

## 2023 Four Counties (28/10/23)

Place	Name	Sex	Equipment	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Deadl	TotalKg	Points
1	Pippa moorcroft	F	Raw	FR-SJ	55.5	57	100	110	-112.5	110	-55	55	-60	55	110	120	125	125	290	69.43
1	Isobel David	F	Raw	FR-SJ	60.5	63	120	127.5	-132.5	127.5	75	-80	80	80	135	142.5	147.5	147.5	355	79.79
2	Julia Szajnog	F	Raw	FR-SJ	60.8	63	95	102.5	-107.5	102.5	47.5	52.5	-57.5	52.5	105	110	-112.5	110	265	59.36
1	Dani Laivins	F	Raw	FR-SJ	66.8	69	125	132.5	-140	132.5	55	60	-62.5	60	125	130	132.5	132.5	325	68.59
1	Adriana Nunes	F	Raw	FR-SJ	70.1	76	115	125	130	130	50	55	-60	55	125	137.5	147.5	147.5	332.5	68.29
1	Lucy Bird	F	Raw	FR-J	55.8	57	100	105	110	110	50	55	-57.5	55	125	130	135	135	300	71.52
1	Caitlin Mirzayantz	F	Raw	FR-J	68.3	69	132.5	140	142.5	142.5	67.5	72.5	-77.5	72.5	140	147.5	152.5	152.5	367.5	76.57
2	Laura Holland	F	Raw	FR-J	65.8	69	95	100	105	105	65	70	72.5	72.5	117.5	125	130	130	307.5	65.48
3	Sarah Royle	F	Raw	FR-J	67.5	69	102.5	110	115	115	42.5	47.5	52.5	52.5	110	117.5	125	125	292.5	61.36
1	Bayan Fadlalla	F	Raw	FR-O	55.5	57	107.5	115	120	120	60	65	-70	65	135	145	-150	145	330	79
2	Chloe Easterlow	F	Raw	FR-O	56.6	57	-110	110	-115	110	50	52.5	-55	52.5	-115	115	-120	115	277.5	65.44
1	Tara Pigott	F	Raw	FR-O	62.9	63	150	160	167.5	167.5	90	95	100	100	175	185	192.5	192.5	460	100.74
2	Jennifer Randall	F	Raw	FR-O	62.8	63	107.5	115	-122.5	115	55	60	-62.5	60	170	175	-180	175	350	76.73
3	Trudy Stanley	F	Raw	FR-O	61.7	63	110	115	-120	115	70	75	80	80	120	127.5	132.5	132.5	327.5	72.64
1	Leila Tahmasebi Boldaji	F	Raw	FR-O	68.5	69	152.5	-160	-160	152.5	80	85	-87.5	85	185	195		195	432.5	89.97
2	Tamara Whittaker	F	Raw	FR-O	66.7	69	120	130	135	135	67.5	70	72.5	72.5	170	-180		170	377.5	79.74
3	Toni Cooper	F	Raw	FR-O	67.1	69	97.5	105	110	110	52.5	57.5	62.5	62.5	105	112.5	120	120	292.5	61.57
4	Sophie Carter	F	Raw	FR-O	68	69	45	55	65	65	32.5	-37.5	37.5	37.5	85	92.5	-100	92.5	195	40.73
1	Rachel Lloyd	F	Raw	FR-O	72.6	76	105	110	115	115	50	55	57.5	57.5	115	122.5	130	130	302.5	60.99
1	Katherine Gathercole	F	Raw	FR-O	78.7	84	140	150	155	155	67.5	72.5	75	75	170	180	190	190	420	81.5
1	Abigail Wood	F	Raw	FR-O	94.2 84+		110	117.5	122.5	122.5	57.5	-62.5	-62.5	57.5	137.5	145	150	150	330	59.88
1	Emma Stott	F	Raw	FR-M1	56.4	57	80	92.5	-105	92.5	62.5	67.5	-70	67.5	100	110	-120	110	270	63.84
1	Catherine Woodward	F	Raw	FR-M1	62.6	63	122.5	130	135	135	70	75	80	80	130	140	150	150	365	80.19
2	Suzanne Dakin	F	Raw	FR-M1	62.6	63	95	105	-110	105	50	57.5	60	60	145	155	160	160	325	71.4
1	Helen Wilkins	F	Raw	FR-M1	67.5	69	55	60	-65	60	25	32.5	-40	32.5	65	77.5	82.5	82.5	175	36.71
1	Denise Pigin	F	Raw	FR-M1	91.6 84+		95	102.5	107.5	107.5	50	55	60	60	125	132.5	137.5	137.5	305	55.84
1	Alfie Appleagate	M	Raw	MR-SJ	65.5	66	100	110	117.5	117.5	67.5	72.5	77.5	77.5	110	-120	120	120	315	49.3
2	Rory Anderson	M	Raw	MR-SJ	64.2	66	100	110	117.5	117.5	47.5	52.5	-57.5	52.5	120	127.5	135	135	305	48.25
1	Yaw Parbey	M	Raw	MR-SJ	72.3	74	190	207.5	220	220	95	105	117.5	117.5	240	-260	260	260	597.5	88.79
