

EM A.C.E Performance Christmas Championships 18/12/22

Place	Name	Sex	Age	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Points
G	Lucy Wang	F	22	Raw	FR-Jr	62	63	95	-100	102.5	102.5	47.5	50	52.5	52.5	125	132.5	140	140	295	65.22
G	Hollie Foster	F	20	Raw	FR-Jr	57.2	63	85	-90	-90	85	37.5	40	-42.5	40	100	105	110	110	235	54.98
1	Chynnah Lockhart	F	19	Raw	FR-Jr	68.75	69	120	127.5	132.5	132.5	65	70	-75	70	125	135	142.5	142.5	345	71.62
2	Rebekah Aitken	F		Raw	FR-Jr	68.25	69	-112.5	112.5	120	120	57.5	62.5	65	65	130	142.5	147.5	147.5	332.5	69.31
G	Amy proferes	F	48	Raw	FR-M1	68.45	69	100	-105	105	105	-55	55	-60	55	110	120	-127.5	120	280	58.27
1	Jacky Rawlinson	F		Raw	FR-M1	96.1	84	100	110	120	120	52.5	57.5	-60	57.5	110	120	130	130	307.5	55.46
G	Kia-Re Chablis	F		Raw	FR-M1	110.9	84	-145	145	160	160	70	77.5	85	85	155	165	177.5	177.5	422.5	73.51
1	Denise Bird	F		Raw	FR-M2	55.3	57	85	92.5	97.5	97.5	-52.5	55	57.5	57.5	120	125	130	130	285	68.42
1	Terrie Redmore	F	52	Raw	FR-M2	68.6	69	127.5	135	140	140	70	75	-80	75	135	142.5	147.5	147.5	362.5	75.34
1	Liz Windle	F		Raw	FR-M2	74.7	76	75	-80	80	80	-50	50	52.5	52.5	106	112.5	-117.5	112.5	245	48.7
1	Melanie Lester	F	68	Raw	FR-M3	61.6	63	-65	65	70	70	37.5	40	-42.5	40	105	115	-120	115	225	49.96
1	Indianna Montaque	F	29	Raw	FR-O	69.7	76	125	132.5	140	140	70	75	77.5	77.5	180	190.5	-200	190.5	408	84.06
1	Tianna Etienne	F		Raw	FR-O	81	84	147.5	157.5	-165	157.5	70	77.5	80	80	190	200	205	205	442.5	84.8
2	Sian Arterton	F		Raw	FR-O	83.65	84	160	-170	-170	160	100	-105	-105	100	155	165	-170	165	425	80.39
1	Sally Leggett	F		Raw	FR-Sj	56.1	57	95	105	112.5	112.5	47.5	52.5	55	55	105	117.5	-125	117.5	285	67.66
1	Gracie Besant	F		Raw	FR-Sj	68.1	69	-90	-100	100	100	45	50	55	55	130	140	-145	140	295	61.57
G	Katie Tatum	F	16	Raw	FR-Sj	71.75	76	80	90	105	105	52.5	57.5	-65	57.5	100	110	120	120	282.5	57.31
1	Naomi D'Almeida	F		Raw	FR-Sj	88.8	84	122.5	130	135	135	62.5	67.5	70	70	142.5	152.5	160	160	365	67.53
1	Jeriel Ho	M		Raw	MR-Jr	65	66	-165	172.5	-182.5	172.5	122.5	-132.5	132.5	132.5	210	222.5	232.5	232.5	537.5	84.47
2	Justin Lam	M		Raw	MR-Jr	65.6	66	140	147.5	150	150	90	97.5	100	100	197.5	205	212.5	212.5	462.5	72.33
1	Jamie Taylor	M		Raw	MR-Jr	73.2	74	180	190	197.5	197.5	115	120	122.5	122.5	230	245	-260.5	245	565	83.42
G	Nabeel Daji	M	20	Raw	MR-Jr	82.6	83	175	187.5	-195	187.5	115	-125	125	125	190	-210	210	210	522.5	72.5
1	Charlie Knight	M		Raw	MR-Jr	86.7	93	225	235	240	240	155	-160	-160	155	265	-277.5	-277.5	265	660	89.38
2	James Henegan	M	23	Raw	MR-Jr	89.05	93	195	205	215	215	155	162.5	165	165	225	237.5	250	250	630	84.19
3	Robert Gooch	M	19	Raw	MR-Jr	86.6	93	170	-180	185	185	115	125	130	130	210	225	240	240	555	75.21
G	Usman Mahmood	M	20	Raw	MR-Jr	89.2	93	180	200	-205	200	115	125	-130	125	200	220	230	230	555	74.11
