

GL - Ron Whittam Powerlifting Championship (05/11/22 - 06/11/22)

Place	Name	Sex	Equipment	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Points	
1	Jasmine Caracci	F	Raw	46.1	47	90	97.5	-102.5	97.5	45	50	52.5	52.5	100	-107.5	-107.5	100	250	70.66	06/11/2022
1	Chau-Long Le (Linda)	F	Raw	51.6	52	100	107.5	112.5	112.5	70	-75	-75	70	135	145	157.5	157.5	340	86.43	06/11/2022
2	amila dissanayake	F	Raw	51	52	95	102.5	105	105	70	72.5	-75	72.5	117.5	125	130	130	307.5	78.97	06/11/2022
3	yana lyntovska	F	Raw	51.7	52	-122.5	122.5	-125	122.5	52.5	55	-57.5	55	120	125	130	130	307.5	78.03	06/11/2022
1	moya williams	F	Raw	57	57	130	135	140	140	70	75	-80	75	175	185	-200	185	400	93.83	06/11/2022
2	claudia nicolson	F	Raw	56.9	57	117.5	125	130	130	77.5	80	82.5	82.5	152.5	162.5	-170	162.5	375	88.08	06/11/2022
3	snowee maroof	F	Raw	56.8	57	102.5	110	-115	110	50	55	-57.5	55	125	132.5	-140	132.5	297.5	69.97	06/11/2022
4	Sarah Foong	F	Raw	54.7	57	100	107.5	-110	107.5	47.5	52.5	-55	52.5	127.5	-135	-137.5	127.5	287.5	69.62	06/11/2022
5	seriera lavasani	F	Raw	55.7	57	80	85	90	90	45	-47.5	50	50	105	110	115	115	255	60.88	06/11/2022
6	barbara zinman	F	Raw	54.3	57	82.5	90	95	95	-45	45	50	50	90	100	107.5	107.5	252.5	61.5	06/11/2022
7	lucy bristow	F	Raw	56.5	57	60	65	70	70	40	42.5	45	45	105	-110	110	110	225	53.13	06/11/2022
1	ruth saliu	F	Raw	61.8	63	135	140	145	145	70	75	80	80	160	172.5	180	180	405	89.73	06/11/2022
2	esther mullings	F	Raw	62.9	63	130	137.5	145	145	67.5	72.5	-77.5	72.5	150	160	-170	160	377.5	82.68	06/11/2022
3	phoebe dinh	F	Raw	61.1	63	97.5	107.5	-115	107.5	47.5	-52.5	-52.5	47.5	120	130	-135	130	285	63.63	06/11/2022
1	moa wikner	F	Raw	68.4	69	152.5	157.5	162.5	162.5	97.5	105	-107.5	105	175	185	190	190	457.5	95.25	06/11/2022
2	annabel barr	F	Raw	68.7	69	117.5	125	-130	125	57.5	62.5	65	65	132.5	142.5	150	150	340	70.61	06/11/2022
3	dianne stockwell	F	Raw	67.9	69	102.5	107.5	-110	107.5	62.5	67.5	-72.5	67.5	122.5	127.5	-130	127.5	302.5	63.24	06/11/2022
4	linda viale	F	Raw	68.4	69	92.5	100	105	105	60	65	-67.5	65	110	122.5	132.5	132.5	302.5	62.98	06/11/2022
5	hollie ward	F	Raw	68	69	85	90	-95	90	37.5	-42.5	42.5	42.5	110	-117.5	-117.5	110	242.5	50.65	06/11/2022
1	carey mason	F	Raw	74.4	76	135	145	152.5	152.5	70	77.5	82.5	82.5	195	210	220	220	455	90.63	06/11/2022
2	naomi james	F	Raw	75.3	76	140	150	160	160	72.5	77.5	82.5	82.5	180	190	200	200	442.5	87.63	06/11/2022
3	lolla alabi	F	Raw	75.7	76	155	165	175	175	62.5	67.5	72.5	72.5	180	187.5	195	195	442.5	87.4	06/11/2022
