

23/07/2017**South Wales Cup Powerlifting Championships**

Name	Team	Div	Bwt (kg)	WtCls (kg)	Age	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	Total	Wilks
Lucy Cohen		F-E-Snr	71.4	72	Senior	150	160	170	170	92.5	100	105	105	275	137.5	145	152.5	152.5	427.5	419.591
Claire Hendy		F-C-M1	70.1	72	M1	70	77.5	82.5	82.5	47.5	52.5	52.5	52.5	135	95	105	110	110	245	243.506
Gillian Green		F-C-M1	82.5	84	M1	82.5	82.5	82.5	0	45	50	52.5	50	0	95	105	115	105	0	0.000
Carol Taylor		F-C-M1	96.9	84+	M1	115	120	125	125	50	52.5	55	52.5	177.5	125	130	135	130	307.5	258.515
Stephanie Fleming		F-C-Snr	74.5	84	Senior	120	127.5	132.5	132.5	67.5	70	75	70	202.5	150	157.5	160	160	362.5	346.079
Tracy O'Callaghan		F-C-Snr	96.4	84+	Senior	155	165	172.5	172.5	77.5	77.5	80	80	252.5	170	182.5	185	185	437.5	368.462
Victoria Cavalier-Hirth		F-C-Snr	97	84+	Senior	140	140	150	150	85	92.5	95	95	245	160	170	175	175	420	353.010
Aimee Jones		F-C-JR	56.5	57	U23	70	75	80	80	37.5	40	40	37.5	117.5	95	105	110	110	227.5	265.811
Lauren Evans		F-C-SJ	67.6	72	U18	110	110	115	110	40	45	50	50	160	100	110	115	115	275	280.363
Adam Thomas		M-E-Snr	92	93	Senior	235	245	245	0	170	177.5	182.5	0	0	225	240	255	240	0	0.000
John Laird		M-C-M2	72.6	74	M2	115	125	135	135	105	112.5	112.5	112.5	247.5	130	140	155	140	387.5	282.604
Dan Ferrett		M-C-M1	152.9	120+	M1	275	295	310	310	185	200	205	200	510	300	310	320	320	830	457.994
Craig Joyce		M-C-Sen	54	59	Senior	95	100	100	100	77.5	80	82.5	80	180	157.5	170	175	170	350	330.365
Jacob Downes		M-C-Sen	64.5	66	Senior	155	165	170	165	107.5	115	120	115	280	195	210	220	220	500	400.200
Jamie Gee		M-C-Sen	82.5	83	Senior	185	205	210	210	140	150	152.5	152.5	362.5	205	215	220	220	582.5	390.217
Adam Ferrett		M-C-Sen	81.9	83	Senior	175	182.5	185	185	115	120	125	125	310	255	260	265	265	575	386.918
David Hendry		M-C-Sen	76.4	83	Senior	195	205	210	210	125	135	140	135	345	195	205	215	205	550	386.980
Jamie Faitas		M-C-Sen	81.9	83	Senior	155	165	175	175	115	122.5	125	122.5	297.5	195	210	222.5	222.5	520	349.908
Josh Harvey		M-C-Sen	75.2	83	Senior	140	150	160	160	90	95	100	100	260	195	210	225	225	485	344.932
Robert James		M-C-Sen	81.8	83	Senior	180	187.5		180	100	105		100	280	195	210	210	195	475	319.865
Luke Williams		M-C-Sen	89.5	93	Senior	175	175	175	175	115	122.5	130	130	305	195	215	230	230	535	342.507

Matthew Strong		M-C-Sen	91	93	Senior	172.5	182.5	-190	182.5	117.5	122.5	-127.5	122.5	305	215	-225	-225	215	520	330.148
David Roberts		M-C-Sen	83.7	93	Senior	180	190	-200	190	115	122.5	-130	122.5	312.5	160	180	200	200	512.5	340.403
Alessandro Del Brenna		M-C-Sen	108.6	120	Senior	195	210	220	220	150	160	165	165	385	235	255	260	260	645	381.131
Michael Jones		M-C-Sen	171	120+	Senior	270	-290		270	205	215	225	225	495	260	-290	-290	260	755	409.663
Lloyd Taylor		M-C-JR	63	66	U23	145	-155	155	155	115	120	-122.5	120	275	195	202.5	207.5	207.5	482.5	394.010
George Edmunds		M-C-JR	80.5	83	U23	160	170	175	175	115	120	125	125	300	185	190	200	200	500	340.000
Simon Watson Smith		M-C-JR	82.8	83	U23	150	160	170	170	100	105	-110	105	275	200	215	225	225	500	334.250
Thomas Morgan		M-C-JR	82.2	83	U23	165	172.5	-175	172.5	110	115	117.5	117.5	290	180	-190	190	190	480	322.272
Tom Seldon		M-C-JR	91.7	93	U23	200	215	-225	215	120	-130	130	130	345	210	225	240	240	585	370.012
Thomas Page		M-C-JR	91.9	93	U23	175	185	195	195	117.5	-125	-125	117.5	312.5	210	220	230	230	542.5	342.751
Jordan Walters		M-C-JR	104.1	105	U23	235	250	260	260	145	155	-165	155	415	175	-177.5		175	590	353.646
Luke Powlson		M-C-JR	104.1	105	U23	205	-215		205	142.5	-150	-150	142.5	347.5	220	-230		220	567.5	340.159
James Craigen		M-C-JR	97.2	105	U23	175	185	195	195	115	120	-122.5	120	315	220	235	245	245	560	344.848
Michael Shaughnessy		M-C-JR	102.7	105	U23	190	-195		190	120	130		130	320	220	230		230	550	331.320
Liam Morgan		M-C-SJ	76	83	U18	120	132.5	140	140	85	92.5	-100	92.5	232.5	155	167.5	180	180	412.5	291.266
Rhyddian Glyn Rees		M-C-SJ	89.9	93	U23	120	140	-150	140	100	105	-110	105	245	140	150	160	160	405	258.714