

THE LIFT OFF!

RESULTS



MALES

NAME	SQUAT	BENCH	DEADLIFT	TOTAL
01 Craig Hession	2.47	1.51	2.67	6.65
02 Richard Lees	1.95	1.49	1.83	5.27
03 Lee White	1.5	1.72	1.94	5.02
04 Steve Robins	1.43	0.93	1.57	3.93
05 Jake McGuire	X	1.76	1.544	3.3
06 Wayne Stearne	1.12	0.96	1.12	3.2
07 Paul Tooth	1.03	0.82	1.13	2.98
08 Arron Abbot	X	1.3	1.54	2.84
09 Peter Clay	0.94	0.61	1.04	2.59

X Lift couldn't be completed due to pre existing injuries

FEMALES

NAME	SQUAT	BENCH	DEADLIFT	TOTAL
01 Rachel Robins	1.09	1.12	1.55	3.76
02 Sarah Simpson	0.93	0.65	1.2	2.78
03 Laura Mattison	0.88	0.5	1.22	2.6
04 Mary Bandonillo	0.75	0.42	1.17	2.34
05 Lucy Tongue	0.69	0.55	0.97	2.21
06 Tracy Parchment	0.79	0.44	0.87	2.1
07 Emma Daly	0.63	0.46	0.99	2.08
08 Catherine Pritchard	0.54	0.5	1	2.04

Results are listed by max lift divided by bodyweight (kg).
To get your final numbers, please speak to the Fitness Team.

A huge well done to all who took part, you were all amazing!