

## YNE Novice 05-06/08/23

Place	Name	Sex	Equipment	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bencd	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Deadl	TotalKg	Points
1	Jakub Kostrzewa	M	Raw	MR-O	64	66	132.5	137.5	142.5	142.5	62.5	67.5	72.5	72.5	165	175	180	180	395	62.59
2	Kush Makkapati	M	Raw	MR-O	64.5	66	115	117.5	125	125	75	-85	-87.5	75	175	185	192.5	192.5	392.5	61.93
3	Mahmoud Abazeed	M	Raw	MR-O	65.4	66	112.5	115	125	125	95	100	102.5	102.5	140	152.5	160	160	387.5	60.7
4	William Richmond	M	Raw	MR-O	60.4	66	90	102.5	112.5	112.5	60	70	75	75	110	122.5	130	130	317.5	51.88
5	Oliver Armstrong	M	Raw	MR-O	60.8	66	90	100	105	105	50	-60	60	60	120	127.5	135	135	300	48.85
6	Zeeshan ali	M	Raw	MR-O	64.3	66	65	75	-82.5	75	-50	50	-55	50	102.5	115	130	130	255	40.3
DQ	Liam Rourke	M	Raw	MR-O	62.1	66	-110	-110	-115		-85	-85	-85		125	140	155	155		
1	Reece Morgan	M	Raw	MR-O	72.6	74	185	192.5	-197.5	192.5	115	120	-122.5	120	210	222.5	-230	222.5	535	79.33
2	Joss Salton	M	Raw	MR-O	72.1	74	160	172.5	175	175	85	95	100	100	-190	205	215	215	490	72.92
3	Kyle Williams	M	Raw	MR-O	69.2	74	157.5	165	170	170	95	-100	100	100	205	212.5	-220	212.5	482.5	73.36
4	Ufuk Altı	M	Raw	MR-O	73.7	74	165	-170	-170	165	97.5	102.5	107.5	107.5	200	-215	-215	200	472.5	69.51
5	Steven Wan	M	Raw	MR-O	71.6	74	145	155	-167.5	155	102.5	110	-115	110	170	180	187.5	187.5	452.5	67.58
6	Sun Baram	M	Raw	MR-O	72.1	74	125	-140	140	140	80	87.5	-92.5	87.5	-180	190	200	200	427.5	63.62
7	Mohamed Etri	M	Raw	MR-O	73.3	74	140	150	-155	150	80	90	92.5	92.5	165	172.5	177.5	177.5	420	61.97
8	Samuel Penna	M	Raw	MR-O	70	74	145	155	160	160	82.5	90	92.5	92.5	150	160	-165	160	412.5	62.34
1	Josh Lane	M	Raw	MR-O	81.7	83	-175	175	182.5	182.5	120	-125	-125	120	185	200	-210	200	502.5	70.12
2	Muhammad Basil	M	Raw	MR-O	81.9	83	-165	167.5	170	170	110	115	117.5	117.5	190	200	202.5	202.5	490	68.29
3	Adam Maltom	M	Raw	MR-O	75.3	83	140	-160	160	160	95	100	110	110	160	180	200	200	470	68.38
4	Jack Ashurst	M	Raw	MR-O	74.4	83	-165	165	170	170	80	87.5	92.5	92.5	190	-200	205	205	467.5	68.44
5	Rahul Radhakrishnan	M	Raw	MR-O	76.9	83	140	155	165	165	90	95	100	100	180	195	-205	195	460	66.2
6	Jordan Bruce	M	Raw	MR-O	77.6	83	140	147.5	155	155	90	95	-100	95	185	195	205	205	455	65.18
7	Matthew Constable	M	Raw	MR-O	83	83	75	85	-92.5	85	45	50	52.5	52.5	75	85	-95	85	222.5	30.8
8	David Lacey	M	Raw	MR-O	77.3	83	57.5	60	-62.5	60	40	42.5	45	45	67.5	72.5	77.5	77.5	182.5	26.2
DQ	Scott Ferguson	M	Raw	MR-O	81.6	83	170	172.5	-180	172.5	-90	-95	-95		190	200	210	210		
1	Alexander Gates	M	Raw	MR-O	91.6	93	-215	215	-225	215	115	120	125	125	220	240	-260	240	580	76.44
2	Anuj Deshmukh	M	Raw	MR-O	85.1	93	-180	180	190	190	125	132.5	-140	132.5	212.5	217.5	222.5	222.5	545	74.5
3	Christopher Benjamin Jones	M	Raw	MR-O	85.1	93	175	185	190	190	120	-125	-125	120	190	202.5	-215	202.5	512.5	70.06
4	Zain ahmed	M	Raw	MR-O	91.5	93	175	185	-192.5	185	-120	120	127.5	127.5	185	200	-215	200	512.5	67.58
5	Kyle Maloney	M	Raw	MR-O	87.2	93	180	-190	-190	180	100	105	-110	105	215	225	-230	225	510	68.87
6	Adam Gucwa	M	Raw	MR-O	91.6	93	155	165	175	175	115	125	-135	125	190	200	210	210	510	67.22
7	Josh Dawson	M	Raw	MR-O	88.4	93	175	190	-200	190	100	-107.5	107.5	107.5	175	190	200	200	497.5	66.73
8	Sam Edmondson	M	Raw	MR-O	87.2	93	165	172.5	180	180	97.5	102.5	105	105	200	210	-215	210	495	66.85
9	Jack Elston	M	Raw	MR-O	91	93	150	160	170	170	90	100	-107.5	100	195	210	225	225	495	65.45
10	Michael Lee	M	Raw	MR-O	89.9	93	140	147.5	155	155	100	-105	-105	100	205	212.5	-220	212.5	467.5	62.18
11	Murat Gumus	M	Raw	MR-O	91.5	93	135	145	152.5	152.5	102.5	110	115	115	165	185	200	200	467.5	61.65
12	Ross Johnson	M	Raw	MR-O	83.2	93	135	140	155	155	105	-110	-112.5	105	180	190	-200	190	450	62.22
13	Jack Lynch	M	Raw	MR-O	91.9	93	150	160	175	175	70	80	-87.5	80	170	180	195	195	450	59.21
14	Michael Evans	M	Raw	MR-O	89.7	93	150	160	-170	160	-105	105	-110	105	157.5	167.5	177.5	177.5	442.5	58.92
15	Ben Greer	M	Raw	MR-O	85.5	93	145	152.5	-157.5	152.5	-92.5	100	-105	100	175	185	-195	185	437.5	59.66
16	Micheal Hollingworth	M	Raw	MR-O	87	93	140	147.5	152.5	152.5	82.5	87.5	-90	87.5	145	155	165	165	405	54.75
1	Kyle Mitchell	M	Raw	MR-O	99.1	105	205	217.5	230	230	135	142.5	150	150	270	287.5	302.5	302.5	682.5	86.59
2	Evangelos Daskalakis	M	Raw	MR-O	101.4	105	190	200	-207.5	200	160	170	175	175	230	240	247.5	247.5	622.5	78.12
3	Joe Williamson	M	Raw	MR-O	102	105	200	-215	215	215	135	142.5	-150	142.5	220	240	-257.5	240	597.5	74.78
4	Jacob Sharry-Broderick	M	Raw	MR-O	102.9	105	210	225	-240	225	110	120	-130	120	-200	215	230	230	575	71.67
5	David Magee	M	Raw	MR-O	97	105	157.5	170	185	185	105	115	-122.5	115	190	210	225	225	525	67.29
1	Matthew Burton	M	Raw	MR-O	119.5	120	190	192.5	220	220	120	130	142.5	142.5	230	245	250	250	612.5	71.33
2	Joshua Johnson	M	Raw	MR-O	117.8	120	175	-185	190	190	100	107.5	115	115	200	212.5	-225	212.5	517.5	60.65
1	Alexander Giles	M	Raw	MR-O	137.1	120+	110	120	130	130	75	80	85	85	90	110	117.5	117.5	332.5	36.55
1	Harry Belcher	M	Raw	MR-O	78	83					95	100	-105	100					100	51.87

