

Greater London 16/17th Jul 2016  
Bethnal Green Weightlifting Club

Record Attempts/Lifts in Red

Enter lifts as a minus (-100.0) for No Good

M/F	Div	PL	NAME	Age Cat	Raw or Equip'd	Body Wt.	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub Total	DL1	DL2	DL3	TOTAL	Wilks Pts
F	GL	2	Puja Patel	J	Raw	46.6	47	55.0	60.0	<del>-66.0</del>	35.0	37.5	40.0	100.0	75.0	80.0	85.0	185.0	250.3
F	GL	1	June Stamp	M1	Raw	47.0	47	60.0	65.0	70.0	32.5	<del>-36.0</del>	<del>-36.0</del>	102.5	70.0	80.0	90.0	192.5	258.9
F	GL		Rachel Smith	M1	Raw	51.3	52	75.0	<del>-80.0</del>	<del>-80.0</del>	37.5	<del>-40.0</del>	<del>-40.0</del>	112.5	105.0	110.0	<del>-115.0</del>	222.5	280.3
F	GL		Linda Kaminski	M2	Raw	49.7	52	80.0	85.0	<del>-87.5</del>	37.5	40.0	<del>-42.5</del>	125.0	100.0	110.0	<del>-112.5</del>	235.0	303.3
F	GL	3	Ruthana Christofides	S	Raw	50.9	52	92.5	<del>-100.0</del>	<del>-100.0</del>	40.0	42.5	<del>-46.0</del>	135.0	95.0	102.5	105.0	240.0	304.2
F	GL	2	Tiana Pearce	J	Raw	52.0	52	<del>-92.5</del>	97.5	102.5	40.0	42.5	45.0	147.5	102.5	107.5	<del>-112.5</del>	255.0	317.9
F	GL	1	Louise Sinniah-Burr	S	Raw	51.2	52	77.5	85.0	<del>-90.0</del>	50.0	60.0	<del>-62.5</del>	145.0	125.0	132.5	137.5	282.5	356.4
F	GL	3	Abigail Blumsohn	S	Raw	55.1	57	<del>-80.0</del>	85.0	90.0	45.0	50.0	55.0	145.0	100.0	125.0	140.0	285.0	339.6
F	GL	2	Malena Orlando	S	Raw	56.6	57	105.0	115.0	120.0	52.5	60.0	<del>-66.0</del>	180.0	110.0	122.5	<del>-130.0</del>	302.5	353.0
F	GL	1	Rebecca Lynn-Nicholson	S	Raw	56.2	57	112.5	117.5	122.5	60.0	62.5	<del>-66.0</del>	185.0	110.0	120.0	130.0	315.0	369.6
F	GL		Azra Irvnipoor	J	Raw	61.2	63	72.5	<del>-77.5</del>	80.0	27.5	<del>-30.0</del>	32.5	112.5	75.0	80.0	85.0	197.5	216.9
F	GL		Kasia Wozniak	S	Raw	62.5	63	75.0	77.5	<del>-80.0</del>	37.5	40.0	<del>-42.5</del>	117.5	100.0	105.0	<del>-107.5</del>	222.5	240.4
F	GL		Kate Tyte	S	Raw	60.7	63	80.0	<del>-86.0</del>	85.0	<del>-49.0</del>	42.5	<del>-46.0</del>	127.5	100.0	107.5	110.0	237.5	262.4
F ?	3		Liucija Kuzminskaitė	J	Raw	62.4	63	97.5	107.5	<del>-116.0</del>	47.5	52.5	55.0	162.5	115.0	<del>-127.5</del>	<del>-127.5</del>	277.5	300.2
F	GL	2	Sarah French	S	Raw	62.1	63	92.5	100.0	105.0	52.5	57.5	<del>-62.5</del>	162.5	100.0	110.0	117.5	280.0	304.0
F	GL	1	Emelie Forsberg	S	Raw	60.8	63	102.5	110.0	115.0	55.0	60.0	<del>-62.5</del>	175.0	125.0	130.0	135.0	310.0	342.1
F	GL		Asimina Kitsos	S	Raw	69.1	72	90.0	95.0	100.0	40.0	<del>-46.0</del>	<del>-46.0</del>	140.0	110.0	120.0	125.0	265.0	266.0
F	GL	3	Julia Gawel	S	Raw	68.5	72	85.0	92.5	97.5	55.0	<del>-60.0</del>	<del>-60.0</del>	152.5	<del>-110.0</del>	115.0	122.5	275.0	277.7
F	GL		Diane Stockwell	M1	Raw	71.0	72	85.0	92.5	100.0	55.0	57.5	60.0	160.0	100.0	110.0	115.0	275.0	270.9
F	GL	2	Laura Porter	S	Raw	71.6	72	90.0	<del>-100.0</del>	102.5	52.5	<del>-57.5</del>	57.5	160.0	<del>-120.0</del>	125.0	<del>-130.0</del>	285.0	279.2
F	GL	1	Sophie Alexander	S	Raw	69.9	72	100.0	110.0	115.0	55.0	60.0	<del>-62.5</del>	175.0	125.0	<del>-130.0</del>	<del>-132.5</del>	300.0	298.7