2	Josh Murray	M	Raw	MR-SJ	72.7	74	187.5	200	210	210	117.5	-127.5	-127.5	117.5	230	-235	-235	230	557.5	82.6
3	Jeremy Lin	M	Raw	MR-SJ	72.6	74	155	165	172.5	172.5	95	102.5	107.5	107.5	185	197.5	-207.5	197.5	477.5	70.8
1	Will Gimenez-Codd	M	Raw	MR-SJ	81.4	83	185	195	200	200	107.5	115	-122.5	115	195	210	222.5	222.5	537.5	75.14
2	Tomas Asher	M	Raw	MR-SJ	81.4	83	167.5	177.5	185	185	95	102.5	-105	102.5	195	210	217.5	217.5	505	70.6
3	Sebastien Kaberry	M	Raw	MR-SJ	77.8	83	155	165	-172.5	165	77.5	82.5	-85	82.5	195	-205	-205	195	442.5	63.31
1	Jenson Daubrah-Scott	M	Raw	MR-SJ	103.2	105	200	215	225	225	110	120	-127.5	120	250	265	280	280	625	77.79
2	Lewis Tomlinson	M	Raw	MR-SJ	97.2	105	220	235		235	117.5	125	132.5	132.5	240	255	-262.5	255	622.5	79.71
3	Jack Frisby	M	Raw	MR-SJ	100	105	185	195	202.5	202.5	115	122.5	130	130	210	225	235	235	567.5	71.69
1	Jake Smith	M	Raw	MR-SJ	118.3	120	130	145	-160	145	92.5	-100	-100	92.5	150	160	170	170	407.5	47.67
1	Thomas Huitson	M	Raw	MR-J	72.6	74	155	165	180	180	115	122.5	-130	122.5	205	225	-250	225	527.5	78.21
2	Aamir Aziz	M	Raw	MR-J	67.5	74	115	120	125	125	75	80	85	85	165	175	182.5	182.5	392.5	60.46
1	Sam Taylor	M	Raw	MR-J	80.9	83	175	185	-195	185	132.5	140	145	145	240	255	-270	255	585	82.04
2	Andre Sobol	M	Raw	MR-J	81.5	83	205	215	220	220	127.5	-137.5	-137.5	127.5	215	230	-252.5	230	577.5	80.68
3	Eric Kimani	M	Raw	MR-J	77.1	83	195	205	215	215	122.5	130	135	135	200	210	220	220	570	81.93
4	Ghneu Ibrahim	M	Raw	MR-J	77.7	83	150	160	-170	160	130	132.5	142.5	142.5	170	172.5	200	200	502.5	71.94
5	Faizaan Chaudry	M	Raw	MR-J	81.8	83	145	155	160	160	90	102.5	-107.5	102.5	180	192.5	-200	192.5	455	63.45
6	Finn Miler	M	Raw	MR-J	79.3	83	140	-147.5	150	150	85	90	95	95	160	170	180	180	425	60.21
1	Sam Bullock	M	Raw	MR-J	89.9	93	192.5	202.5	210	210	100	105	110	110	220	235	250	250	570	75.82
2	Hayden Cheshire-Inkpen	M	Raw	MR-J	91	93	190	202.5	-207.5	202.5	105	110	-115	110	225	250	-270	250	562.5	74.37
3	Lewis Goodenough	M	Raw	MR-J	89.5	93	180	190	200	200	105	110	-115	110	-210	217.5	225	225	535	71.32
4	Ethan Chung	M	Raw	MR-J	90.7	93	-175	175	190	190	85	95	100	100	190	207.5	220	220	510	67.54
1	Timi Ogunfowokan	M	Raw	MR-J	103.6	105	267.5	285	300	300	-160	162.5	167.5	167.5	280	300	317.5	317.5	785	97.53
2	Jack Jordan	M	Raw	MR-J	99.2	105	225	240	247.5	247.5	157.5	165	170	170	240	265	-270	265	682.5	86.55
3	Ethan McDerment	M	Raw	MR-J	104.3	105	205	217.5	225	225	145	152.5	157.5	157.5	240	252.5	265	265	647.5	80.19
4	Jamie Cheshire	M	Raw	MR-J	103.5	105	220	230	240	240	140	150	152.5	152.5	225	235	245	245	637.5	79.24

5	Kieran Fowler	M	Raw	MR-J	99.4	105	200	210	220	220	135	142.5	-145	142.5	235	242.5	252.5	252.5	615	77.92
6	Eduard boldi	M	Raw	MR-J	103.8	105	215	220	225	225	125	130	135	135	230	240	-250	240	600	74.48
7	Ben Magyar	M	Raw	MR-J	101.8	105	-180	180	200	200	132.5	142.5	-145	142.5	180	200	-220	200	542.5	67.96
8	Jack Oldfield	M	Raw	MR-J	94.7	105	115	-127.5	127.5	127.5	62.5	75	85	85	145	165	172.5	172.5	385	49.92
