

Greater London Spring Spectacular 15/04/23

Place	Name	Sex	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Dead	TotalKg	Points
1	Kam Ozten	F	F-O	68.6	69	82.5	90	97.5	97.5	40	45	47.5	47.5	97.5	105	112.5	112.5	257.5	53.52
1	Cheryl McJannet	F	FR-O	56.5	57	97.5	105	110	110	-65	67.5	-72.5	67.5	122.5	130	137.5	137.5	315	74.38
2	Sarah Foong	F	FR-O	54.8	57	100	107.5	112.5	112.5	47.5	52.5	-55	52.5	132.5	137.5	142.5	142.5	307.5	74.35
3	Xenia Chiru	F	FR-O	55	57	80	87.5	92.5	92.5	65	70	-72.5	70	120	130	140	140	302.5	72.93
4	Rani Gupta	F	FR-O	54.9	57	90	97.5	100	100	52.5	55	-57.5	55	115	-122.5	-122.5	115	270	65.19
5	Jen Abdalla	F	FR-O	56	57	100	105	-110	105	47.5	-52.5	-52.5	47.5	105	115	-122.5	115	267.5	63.6
6	Seriera Lavasani	F	FR-O	55.3	57	85	90	92.5	92.5	47.5	50	52.5	52.5	110	115	120	120	265	63.62
7	Lucy Bristow	F	FR-O	55.6	57	65	70	75	75	42.5	45	-47.5	45	102.5	107.5	112.5	112.5	232.5	55.58
1	Kirsty Wall	F	FR-O	62.5	63	137.5	147.5	-155	147.5	65	-70	70	70	147.5	155	-160	160	377.5	83.02
2	Emma Low	F	FR-O	59.3	63	-120	120	127.5	127.5	50	-52.5	52.5	52.5	115	122.5	-127.5	122.5	302.5	68.94
3	Lilla Maniscalco	F	FR-O	60.7	63	90	95	100	100	50	52.5	55	55	110	120	130	130	285	63.91
4	Megan Heaton-Harris	F	FR-O	62	63	82.5	87.5	-92.5	87.5	55	-57.5	-60	55	105	112.5	120	120	262.5	58.03
5	Elisabetta Conradi	F	FR-O	60.4	63	77.5	85	90	90	47.5	52.5	55	55	95	105	110	110	255	57.38
1	Lara Oliver-Tomic	F	FR-O	64.9	69	112.5	117.5	120	120	52.5	55	60	60	120	135	142.5	142.5	322.5	69.25
2	Elizabeth Martin de Bartolome	F	FR-O	67.5	69	95	105	110	110	40	-45	45	45	125	135	-145	135	290	60.83
3	Claire Yates	F	FR-O	68.3	69	75	-80	-80	75	42.5	45	47.5	47.5	85	92.5	97.5	97.5	220	45.84
1	Florence Theil	F	FR-O	73.2	76	110	120	125	125	55	60	62.5	62.5	140	150	160	160	347.5	69.78
2	Eleanor Smith	F	FR-O	69.6	76	117.5	125	132.5	132.5	60	-65	-65	60	127.5	145	150	150	342.5	70.62
3	Yunia Maalo	F	FR-O	72	76	80	87.5	95	95	50	-55	-55	50	127.5	142.5	150	150	295	59.74
4	Praveeta Thayalan	F	FR-O	70.9	76	85	90	95	95	55	57.5	60	60	120	130	135	135	290	59.2
1	Lucy Gill	F	FR-O	81.1	84	132.5	140	145	145	65	70	-72.5	70	130	142.5	-152.5	142.5	357.5	68.48
2	Liz Onen	F	FR-O	82.7	84	120	127.5	-135	127.5	45	50	-52.5	50	155	170	-182.5	170	347.5	66.03
3	Emma Jones	F	FR-O	78.3	84	97.5	102.5	107.5	107.5	55	57.5	-60	57.5	110	125	135	135	300	58.34
4	Aimee Sanjari	F	FR-O	83.5	84	85	95	100	100	45	50	-52.5	50	115	130	-140	130	280	53
1	Toyosi Omotoso	F	FR-O	92.1	84+	165	172.5	185	185	-75	75	85	85	215	230	-235	230	500	91.37
