

British Nationals ABPU and BPU 2017 2/3 September 2017, Thornbury Leisure Centre, Bristol

Sunday 3<sup>rd</sup> September 2017

ABPU Platforms:

Flt	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbre nner	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	
A	Martin Andrew Cockcroft	34	Open	M_OR_ABPU	88.5	90	0.6177		180	175	180	-185	180	4	140	150	-155	150	330	200	215	225	225	555
A	Richard Kemp		Master	M_MR_3_ABPU	90	90	0.61185		180	125			125	4	90	-400	-400	90	215	200	-227.5	-227.5	200	415
A	Andrew Barber	35	Open	M_OCR_ABPU	87.6	90	0.62135		170	180	190	200	200	4	155	162.5	167.5	167.5	367.5	200	210		210	577.5
A	Eric Conway		Master	M_MR_4_ABPU	87.8	90	0.6205		180	170	180	-185	180	4	105	110	112.5	112.5	292.5	210	220	230	230	522.5
A	Frazer Marriott	27		M_OCR_ABPU	89.8	90	0.6126		160	200	215	222.5	222.5	3	140	150	152.5	152.5	375	210	220	235	235	610
A	Kyle Tansill	29	Open	M_OR_ABPU	87.7	90	0.6209		170	195	205	215	215	3	130	137.5	-145	137.5	352.5	210	230		230	582.5
A	Jesse Page	29		M_OR_ABPU	88.5	90	0.6177			-200			0		-135			0	0	-210			0	0
A	James Edwards	32	Open	M_OCR_ABPU	90	90	0.61185		170	215	230	240	240	4	120	130	-135	130	370	215	235	242.5	242.5	612.5
A	Hassan Haynes	35		M_OR_ABPU	88.3	90	0.61845		160	155	-165	165	165	3	120	127.5	132.5	132.5	297.5	220	230	240	240	537.5
A	Nathaniel Robinson	34	Open	M_OR_ABPU	88.5	90	0.6177		18in	180	190	200	200	4	125	132.5	-135	132.5	332.5	220	240	-250	240	572.5
A	Aidan Masters	33		M_OCR_ABPU	84.6	90	0.63445		150	170	185		185	3	70	80	85	85	270	220	235	-250	235	505
A	Luther Nzinga	26		M_OCR_ABPU	88.6	90	0.6173		170	205	215	230	230	4	125	132.5	-142.5	132.5	362.5	230	242.5	-252.5	242.5	605
A	Edwin Shave	31		M_OR_ABPU	89.2	90	0.6149		180	215	225	235	235	4	137.5	145	-150	145	380	235	245	250	250	630
A	Steven Short		Master	M_MR_2_ABPU	85.2	90	0.6317		16in	225	237.5		237.5	3	137.5	147.5	-150	147.5	385	240	-257.5		240	625
A	Josh Walton	34	Open	M_OCR_ABPU	90	90	0.61185		180	237.5	250	-255	250	4	-145	150	-155	150	400	250	265	275	275	675
A	Liam Salmon	31	Open	Power and Dead lift o	89.4	90	0.7502		170	225	-240	-240	225	3	145	155	-162.5	155	380	260	-275	-275	260	640
A	Tawanda Bwerudza	24		M_OCR_ABPU	87.8	90	0.6205		190	210	-225	227.5	227.5	4	117.5	127.5	132.5	132.5	360	265	290	300	300	660

