

NM Nottinghamshire Open 19/02/23

Place	Name	Sex	Age	Equipment	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Deadl	TotalKg	Points
1	Kirsty Russell	F		Raw	F-O	50.9	52	82.5	87.5	92.5	92.5	52.5	55	57.5	57.5	85	92.5	100	100	250	64.31
2	Ramisha Barn	F		Raw	F-O	51.2	52	67.5	72.5	-77.5	72.5	32.5	35	-37.5	35	115	125	132.5	132.5	240	61.42
3	Eleanor Makin	F		Raw	F-O	51.2	52	75	77.5	82.5	82.5	35	37.5	-40	37.5	100	107.5	112.5	112.5	232.5	59.5
1	Geneva Ponnou	F		Raw	F-O	56.3	57	92.5	100	105	105	47.5	52.5	55	55	130	140	-145	140	300	71.03
2	Sally Nocon	F		Raw	F-O	54.9	57	87.5	97.5	-105	97.5	55	60	-62.5	60	120	130	135	135	292.5	70.63
3	Ellie Ruff	F		Raw	F-O	52.9	57	80	85	-90	85	45	-50	50	50	-105	105	110	110	245	60.97
4	Julia Szajnog	F		Raw	F-O	55.5	57	67.5	70	82.5	82.5	37.5	-42.5	42.5	42.5	85	95	103	103	228	54.58
1	Holly Gordge	F		Raw	F-O	62.5	63	112.5	117.5	-120	117.5	52.5	57.5	-60	57.5	107.5	112.5	115	115	290	63.78
2	Zoe Brocklehurst	F		Raw	F-O	61.7	63	107.5	112.5	-115	112.5	47.5	-52.5	52.5	52.5	112.5	122.5	-132.5	122.5	287.5	63.76
3	Lucy Bird	F		Raw	F-O	61	63	97.5	102.5	107.5	107.5	42.5	47.5	-50	47.5	117.5	125	-127.5	125	280	62.58
4	Holly Brown	F		Raw	F-O	61	63	80	82.5	90	90	35	-37.5	37.5	37.5	90	100	110	110	237.5	53.08
1	Caitlin Mirzayantz	F		Raw	F-O	67.3	69	107.5	115	122.5	122.5	57.5	62.5	67.5	67.5	122.5	130	140	140	330	69.34
2	iyah jukes	F		Raw	F-O	66.3	69	102.5	107.5	110	110	55	57.5	-60	57.5	117.5	122.5	-127.5	122.5	290	61.47
3	Georgina Hinton	F		Raw	F-O	67.2	69	85	-92.5	95	95	57.5	62.5	-67.5	62.5	107.5	112.5	117.5	117.5	275	57.84
4	Amelia Hadgett	F		Raw	F-O	64	69	82.5	87.5	92.5	92.5	47.5	52.5	55	55	105	115	125	125	272.5	59.02
1	Tara Tattan-Birch	F		Raw	F-O	73.8	76	-127.5	130	137.5	137.5	80	85	-90	85	142.5	152.5	160	160	382.5	76.49
2	Kerry Wood	F		Raw	F-O	75.3	76	135	140	-145	140	72.5	-75	-75	72.5	150	160	165	165	377.5	74.75
3	Grace De La Haye	F		Raw	F-O	74.6	76	112.5	120	-125	120	72.5	80	-85	80	145	160	170	170	370	73.6
4	Charlotte Whittaker	F		Raw	F-O	73.1	76	85	-90	-90	85	35	-40	-40	35	95	100	-105	100	220	44.2
G	Niya Patel	F		Raw	F-O	69.6	76	-80	-80	-90		35	40	-45	40	100	112.5	120	120		
1	Saffron Crawford	F		Raw	F-O	94.1	84+	-90	97.5	105	105	50	55	60	60	105	115	125	125	290	52.64
G	Ella Whatley	F		Raw	F-O	93.2	84+	135	140	147.5	147.5	47.5	52.5	-57.5	52.5	140	150	-157.5	150	350	63.72
1	Josh Loke	M		Raw	M-O	56.7	59	120	130	-140	130	65	-70	-70	65	150	165	-175	165	360	60.85
1	Gurnaik Birring	M		Raw	M-O	65.4	66	147.5	155	162.5	162.5	135	-137.5	-137.5	135	-190	190	200	200	497.5	77.93
2	Sirjan Rana	M		Raw	M-O	64.3	66	140	147.5	155	155	92.5	97.5	102.5	102.5	197.5	210	225	225	482.5	76.26
3	Stephen So	M		Raw	M-O	64.6	66	140	-150	-150	140	92.5	97.5	100	100	172.5	182.5	-187.5	182.5	422.5	66.61
1	Safeer Sadiq	M		Raw	M-O	74	74	155	160	165	165	100	105	110	110	205	-207.5	207.5	207.5	482.5	70.84
2	Eniola Balogun	M		Raw	M-O	73.8	74	150	152.5	-160	152.5	105	110	-117.5	110	200	210	-212.5	210	472.5	69.47
3	Ben Thompson	M		Raw	M-O	73.7	74	80	90	100	100	75	85	-95	85	100	115	130	130	315	46.34