2	Emily Dennis	F	FR-O	141.3	84+	147.5	152.5	160	160	90	-95	95	95	130	140	-150	140	395	66.25
3	Carly Oatway	F	FR-O	108.2	84+	100	120	130	130	65	75	-82.5	75	120	135	150	150	355	62.1
4	Wing Koon	F	FR-O	93.2	84+	122.5	130	137.5	137.5	52.5	55	57.5	57.5	120	130	140	140	335	60.99
1	Rachel Avbulimen	F	MR-O	83.3	84	77.5	82.5	87.5	87.5	37.5	42.5	-45	42.5	117.5	127.5	135	135	265	50.21
1	Kimberley Broadbent	M	FR-O	59.5	66	-92.5	92.5	102.5	102.5	37.5	40	-42.5	40	110	117.5	125	125	267.5	44.06
1	Aftab Uddin	M	MR-O	65.7	66	175	175	175	175	115	115	115	115	222.5	222.5	222.5	222.5	512.5	80.08
2	Probir Debnath	M	MR-O	65	66	175	185	185	185	110	-115	115	115	175	185	185	185	485	76.22
1	Julio Nallamappanan de Cabo	M	MR-O	73.2	74	165	175	180	180	97.5	102.5	-105	102.5	225	242.5	250	250	532.5	78.62
2	Rafael Galeon Hardcastle	M	MR-O	72.7	74	165	175	180	180	137.5	-145	-145	137.5	207.5	207.5	207.5	207.5	525	77.79
3	Stephen Ashcroft	M	MR-O	73.9	74	140	150	157.5	157.5	90	95	-100	95	180	195	210	210	462.5	67.95
4	Hassan Behram	M	MR-O	68.1	74	145	152.5	157.5	157.5	60	70	-82.5	70	165	175	185	185	412.5	63.25
5	Alejandro GutiÃ©rrez	M	MR-O	73.1	74	125	-132.5	140	140	95	102.5	-105	102.5	150	160	170	170	412.5	60.95
6	Paul Bradley	M	MR-O	70.5	74	110	117.5	-125	117.5	75	80	85	85	155	165	175	175	377.5	56.84
1	Robert Szeleczki	M	MR-O	81	83	162.5	175	182.5	182.5	-120	-127.5	127.5	127.5	225	242.5	260	260	570	79.88
2	Ming Hin (Anakin) Kwok	M	MR-O	74.7	83	-150	175	185	185	105	115	120	120	200	225	255	255	560	81.81
3	Andy Cudd	M	MR-O	82.5	83	170	180	-182.5	180	130	135	-137.5	135	200	215	225	225	540	74.98
4	Karol Przybycien	M	MR-O	81.7	83	160	170	177.5	177.5	120	127.5	132.5	132.5	200	210	220	220	530	73.95
5	Mushfiqur Rahman	M	MR-O	74.2	83	-162.5	170	185	185	127.5	135	-137.5	135	182.5	197.5	205	205	525	76.97
6	William Wong	M	MR-O	82.4	83	190	-205	205	205	95	105	-110	105	195	205	210	210	520	72.25
7	Leo Dolan	M	MR-O	78.9	83	132.5	140	147.5	147.5	95	100	105	105	162.5	172.5	180	180	432.5	61.43
8	Joseph Lewis	M	MR-O	80	83	-132.5	132.5	-142.5	132.5	90	100	-107.5	100	185	200	-207.5	200	432.5	61
9	Valentin Rueda	M	MR-O	79.8	83	100	110	120	120	-125	-125	125	125	100	110	120	120	365	51.54
1	Montel Moore	M	MR-O	90.4	93	202.5	215	225	225	130	137.5	145	145	245	255	275	275	645	85.56
2	Armin Kamara	M	MR-O	91.6	93	-230	230	240	240	135	-145	-150	135	235	252.5	270	270	645	85.01
3	Sunny Tank	M	MR-O	90	93	205	220	230	230	122.5	130	137.5	137.5	240	257.5	267.5	267.5	635	84.42
