



North Midlands Extra Comp.

Horncastle Date: 23/07/2016

Lot #	NAME	U/E	M/F	Age	B/W	W/CL	Squat 1	Squat 2	Squat 3	B/Press 1	B/Press 2	B/Press 3	D/Lift 1	D/Lift 2	D/Lift 3	Total	wilks	Position
Bench A/C																		
1	LINZI WAITE	U	F	S	50.8	52	-	-	-	37.5	40	43	-	-	-	43	54.6	1
3	WENDIE KIRKLAND	E	F	M1	71.5	72	-	-	-	80	87.5	-95	-	-	-	87.5	85.8	1
2	BEKKI WILLIAMS	E	F	M1	70.4	72	-	-	-	70	-75	75	-	-	-	75	74.3	2
5	PAUL CAMPBELL	E	M	S	73.9	74	-	-	-	152.5	160	165	-	-	-	165	118.8	1
6	BEN GOULD	U	M	JNR	82.2	83	-	-	-	120	-130	130	-	-	-	130	87.3	1
4	PAUL HAMMOND	E	M	M2	103.3	105	-	-	-	180	200	-210	-	-	-	200	120.2	1
8	HAROLD HOULDERSHAW	U	M	M2	101.5	105	-	-	-	90	95	100	-	-	-	100	60.5	1
7	CALLUM SIDEBOTTOM	E	M	JNR	104.8	120	-	-	-	150	160	-170	-	-	-	160	95.7	1
9	GRAHAM MELLOR	E	M	JNR	162	120+	-	-	-	300	-303	-303	-	-	-	300	164.2	1
Full Power																		
10	SUE GILES	U	F	M2	71.9	72	77.5	85	87.5	50	-55	-55	105	-115	-115	242.5	236.9	1
11	NICOLA MAYCOCK	U	F	M1	85.2	84	60	65	70	37.5	40	-42.5	100	105	110	220	194.8	1
12	KAREN TOWERSEY	U	F	M2	86	84+	90	100	102.5	55	60	62.5	125	132.5	140	305	268.9	1
17	KYRAN O'NEILL	U	M	JNR	72	74	162.5	172.5	-180.5	95	100	113	170	190	-	475.5	348.9	1
15	DAVID KIRKLAND	U	M	M4	70.8	74	80	85	90	50	55	60	135	142.5	150	300	222.9	1
16	JAKUB ZARUBA	E	M	SJ	82.4	83	230	242.5	250	135	142.5	-	210	-222.5	222.5	615	412	1
14	MICHAEL COUPE	U	M	S	82.9	83	60	70	75	70	75	80	150	165	-	320	213.8	1
13	Glyn Belsher	U	M	M2	92	93	140	152.5	-163.5	90	100	-105.5	140	150	160	412.5	260.5	1