

SOUTH WEST POWER 2024

	Name	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Dead	TotalKg	Points	Event
NS	Georgina P	F-O																	SBD
	1 Aleena Akh	F-O	56.65	57	100	110	117.5	117.5	50	55	60	60	135	150	157.5	157.5	335	78.94	SBD
	2 Danielle As	F-O	55.81	57	-92.5	92.5	95	95	-50	50	52.5	52.5	105	107.5	-110	107.5	255	60.78	SBD
DQ	Jess Gaukr	F-O	52.45	57	-55	-55	-55		-35	-35	-35								SBD
	1 Niki Carter	F-O	62.53	63	77.5	80	85	85	50	52.5	55	55	117.5	122.5	127.5	127.5	267.5	58.81	SBD
	1 Jessica Mu	F-O	65.5	69	125	132.5	137.5	137.5	67.5	72.5	75	75	147.5	155	162.5	162.5	375	80.07	SBD
	2 Rachel Hari	F-O	67.1	69	122.5	132.5	-137.5	132.5	70	75	77.5	77.5	125	135	-145	135	345	72.63	SBD
	3 Sasha Pree	F-O	68	69	115	122.5	127.5	127.5	55	60	-65	60	130	140	147.5	147.5	335	69.98	SBD
	4 Katie Holm	F-O	67.45	69	90	95	100	100	35	37.5	40	40	110	-115	115	115	255	53.51	SBD
	5 Peeps Nico	F-O	64.82	69	32.5	35	40	40	27.5	32.5	-35	32.5	65	70	-72.5	70	142.5	30.62	SBD
G	Ellen Louis	F-O	67.52	69	90	97.5	102.5	102.5	60	65	70	70	100	110	120	120	292.5	61.35	SBD
	1 Hannah Ph	F-O	70.9	76	120	130	135	135	75	80	-85	80	142.5	155	-165	155	370	75.53	SBD
	2 Emily Mars	F-O	72.63	76	130	137.5	-142.5	137.5	60	62.5	-65	62.5	145	155	160	160	360	72.57	SBD
	3 Tara Water	F-O	74.23	76	-112.5	-117.5	117.5	117.5	55	60	62.5	62.5	112.5	122.5	127.5	127.5	307.5	61.32	SBD
	1 Charlie Ma	F-O	83.97	84	130	142.5	152.5	152.5	85	-90	90	90	160	170	-180	170	412.5	77.91	SBD
	2 Natasha Ile	F-O	82.97	84	-70	70	-80	70	50	-55	-55	50	120	-122.5	122.5	122.5	242.5	46.02	SBD
G	Millie Clark	F-O	83.97	84	130	137.5	145	145	70	-72.5	-72.5	70	165	172.5	-185	172.5	387.5	73.19	SBD
G	Rebecca Cf	F-O	83.52	84	-65	65	70	70	60	65	-67.5	65	120	130	137.5	137.5	272.5	51.58	SBD
	1 Amy Tait	F-O	102.03	84+	-120	-120	120	120	-70	-70	70	70	160	167.5	-170	167.5	357.5	63.42	SBD
	2 Eve Marie	F-O	90.9	84+	120	125	132.5	132.5	65	70	-72.5	70	132.5	142.5	150	150	352.5	64.7	SBD
	3 Sonia Jone	F-O	95.4	84+	105	110	115	115	55	-60	60	60	135	140	145	145	320	57.84	SBD
	4 Sandra Lori	F-O	120.13	84+	80	-90	-95	80	65	-72.5	-72.5	65	120	-130	130	130	275	47.13	SBD
	5 Emma Bear	F-O	108.94	84+	-70	70	80	80	-40	40	-45	40	90	95	100	100	220	38.42	SBD
G	Jennifer Pa	F-O	115.52	84+	150	160	-172.5	160	85	90	92.5	92.5	150	160	170	170	422.5	72.92	SBD
	1 Dakota Bes	M-O	58.18	59	112.5	122.5	132.5	132.5	75	80	85	85	155	165	175	175	392.5	65.44	SBD
G	Sagnik Cha	M-O	58.61	59	135	-137.5	137.5	137.5	80	87.5	-92.5	87.5	175	185	195	195	420	69.75	SBD
G	Aaryan sha	M-O	58.47	59	-105	-105	-115		75	80	85	85	130	140	-145	140			SBD
	1 Renzo Bina	M-O	65.22	66	175	185	195	195	100	105	110	110	255	265	275	275	580	90.98	SBD
	2 Lourenz Pe	M-O	64.71	66	140	155	167.5	167.5	100	-110	-110	100	195	210	-230	210	477.5	75.22	SBD
	3 Oyo Palima	M-O	65.48	66	145	155	160	160	100	107.5	110	110	175	190	-200	190	460	72.01	SBD
	4 Alfie Apple	M-O	65.63	66	112.5	120	125	125	75	80	-82.5	80	130	140	150	150	355	55.5	SBD
G	Talin Hywe	M-O	65.4	66	140	150	160	160	95	105	110	110	120	140	160	160	430	67.36	SBD
	1 Daniel Hart	M-O	73.13	74	155	162.5	167.5	167.5	120	127.5	-135	127.5	192.5	207.5	215	215	510	75.33	SBD
	2 Bill Peters	M-O	73.2	74	147.5	-155	155	155	112.5	117.5	120	120	200	212.5	-217.5	212.5	487.5	71.98	SBD
G	Kevin Lee	M-O	68.04	74	-190	-195	195	195	130	135	-140	135	220	225	230	230	560	85.9	SBD
G	Daniel Lanc	M-O	70.28	74	150	160	165	165	90	95	-97.5	95	190	200	-210	200	460	69.37	SBD
	1 Henry Lush	M-O	81.32	83	185	195	205	205	132.5	137.5	140	140	240	255	265	265	610	85.32	SBD
	2 Jack Mister	M-O	79.77	83	170	180	-190	180	110	120	-130	120	215	230	240	240	540	76.27	SBD
	3 Jack Lande	M-O	82.24	83	180	-190	195	195	102.5	-110	-110	102.5	215	227.5	-240	227.5	525	73.01	SBD
	4 Matthew P	M-O	81.53	83	160	170	-175	170	105	110	112.5	112.5	205	215	225	225	507.5	70.89	SBD
	1 Lee Copp	M-O	91.97	93	250	262.5	272.5	272.5	-150	155	160	160	260	272.5	-280	272.5	705	92.73	SBD
	2 Benjamin R	M-O	91.2	93	210	217.5	225	225	140	-145	-145	140	265	275	285	285	650	85.85	SBD
	3 Callum Gra	M-O	91.73	93	212.5	222.5	230	230	140	147.5	152.5	152.5	245	255	262.5	262.5	645	84.95	SBD
	4 Mark How	M-O	91.74	93	185	200	-205	200	122.5	135	-140	135	195	210	-215	210	545	71.77	SBD
	1 Andy Ye	M-O	103.56	105	185	195	205	205	95	100	105	105	-245	-255	255	255	565	70.21	SBD
	1 Ricky Rans	M	99.46	105					115	-120	-120.5	115					115	52.82	B
G	Robin Shav	M-O	100.01	105	185	195	205	205	135	145	155	155	200	215	230	230	590	74.53	SBD
	1 Matt Greer	M-O	115.08	120	245	255	262.5	262.5	140	150	-155	150	255	265	272.5	272.5	685	81.11	SBD