F	GL	3	Sarah Griffiths	J	Raw	75.1	84	100.0	107.5	<del>-112.5</del>	<del>-42.5</del>	45.0	<del>-47.5</del>	152.5	110.0	117.5	122.5	270.0	256.5
F	GL	2	Orla Kaye	S	Raw	77.0	84	100.0	110.0	<del>-116.0</del>	67.5	72.5	75.0	185.0	105.0	115.0	120.0	305.0	285.3
F	GL	1	Florence Nathan	S	Raw	81.2	84	100.0	115.0	120.0	65.0	70.0	72.5	192.5	140.0	155.0	165.0	357.5	324.5
F	GL	2	Ramandeep Dehal	J	Raw	106.9	84+	60.0	80.0	<del>-100.0</del>	35.0	40.0	47.5	127.5	100.0	110.0	120.0	247.5	202.5
F	GL	1	Eva-Maria Bonin	S	Raw	95.5	84+	130.0	140.0	150.0	55.0	60.0	<del>-66.0</del>	210.0	140.0	<del>-160.0</del>	150.0	360.0	304.1
M	GL	3	Muhammed Maktari	J	Raw	58.3	59	95.0	105x	107.5	60.0	65.0	<del>-67.5</del>	172.5	120.0	130.0	130.0	302.5	265.0
M	GL	2	Intisar Rahman	J	Raw	57.1	59	<del>-136.0</del>	135.0	140.0	<del>-82.5</del>	82.5	87.5	227.5	155.0	160.0	<del>-166.0</del>	387.5	346.2
M	GL	1	Mohib Miah	J	Raw	58.3	59	135.0	145.0	150.0	95.0	<del>-100.0</del>	100x	245.0	170.0	180.0	<del>-187.5</del>	425.0	372.3
M	GL	2	Ifidar Rahman	J	Raw	64.0	66	145.0	155.0	165.0	87.5	<del>-92.5</del>	<del>-92.5</del>	252.5	160.0	180.0	<del>-200.0</del>	432.5	348.5
M	GL	1	Joseph Diva	S	Raw	63.7	66	<del>-167.5</del>	<del>-176.0</del>	180.0	105.0	110.0	<del>-116.0</del>	290.0	195.0	<del>-202.5</del>	207.5	497.5	402.4
M	GL		Martin Roy	J	Raw	67.2	74	<del>-100.0</del>	110.0	<del>-117.5</del>	<del>-85.0</del>	<del>-85.0</del>	<del>-85.0</del>	25.0	140.0	150.0	165.0	190.0	147.0
M	GL		Jack Ryan	SJ	Raw	71.8	74	110.0	117.5	122.5	77.5	82.5	<del>-86.0</del>	205.0	175.0	182.5	<del>-186.0</del>	387.5	284.9
M	GL		Oscar Stephenson	S	Raw	71.9	74	130.0	140.0	145.0	80.0	90.0	95.0	240.0	165.0	175.0	182.5	422.5	310.3
M	GL		Ruhul Ali	S	Raw	73.3	74	155.0	162.5	167.5	92.5	<del>-97.5</del>	<del>-97.5</del>	260.0	170.0	180.0	<del>-190.0</del>	440.0	318.7
M	GL		Saber Miah	S	Raw	71.8	74	140.0	150.0	160.0	107.5	112.5	<del>-117.5</del>	272.5	190.0	205.0	<del>-212.5</del>	477.5	351.1
M	GL	3	Ramsay Kirkhy	J	Raw	72.6	74	165.0	175.0	<del>-180.0</del>	105.0	110.0	115.0	290.0	185.0	195.0	<del>-202.5</del>	485.0	353.7
M	GL	2	Xhesi Cekrezi	J	Raw	73.2	74	150.0	160.0	165.0	105.0	110.0	<del>-116.0</del>	275.0	200.0	210.0	212.5	487.5	353.4
M	GL	1	Emmanuel Franklin	S	Raw	72.7	74	165.0	172.5	<del>-182.5</del>	130.0	<del>-140.0</del>	<del>-140.0</del>	302.5	200.0	205.0	210.0	512.5	373.4
M	GL	1	Jurins Kengamu	S	Raw	81.3	83	205.0	210.0	215.0	135.0	140.0	145.0	360.0	245.0	252.5	260.0	620.0	419.0
M	GL	2	Usama Amir	S	Raw	80.9	83	190.0	<del>-200.0</del>	210.0	130.0	137.5	142.5	352.5	240.0	250.0	<del>-266.0</del>	602.5	408.5
M	GL	3	Ed Karim	S	Raw	82.9	83	190.0	200.0	207.5	175.0	182.5	<del>-187.5</del>	390.0	200.0	210.0	<del>-220.0</del>	600.0	400.8
M	GL		John Corcoran	S	Raw	82.1	83	185.0	195.0	200.0	115.0	<del>-117.5</del>	<del>-117.5</del>	315.0	210.0	230.0	x	545.0	366.2