1	Cameron Huke	M	Raw	MR-O	71.8	74	190	200	-205	200	110	117.5	122.5	122.5	212.5	222.5	232.5	232.5	555	82.77
2	Matthew Hearst	M	Raw	MR-O	71.5	74	105	112.5	115	115	70	75	80	80	145	155	-175	155	350	52.31
1	Shaun Pownall	M	Raw	MR-O	82	83	207.5	217.5	222.5	222.5	107.5	-115	-115	107.5	275	290		290	620	86.35
2	Radoslaw Rafalski	M	Raw	MR-O	81.7	83	192.5	197.5	205	205	120	125	132.5	132.5	215	220	225	225	562.5	78.49
3	Tim Charlwood	M	Raw	MR-O	80.9	83	165	175	185	185	110	115	120	120	210	-225	-225	210	515	72.22
4	Connor Taylor	M	Raw	MR-O	80.5	83	172.5	-185	-185	172.5	80	90	100	100	-205	205	215	215	487.5	68.54
5	Brad Taylor	M	Raw	MR-O	81.9	83	145	150	152.5	152.5	105	107.5	-110	107.5	185	195	-200	195	455	63.41
1	Tom Freestone	M	Raw	MR-O	91.7	93	235	245	247.5	247.5	140	147.5	-150	147.5	265	-272.5		265	660	86.94
2	Tom Shipton	M	Raw	MR-O	91.3	93	227.5	-240	240	240	162.5	167.5	170	170	230	245	-250	245	655	86.46
3	Matt Cross	M	Raw	MR-O	91.8	93	207.5	210	225	225	125	135	142.5	142.5	255	267.5	275	275	642.5	84.59
4	Alex Fraser	M	Raw	MR-O	91.9	93	195	205		205	120	127.5	130	130	-270	280	-290	280	615	80.92
5	Josh Burrows	M	Raw	MR-O	87.1	93	170	180	190	190	132.5	140	145	145	210	225	235	235	570	77.02
6	Daniel Murphy	M	Raw	MR-O	91.8	93	160	170	180	180	100	105	107.5	107.5	195	205	212.5	212.5	500	65.83
1	Mahin Zafar	M	Raw	MR-O	100.7	105	255	275	287.5	287.5	147.5	155	160	160	265	285	302.5	302.5	750	94.43
2	Casey Dunn	M	Raw	MR-O	104.7	105	275	290		290	-162.5	162.5		162.5	260	290	-310	290	742.5	91.79
3	Finlay Wright	M	Raw	MR-O	103.2	105	220	-230	230	230	160	167.5	-175	167.5	270	-285	285	285	682.5	84.95
4	Henry Butler	M	Raw	MR-O	100.9	105	190	205	215	215	140	147.5	-150	147.5	250	265	272.5	272.5	635	79.88
5	Greg Smith	M	Raw	MR-O	103.8	105	185	195	205	205	125	132.5	137.5	137.5	210	220	230	230	572.5	71.06
6	Joshua Barnes	M	Raw	MR-O	98.2	105	205	210	-212.5	210	120	125	-130	125	230	235		235	570	72.63
7	Chris Moore	M	Raw	MR-O	103	105	155	162.5	170	170	115	-117.5	122.5	122.5	200	210	217.5	217.5	510	63.54
8	Rhys Warner	M	Raw	MR-O	103.7	105	140	160	172.5	172.5	80	90	-100	90	180	200	215	215	477.5	59.3
1	Alec Hewstone	M	Raw	MR-O	112.2	120	260	275	287.5	287.5	160	170	-175	170	265	285	-300	285	742.5	88.93
1	Ant Saville	M	Raw	MR-M1	81.6	83	122.5	130	137.5	137.5	90	95	100	100	145	155	162.5	162.5	400	55.85
1	Jason Moore	M	Raw	MR-M2	82	83	157.5	165	170	170	117.5	125	-130	125	175	180	190	190	485	67.55
1	Darren Scarfe	M	Raw	MR-M2	155.8	120+	185	205	-220	205	155	162.5	167.5	167.5	265	-280	-280	265	637.5	66.71
1	Thomas Shaw	M	Single-ply	MR-J	102.6	105	230	245	252.5	252.5	180	200	215	215	245	260	-267.5	260	727.5	75.16
1	Kevin Fletcher	M	Single-ply	MR-M1	73.2	74	205	-215	-215	205	100	110	115	115	182.5	192.5	-200	192.5	512.5	63.96
1	Ian Ryan	M	Single-ply	M-M1	118.7	120	270	290	-300	290	185			185	180	200	210	210	685	66.48
1	Shaun Haynes	M	Single-ply	M-M2	81.7	83	220	230	-240	230	160	170	177.5	177.5	220	227.5	-232.5	227.5	635	74.01
1	Joey Watson	M	Raw	MR-O	104	105					175	180	185	185					185	83.21