Flt B	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbre nner	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score
B	Colin O'Hagan	Maste	M_MR_4_ABPU	98.4	100	0.58535		19in	-85	-85	85	85	3	80	-92.5	-92.5	80	165	120	127.5	135	135	300	175.605
B	Paul Baker	Maste	M_MR_2_ABPU	93.8	100	0.5987		22o	85	95	-405	95	5	55	60	-62.5	60	155	120	135	150	150	305	182.604
B	Robert Tollafield	maste	M_MR_4_ABPU	98.2	100	0.58585		19in	105	-445	115	115	4	85	90	-95	90	205	135	145	152.5	152.5	357.5	209.441
B	Ray Hunter	Maste	M_MR_7_ABPU	98.2	100	0.58585		20in	70	80	90	90	4	55	-60	-60	55	145	135	145	155	155	300	175.755
B	Jan Hitchcock	Maste	M_MR_3_ABPU	96.6	100	0.5902		16in	180	190		190	3	145	160		160	350	180			180	530	312.806
B	Antony Bryan	32 Oper	M_OCR_ABPU	97.7	100	0.58715		18	180	190	197.5	197.5	3	130	135	140	140	337.5	210	-220	220	220	557.5	327.336
B	Darren Collett	34 Oper	M_OR_ABPU	94	100	0.598		19o	170	180	-490	180	3	122.5	-427.5	-427.5	122.5	302.5	210	220	-230	220	522.5	312.455
B	Andrew Moyler	35 Maste	M_OR_ABPU	96.6	100	0.5902		17o	150	167.5	175	175	4	115	122.5	127.5	127.5	302.5	215	227.5	235	235	537.5	317.233
B	IMRAN Mohammed Khan	39 Oper	M_OR_ABPU	98	100	0.58635		18in	190	200	210	210	4	125	135	-445	135	345	220	235	245	245	590	345.947
B	Thomas Blakey	34 Oper	M_OCR_ABPU	97.6	100	0.58745		19o	220	-235	245	245	3	140	145	147.5	147.5	392.5	220	235	250	250	642.5	377.437
B	John Devin	maste	M_MR_2_ABPU	98.4	100	0.58535		18	190	200	210	210	3	130	140	145	145	355	220	240	-250	240	595	348.283
B	Adrian Phillips	Master	M_MES_3_ABPU	97.8	100	0.58695		17in	205	215	225	225	3	132.5	137.5	142.5	142.5	367.5	225	-235	235	235	602.5	353.637
B	Michael Taylor	39 Oper	M_OCR_ABPU	99.6	100	0.5823		17o	210	225	-230	225	4	120	127.5	-430	127.5	352.5	240	250	-255	250	602.5	350.836
B	Andrei Tudorache	36 Oper	M_OR_ABPU	98	100	0.58635		18o	235	250	-260	250		160	170	-475	170	420	240	-260	-260	240	660	386.991
B	Michael Walton	36 Oper	M_OCR_ABPU	98.5	100	0.58505		20	215	227.5	235	235	4	130	140	-445	140	375	270	290	300	300	675	394.909
B	Paul Morgan	44	M_MES_1_ABPU	99.3	100	0.58305						0	3	227.5	-240	-240	227.5	0				0	0	0.000

Flt C	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbre nner	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score
C	Mathew Ward	35 Oper	M_OCR_ABPU	115.8	125	0.55535		21o	200	215	230	230	3	125	132.5	140	140	370	220	232.5	242.5	242.5	612.5	340.152
C	Paul Beckford	37 oper	M_OCR_ABPU	174.6	SHW	0.50618		23	240	250	265	265	5	160	180	-485	180	445	220	230	250	250	695	351.792
C	Daniel Arthur Stain	36 Oper	M_OR_ABPU	133.3	140	0.53705		21in	190	205	220	220	6	115	125	-445	125	345	230	245	255	255	600	322.230
C	Frankie Kemp	34 Oper	M_OR_ABPU	138.8	140	0.5321		20in	260	270	-280	270	5	170	177.5	-482.5	177.5	447.5	255	265	-272.5	265	712.5	379.121
C	Mitchell Tutt	31 oper	M_OR_ABPU	109.8	110	0.56275		18in	230	240	250	250	4	145	157.5	-462.5	157.5	407.5	260	275	-285	275	682.5	384.077
C	Steve Thresher	Maste	M_MR_1_ABPU	103.8	110	0.57295		17o	190	207.5	222.5	222.5	3	135	145	-452.5	145	367.5	270	287.5	-292.5	287.5	655	375.282
C	Lucas Royce	37 Oper	M_OCR_ABPU	108.5	110	0.5647		18o	225	235	242.5	242.5	3	170	180	182.5	182.5	425	280	300	305	305	730	412.231
C	Jack Coyne BO DO	36 Oper	M_OR_ABPU	119.4	125	0.55155		18in	225	-237.5	237.5	237.5	3	180	-490	-490	180	417.5	245	-255		245	662.5	365.402
C	Will Newton	31 oper	M_OCR_ABPU	109.4	110	0.56335		19o	272.5	-290	-290	272.5	4	160	170	-475	170	442.5	-305	305		305	747.5	421.104
C	Alex McClymont	34 Oper	M_OR_ABPU	113.8	125	0.5576						0	4	150	155	160	160	0				0	0	0.000
C	Andrew Whitaker bench only	34 Oper	M_OR_ABPU	107.1	110	0.56695						0	4	190	200	210	210	0				0	0	0.000

