4th All England Open Powerlfting Championships
8th & 9th October 2011

	Flt B	Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	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	PL Total	(2) Wilks Pts
Equipped	A	Sharn Rowlands	EM	F-SJ	41.15	43	1	1.4692	90	100	105	105	35	-40	40	40	145	90	100	107.5	107.5	252.5	370.973
Equipped	B	Helen Barrs	NM	F-1	61.85	63	14	1.0891	115	122.5	-130	122.5	55	60	0	60	182.5	120	140	155	155	337.5	367.571
Equipped	A	Lisa Hicks	SW	F-SJ	70.65	72	2	0.9886	110	120	125	125	70	72.5	75	75	200	110	120	125	125	325	321.295
Equipped	A	Sam Pile	SE	M-SJ	58.3	59	6	0.8759	140	145	147.5	147.5	60	70	75	75	222.5	140	150	160	160	382.5	335.032
Equipped	B	Ted Byrne	NM	M-3	65.65	66	17	0.7886	120	130	140	140	80	-90	-90	80	220	175	192.5	200	200	420	331.212
Equipped	A	Steven Tyers	SW	M-J	64.2	66	3	0.8035	200	210	-215	210	140	147.5	-150	147.5	357.5	225	245	-257.5	245	602.5	484.109
Equipped	A	Darren Wilkes	SW	M-O	64.55	66	5	0.7999	160	172.5	182.5	182.5	117.5	125	-137.5	125	307.5	180	190	-200	190	507.5	0.000
Equipped	B	Mick Amey	GU	M-3	73.6	74	21	0.7221	150	170	180	180	80	90	95	95	275	180	200	-225	200	475	342.998
Equipped	B	Henry Clark	SM	M-4	72.8	74	22	0.7278	130	140	145	145	57.5	62.5	-65	62.5	207.5	150	155	-160	155	362.5	263.828
Equipped	A	Andrew Dixon	SE	M-J	67.5	74	10	0.771	150	157.5	165	165	90	-97.5	97.5	97.5	262.5	185	197.5	205	205	467.5	360.443
Equipped	A	Glen Blacklock	YNE	M-1	83	83	1	0.6675	200	212.5	222.5	222.5	135	142.5	147.5	147.5	370	-235	235	-242.5	235	605	0.000
Equipped	B	Balwinder Singh	WM	M-2	82.1	83	18	0.6719	250	270	280	280	100	110	120	120	400	230	250	265	265	665	446.813
Equipped	A	Alistair Cannings	SW	M-J	76.65	83	4	0.702	250	-270	270	270	150	-157.5	157.5	157.5	427.5	230	-245	-245	230	657.5	461.565
Equipped	A	Robert Palmer	GL	M-O	83	83	10	0.6675	310	322.5		322.5	222.5	230	235	235	557.5	285	300	305	305	862.5	575.719
Equipped	A	Martin Smith	SW	M-O	80	83	2	0.6827	180	200	220	220	140	150	-162.5	150	370	220	230	-242.5	230	600	409.620
Equipped	A	Cameron Keyes	SE	M-SJ	78.4	83	8	0.6916	167.5	175	180	180	100	-102.5	-102.5	100	280	190	202.5	207.5	207.5	487.5	337.155
Equipped	A	T S Adewale	GL	M-1	83.5	93	3	0.6651	225	-250	250	250	135	145	-155	145	395	240	265		265	660	0.000
Equipped	A	Mark Macey	SE	M-1	90	93	7	0.6384	-230	-240	-250	0	130	-140	-140	130	0	200	210	220	220	0	0.000
Equipped	B	Kevin Jane	EM	M-3	92.5	93	24	0.6298	230	-252.5	260	260	155	160	162.5	162.5	422.5	260	277.5	-282.5	277.5	700	440.860
Equipped	A	Jack Cook	EM	M-J	89.25	93	11	0.6411	225	235	-242	235	125	135	-145	135	370	225	245	252.5	252.5	622.5	399.085
Equipped	A	Steve Gott	YNE	M-1	105	105	4	0.5976	225	250	275	275	182.5	190	-195	190	465	235	255	275	275	740	442.224
