

Wales – First Flight

Date of comp

U E	Name	Wt cat.	Body wt	Age Cat	Age	Div/ Nat	Squat				Bench Press				Sub Total	Dead Lift				Total	Co eff.	Points	Place
							1st Lift	2nd Lift	3rd Lift	4th Lift	1st Lift	2nd Lift	3rd Lift	4th Lift		1st Lift	2nd Lift	3rd Lift	4th Lift				
UE	Natalie Edwards	53.00	51.90	Snr	30	7	75.0 kg	75.0 kg	80.0 kg	82.5 kg	42.5 kg	45.0 kg	50.0 kg	L	130.0 kg	90.0 kg	NL	NL	NL	220.0 kg	0.9701	213.4220	Q
UE	Dan Roach	67.50	66.40	T2	17	6	100.0 kg	115.0 kg	125.0 kg		80.0 kg	85.0 kg	NL	NL	210.0 kg	125.0 kg	NL	140.0 kg	145.0 kg	350.0 kg	0.7367	257.8450	Q
UE	Andrew Rees	60.00	59.40	T1	15	6	60.0 kg	67.5 kg	70.0 kg		45.0 kg	50.0 kg	NL	NL	120.0 kg	105.0 kg	115.0 kg	125.0 kg	NL	245.0 kg	0.8213	201.2185	Q
UE	Simone Davies	63.00	61.70	M1	43	7	90.0 kg	97.0 kg	102.0 kg	105.0 kg	50.0 kg	55.0 kg	NL	NL	157.0 kg	125.0 kg	132.5 kg	NL	NL	289.5 kg	0.8404	243.2958	Q
UE	Andrew Norton	82.50	79.80	Snr	33		125.0 kg								125.0 kg					125.0 kg	0.6341	79.2625	
UE	Alex Barrow	75.00	72.00	Jnr	20	6	110.0 kg	120.0 kg	130.0 kg		100.0 kg	110.0 kg	NL	NL	240.0 kg	160.0 kg	180.0 kg	192.5 kg	L	432.5 kg	0.6867	296.9978	Q
UE	Luke Phillips	75.00	74.00	Jnr	23	6	130.0 kg	140.0 kg	150.0 kg		110.0 kg	120.0 kg	NL	NL	270.0 kg	180.0 kg	190.0 kg	210.0 kg	220.0 kg	480.0 kg	0.6716	322.3680	Q
UE	Phillip John	75.00	72.80	Jnr	21	4	105.0 kg	115.0 kg	120.0 kg		70.0 kg	NL	NL	NL	190.0 kg	145.0 kg	155.0 kg	162.5 kg	L	352.5 kg	0.6805	239.8763	
UE	Stuart Law	75.00	73.90	Jnr	21	6	140.0 kg	140.0 kg	140.0 kg		90.0 kg	95.0 kg	NL	NL	95.0 kg	200.0 kg	205.0 kg	NL	NK	300.0 kg	0.6723	201.6900	
UE	John Williams (Deadlift)	75.00	74.60	M3	50										0.0 kg	165.0 kg				165.0 kg	0.6673	110.1045	Q
UE	Polly Thompson	90.00	94.60	M1	40	6	110.0 kg	115.0 kg	117.5 kg		45.0 kg	50.0 kg	52.5 kg	L	170.0 kg	140.0 kg	145.0 kg	NL	NL	315.0 kg	0.6157	193.9455	Q
UE	Kat Zlamalova Brown	90.00	91.40	Snr	37	7	100.0 kg	105.0 kg	110.0 kg		50.0 kg	55.0 kg	57.5 kg	L	167.5 kg	130.0 kg	140.0 kg	145.0 kg	L	312.5 kg	0.6263	195.7188	
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REFS
Gary Whittbread
John Williams
Sue Bethell

This result sheet must be signed & printed by all referees who adjudicated in the above competition

Ref's Signed	Ref's in Block Caps
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