BPU Platform

Flt A	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score
A	Bob Fielding	Master	M_MR_2_BPU	89.5	90	0.6402		17 out	175	185	-190	185	3	-445	-445	145	145	330	180	200	-205	200	530	339.306
A	Andrew Moyler	56	M_MR_4_BPU	96.7	100	0.6172			-450			0		115			0	0	210			0	0	0.000
A	Jeremy Cope	Master	M_MR_2_BPU	88	90	0.6459		17 out	210	220	230	230	4	145	152.5	160	160	390	220	235	250	250	640	413.376
A	Jacek Toczydlowski	35 open	M_OCR_BPU	89.9	90	0.6388		19 in	220	227.5	237.5	237.5	4	150	157.5	165	165	402.5	232.5	247.5	255	255	657.5	420.011
A	Kurt Beech	27 Open	M_OEM_BPU	88.1	90	0.6455		18 out	245	-257.5	257.5	257.5	4	175	-485	-485	175	432.5	250	-260	260	260	692.5	447.009
A	Terry Short	Master	M_MR_3_BPU	94.8	100	0.6226		18 out	215	-227.5	-227.5	215	4	130	142.5	-447.5	142.5	357.5	250	267.5	-270	267.5	0	0.000
A	Paul Murphy	Master	M_MES_2_BPU	89.5	90	0.6402		15 in	-272.5	272.5	-290	272.5	3	145	155	160	160	432.5	250	265		265	697.5	446.540
A	Les Attewell	0 Master	M_MR_3_BPU	86.4	90	0.6523			-460			0		130			0	0	250			0	0	0.000
A	Christian Murphy	25	M_OR_BPU	97.8	100	0.6142		19 out	245	265	282.5	282.5	3	150	160	162.5	162.5	445	260	-290		260	705	433.011
A	Raimond Mamonus	31 Open	M_OR_BPU	99.7	100	0.6093		19 in	220	240	255	255	4	175	185	190	190	445	285	295	305	305	750	456.975
A	Wylie Sung	29 Open	M_OR_BPU	89	90	0.6421		18 in	230	245	255	255	4	150	162.5	-470	162.5	417.5	285	305	-320	305	722.5	463.917
A	David O'Sullivan	25 Open	M_OR_BPU	89.5	90	0.6402		19 out	210	225	-235	225	4	147.5	157.5	165	165	390	290	310	-320	310	700	448.140
A	david Gibson bench only	Master	M_MR_3_BPU	85.9	90	0.6545						0	4	145	150	155	155	0				0	0	0.000
A	Rob Preston Bench only	Master	M_MR_2_BPU	96.3	100	0.6183						0	4	180	-490	-490	180	0				0	0	0.000