Equipped	A	John Hamson	NM	M-J	103.8	105	12	0.6	315	-325	-325	315	215	230	-237.5	230	545	285	295		295	840	504.000
Equipped	A	Adi Malik	GL	M-O	100.6	105	13	0.6071	275	290	-300	290	182.5	-190	-192.5	182.5	472.5	240	260	-265	260	732.5	0.000
Equipped	A	Adam Chapman	SW	M-O	100.6	105	6	0.6071	-270	270	-280	270	170	180	-187.5	180	450	250	260	-265	260	710	431.041
Equipped	A	David Watkins	GL	M-O	103.85	105	9	0.5999	-280	-280	-280	0	-140	-145	-145	0	0	220	250	270	270	0	0.000
Equipped	A	David Cridland	SE	M-J	111.3	120	9	0.5864	160	170	180	180	110	117.5	127.5	127.5	307.5	185	195	202.5	202.5	510	299.064

4th All England Open Powerlfting Championships
8th & 9th October 2011

	Flt B	Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	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	PL Total	(2) Wilks Pts
Unequipped	B	Sue Wilkinson	NM	F-2	71.65	72	15	0.9792	75	80	85	85	45	50	0	50	135	110	117.5	-127.5	117.5	252.5	247.248
Unequipped	A	Jordana Freemantle	WM	F-O	66.9	72	15	1.0272	117.5	125	130	130	90	-95		90	220	135	145	155	155	375	385.200
Unequipped	A	Louise Howell	YNE	F-O	66.8	72	16	1.0283	60	90	110	110	55	60	62.5	60	170	130	140	-150	140	312.5	318.773
Unequipped	A	Laura Porter	GL	F-O	71.4	72	17	0.9815	65	70	72.5	72.5	37.5	40	-42.5	40	112.5	95	105	-110	105	217.5	213.476
Unequipped	B	Dave Brown	EM	M-3	57.45	59	23	0.8882	87.5	90	92.5	92.5	72.5	77.5	80	80	172.5	120	125	130	130	302.5	268.680
Unequipped	B	Peter Barratt	GL	M-3	64.4	66	23	0.8014	90	100	-110	100	67.5	-72.5	-72.5	67.5	167.5	-145	145	160	160	327.5	262.459
Unequipped	A	Steven Tyers	SE	M-J	64.5	66	11	0.8004	135	145	152.5	152.5	107.5	112.5	-115	112.5	265	-200	220	230	230	495	396.198
Unequipped	A	James Withington	YNE	M-O	65.4	66	10	0.7911	140	150	-155	150	100	107.5		107.5	257.5	190	200	-205	200	457.5	361.928
Unequipped	A	Matthew Parker	SW	M-O	65.4	66	6	0.7911	145	150	155	155	95	-100	100	100	255	190	-200	200	200	455	359.951
Unequipped	A	Paul Bartlett	YNE	M-O	61.7	66	1	0.8317	155	160	-170	160	90	92.5	-97.5	92.5	252.5	170	180	-187.5	180	432.5	359.710
Unequipped	A	Darren Wilkes	SW	M-O	65.2	66	2	0.7932	125	130	137.5	137.5	105	112.5	-115	112.5	250	170	182.5	-185	182.5	432.5	343.059
Unequipped	A	Christopher Fudge	YNE	M-O	64.2	66	11	0.8035	145	-150		145	70	75	-85	75	220	170	180	-185	180	400	321.400
Unequipped	A	Benjamin Cattermole	EM	M-Sj	64.2	66	4	0.8035	137.5	145	-150	145	90	95	-97.5	95	240	160	170	-180	170	410	329.435
Unequipped	A	Stan Moore	SE	M-Sj	62.3	66	7	0.8246	90	102.5	-115	102.5	60	65	-67.5	65	167.5	110	120	130	130	300	245.318
Unequipped	A	Jack Pearson	GL	M-Sj	65.1	66	6	0.7942	80	90	100	100	52.5	57.5	62.5	62.5	162.5	100	110	120	120	282.5	224.362
Unequipped	A	John Vincent	NM	M-1	70.05	74	9	0.749	140	150	-160	150	100	-105	105	105	255	175	185	-195	185	440	329.560