M	GL		Damian Jakubiec	J	Raw	82.2	83	175.0	185.0	195.0	95.0	102.5	107.5	302.5	212.5	222.5	232.5	535.0	359.2
M	GL		Christian-ray Garcia	J	Raw	83.0	83	190.0	197.5	205.0	115.0	122.5	<del>-130.0</del>	327.5	180.0	190.0	200.0	527.5	352.1
M	GL		Leo Double	S	Raw	82.1	83	170.0	180.0	<del>-186.0</del>	115.0	117.5	<del>-120.0</del>	297.5	215.0	225.0	<del>-236.0</del>	522.5	351.1
M	GL		John Carter	S	Raw	81.5	83	170.0	185.0	192.5	97.5	105.0	<del>-107.5</del>	297.5	210.0	220.0	<del>-230.0</del>	517.5	349.2
M	GL		Michal Strzelecki	S	Raw	82.8	83	155.0	160.0	165.0	125.0	130.0	<del>-132.5</del>	295.0	200.0	210.0	220.0	515.0	344.3
M	GL		Tamim Husain	S	Raw	79.1	83	<del>-180.0</del>	190.0	195.0	100.0	105.0	<del>-110.0</del>	300.0	200.0	<del>-210.0</del>	<del>-210.0</del>	500.0	343.8
M	GL		Henry Robinson	SJ	Raw	82.7	83	135.0	145.0	155.0	95.0	100x	107.5	262.5	145.0	160.0	175.0	437.5	292.7
M	GUEST		Marlon James Pempengco	S	Raw	79.8	83	125.0	<del>-136.0</del>	135.0	75.0	80.0	<del>-82.5</del>	215.0	150.0	160.0	<del>-170.0</del>	375.0	256.4
M	GL	1	Lou Bichard	J	Raw	91.3	93	205.0	215.0	222.5	120.0	130.0	<del>-132.5</del>	352.5	220.0	<del>-240.0</del>	<del>-240.0</del>	572.5	362.9
M	GL	2	Jan Jones	S	Raw	92.0	93	185.0	195.0	200.0	<del>-136.0</del>	140.0	<del>-146.0</del>	340.0	210.0	230.0	x	570.0	359.9
M	GL	3	Kent Ng	J	Raw	90.9	93	180.0	190.0	195.0	120.0	<del>-130.0</del>	<del>-130.0</del>	315.0	200.0	220.0	<del>-236.0</del>	535.0	339.8
M	GL		Alexander Petrenco	J	Raw	93.0	93	192.5	202.5	212.5	92.5	97.5	<del>-100.0</del>	310.0	210.0	225.0	<del>-240.0</del>	535.0	336.1
M	GL		Charlie Keen	J	Raw	89.8	93	165.0	172.5	180.0	110.0	115.0	<del>-120.0</del>	295.0	190.0	202.5	<del>-210.0</del>	497.5	318.0
M	GL		Ben Morgan	S	Raw	89.1	93	<del>-160.0</del>	150.0	160.0	105.0	110.0	<del>-117.5</del>	270.0	195.0	210.0	<del>-220.0</del>	480.0	308.0
M	GL		Artjom Dashko	S	Raw	90.5	93	145.0	155.0	<del>-166.0</del>	<del>-106.0</del>	110.0	<del>-116.0</del>	265.0	160.0	185.0	<del>-197.5</del>	450.0	286.5
M	GL		Jack Parkinson	J	Raw	86.0	93	135.0	145.0	150.0	75.0	85.0	<del>-90.0</del>	235.0	<del>-170.0</del>	170.0	<del>-180.0</del>	405.0	264.9
M	GL	1	Robert Rees	S	Raw	104.5	105	180.0	210.0	230.0	150.0	165.0	172.5	402.5	250.0	275.0	300.0	702.5	420.5
M	GL	2	George Seeger	S	Raw	103.3	105	205.0	215.0	222.5	142.5	147.5	<del>-160.0</del>	370.0	250.0	275.0	285.0	655.0	393.7
M	GL	3	Charlie Allen	J	Raw	101.0	105	210.0	215.0	222.5	145.0	150.0	155.0	377.5	260.0	270.0	<del>-280.0</del>	647.5	392.5
M	GL		Lucas Tavros	S	Raw	104.0	105	185.0	195.0	202.5	115.0	120.0	<del>-122.5</del>	322.5	250.0	270.0	282.5	605.0	362.8
M	GL		Jack Pryse-Davies	J	Raw	98.3	105	185.0	195.0	205.0	130.0	137.5	142.5	347.5	215.0	225.0	235.0	582.5	357.0
M	GL		Kieran Stubbings	J	Raw	99.0	105	190.0	<del>-192.5</del>	<del>-192.5</del>	100.0	x	x	290.0	190.0	195.0	200.0	490.0	299.4
M	GL	1	Baruch Sekenofsky	J	Raw	116.0	120	260.0	280.0	290.0	180.0	<del>-190.0</del>	<del>-190.0</del>	470.0	300.0	<del>-310.0</del>	<del>-310.0</del>		