Flt C	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score
C	Leslie Willis	Master	M_MCR_2_BPU	148.8	SHW	0.5539		17 in	215	250	-265	250	5	-420	120	-435	120	370	210	232.5	-240	232.5	602.5	333.725
C	Paul John Weller	Master	M_MR_3_BPU	120.3	125	0.5746		20 in	180	200	215	215	4	150	160	-465	160	375	240	260	270	270	645	370.617
C	Steve Macneil	33 open	M_OEM_BPU	133	140	0.5634		16 rings	-405	422.5		422.5	4	325	340	-357.5	340	762.5	260	285	-300	285	1047.5	590.162
C	Timothy Hopwood	28 Open	M_OCR_BPU	115.6	125	0.5803		19 out	255	272.5	290	290	3	155	165	170	170	460	270	285	-300	285	745	432.324
C	Paul Newman	Master	M_MR_2_BPU	133.4	140	0.5631		20 in	260	-270	270	270	4	230	235	-240	235	505	290	300	-305	300	805	453.296
C	Grant Mcvansoneya	26 open	M_OCR_BPU	117.1	125	0.5783		19 in	305	327.5	335	335	3	227.5	237.5		237.5	572.5	290	302.5	-307.5	302.5	875	506.013
C	Tom Shaw	39 open	M_OCR_BPU	137.4	140	0.5604		24 out	240	260	-270	260	6	160	180	-490	180	440	345	360	367.5	367.5	807.5	452.523
C	Darren McCormac deadlift only	Master	M_OR_BPU	131.1	140	0.5647						0					0	0	365	-385	-385	365	0	0.000
C	James Deacon	24 open	M_OCR_BPU	119.6	125	0.5754		19 in	215	230	235	235	3	160	-475	-475	160	395	230	-240		230	625	359.625
C	Tom Mcmutrie	Master	M_MR_3_BPU	121.1	125	0.5737		21 out	210	222.5	227.5	227.5	5	160	172.5	-480	172.5	400	205	-255		205	0	0.000
C	Matt Coleman	31 Open	M_OCR_BPU	119.4	125	0.5756		18 in	-270	270	282.5	282.5	3	-460	160	-470	160	442.5	260	-282.5		260	702.5	404.359
C	Louis Beaumont	36 open	M_OCR_BPU	124.1	125	0.5707		20 in	310	330		330	3	180	192.5	200	200	530	280	300		300	830	473.681
C	Brad Scott	28 Open	M_OCR_BPU	127.4	140	0.5677		23 in	-287.5	-287.5	-287.5	0	5	180	-490		180	0	290			0	0	0.000
C	Andy Cairney	33	M_OES_BPU	132.3	140	0.5639		20 in	325			325	5	250			250	575	310			310	0	0.000
C	Chris Apark Bench only	Master	M_MR_3_BPU	115	125	0.5811						0	4	140	150	-455	150	0				0	0	0.000
C	Josh Brown Bench only	26 Open	M_OR_BPU	154.1	SHW	0.5512						0	5	210	-220	-220	210	0				0	0	0.000
C	James Godber bench Only	31 Open	M_OES_BPU	125	125	0.5698						0	4	245	260	-265	260	0				0	0	0.000
C	Sean Blackburn	49	M_MEM_2_BPU			0						0	4	-240	-260	-272.5	0	0				0	0	0.000
C	Ilan Connor Bench Only	39 Open	M_OEM_BPU	122.5	125	0.5723						0	3	305	320	-330	320	0				0	0	0.000