Unequipped	A	Paul Hudson	SW	M-1	67.2	74	8	0.7738	90	100	105	105	65	70	-72.5	70	175	140	150	-160	150	325	251.485
Unequipped	A	Chris Simmons	SE	M-O	72	74	12	0.7337	160	170	180	180	142.5	-150	-150	142.5	322.5	210	220	-225	220	542.5	398.032
Unequipped	A	Daniel Hopkinson	SW	M-O	73.7	74	3	0.7214	150	160	165	165	105	110	112.5	112.5	277.5	170	182.5	-190	182.5	460	331.844
Unequipped	A	Sean Maloney	EM	M-O	70.65	74	7	0.7441	130	137.5	142.5	142.5	-95	95	100	100	242.5	165	175	185	185	427.5	318.103
Unequipped	A	Anthony Saville	NM	M-O	74	74	4	0.7193	125	135	142.5	142.5	95	105	-107.5	105	247.5	160	175	-182.5	175	422.5	303.904
Unequipped	B	Philip Guise	NM	M-2	83	83	21	0.6675	-185	192.5	-200	192.5	132.5	137.5	140	140	332.5	205	-215	-215	205	537.5	358.781
Unequipped	B	John O'Riodan	SW	M-2	81.1	83	20	0.6769	140	150	160	160	115	125	130	130	290	180	215	220	220	510	345.219
Unequipped	B	Steven Pepperell	GL	M-2	79.9	83	17	0.6832	100	110	120	120	70	75	80	80	200	105	115	125	125	325	222.040
Unequipped	A	Jack Long	SE	M-J	80.6	83	12	0.6795	175	182.5	190	190	137.5	142.5	-147.5	142.5	332.5	235	242.5	250	250	582.5	395.809
Unequipped	A	Alistair Cannings	SW	M-J	77.7	83	13	0.6957	185	200	207.5	207.5	125	130	-135	130	337.5	210	220	-225	220	557.5	387.853
Unequipped	B	Mark Hodgett	NM	M-O	82.2	83	22	0.6714	165	180	-185	180	130	-140	-140	130	310	230	-242.5	255	255	565	379.341
Unequipped	B	Martin Smith	SW	M-O	79.7	83	19	0.6843	160	170	175	175	130	140	-145	140	315	225	237.5	-245	237.5	552.5	378.076
Unequipped	B	Diego Martinez-Rodney	GL	M-O	81.2	83	15	0.6764	-170	170	180	180	115	120	125	125	305	230	242.5	-255	242.5	547.5	370.329
Unequipped	A	Gary Smith	SE	M-O	81.3	83	3	0.6759	170	180	-190	180	105	-110	110	110	290	220	230	240	240	530	358.227
Unequipped	B	Alan Joseph	GL	M-O	81.7	83	13	0.6739	-165	-165	175	175	115	-117.5	-117.5	115	290	220	235	-250	220	525	343.689
Unequipped	B	Leo Doubble	GL	M-O	81.3	83	16	0.6759	-150	150	155	155	105	107.5	110	110	265	190	200	210	210	475	321.052
Unequipped	B	Craig Wilkins	SE	M-O	75.3	83	18	0.7106	130	140	-145	140	110	115	-117.5	115	255	155	165	-170	165	420	298.452

4th All England Open Powerlfting Championships
8th & 9th October 2011

	Flt B	Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	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	PL Total	(2) Wilks Pts
Unequipped	B	Kevin O'Brien	GL	M-1	87.8	93	12	0.6467	150	-165	177.5	177.5	112.5	120	-127.5	120	297.5	185	202.5	212.5	212.5	510	329.817
Unequipped	A	Roy Cole	SE	M-2	91.7	93	7	0.6325	-185	205	-207.5	205	145	150	-152.5	150	355	205	222.5	225	225	580	366.850
Unequipped	A	Graham Waggett	SW	M-2	90.1	93	4	0.638	120	130	140	140	105	112.5	115	115	255	170	180	185	185	440	277.530
