



1000/500 Pound Club

November 2020

Name	Age	Gender	Body Weight (KG)	Actual Weight Lifted				Wilks Coefficient	Wilks Coefficient-Weight lifted in relation to body weight			
				Bench	Squat	Deadlift	Total Weight		Bench	Squat	Deadlift	Total
Emily Benka	36	F	82.45	135	265	305	705	0.9005	121.57	238.63	274.65	634.85
Jai'lyn Mosley	24	F	82.32	205	320	365	890	0.9011	184.73	288.35	328.9	801.98
Karrington Griffin	29	M	85.14	280	365	405	1050	0.6586	184.41	240.39	266.73	691.53
Julius Poole	20	M	112.14	255	385	365	1005	0.5847	149.1	225.11	213.42	587.63
Gary Reynolds	32	M	95.23	345	405	455	1205	0.6219	214.56	251.87	282.97	749.4
Joshua Rivers	29	M	86.55	355	365	315	1035	0.6523	231.37	238.09	205.48	674.94
Jonah Wilson*	23	M	84.91	205	305	365	875	0.6597	135.24	201.21	240.79	577.24

Overall Place- Everyone Made the 1000/500 pound club!	
Male	Female
Gary Reynolds	Jai-lyn Mosley
Karrington Griffin	Emily Benka
Joshua Rivers	
Julius Poole	
Jonah Wilson *	

Overall Bench- Weight Adjusted Winner	Overall Bench- Actual Lifted Winner
Gary Reynolds 214.56 pounds	Joshua Rivers 355 Pounds
Overall Squat- Weight Adjusted	Overall Squat- Actual Lifted
Jai'lyn Mosley 288 pounds	Gary Reynolds 405 pounds
Overall Deadlift- Weight Adjusted	Overall Deadlift- Actual Lifted
Jai'lyn Mosley 328.9 pounds	Gary Reynolds 455 pounds