4	maryam agoro	F	Raw	71.9	76	125	132.5	142.5	142.5	50	55	60	60	140	147.5	155	155	357.5	72.44	06/11/2022
5	grainne creighton	F	Raw	75.4	76	102.5	107.5	112.5	112.5	-60	62.5	67.5	67.5	120	130	140	140	320	63.33	06/11/2022
1	denise vieweg	F	Raw	81.1	84	137.5	145	150	150	87.5	95	100	100	145	160	170	170	420	80.45	06/11/2022
2	alison young	F	Raw	76.8	84	120	125	-127.5	125	75	77.5	-82.5	77.5	155	157.5	-160	157.5	360	70.63	06/11/2022
3	kelly fysh	F	Raw	82.2	84	120	125	130	130	62.5	67.5	-70	67.5	125	130	135	135	332.5	63.34	06/11/2022
4	isi avbulimen	F	Raw	81.3	84	107.5	115	120	120	50	55	60	60	120	130	145	145	325	62.19	06/11/2022
5	marianne lound-mcgowan	F	Raw	83.1	84	112.5	115	117.5	117.5	62.5	67.5	-70	67.5	130	140	-142.5	140	325	61.64	06/11/2022
6	lucy gill	F	Raw	80	84	100	112.5	120	120	60	-65	65	65	110	120	130	130	315	60.69	06/11/2022
7	curie kim	F	Raw	82.4	84	107.5	112.5	117.5	117.5	55	60	-62.5	60	117.5	125	132.5	132.5	310	58.99	06/11/2022
8	emma jones	F	Raw	79.6	84	95	100	-105	100	52.5	55	-57.5	55	130	-135	-135	130	285	55.03	06/11/2022
1	emily dennis	F	Raw	140.8 84+		135	145	155	155	77.5	82.5	-87.5	82.5	120	130	-140	130	367.5	61.66	06/11/2022
2	rocio cuenca alcaraz (rose)	F	Raw	97.4 84+		87.5	95	102.5	102.5	47.5	52.5	57.5	57.5	107.5	117.5	127.5	127.5	287.5	51.65	06/11/2022
3	rae hancock	F	Raw	89.9 84+		100	-105	-105	100	37.5	40	42.5	42.5	115	120	125	125	267.5	49.28	06/11/2022
4	aimee sanjari	F	Raw	88.3 84+		62.5	70	77.5	77.5	40	45	50	50	100	110	115	115	242.5	44.95	06/11/2022

Place	Name	Sex	Equipment	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Points	
1	abdul butt	M	Raw	66	66	182.5	192.5	200	200	132.5	140	-142.5	140	227.5	245	-255	245	585	91.19	05/11/2022
2	anthony moszuti	M	Raw	65.9	66	177.5	192.5	200	200	100	105	110	110	-205	222.5	235	235	545	85.03	05/11/2022
3	robin bermudez	M	Raw	63.9	66	170	180	-187.5	180	115	122.5	125	125	-210	210	-220	210	515	81.67	05/11/2022
1	nathan winsala	M	Raw	73.9	74	220	235	245	245	122.5	127.5	132.5	132.5	240	255	265	265	642.5	94.39	05/11/2022
2	jordan partington	M	Raw	74	74	215	225	235	235	132.5	142.5	150	150	225	240	252.5	252.5	637.5	93.59	05/11/2022
3	seb viteri	M	Raw	73.6	74	182.5	-190	-190	182.5	-172.5	172.5	177.5	177.5	255	265	-282.5	265	625	92.01	05/11/2022
4	tanner matthews	M	Raw	73.3	74	-200	210	220	220	120	130	-135	130	230	245	-255	245	595	87.78	05/11/2022
5	joshua chan	M	Raw	73.4	74	190	202.5	207.5	207.5	125	-132.5	-132.5	125	200	215	225	225	557.5	82.19	05/11/2022
