

SW Bristol vs Cardiff 25/11/23

Place	Name	Sex	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Points	Team
1	Margarita Marcou	F	Raw	Junior	56.92	57	-75	75	90	90	42.5	50	-52.5	50	102.5	110	117.5	117.5	257.5	60.46	CUBC
1	Marianne Clert	F	Raw	Junior	60.17	63	100	107.5	112.5	112.5	55	57.5	-60	57.5	120	127.5	135	135	305	68.81	UOB
2	Isabel Webb	F	Raw	Junior	61.56	63	85	95	102.5	102.5	35	40	-42.5	40	100	112.5	120	120	262.5	58.31	CUBC
1	Ayishah Roberts	F	Raw	Junior	65.78	69	120	127.5	132.5	132.5	70	75	80.5	80.5	160	-170	-175.5	160	373	79.44	UOB
1	Holly Cooper	F	Raw	Junior	74.37	76	-107.5	-112.5	112.5	112.5	70	75	77.5	77.5	127.5	135	142.5	142.5	332.5	66.24	UOB
2	Megan Rimmington	F	Raw	Junior	72.48	76	90	-95	95	95	47.5	50	-55	50	105	115	122.5	122.5	267.5	53.98	UOB
1	Ellisse Heller	F	Raw	Junior	82.55	84	-80	90	-100	90	50	-57.5	-57.5	50	115	125	132.5	132.5	272.5	51.82	CUBC
1	Shannon Williams	F	Raw	Open	68	69	105	-112.5	115	115	60	-65	-67.5	60	107.5	-112.5	-112.5	107.5	282.5	59.01	UOB
1	Joshua Chan	M	Raw	Junior	64.4	66	140	150	-157.5	150	102.5	110	-115	110	172.5	182.5	192.5	192.5	452.5	71.47	CUBC
1	Lucas Hutton	M	Raw	Junior	73.52	74	157.5	170	177.5	177.5	95	100	105	105	180	192.5	-205	192.5	475	69.97	UOB
2	Jonty Yonge	M	Raw	Junior	69.61	74	130	140	-150	140	95	105	112.5	112.5	150	162.5	175	175	427.5	64.8	CUBC
1	Harry Smith	M	Raw	Junior	78.13	83	190	200	207.5	207.5	155	162.5	-165	162.5	205	212.5	-220	212.5	582.5	83.15	UOB
2	Hayden Simmons	M	Raw	Junior	78.12	83	190	200	-205	200	-127.5	127.5	-132.5	127.5	217.5	230	-235	230	557.5	79.59	UOB
3	Alexander Chan	M	Raw	Junior	80.11	83	190	202.5	207.5	207.5	127.5	135	-140	135	190	205	215	215	557.5	78.57	CUBC
4	Thomas Clarke	M	Raw	Junior	80.82	83	170	180	187.5	187.5	110	-122.5	122.5	122.5	205	220	-230	220	530	74.36	CUBC
5	Ben West	M	Raw	Junior	81.2	83	145	155	160	160	105	112.5	-117.5	112.5	195	207.5	220	220	492.5	68.94	UOB
6	Peter Lewis	M	Raw	Junior	82.95	83	145	157.5	165	165	112.5	120	125	125	165	177.5	187.5	187.5	477.5	66.12	UOB
7	Oliver Jones-Nerzic	M	Raw	Junior	82.06	83	150	160	-167.5	160	100	-107.5	-115	100	180	192.5	202.5	202.5	462.5	64.39	CUBC
1	Paul Metzler	M	Raw	Junior	91.9	93	200	-207.5	-207.5	200	105	110	-112.5	110	230	240	250	250	560	73.69	UOB
2	Gavin Heffernan	M	Raw	Junior	87.76	93	177.5	-185	-185	177.5	95	100	105	105	210	220	227.5	227.5	510	68.65	UOB
3	Sebastian Rann	M	Raw	Junior	91.4	93	160	170	-177.5	170	97.5	105	107.5	107.5	200	212.5	220	220	497.5	65.64	CUBC
1	David Johnston	M	Raw	Junior	95.5	105	205	220	-225	220	150	160	-167.5	160	225	240	250	250	630	81.36	CUBC
2	Alexis Masouras	M	Raw	Junior	96.83	105	220	235	245	245	132.5	140	145	145	210	220	-230	220	610	78.26	CUBC
3	Daniel Cross	M	Raw	Junior	101.4	105	165	175	185	185	-130	135	-140	135	207.5	220	230	230	550	69.03	CUBC
4	James Marshall	M	Raw	Junior	100.9	105	182.5	195	-202.5	195	97.5	102.5	-105	102.5	200	212.5	220	220	517.5	65.1	CUBC
5	Zaid Anfoka	M	Raw	Junior	94.54	105	155	165	-175	165	107.5	112.5	-117.5	112.5	200	210	-220	210	487.5	63.27	UOB
1	Hayden Thomas	M	Raw	Junior	108.25	120	195	207.5	215	215	115	125	140	140	225	245	260	260	615	74.87	CUBC
1	Renaldo Evan	M	Raw	Open	77.5	83	155	162.5	-170	162.5	87.5	95	-100	95	167.5	175	-180	175	432.5	62	UOB