

WM Autumn Cup 17/09/23

Place	Name	Sex	Age	Equipment	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Dead	TotalKg	Points
1	Lhamo Weston	F	15	Raw	F-SJ	55.5	57	80	-85	85	85	40	42.5	-45	42.5	87.5	95	-100	95	222.5	53.27
1	Bridget Parris	F	21	Raw	F-J	51	52	122.5	130	135	135	55	57.5	60	60	140	150	-160	150	345	88.6
1	Elena Vasile	F	18	Raw	F-J	62.1	63	95	102.5	-110	102.5	55	60	-62.5	60	100	110	115	115	277.5	61.28
1	Lauren Ashbourne	F	23	Raw	F-J	68.5	69	140	147.5	-152.5	147.5	57.5	62.5	-65	62.5	140	-142.5	-142.5	140	350	72.81
2	Moyin Adgboyega	F	20	Raw	F-J	68.2	69	120	127.5	132.5	132.5	52.5	57.5	60	60	140	150	-160	150	342.5	71.42
1	Grace du Preez	F	22	Raw	F-J	75.2	76	135	145	152.5	152.5	70	77.5	85	85	165	177.5	-187.5	177.5	415	82.23
2	Veronica Panayidou	F	23	Raw	F-J	73.9	76	130	140	-145	140	65	67.5	-70	67.5	150	-162.5	-165	150	357.5	71.44
DQ	Georgia Mcinerney	F	22	Raw	F-J	96.9	84+	-151	-151	-151		55	57.5	60	60	175	180	-182.5	180		
1	Clare Smith	F	35	Raw	F-O	71.6	76	115	122.5	-127.5	122.5	55	60	-65	60	155	165	175	175	357.5	72.6
2	Jem Turner	F	37	Raw	F-O	74.7	76	90	100	110	110	45	50	-55	50	112.5	122.5	132.5	132.5	292.5	58.15
1	Rosie Tudor	F	27	Raw	F-O	116.2	84+	-122.5	-122.5	122.5	122.5	52.5	60	62.5	62.5	135	145	152.5	152.5	337.5	58.19
1	Christina Jones	F	40	Raw	F-M1	82.5	84	80	-92.5	-92.5	80	55	62.5	70	70	100	120	135	135	285	54.21
1	Amantha Richa	F	49	Raw	F-M1	92.3	84+	100	-110	-110	100	52.5	-55	55	55	120	130	140	140	295	53.87
1	Amaar Chowdhury	M	15	Raw	M-SJ	64.8	66	150	160	-165	160	85	-90	-90	85	177.5	187.5	-195	187.5	432.5	68.08
1	Joshua Ellis	M	18	Raw	M-SJ	73.4	74	160	-175	-175	160	100	-105	-105	100	200	210	225	225	485	71.5
2	Dante Mullings	M	18	Raw	M-SJ	72.8	74	-140	-145	145	145	90	-95	-95	90	180	187.5	-200	187.5	422.5	62.56
3	Doug Harfield	M	16	Raw	M-SJ	69.9	74	110	117.5	-122.5	117.5	90	100	-105	100	155	162.5	167.5	167.5	385	58.23
DQ	Austin Betteridge	M	16	Raw	M-SJ	72.6	74	150	-162.5	-162.5	150	-90	-90	-90		150	160	165	165		
1	Oskar Wencel	M	17	Raw	M-SJ	81.3	83	205	215	220	220	110	115	-120	115	210	220	-230	220	555	77.64
2	Oskar Matysiak	M	17	Raw	M-SJ	81.8	83	180	187.5	-192.5	187.5	-120	125	-130	125	210	220	230	230	542.5	75.65
1	Matt Conley	M	18	Raw	M-SJ	89.2	93	170	180	-187.5	180	117.5	-122.5	-122.5	117.5	205	220	230	230	527.5	70.44
2	Alex Smith	M	17	Raw	M-SJ	89.5	93	170	180	190	190	-97.5	105	107.5	107.5	220	230	-235	230	527.5	70.32
1	Joshua Fisher	M	17	Raw	M-SJ	100.1	105	195	207.5	220	220	125	-132.5	-132.5	125	220	230	240	240	585	73.87
2	Christian Palumbo	M	17	Raw	M-SJ	98.3	105	180	-190	200	200	-97.5	100	-105	100	250	-265	270	270	570	72.6
1	Finn Cook	M	22	Raw	MR-J	73.9	74	180	192.5	-200	192.5	130	140	-145	140	200	-222.5	222.5	222.5	555	81.54
1	Baski Appiah Kubi Kofi	M	20	Raw	M-J	79.6	83	140	160	-170	160	80	100	-110	100	150	190	210	210	470	66.46
1	Jack Harrap	M	22	Raw	M-J	91.7	93	180	-190	200	200	112.5	120	122.5	122.5	245	262.5	277.5	277.5	600	79.03
2	Kareem Muzaffar	M	22	Raw	M-J	90.9	93	180	190	-200	190	105	110	-115	110	225	240	-245	240	540	71.44
3	Charlie Fox	M	19	Raw	M-J	92.8	93	180	195	-205	195	90	102.5	-107.5	102.5	210	-222.5	-222.5	210	507.5	66.46
4	James Kenyon	M	23	Raw	M-J	88.6	93	160	-162.5	162.5	162.5	-110	110	112.5	112.5	180	190	-200	190	465	62.3
1	Klevis Hasa	M	20	Raw	M-J	97.7	105	-160	170	-180	170	130	140	-145	140	230	250	-260	250	560	71.53
1	Chris Teague	M	31	Raw	M-O	82.9	83	250	-260	-260	250	170	175	180	180	250	257.5	-270	257.5	687.5	95.23
2	Sunil Chalal	M	31	Raw	M-O	81.5	83	200	215	225	225	165	172.5	180	180	215	230	240	240	645	90.11
3	William Stride	M	25	Raw	M-O	81.2	83	195	202.5	207.5	207.5	120	125	127.5	127.5	240	252.5	-257.5	252.5	587.5	82.23
4	Mark Daniell	M	31	Raw	M-O	82.1	83	-167.5	167.5	170	170	102.5	105	-110	105	200	210	-215	210	485	67.51
1	Tyri Miller	M	23	Raw	M-O	92	93	-230	-250	250	250	160	170	-180	170	300	320	330	330	750	98.64
2	Danny Gallagher	M	25	Raw	M-O	90.3	93	-197.5	205	215	215	140	147.5	152.5	152.5	245	255	262.5	262.5	630	83.62
3	Dan Watkins	M	31	Raw	M-O	91.3	93	175	185	-190	185	172.5	182.5	187.5	187.5	200	215	227.5	227.5	600	79.2
4	Edward Moss	M	35	Raw	M-O	91.3	93	185	190	195	195	110	-120	-120	110	200	-220	-220	200	505	66.66
1	Lewis Court	M	25	Raw	M-O	102.6	105	205	215	-222.5	215	130	135	140	140	240	252.5	260	260	615	76.76
2	Jack Birch	M	24	Raw	M-O	100.1	105	160	167.5	-175	167.5	80	87.5	-95	87.5	190	200	210	210	465	58.72
DQ	Fin Suttie	M	24	Raw	M-O	104.1	105	235	-247.5	247.5	247.5	-167.5	-167.5	-167.5		260	275	287.5	287.5		
1	Jack de Lancy	M	27	Raw	M-O	112.5	120	180	190	200	200	135	140	145	145	210	220	-230	220	565	67.59
1	Neil Simpson	M	61	Raw	M-M3	102.7	105	145	155	160	160	120	125	-130	125	195	200	203	203	488	60.88