</b>				<b>BENCH PRESS</b>					<b>DEADLIFT</b>							
<b>Juniors</b>				<b>BENCH PRESS</b>					<b>DEADLIFT</b>							
James Kalinowski	U20	74	70.55	95	105	115	115	105	170	185	195	X	195	300	0.7453	223.59
Dion Tsouramanis	U23	74	71.4	95	105	107.5	X	105	190	205	205	205	190	295	0.7383	217.80
Zach Noble-Davies	U23	83	76.65	100	105	110	110	105	180	180	190	190	180	285	0.7230	206.06
Diwas Limbu	U23	105	95.2	Deadlift only					195	205	227.5	X	227.5	227.5	0.6214	141.37
Joseph Watson	U23	105	94.55	145	150	152.5	152.5	150	230	237.5	242.5	250	242.5	392.5	0.6238	244.84
Lewis Harding	U20	105	101.9	130	140	150	X	140	240	260	270	280	270	410	0.6060	248.46
<b>MEN</b>				<b>BENCH PRESS</b>					<b>DEADLIFT</b>							
<b>Masters</b>				<b>BENCH PRESS</b>					<b>DEADLIFT</b>							
Rakib Abdul	M1	66	66	80	85	90	92.5	90	130	150	165	X	165	255	0.7852	200.23
Steve Robert Davies	M1	74	73.15	80	87.5	92.5	X	92.5	Bench Press only					92.5	0.7256	67.12
Kevin Payne	M3	74	71.6	60	70	80	X	80	140	170	180	X	180	260	0.7367	191.54
Malcom Bainbridge	M4	74	67.75	65	70	75	X	75	150	160	170	X	170	245	0.7692	188.45
Jeff Fearon	M5	93	85.2	60	70	X	X	70	90	100	110	X	110	180	0.6549	117.88
Peter Szoke	M1	105	100.1	150	165	175	X	175	200	220	240	X	240	415	0.6083	252.44
James Gordon	M1	120	112.9	130	137.5	137.5	X	130	200	210	215	X	210	340	0.5839	198.53
<b>MEN</b>				<b>BENCH PRESS</b>					<b>DEADLIFT</b>							
<b>Seniors</b>				<b>BENCH PRESS</b>					<b>DEADLIFT</b>							
Liam Gol	Senior	74	69.1	Deadlift only					140	155	170	175	170	170	0.7569	128.67
Luke Wilkinson	Senior	74	68.15	100	107.5	110	112.5	110	200	210	220	220	210	320	0.7656	244.99
Vincent Chim	Senior	83	82.9	85	92.5	97.5	X	97.5	165	175	185	X	185	282.5	0.6724	189.95
John Hooper	Senior	83	80.7	70	85	90	95	90	155	170	180	185	180	270	0.6790	183.33
Ross Arbery	Senior	105	104.1	130	140	140	145	140	200	200	210	220	210	350	0.5994	209.79
Alex Beevis	Senior	105	103.6	160	165	170	X	170	260	270	275	X	270	440	0.6004	264.18

#### KEY

Indicates Best Powerlifter within age class

Good lift

failed lift

no lift taken

<b>Promoters</b>	Susan Whitby (The Fitness Centre)	Mark Macey
<b>Referees</b>	Mick Ellender Adam Reilly	Craig Wilkins
<b>Referees</b>	Nick Grundy Cameron Keyes	Julie Briggs
<b>Loaders</b>	Dave Holtum Marshal Packer	Grant Johnstone
<b>Loaders</b>	Ollie Millen Nick Grundy	
<b>MC &amp; Scoreboard Table</b>	Mark Macey Tracy Macey	Charlotte Reynolds
<b>Technical Officer</b>	Adam Reilly	
<b>Merchandise</b>	British Powerlifting South East (Cameron Keyes)	
<b>Refreshments</b>	The Fitness Centre	

Thanks to all @ 'Milton Regis Weightlifting/Powerlifting Club' for assistance in hosting the event