6	harry swift	M	Raw	73.2	74	182.5	192.5	202.5	202.5	115	122.5	-127.5	122.5	190	205	215	215	540	79.73	05/11/2022
7	mason mui	M	Raw	70.6	74	-157.5	165	180	180	85	-92.5	92.5	92.5	182.5	200	215	215	487.5	73.35	05/11/2022
1	suhail faghih	M	Raw	82.6	83	220	240	250	250	125	130	135	135	220	237.5	250	250	635	88.12	05/11/2022
2	gary cooper	M	Raw	81.3	83	175	185	195	195	137.5	145	-150	145	215	227.5	237.5	237.5	577.5	80.78	05/11/2022
3	craig strong	M	Raw	83	83	170	177.5	185	185	120	127.5	135	135	205	220	230	230	550	76.13	05/11/2022
4	hamesh tailor	M	Raw	79.2	83	182.5	192.5	197.5	197.5	102.5	107.5	-112.5	107.5	225	235	242.5	242.5	547.5	77.62	05/11/2022
5	max pearson	M	Raw	77.7	83	175	185	195	195	105	112.5	117.5	117.5	190	205	220	220	532.5	76.23	05/11/2022
6	sam bryan leeson	M	Raw	81.1	83	180	190	-200	190	105	110	115	115	195	205	215	215	520	72.83	05/11/2022
7	william wong	M	Raw	82.7	83	175	182.5	195	195	95	100	105	105	190	200	-210	200	500	69.34	05/11/2022
8	michael wang	M	Raw	82.7	83	150	160	170	170	95	100	-105	100	170	185	200	200	470	65.18	05/11/2022
9	stephen ashcroft	M	Raw	81.9	83	140	150	155	155	90	95	-100	95	175	190	200	200	450	62.71	05/11/2022

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1	Adedapo Ojewale	M	Raw	92.3	93	255	275	285	285	162.5	167.5	170	170	325	345	357.5	357.5	812.5	106.69	05/11/2022	
2	Declan Powell	M	Raw	89.8	93	237.5	250	-260	250	170	180	182.5	182.5	257.5	272.5	285	285	717.5	95.49	05/11/2022	
3	Mikey Herrera Castro	M	Raw	92.3	93	222.5	232.5	-240	232.5	147.5	152.5	-157.5	152.5	300	310	-315	310	695	91.26	05/11/2022	
4	Chago Bunton-Cole	M	Raw	91.3	93	220	232.5	242.5	242.5	162.5	172.5	-180	172.5	265	-277.5		265	680	89.77	05/11/2022	
5	Nicholas Hwong	M	Raw	91.4	93	227.5	237.5	245.5	245.5	155	-162.5	162.5	162.5	255	267.5	-280	267.5	675.5	89.12	05/11/2022	
6	Warren Haskins	M	Raw	91.8	93	210	220	230	230	140	-150	150	150	265	280	-300	280	660	86.89	05/11/2022	
7	Daniel Olaofe	M	Raw	91.4	93	212.5	225	-230	225	130	-135	-135	130	265	285	-305	285	640	84.44	05/11/2022	
8	Ben Davis	M	Raw	93	93	235	-245	-245	235	137.5	140	-142.5	140	245	-265	-265	245	620	81.11	05/11/2022	
9	Sunny Tank	M	Raw	87.5	93	200	220	230	230	120	130	-140	130	230	250	-265	250	610	82.23	05/11/2022	
10	Rob Graham	M	Raw	89.1	93	190	200	210	210	122.5	130	-137.5	130	237.5	250	260	260	600	80.16	05/11/2022	
11	Stefan Gilligan	M	Raw	88.5	93	180	195	202.5	202.5	115	-125	-125	115	230	245	-250	245	562.5	75.4	05/11/2022	
