



Certificate of Participation

This is to certify that

Lenka Pilnikova

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	100
Bench:	70
Deadlift:	128
Total:	298
Wilks:	403.25
Place:	1

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Connor Burkhill

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	190
Bench:	135
Deadlift:	207.5
Total:	532.5
Wilks:	383.02
Place:	1

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Nick Priestly

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	230
Bench:	130
Deadlift:	240
Total:	600
Wilks:	382.80
Place:	2

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Adam Griffiths

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	200
Bench:	147.5
Deadlift:	240
Total:	587.5
Wilks:	379.70
Place:	3

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Shahid Ahmed

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	150
Bench:	85
Deadlift:	160
Total:	395
Wilks:	345.98
Place:	4

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Liam Plets

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	190
Bench:	100
Deadlift:	210
Total:	500
Wilks:	341.10
Place:	5

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Mark Retford

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	170
Bench:	120
Deadlift:	225
Total:	515
Wilks:	339.28
Place:	6

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Katie Higham

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	100
Bench:	52.5
Deadlift:	140
Total:	292.5
Wilks:	335.29
Place:	2

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

James Williamson

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	180
Bench:	127.5
Deadlift:	220
Total:	527.5
Wilks:	316.50
Place:	7

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Lewis Cameron

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	165
Bench:	105
Deadlift:	190
Total:	460
Wilks:	311.37
Place:	8

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Chantal Davies

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	120
Bench:	62.5
Deadlift:	122.5
Total:	305
Wilks:	309.33
Place:	3

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Chris O'Brien

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	175
Bench:	112.5
Deadlift:	200
Total:	487.5
Wilks:	298.64
Place:	9

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Rob Cunningham

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	167.5
Bench:	105
Deadlift:	195
Total:	467.5
Wilks:	292.65
Place:	10

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Amy Vickery

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	90
Bench:	50
Deadlift:	120
Total:	260
Wilks:	288.75
Place:	4

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Hannah Nicholas

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	110
Bench:	52.5
Deadlift:	130
Total:	292.5
Wilks:	287.90
Place:	5

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Mike Ripley

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	145
Bench:	100
Deadlift:	185
Total:	430
Wilks:	280.3169971704483
Place:	11

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Rob Loughenbury

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	165
Bench:	100
Deadlift:	200
Total:	465
Wilks:	278.44200164079666
Place:	12

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Ashley Evans

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	155
Bench:	95
Deadlift:	180
Total:	430
Wilks:	267.20
Place:	13

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Paul Bromley

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	155
Bench:	107.5
Deadlift:	170
Total:	432.5
Wilks:	256.94
Place:	14

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Megan Jefferson

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	105
Bench:	50
Deadlift:	130
Total:	285
Wilks:	250.99
Place:	6

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Sarah Hamblett

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	67.5
Bench:	55
Deadlift:	115
Total:	237.5
Wilks:	232.89
Place:	7

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Zahida Bibi

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Squat:	60
Bench:	37.5
Deadlift:	75
Total:	172.5
Wilks:	202.68
Place:	8

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL





Certificate of Participation

This is to certify that

Colin Luby

Participated in the Fighting Fit Club Comp III

Held at Fighting Fit, Manchester

on 18 November 2018

Bench: 95

Deadlift: 157.5

Place: 15

Jon Wilkinson

Club Development Officer, NWPL

K Cowell

Competition Secretary, NWPL

