

ManxPL Powerlifting Championships 170422

Place	Name	Sex	BirthYear	Age	Country	Equipment	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Deadl	TotalKg
	1 Courtney C	F	1999	23	Isle of Man	Raw	FR-Jr	64.8	69	90	95	100	100	42.5	-45	-47.5	42.5	130	132.5	-135	132.5	275
DQ	Freya Cam	F	2000	21	Isle of Man	Raw	FR-Jr	70.8	76	80	87.5	-95	87.5	-45	-47.5	-47.5		100	110	115	115	
	1 Emma Mor	F	1980	42	Isle of Man	Raw	FR-M1	55.6	57	70	75	-80	75	37.5	-40	-40	37.5	100	105	110	110	222.5
	1 Kerry Linds	F	1973	49	Isle of Man	Raw	FR-M1	62.4	63	75	80	85	85	37.5	40	-42.5	40	95	100	-105	100	225
	1 Siobhann V	F	1985	36	Isle of Man	Raw	FR-O	52.8	57	85	95	97.5	97.5	55	65	-67.5	65	105	112.5	115	115	277.5
	2 Jo-Ann Cor	F	1993	28	Isle of Man	Raw	FR-O	57	57	85	90	-92.5	90	37.5	-40	-40	37.5	110	115	-120	115	242.5
	1 Stephanie I	F	1991	31	Isle of Man	Raw	FR-O	61.8	63	95	-102.5	-102.5	95	45	47.5	-50	47.5	120	-135	-135	120	262.5
	1 Dominique F		1985	36	Isle of Man	Raw	FR-O	63.2	69	80	85	-90	85	45	50	-52.5	50	115	120	125	125	260
	1 Liz Young	F	1984	38	Isle of Man	Raw	FR-O	72	76	90	95	97.5	97.5	45	-50	-50	45	125	135	-140	135	277.5
	1 Karen Shim	F	1991	31	Isle of Man	Raw	FR-O	77.6	84	-90	90	95	95	50	-52.5	-52.5	50	120	122.5	130	130	275
	2 Alyson Ega	F		39	Isle of Man	Raw	FR-O	82.4	84	85	-95	100	100	50	55	-57.5	55	90	100	-110	100	255
	1 Kate Divers	F	1988	33	Isle of Man	Raw	FR-O	124.6	84+	105	115	120	120	55	62.5	67.5	67.5	145	157.5	160	160	347.5
	2 Toni-Ann H	F	1986	36	Isle of Man	Raw	FR-O	97.2	84+	110	120	127.5	127.5	47.5	50	-52.5	50	130	140	-150	140	317.5
	3 Kerry Kelly	F	1982	39	Isle of Man	Raw	FR-O	96	84+	70	75	82.5	82.5	40	-42.5	-42.5	40	100	110	120	120	242.5
	4 Sarah-Jayn	F	1983	39	Isle of Man	Raw	FR-O	87.2	84+	30	45	55	55	45	50	-52.5	50	120	132.5	-142.5	132.5	237.5
	1 Isobel Mori	F	2006	15	Isle of Man	Raw	FR-Sj	50.6	52	60	-65	65	65	27.5	-32.5	-32.5	27.5	80	82.5	87.5	87.5	180
	1 Paul Crawl	M	2000	21	Isle of Man	Raw	MR-Jr	72.8	74	150	157.5	165	165	90	100	105	105	170	180	192.5	192.5	462.5
	1 Kylian Dela	M	2003	19	Isle of Man	Raw	MR-Jr	92.2	93	190	200	210	210	130	140	150	150	245	260	-280	260	620
	1 Lewis Rung	M	2003	18	Isle of Man	Raw	MR-Jr	100.2	105	180	195	210	210	100	105	115	115	175	185	-195	185	510
	1 Daniel Pott	M	1981	40	NW	Raw	MR-M1	82.4	83	190	197.5	210	210	140	150	165.5	165.5	210	230	240	240	615.5
	2 Max Bezan	M	1978	43	Isle of Man	Raw	MR-M1	82.8	83	125	132.5	142.5	142.5	110	117.5	-125	117.5	140	150	162.5	162.5	422.5
	1 Brandon N	M	1994	27	Isle of Man	Raw	MR-O	66	66	120	130	-135	130	90	-95	-95	90	150	165	180	180	400
	1 James Sow	M	1991	31	Isle of Man	Raw	MR-O	82.4	83	160	-170	175	175	-100	-100	105	105	195	-210	-210	195	475
	1 Matthew D	M	1998	23	Isle of Man	Raw	MR-O	103.6	105	175	185	195	195	110	117.5	-125	117.5	220	232.5	242.5	242.5	555
	2 Cye Maddc	M	1995	26	Isle of Man	Raw	MR-O	97.8	105	-130	130	140	140	-85	90	-100	90	180	200	205	205	435
	1 Sean Miller	M	2004	18	Isle of Man	Raw	MR-Sj	70.4	74	-110	110	120	120	80	85	-90	85	150	162.5	175	175	380
	1 Thomas M	M	2004	18	Isle of Man	Raw	MR-Sj	82.6	83	120	140	145	145	-85	85	90	90	180	190	-200	190	425
	1 Julian Wils	M	2004	18	Isle of Man	Raw	MR-Sj	92.6	93	185	195	207.5	207.5	100	105	110	110	190	200	210	210	527.5