

East Midlands Equipped Houghton Conquest																				
Date																				
'2023-10-22	UK																			
				Body	Weight				Best				Best				Best			IPF GL
Name	Sex	Age	Equipment	Weight	Class	Squat 1	Squat 2	Squat 3	Squat	Bench 1	Bench 2	Bench 3	Bench	D/L 1	D/L 2	D/L 3	Deadlift	TotalKg	Points	
1	Nicole Cameron	F	21	Raw	56.9	57	130	-137.5	-140	130	55	57.5	60	60	140	147.5	155	155	345	81.03
1	Gemma Salter	F	39	Single-ply	56.95	57	130	140.5	-145	140.5	75	80	-82.5	80	145	155	160	160	380.5	72.97
1	Katie Lane	F	34	Single-ply	68.35	69	115	127.5	140	140	70	-77.5	77.5	77.5	130	142.5	-155	142.5	360	62.19
1	Catherine Burroughs	F	46	Single-ply	82.35	84	150	160	165	165	80	85	90	90	145	152.5	160	160	415	65.79
1	Laurentiu Crainiceanu	M	35	Raw	79.8	83	160	170	180	180	90	97.5	102.5	102.5	175	190	210	210	492.5	69.55
2	Kameron Khabra	M	28	Raw	77.9	83	132.5	140	145	145	115	120	125	125	182.5	197.5	210	210	480	68.63
3	Stephen Ma	M	28	Raw	79.35	83	150	160	170	170	95	105	110	110	180	200	-210	200	480	67.98
1	Nick Mavrokordatos	M	43	Raw	97.95	105	-175	175	190	190	110	122.5	130	130	180	200	215	215	535	68.26
DQ	James Blundell	M	32	Raw	99.8	105	260	275	-282.5	275										
1	Paul Saunders	M	44	Raw	114.25	120	175	190	200	200	105	110	115	115	170	190	200	200	515	61.18
G	Henry Gorecki	M	23	Raw	121.4	120+	182.5	195	200	200	145	155	165	165	200	220	235	235	600	69.4
1	Grant Sugarman	M	61	Single-ply	82.9	83	190	-205	-210.5	190	120	128	-132.5	128	220	235	241	241	559	64.6
G	Gregory Pearson	M	15	Single-ply	79.1	83	275	290	300	300	165	175	180	180	260	-280	280	280	760	90.32
1	Edward Lucas	M	39	Single-ply	89.45	93	190	-202.5	202.5	202.5	85	90	92.5	92.5	195	205	210	210	505	55.91
1	David Watkins	M	38	Single-ply	103.1	105	255	265	-275	265	140	147.5	152.5	152.5	260	290	-307.5	290	707.5	72.93
1	Brandon Lee	M	18	Single-ply	118.9	120	205	215	220	220	-180	-180	180	180	210	225	230	230	630	61.1
1	Rhys Charlesworth	M	33	Single-ply	138.15	120+	125	-130	-185	125	270	280	-300	280	125	145	-192.5	145	550	50.61
2	James Busby	M	31	Single-ply	167.35	120+	170	180	185	185	140	-150	150	150	170	185	192.5	192.5	527.5	46.12