Unequipped	A	Anthony Eales	EM	M-J	90.3	93	2	0.6373	200	-210	210	210	130	135	-137.5	135	345	240	250	-260	250	595	379.194
Unequipped	A	Jonathon Jennings	WM	M-J	91.3	93	1	0.6338	170	-180	0	170	117.5	-122.5		117.5	287.5	210	220	0	220	507.5	321.654
Unequipped	A	Carlin Jones	SW	M-O	87.6	93	8	0.6475	210	-220	220	220	150	160	-165	160	380	240	260	272.5	272.5	652.5	422.494
Unequipped	A	Matt Smets	GL	M-O	92	93	5	0.6315	-190	190	200	200	140	-142.5	-142.5	140	340	250	260	262.5	262.5	602.5	380.479
Unequipped	A	Lawrence Farncombe	GL	M-O	89.4	93	2	0.6406	170	185	200	200	140	150	-160	150	350	225	240	250	250	600	384.360
Unequipped	A	Ivan Otim Acaye	GL	M-O	88.3	93	6	0.6447	150	155	160	160	100	105	110	110	270	230	240	250	250	520	335.244
Unequipped	A	Christopher Duggan	NM	M-O	93	93	1	0.6282	140	150	-162.5	150	110	115	-120	115	265	210	220	237.5	237.5	502.5	315.670
Unequipped	A	Daniel Hall	NM	M-O	90.5	93	9	0.6366	140	150	155	155	100	110	-120	110	265	150	170	-180	170	435	276.921
Unequipped	A	Liam Wilson	SE	M-SJ	91.8	93	5	0.6321	130	-137.5	137.5	137.5	110	117.5	-120	117.5	247.5	160	-167.5	-167.5	160	415	257.581
Unequipped	A	Marc Giles	GU	M-1	104.1	105	13	0.5994	200	-210	-210	200	160	170	-175	170	370	240	260	275	275	645	386.613
Unequipped	B	Steve Blackwell	SE	M-2	98.5	105	12	0.6123	-205	205	215	215	152.5			152.5	367.5	260	275	285	285	652.5	393.403
Unequipped	A	Robbie Rees	GL	M-J	104.5	105	8	0.5986	225	242.5	0	242.5	155	170	-175	170	412.5	280	305	0	305	717.5	429.495
Unequipped	B	Gareth Ellis	SM	M-O	102.4	105	16	0.603	185	200	210	210	100	105	110	110	320	200	-215	215	215	535	313.560
Unequipped	B	Tim Barrett	GL	M-O	101.5	105	11	0.605	170	185	200	200	105	112.5	-120	112.5	312.5	170	185	200	200	512.5	300.988
Unequipped	B	James Frost	EM	M-O	101.7	105	18	0.6046	160	170	-175	170	120	130	-135	130	300	190	-200	-200	190	490	296.254
Unequipped	A	Daniel Fletcher	SE	M-SJ	103.6	105	3	0.6004	140	-145	145	145	80	-85	-85	80	225	175	-182.5	182.5	182.5	407.5	244.663
Unequipped	B	Russell Kirby	SE	M-1	114.1	120	10	0.5823	260	270	277.5	277.5	185	192.5	197.5	197.5	475	280	290	295	295	770	445.460
Unequipped	B	Ian Finch	EM	M-2	115.4	120	20	0.5805	175	185	195	195	115	122.5	127.5	127.5	322.5	200	215	222.5	222.5	545	316.373
Unequipped	A	Joseph Walton	EM	M-J	114.8	120	5	0.5813	240	257.5	272.5	272.5	160	-167.5	-167.5	160	432.5	240	262.5	275	275	707.5	411.270
Unequipped	B	Jon Askey	WM	M-O	117.05	120	14	0.5784	200	-210	-210	200	110	120	-130	120	320	230	240	250	250	570	323.904
Unequipped	B	Tom Weavers	EM	M-O	117.4	120	17	0.578	170	185	195	195	130	137.5	-145	137.5	332.5	205	220	-232.5	220	552.5	319.345
Unequipped	B	Oliver Driver	GL	M-O	107.3	120	19	0.5932	165	175	185	185	115	125	-130	125	310	195	210	225	225	535	308.464