4	Nathan Young	M	MR-O	92.9	93	190	-202.5	207.5	207.5	130	135	137.5	137.5	250	265	280	280	625	81.81
5	Ryan Anderson	M	MR-O	92.6	93	212.5	225	232.5	232.5	152.5	157.5	160	160	217.5	230	-240	230	622.5	81.61

6	Oluseyi Otesanya	M	MR-O	90.4	93	187.5	197.5	205	205	105	115	125	125	240	255	270	270	600	79.59
7	João Allen-Caliste	M	MR-O	83.9	93	195	205	215	215	107.5	112.5	117.5	117.5	245	-260	260	260	592.5	81.57
8	Justin Infante	M	MR-O	83.3	93	185	197.5	210	210	107.5	115	117.5	117.5	225	237.5	250	250	577.5	79.8
9	Julian Williams	M	MR-O	89.3	93	170	-190	190	190	-140	145	-155	145	210	220	-230	220	555	74.07
10	Ryan Gibbons	M	MR-O	92.1	93	165	175	180	180	-130	135	-140	135	200	215	225	225	540	70.98
11	John Carter	M	MR-O	91.8	93	180	-205	-205	180	90	97.5	100	100	210	240	-250	240	520	68.46
12	David Hamlet	M	MR-O	90.6	93	190	200	205	205	90	95	-100	95	200	210	217.5	217.5	517.5	68.57
13	Joel Muhangi	M	MR-O	91.4	93	170	180	185	185	95	100	102.5	102.5	202.5	212.5	220	220	507.5	66.96
14	Stephen Christian	M	MR-O	89	93	135	-145	145	145	100	110	-115	110	185	200	210	210	465	62.16
15	Dominic Goodall	M	MR-O	89.8	93	185	-190	190	190	-95	100	-102.5	100	150	160	165	165	455	60.56
16	Eduardo Huf Schmidt	M	MR-O	86.9	93	117.5	125	132.5	132.5	72.5	80	-85	80	147.5	157.5	167.5	167.5	380	51.4
17	Mahfujur Rahman	M	MR-O	92.9	93	-85	85	95	95	75	-82.5	82.5	82.5	130	140	150	150	327.5	42.87
1	Antonio Shinebourne	M	MR-O	104.1	105	260	275	-280	275	150	-160	-160	150	280	300	315	315	740	91.73
2	Christopher Boateng	M	MR-O	103.7	105	240	255	-262.5	255	147.5	-152.5	-152.5	147.5	260	277.5	282.5	282.5	685	85.07
3	Yemi Ajose-Adeogun	M	MR-O	97.5	105	215	225	230	230	165	172.5	-182.5	172.5	260	267.5	275	275	677.5	86.63
4	Ivan Otim	M	MR-O	101.6	105	180	192.5	200	200	112.5	117.5	122.5	122.5	240	255	265	265	587.5	73.66
5	Uche Chilaka	M	MR-O	94.4	105	167.5	175	185	185	110	117.5	125	125	222.5	235	240	240	550	71.43
6	Íñigo Gutiérrez	M	MR-O	96.9	105	160	170	180	180	105	110	-115	110	200	210	220	220	510	65.4
7	Lloyd Taylor	M	MR-O	93.1	105	155	165	172.5	172.5	95	100	105	105	175	187.5	200	200	477.5	62.43
1	Ian Ikuesan	M	MR-O	116.5	120	155	170	190	190	85	95	100	100	225	245	260	260	550	64.77
2	Harry Godwin	M	MR-O	114.4	120	160	170	180	180	-125	125	-135	125	180	195	210	210	515	61.14
3	Scott Button	M	MR-O	117.6	120	170	180	190	190	100	105	-110	105	175	185	195	195	490	57.47
1	John Stevens	M	MR-O	121.1	120+	200	215	225	225	110	117.5	125	125	207.5	225	240	240	590	68.31
2	Ariel Klausner-Stern	M	MR-O	125.1	120+	190	202.5	210	210	-125	132.5	145	145	180	200	225	225	580	66.22