

NM Quiet Focus Series v1.1 20/05/23

| Place | Name                   | Sex | State | Division | BodyweightKg | WeightClassKg | Squat1Kg | Squat2Kg | Squat3Kg | Best3SquatKg | Bench1Kg | Bench2Kg | Bench3Kg | Best3BenchKg | Deadlift1Kg | Deadlift2Kg | Deadlift3Kg | Best3DeadliftKg | TotalKg | Points |
|-------|------------------------|-----|-------|----------|--------------|---------------|----------|----------|----------|--------------|----------|----------|----------|--------------|-------------|-------------|-------------|-----------------|---------|--------|
| 1     | Lhamo weston           | F   | NM    | FR-SJ    | 55.7         | 57            | 75       | 80       | 82.5     | 82.5         | 35       | 37.5     | -40      | 37.5         | 80          | 85          | 90          | 90              | 210     | 50.13  |
| 1     | Olivia Robins          | F   | NM    | FR-J     | 61           | 63            | 72.5     | 75       | 80       | 80           | 42.5     | 45       | -47.5    | 45           | 95          | 102.5       | 105         | 105             | 230     | 51.4   |
| 1     | Gigi Nicolson          | F   | NM    | FR-O     | 47.6         | 52            | 80       | 85       | 90       | 90           | 52.5     | 55       | 57.5     | 57.5         | 120         | 127.5       | 132.5       | 132.5           | 280     | 76.66  |
| 1     | Jasmin Matharu         | F   | NM    | FR-O     | 56.4         | 57            | 110      | 115      | 117.5    | 117.5        | 60       | 62.5     | -65      | 62.5         | 130         | 135         | 140         | 140             | 320     | 75.66  |
| 2     | Chloe Easterlow        | F   | NM    | FR-O     | 52.9         | 57            | 100      | 105      | 107.5    | 107.5        | 50       | -52.5    | 52.5     | 52.5         | 115         | -120        | -120        | 115             | 275     | 68.44  |
| 1     | Abigail Wood           | F   | NM    | FR-O     | 98.7         | 84+           | 95       | 105      | 112.5    | 112.5        | 47.5     | 52.5     | -57.5    | 52.5         | 122.5       | 135         | 145         | 145             | 310     | 55.49  |
| DQ    | Meg Robertson          | F   | NM    | FR-M1    | 97.4         | 84+           | -115     | -120     | -125     |              | 50       | 55       | 60       | 60           | 135         | 147.5       | 160         | 160             |         |        |
| 1     | Esther Shifra          | F   | NM    | FR-M3    | 76           | 76            | -60      | -60      | 70       | 70           | 30       | -40      | 40       | 40           | 70          | 95          | 100         | 100             | 210     | 41.4   |
| 1     | Molly Johnson          | F   | NM    | FR-J     | 66.8         | 69            |          |          |          |              | 75       | 80       | 85       | 85           |             |             |             |                 | 85      | 68.8   |
| 1     | Brad Harvey            | M   | NM    | MR-SJ    | 102.7        | 105           | 155      | 165      | 175      | 175          | 85       | 90       | 95       | 95           | 190         | 200         | 210         | 210             | 480     | 59.88  |
| 1     | Solomon Saghiri        | M   | NM    | MR-J     | 140          | 120+          | -200     | 200      | -205     | 200          | -120     | -120     | 120      | 120          | 200         | -220        | 220         | 220             | 540     | 58.86  |
| 1     | David Hatton           | M   | NM    | MR-O     | 65.5         | 66            | 140      | 150      | 155      | 155          | 95       | -102.5   | -102.5   | 95           | 185         | 195         | -200        | 195             | 445     | 69.65  |
| 1     | Chau Chun Sing Godfrey | M   | NM    | MR-O     | 71.5         | 74            | 170      | 177.5    | 180      | 180          | 95       | 100      | -102.5   | 100          | 205         | -215        | -215        | 205             | 485     | 72.49  |
| 2     | Clement Guardiera      | M   | NM    | MR-O     | 72.2         | 74            | 147.5    | 157.5    | 160      | 160          | 117.5    | -122.5   | -122.5   | 117.5        | 190         | 200         | 202.5       | 202.5           | 480     | 71.38  |
| 1     | Joseph Watson          | M   | NM    | MR-O     | 108.4        | 120           | 180      | 192.5    | 200      | 200          | 170      | 180      | 185      | 185          | 220         | 235         | -245        | 235             | 620     | 75.43  |
| 1     | Jason Moore            | M   | NM    | MR-M2    | 82.4         | 83            | 150      | 157.5    | 160      | 160          | 115      | -117.5   | 117.5    | 117.5        | 170         | 175         | 180         | 180             | 457.5   | 63.56  |
| 2     | Karl Syson             | M   | NM    | MR-M2    | 82.5         | 83            | 100      | 0        | 0        | 100          | 120      | 130      | 135      | 135          | 140         | 155         | 165         | 165             | 400     | 55.54  |
| 1     | Matthew Severn         | M   | NM    | MR-J     | 80.5         |               |          |          |          |              | 105      | 112.5    | 120      | 120          |             |             |             |                 | 120     | 61.23  |