Flt	Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score
B	David Pennington-bench only	maste	M_MCR_3_BPU	99.5	100	0.6098		21 out	180	205	212.5	212.5	5	175	185	-190	185	397.5	210	222.5	230	230	627.5	382.650
B	Luke Pomfrey	30 Oper	M_OEM_BPU	100	100	0.6086		16 rings	290	-305	-305	290	3	-480	-480	190	190	480	225	-245	-245	225	705	429.063
B	Luke Litchfield	31 oper	M_OCR_BPU	98.8	100	0.6116		17 out	235	255	270	270	4	155	165	-180	165	435	250	285		285	720	440.352
B	Jordan Helyer	25 oper	M_OCR_BPU	93.8	100	0.6257		19 out	215	225	232.5	232.5	4	125	132.5	137.5	137.5	370	252.5	-270	280	280	650	406.705
B	Mark Taylor	maste	M_MR_3_BPU	108.1	110	0.5917		19 in	120			120	5	160	175	180	180	300	260	275	-285	275	575	340.228
B	Chris Lane	35 Oper	M_OCR_BPU	98.3	100	0.6129		17 out	240	-255	-255	240	3	155	162.5	-172.5	162.5	402.5	260	280	285	285	687.5	421.369
B	Mike Jones	24 Oper	M_OCR_BPU	99.3	100	0.6103		19 out	260	280	290	290	4	170	180	185	185	475	260	290	305	305	0	0.000
B	Stuart Lome	34 oper	M_OR_BPU	105.8	110	0.596		19 out	210	215	-220	215	4	135	140	-145	140	355	260	-270		260	615	366.540
B	Alan Wilson	36 Oper	M_OCR_BPU	97.8	100	0.6142		18 out	260	270	-282.5	270	4	122.5	130	140	140	410	260	-285		260	670	411.514
B	Mark Taylor	maste	M_OR_BPU	108.1	110	0.5917		19 in	120			0		160			0	0	260			0	0	0.000
B	Conor Neily	25 Oper	M_OCR_BPU	97.4	100	0.6152		19 out	212.5	225	232.5	232.5	4	122.5	130	137.5	137.5	370	262.5	275	290	290	660	406.032
B	Aaron Fillery	29 oper	M_OCR_BPU	95.9	100	0.6194		17 out	225	230	235	235	4	160	-165	-165	160	395	270	275	-280	275	670	414.998
B	Mick Brown	Maste	M_MCR_2_BPU	118.6	125	0.5765		16 in	-230	230	250	250	5	130	140	145	145	395	270	290	-300	290	685	394.903
B	John Lock	33 oper	M_OCR_BPU	97	100	0.6163		18 out	-250	270	285	285	4	150	160	165	165	450	270	-280		270	720	443.736
B	Mark Andrew Snell	38 Oper	M_OCR_BPU	109.7	110	0.589		20 in	255	280	290	290	4	180	-190	190	190	480	280	-300	-300	280	760	447.640
B	Adam Riman	25 Oper	M_OCR_BPU	97.5	100	0.615		18 out	245	265	275	275	4	117.5	125	127.5	127.5	402.5	280	310	-317.5	310	712.5	438.188
B	Mitch Masterson	24 Oper	M_OCR_BPU	96.4	100	0.618		19 out	-275	275	300	300	3	-175	-185	-185	0	0	290			0	0	0.000
B	Dan Stewart	23 Oper	M_OCR_BPU	109.9	110	0.5887		17 in	340	-365	365	365	4	207.5	215	222.5	222.5	587.5	300	-320	-320	300	887.5	522.471
B	Lewis Board	24 Oper	M_OCR_BPU	108.7	110	0.5907		16 in	-325	325	345	345	3	170	180	-190	180	525	-305	305	-325	305	830	490.281
B	David Aldworth	24 Oper	M_OCR_BPU	107.8	110	0.5923		20 in	260	275	-285	275	5	185	-195	-195	185	460	305	-345		305	765	453.110
B	Elliot Page	24 Oper	M_OCR_BPU	99.7	100	0.6093		18 in	300	-320	320	320	3	160	-170	-170	160	480	-340	310	-330	310	790	481.347
B	Kevin Maher Bench only	Maste	M_MEM_4_BPU	108.2	110	0.5916						0	5	207.5	-212.5	-245	207.5	0				0	0	0.000
B	Gaz Croft	36 oper	M_OR_BPU	109.2	110	0.5898						0	4	172.5			172.5	0				0	0	0.000