1	Thomas Ireland	M		Raw	MR-Jr	101.3	105	212.5	-225	225	225	147.5	155	-157.5	155	270	280	-287.5	280	660	82.87
1	Sam Spring	M		Raw	MR-Jr	130.95	120	92.5	102.5	112.5	112.5	70	80	-82.5	80	135	142.5	147.5	147.5	340	38.08
1	Nash Hunter	M		Raw	MR-M1	71.35	74	147.5	152.5	157.5	157.5	105	107.5	-110	107.5	205	-215	-215	205	470	70.32
1	Paul Doherty	M		Raw	MR-M1	127.3	120	240	255	-270	255	140	150	160	160	240	270	300	300	715	81.04
1	Tony Neville	M		Raw	MR-M2	98.35	105	160	-175	175	175	110	115	117.5	117.5	200	210	215	215	507.5	64.62
1	Lawrence White	M		Raw	MR-O	64.8	66	170	-180	-185	170	100	110	-120	110	190	200	-210	200	480	75.56
1	Tom Beech	M		Raw	MR-O	73.6	74	190	197.5	-200	197.5	95	102.5	-107.5	102.5	245	-255	-261	245	545	80.24
2	Curtis Rothwell-Cody	M		Raw	MR-O	68.9	74	145	155	165	165	100	107.5	112.5	112.5	190	200	212.5	212.5	490	74.67
3	Thomas Mcleod	M		Raw	MR-O	71.9	74	135	142.5	150	150	75	80	-82.5	80	155	165	175	175	405	60.36
G	Yaron Bernstein	M	24	Raw	MR-O	82.2	83	205	217.5	-227.5	217.5	140	147.5	-150	147.5	232.5	245	-252.5	245	610	84.85
1	Ben Austrin	M	24	Raw	MR-O	91	93	175	190	200	200	112.5	117.5	122.5	122.5	220	237.5	247.5	247.5	570	75.37
2	Thomas Smith	M	26	Raw	MR-O	91.1	93	160	167.5	175	175	115	120	125	125	195	210	222.5	222.5	522.5	69.05
3	Robert Pfeifer	M	26	Raw	MR-O	88.1	93	160	167.5	175	175	115	122.5	130	130	182.5	195	210	210	515	69.19
G	Richard Cooper	M	35	Raw	MR-O	90	93	220	230	-240	230	155	-162.5	162.5	162.5	270	290	300	300	692.5	92.06
1	Sam Stuckey	M		Raw	MR-O	102.4	105	197.5	212.5	225	225	147.5	152.5	-155	152.5	235	250	-260	250	627.5	78.39
1	Aaron Sims	M		Raw	MR-O	125.5	120	190	205	217.5	217.5	117.5	127.5	-135	127.5	237.5	255	-272.5	255	600	68.41
1	Ryan Yarnell	M		Raw	MR-Sj	64.8	66	165	175	185	185	92.5	100	105	105	200	212.5	220	220	510	80.28
2	George Abbott	M		Raw	MR-Sj	64.2	66	135	140	145	145	85	90	-92.5	90	215	225	-230	225	460	72.77
3	Finley Highfield	M		Raw	MR-Sj	65.2	66	127.5	135	-140	135	90	-95	-95	90	135			135	360	56.48
1	Henry Bell	M		Raw	MR-Sj	69.7	74	-135	135	147.5	147.5	85	90	-95	90	150	165	180	180	417.5	63.24
G	Guy Rosen	M		Raw	MR-Sj	72.7	74	182.5	190	-197.5	190	87.5	-92.5	-92.5	87.5	205	-212.5	-212.5	205	482.5	71.49
1	Luca Sangiovanni-Vincentelli	M	17	Raw	MR-Sj	82.3	83	-180	-190	200	200	85	95	-100	95	215	-235	-235	215	510	70.9
1	Bryce Thornhill	M		Raw	MR-Sj	98.55	105	207.5	215	225	225	130	140	150	150	220	232.5	240	240	615	78.23
2	Reece Fagan	M		Raw	MR-Sj	96.5	105	165	-172.5	-175	165	150	-155	-155	150	200	220	230	230	545	70.03
G	Marcus Thornton	M	18	Raw	MR-Sj	104.3	105	175	180	182.5	182.5	170	-175	-175	170	190	-210	-210	190	542.5	67.19
G	Theodore Proferes	M		Raw	MR-Sj	117.25	120	212.5	227.5	240	240	132.5	145	-155	145	232.5	252.5	272.5	272.5	657.5	77.21
G	Adam Rutter	M	18	Raw	MR-Sj	141.5	120	175	190	-200	190	-160	160	-162.5	160	160			160	510	55.36