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1	Slyvie Thomas	F	Raw	FR-O	51	52	85	90	95	95	52.5	57.5	60	60	87.5	97.5	102.5	102.5	257.5	66.13
G	Ruth Fowles	F	Raw	FR-O	52	52	87.5	-95	-95	87.5	57.5	-62.5	62.5	62.5	122.5	130	137.5	137.5	287.5	72.6
1	Amethyst Johnson	F	Raw	FR-O	54.6	57	95	102.5	-107.5	102.5	55	57.5	60	60	112.5	117.5	125	125	287.5	69.72
2	Christy bond	F	Raw	FR-O	54.9	57	95	100	102.5	102.5	40	42.5	-47.5	42.5	110	117.5	122.5	122.5	267.5	64.59
1	Sonia Reeve	F	Raw	FR-O	62	63	-107.5	107.5	-112.5	107.5	47.5	50	-55	50	165	175	182.5	182.5	340	75.17
2	Amelia Nagar	F	Raw	FR-O	61.7	63	105	110	115	115	52.5	55	60	60	135	142.5	147.5	147.5	322.5	71.53
3	Emily Westray	F	Raw	FR-O	61	63	95	100	105	105	55	60	-62.5	60	-100	100	107.5	107.5	272.5	60.9
1	Elif Celikay	F	Raw	FR-O	67.3	69	117.5	125	132.5	132.5	62.5	65	-67.5	65	150	160	162.5	162.5	360	75.65
2	Holly Wain	F	Raw	FR-O	68.1	69	77.5	82.5	-87.5	82.5	45	47.5	-50	47.5	105	115	-122.5	115	245	51.13
1	Katherine Jahns	F	Raw	FR-O	73.5	76	115	125	-130	125	75	80	-82.5	80	140	150	-155	150	355	71.14
2	Abbie Marshall	F	Raw	FR-O	74.5	76	115	120	125	125	62.5	65	67.5	67.5	140	150	157.5	157.5	350	69.67
3	Jazz Harrison	F	Raw	FR-O	72.5	76	117.5	125	-130	125	55	60	-62.5	60	135	147.5	157.5	157.5	342.5	69.11
4	Hannah Phipps	F	Raw	FR-O	74.4	76	95	105	115	115	-50	50	-60	50	100	110	120	120	285	56.77
5	Kate Montague-Hellen	F	Raw	FR-O	73.9	76	70	80	90	90	45	50	-55	50	105	112.5	120	120	260	51.96
6	Karen Horwood	F	Raw	FR-O	69.2	76	55	60	62.5	62.5	45	50	-55	50	112.5	117.5	125	125	237.5	49.12
1	Liz Elfleet	F	Raw	FR-O	82.6	84	57.5	62.5	70	70	32.5	37.5	-40	37.5	95	100	105	105	212.5	40.4
2	Louise Windeatt	F	Raw	FR-O	81.1	84	-67.5	70	72.5	72.5	40	-45	-45	40	77.5	80	85	85	197.5	37.83
1	Megan Williamson	F	Raw	FR-O	86.9	84+	125	135	140	140	60	62.5	65	65	147.5	157.5	165	165	370	68.98
2	Asraa Alaynah Hussain	F	Raw	FR-O	91.8	84+	82.5	92.5	105	105	47.5	55	-60	55	120	135	142.5	142.5	302.5	55.34