

GL Summer (21/07/2024)

Place	Name	Sex	Equipment	Division	Bodyweight	WeightClass	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Dead	TotalKg	Event	
1	Ka Shuen Catherine Wong	F	Raw	Women's R	48.2	52	70	-75	-77.5	70	40	42.5	-45	42.5	90	95	-97.5	95	207.5	SBD	
1	Morag Campbell	F	Raw	Women's R	53.6	57	102.5	107.5	112.5	112.5	52.5	55	57.5	57.5	127.5	135	140	140	310	SBD	
1	Stephanie Saunders	F	Raw	Women's R	61.4	63	105	110	112.5	112.5	55	57.5	-60	57.5	117.5	125	130	130	300	SBD	
2	Juana Fernandez	F	Raw	Women's R	61	63	-105	110	112.5	112.5	42.5	45	47.5	47.5	125	-135	135	135	295	SBD	
3	Jen Abdalla	F	Raw	Women's R	58.8	63	100	110	115	115	50	55	-60	55	100	110	120	120	290	SBD	
4	Jamie Nguyen	F	Raw	Women's R	60.6	63	107.5	112.5	117.5	117.5	40	42.5	45	45	110	117.5	125	125	287.5	SBD	
5	Noreen Kay	F	Raw	Women's R	63	63	90	-95	-95	90	45	47.5	50	50	110	115	120	120	260	SBD	
6	Jolawn Victor	F	Raw	Women's R	62	63	60	65	70	70	42.5	-47.5	-47.5	42.5	95	105	110	110	222.5	SBD	
1	Lucy Woodruff	F	Raw	Women's R	69	69	70	82.5	85	85	32.5	37.5	40	40	90	100	110	110	235	SBD	
1	Carey Mason	F	Raw	Women's R	75.2	76	125	-135		125	87.5	92.5		92.5	162.5	170	-195	170	387.5	SBD	
2	Eleanor Smith	F	Raw	Women's R	75.8	76	135	142.5	147.5	147.5	57.5	60	-62.5	60	155	165	-172.5	165	372.5	SBD	
3	Florence Theil	F	Raw	Women's R	75.2	76	115	-122.5	122.5	122.5	-60	62.5	65	65	145	155	162.5	162.5	350	SBD	
1	Toyosi Omotoso	F	Raw	Women's R	97	84+		197.5	207.5	215	215	92.5	97.5	100	100	225	242.5	251.5	251.5	566.5	SBD
2	Annalisa Vaente	F	Raw	Women's R	102.6	84+		147.5	157.5	162.5	162.5	65	-70	-70	65	160	172.5	180	180	407.5	SBD
3	Isi Avbulimen	F	Raw	Women's R	84.6	84+		115	122.5	130	130	50	55	-57.5	55	145	157.5	165	165	350	SBD
1	Salman Desai	M	Raw	Men's Raw	57.4	59	135	142.5	147.5	147.5	90	95	100	100	165	175	182.5	182.5	430	SBD	
1	Efty Moshir	M	Raw	Men's Raw	73.8	74	175	-185	-185	175	125	-130	-130	125	215	227.5	240	240	540	SBD	
1	Don Demetrius	M	Raw	Men's Raw	77.2	83	150	160	-170	160	120	125	130	130	200	210	220	220	510	SBD	
2	Jasper Gregory	M	Raw	Men's Raw	82.2	83	130	135	140	140	95	100	105	105	160	172.5	182.5	182.5	427.5	SBD	
3	Mohammed Rafi	M	Raw	Men's Raw	81.8	83	172.5	-185	-185	172.5	117.5	125	130	130	75			75	377.5	SBD	
4	Adrian Galy	M	Raw	Men's Raw	80.2	83	-60	60	65	65	37.5	40	42.5	42.5	-70	75	80	80	187.5	SBD	
1	Badrun Ali	M	Raw	Men's Raw	90.6	93	-217.5	-217.5	217.5	217.5	152.5	162.5	170	170	230	247.5	-272.5	247.5	635	SBD	

2	Abdul Basit Ali	M	Raw	Men's Raw	91	93	190	205	215	215	127.5	137.5	142.5	142.5	215	227.5	245	245	602.5 SBD
3	Tanny Chiu	M	Raw	Men's Raw	91.6	93	205	-217.5	222.5	222.5	115	122.5	-130	122.5	210	227.5	-237.5	227.5	572.5 SBD
1	Jeffrey Gruszka	M	Raw	Men's Raw	96.2	105	245	255	260	260	165	175	180	180	290	300	-310	300	740 SBD
2	Jordan Grace	M	Raw	Men's Raw	101.2	105	220	235	245	245	152.5	162.5	167.5	167.5	250	260	267.5	267.5	680 SBD
3	Sam Tilby	M	Raw	Men's Raw	104.6	105	190	202.5	212.5	212.5	155	-162.5	-162.5	155	200	215	-225	215	582.5 SBD
4	Kirubel Getachew	M	Raw	Men's Raw	103.4	105	190	202.5	210	210	105	115	120	120	205	220	230	230	560 SBD
5	Daniel Paget	M	Raw	Men's Raw	104.2	105	187.5	200	-207.5	200	115	122.5	-132.5	122.5	215	227.5	235	235	557.5 SBD
6	Benjamine Klein	M	Raw	Men's Raw	95.8	105	170	180	190	190	110	-115	125	125	180	190	210	210	525 SBD
7	Jack Biddlecombe	M	Raw	Men's Raw	94	105	160	170	175	175	127.5	135	140	140	187.5	195	202.5	202.5	517.5 SBD
8	Mike Denzil	M	Raw	Men's Raw	95.2	105	145	150	155	155	85	90	95	95	182.5	187.5	192.5	192.5	442.5 SBD
1	Augustine Adeosun	M	Raw	Men's Raw	119.6	120	280	-295	295	295	155	165	-175	165	-315	330	350	350	810 SBD
2	David Pickin	M	Raw	Men's Raw	114.4	120	222.5	-237.5	237.5	237.5	135	140	-142.5	140	252.5	270	280	280	657.5 SBD
3	Chris Delahunt	M	Raw	Men's Raw	105.6	120	195	205	212.5	212.5	137.5	145	-150	145	230	242.5	-250	242.5	600 SBD
1	Paul Olowogboye	M	Raw	Men's Raw	120.8	120+	270	285		285	155	165	-172.5	165	275	290	305	305	755 SBD