

Ohio Powerlifting and Bench Championship

16/02/19	South Midlands Divisional - Bitesize 9 - Slough Crossfit																									
Powerlifting Results Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	Age	Age Coeff	SQ rack	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	(1) PL Total	(2) Wilks Pts	PI-Div- WtCls-Evt	
Amanda long	GL	FO	54.8	57	1	1.1967	36	1	6	105	107.5	-110	107.5	55	-60	-60	55	162.5	120	125	132.5	132.5	295	353.026	1-FO-PL	
Dionne Taylor	SM	FO	56.4	57	3	1.1701	22	1.01	8	110	115	120	120	45	50	-55	50	170	120	127.5	130	130	300	351.030	2-FO-PL	
Ana Rubio	SW	FO	62.6	63	2	1.0792	24	1	8	107.5	112.5	115	115	55	57.5	60	60	175	120	125	132.5	132.5	307.5	331.854	3-FO-PL	
Rosie McKenzie	SM	FO	71.1	72	10	0.9843	47	1.082	8	100	107.5	115	115	60	65	-72.5	65	180	125	132.5	140	140	320	314.976	4-FO-PL	
Anita Man	SE	FO	84	84	8	0.8917	33	1	6	-115	120	127.5	127.5	65	70	75	75	202.5	135	140	150	150	352.5	314.324	5-FO-PL	
Franka Ransome	SM	FO	76	84	9	0.9429	45	1.055	9	105	115	120	120	52.5	57.5	60	60	180	130	140	150	150	330	311.157	6-FO-PL	
Sophie Barnett	SE	FO	81.9	84	11	0.9034	25	1	8	95	-105	-110	95	60	-62.5	62.5	62.5	157.5	135	-140	140	140	297.5	268.762	7-FO-PL	
Victoria Anderson	SM	FO	60.9	63	4	1.1021	37	1	5	77.5	82.5	-87.5	82.5	40	42.5	-45	42.5	125	105	110	-115	110	235	258.994	8-FO-PL	
Mona Smith	SM	FO	68.7	72	7	1.0079	50	1.13	6	70	-75	-75	70	40	-42.5	-42.5	40	110	85	-95	95	95	205	206.619	9-FO-PL	
Denise Westbrook	SM	FO	73.5	84	5	0.9629	45	1.055	7	45	-50	50	50	35	40	42.5	42.5	92.5	80	85	90	90	182.5	175.729	10-FO-PL	
Martin Reeve	SM	MO	89.5	93	23	0.6402		0	8	170	180	190	190	130	135	-140	135	325	240	250	262.5	262.5	587.5	376.118	1-MO-PL	
Adrian O'Callaghan	SE	MO	79.7	83	15	0.6843	29	1	8	185	195	200	200	120	127.5	132.5	132.5	332.5	200	210	-217.5	210	542.5	371.233	2-MO-PL	
Thomas Abdilla	SE	MO	74	74	14	0.7193	28	1	8	167.5	170	175	175	125	130	-132.5	130	305	195	202.5	-205	202.5	507.5	365.045	3-MO-PL	
Ben Humphrey	SM	MO	89.6	93	20	0.6398	20	1.03	11	160	175	180	180	110	-115	-115	110	290	220	240	0	240	530	339.094	4-MO-PL	
Matt Bryant	SM	MO	82.4	83	18	0.6704	38	1	8	150	160	170	170	-110	110	-120	110	280	190	200	210	210	490	328.496	5-MO-PL	
Anton Hunte	SM	MO	81	83	16	0.6774	42	1.02	10	-130	-130	130	130	110	-115	-120	110	240	170	180	200	200	440	298.056	6-MO-PL	
Ray Bowring	SM	MO	125.7	120+	22	0.5692	15	1.18	8	185	200	210	210	92.5	100	107.5	107.5	317.5	170	190	205	205	522.5	297.407	7-MO-PL	
Jack Breen	SE	MO	82.2	83	17	0.6714	17	1.08	11	120	140	-160	140	90	95	-100	95	235	150	165	180	180	415	278.631	8-MO-PL	
Brian Montague	SM	MO	72.2	74	12	0.7322	33	1	10	87.5	95	-102.5	95	75	82.5	85	85	180	150	165	170	170	350	256.270	9-MO-PL	
Duncan Cheyne	SM	MO	84.3	93	21	0.6615	42	1.02	11	120	-130	-130	120	85	97.5	-105	97.5	217.5	120	135	150	150	367.5	243.101	10-MO-PL	
Richard Piper	SM	MO	73.3	74	13	0.7242	39	1	7	145	155	-165	155	-90	-97.5	-97.5	0	0	160	170	-180	170	0	0.000		

Side Referee

Chief Referee

Side Referee