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1	Shaun Pownall	M	26	Raw	M-O	81.8	83	192.5	202.5	210	210	102.5	-105	-110	102.5	260	277.5	-290	277.5	590	82.28
2	Sam Taylor	M	20	Raw	M-O	79.4	83	172.5	182.5	187.5	187.5	127.5	135	140	140	230	240	255	255	582.5	82.47
3	Luke Easton	M	23	Raw	M-O	82.4	83	185	192.5	192.5	192.5	117.5	122.5	125	125	230	240	240	240	557.5	77.46
4	Elliot Whatling	M	20	Raw	M-O	80.9	83	165	175	185	185	130	137.5	-142.5	137.5	207.5	222.5	-235	222.5	545	76.43
5	Joseph Moore	M	21	Raw	M-O	82.4	83	170	180	190	190	117.5	125	-132.5	125	192.5	205	217.5	217.5	532.5	73.98
6	Josh Burrows	M	27	Raw	M-O	81.1	83	160	167.5	-177.5	167.5	125	132.5	140	140	-192.5	207.5	215	215	522.5	73.18
7	Paolo Jesse Nwia Azane	M	19	Raw	M-O	80.8	83	175	185	195	195	-115	117.5	125	125	177.5	185	200	200	520	72.97
8	Alex Hulme	M	23	Raw	M-O	82.2	83	165	172.5	-175	172.5	105	112.5	-115	112.5	195	202.5	210	210	495	68.86
9	Connor Graves	M	21	Raw	M-O	81.9	83	150	-157.5	157.5	157.5	107.5	115	-120	115	195	205	-215	205	477.5	66.55
1	Ryan Richards	M	23	Raw	M-O	90.4	93	-210	-210	210	210	150	155	-157.5	155	-240	245	250	250	615	81.58
2	Coby Allen	M	25	Raw	M-O	91.5	93	212.5	227.5	-232.5	227.5	132.5	137.5	142.5	142.5	222.5	235	242.5	242.5	612.5	80.77
3	Anthony Moore	M	20	Raw	M-O	88.2	93	200	210	215	215	110	120	125	125	230	242.5	255	255	595	79.9
4	james laing	M	18	Raw	M-O	90.3	93	190	200	205	205	137.5	145	-150	145	222.5	232.5	240	240	590	78.31
5	Ty Aina	M	20	Raw	M-O	89	93	-175	180	187.5	187.5	107.5	-115	115	115	260	270	280	280	582.5	77.87
6	Ramsay Kirkhy	M	27	Raw	M-O	84.2	93	182.5	-192.5	197.5	197.5	122.5	127.5	-132.5	127.5	200	212.5	-220	212.5	537.5	73.87
7	Sam Bullock	M	19	Raw	M-O	87.3	93	175	187.5	195	195	90	97.5	102.5	102.5	200	215	227.5	227.5	525	70.86
8	Elliot Reid	M	22	Raw	M-O	90.6	93	170	182.5	-190	182.5	105	112.5	117.5	117.5	172.5	187.5	200	200	500	66.25
9	Leo Copeland	M	19	Raw	M-O	90.5	93	160	167.5	175	175	100	107.5	-112.5	107.5	200	207.5	215	215	497.5	65.96
10	Jagdeep Tamber	M	24	Raw	M-O	87	93	170	182.5	187.5	187.5	100	107.5	110	110	180	197.5	-205	197.5	495	66.92
11	Rhys Warner	M	27	Raw	M-O	90.8	93	155	162.5	167.5	167.5	85	90	-95	90	200	210	-220	210	467.5	61.88
1	Thomas Brannick	M	30	Raw	M-O	103.7	105	280	292.5	305	305	190	200	-210	200	285	300	300	300	805	99.97
2	Bill Dunn	M	28	Raw	M-O	99.5	105	210	-220	225	225	155	162.5	165	165	255	265	275	275	665	84.21
3	Rudi Notris	M	18	Raw	M-O	99.7	105	207.5	220	225	225	137.5	145	150	150	250	262.5	272.5	272.5	647.5	81.92

4	Tom Priest	M	24	Raw	M-O	102.8	105	185	195	202.5	202.5	145	152.5	155	155	235	247.5	252.5	252.5	610	76.06
5	Lewis Tomlinson	M	17	Raw	M-O	99.4	105	190	205	215	215	117.5	-127.5	127.5	127.5	220	237.5	-245	237.5	580	73.48
6	Graham Jukes	M	41	Raw	M-O	102.4	105	-182.5	182.5	-192.5	182.5	125	130	135	135	202.5	215	222.5	222.5	540	67.46
7	Kevin Camargo	M	18	Raw	M-O	99.9	105	160	167.5	-180	167.5	-95	102.5	-107.5	102.5	235	245	255	255	525	66.35
8	Max Richardson	M	28	Raw	M-O	96.6	105	110	117.5	125	125	82.5	90	-95	90	165	180	190	190	405	52.02
1	Theo Davies	M	20	Raw	M-O	110.9	120	200	215	230	230	125	130	132.5	132.5	-240	-257.5	257.5	257.5	620	74.65
1	Vishal Bubber	M	30	Raw	M-O	130.9	120+	-220	220	240	240	130	140	-145	140	220	240	-250	240	620	69.45