12	Oliver Philpot	M	Raw	92.5	93	175	185	195	195	127.5	135	140	140	202.5	215	222.5	222.5	557.5	73.13	05/11/2022	
13	Rizvan Mussa	M	Raw	91.5	93	165	172.5	-180	172.5	-115	122.5	127.5	127.5	200	210	220	220	520	68.57	05/11/2022	
14	Camilo Cardenas	M	Raw	92.9	93	155	167.5	175	175	95	102.5	-107.5	102.5	185	205	220	220	497.5	65.12	05/11/2022	
15	Lloyd Taylor	M	Raw	92.9	93	150	160	167.5	167.5	90	97.5	102.5	102.5	170	185	195	195	465	60.86	05/11/2022	
16	Joel Mohangi	M	Raw	88	93	140	147.5	152.5	152.5	90	95	-100	95	175	187.5	200	200	447.5	60.16	05/11/2022	
17	Enric Sangra Navarro	M	Raw	92.7	93	140	150	162.5	162.5	87.5	95	100	100	152.5	165	-180	165	427.5	56.01	05/11/2022	
18	Mike Knight	M	Raw	88.8	93	130	137.5	145	145	87.5	92.5	97.5	97.5	150	165	180	180	422.5	56.54	05/11/2022	
1	Marvelous James	M	Raw	103.6	105	235	247.5	255	255	150	160	167.5	167.5	290	305	320	320	742.5	92.25	05/11/2022	
2	Joe Moore	M	Raw	99.5	105	222.5	232.5	245	245	157.5	165	170	170	275	292.5	310	310	725	91.81	05/11/2022	
3	Adam Stanford	M	Raw	100	105	225	240	250	250	137.5	147.5	152.5	152.5	252.5	270	280	280	682.5	86.22	05/11/2022	
4	Tristan Alcindor	M	Raw	104.2	105	225	237.5	-245	237.5	155	165	-167.5	165	245	265	280	280	682.5	84.57	05/11/2022	
5	Abdullah Muhammad	M	Raw	100.1	105	215	222.5	-230	222.5	115	120	-122.5	120	232.5	245	-250	245	587.5	74.18	05/11/2022	
6	Ivan Otim	M	Raw	100	105	180	195	200	200	110	115	120	120	240	255	265	265	585	73.9	05/11/2022	
7	Rik Jurrians	M	Raw	104.1	105	207.5	217.5	225	225	107.5	-115	115	115	215	227.5	235	235	575	71.28	05/11/2022	
8	Jonathan Dench	M	Raw	101.5	105	177.5	187.5	192.5	192.5	110	115	-117.5	115	180	192.5	-200	192.5	500	62.72	05/11/2022	
1	Rob Rees	M	Raw	112	120	250	270	280	280	175	190	-197.5	190	290	310	-330	310	780	93.49	05/11/2022	
2	Moses Onyegbule	M	Raw	117	120	245	260	-270	260	200	210	-217.5	210	260	280	-300	280	750	88.16	05/11/2022	
3	Augustine Adeosun	M	Raw	119.5	120	250	260	267.5	267.5	-162.5	162.5		162.5	310	-345		310	740	86.18	05/11/2022	
4	Reece Smith	M	Raw	119.2	120	252.5	265	270	270	155	160	165	165	250	270	285	285	720	83.94	05/11/2022	
5	Barnie Skinner	M	Raw	113.4	120	240	255	260	260	165	175	-180	175	255	272.5	280	280	715	85.22	05/11/2022	
6	Baruch Sekenofsky	M	Raw	118.5	120	310	330	-350	330	190	200		200	175			175	705	82.41	05/11/2022	
7	Ian Lucy	M	Raw	119.3	120	232.5	247.5	-260	247.5	135	140	145	145	280	300	-310	300	692.5	80.71	05/11/2022	
1	Zakariya Hussein	M	Raw	152.3	120+		250	262.5	270	270	165	172.5	180	180	250	265	275	275	725	76.51	05/11/2022