GPL Formal v1. Submit by smale: Isosoof-goognoueriting-oro-whitten-memorial-champoonth

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F	deration	Date 2023-11-11		MeetState	MeetTown MeetName Greater London Powerliting - Pon Whittam Memorial Championships	Formula																		
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PI	ace	Name 1 Alison Reniamin	BirthDate	Sex	BirthYear Age	Country		Equipment Row	Division I Winmon's Raw Onen	BodyweightKo 51		sKg Squ	at1Kg Squ 70	at2Kg Sq 75	uat3Kg Best	3SquatKg Ber 75	nch1Kg Ber 37.5	ch2Kg Ber 40	ch3Kg Ber	x3BenchKg Dea	dlift1Kg Dea	dift2Kg Dea	dift3Kg Best3	Deadlitkg Totalkg
		1 Julia Chommanska		F					Women's Raw Open	51 56		57	-107.5	107.5	-77.5	115	37.5	40 60	62.5	40 62.5	110	117.5	125	92.5 207.5 125 302.5
		2 Seriera Lavasarri		F					Women's Raw Open	55		57	85	95	100	100	50	52.5	55	55	110	120	125	125 280
		3 Alisha Bakrie		F				Raw	Women's Raw Open	55		57	82.5	90	95	95	-42.5	42.5	45	45	105	112.5	117.5	117.5 257.5
		4 Gracie Otto 1 Frica Lenn		F				Raw Raw	Women's Raw Open Women's Raw Open	55 62		57 63	72.5 125	-80 -135	82.5	82.5	37.5 60	42.5	-47.5 -65	42.5 60	95 150	105	110	110 235 165 365
		2 Ruby Dutt		F					Women's Raw Open	62		63	105	110	115	115	50	55	-57.5	55	130	145	-160	145 315
		3 Diane Stockwell		F				Raw	Women's Raw Open	62		63	105	110	-112.5	110	62.5	67.5	70	70	127.5	130	132.5	132.5 312.5
		4 Yume Doncheva		F					Women's Raw Open	62		63	90	97.5	105	105	52.5	57.5 45	-60 -50	57.5	117.5	127.5	137.5	137.5 300
		5 Haoyun Zhang 6 Shannon Nolan		F				Raw Raw	Women's Raw Open Women's Raw Open	62		63	-100 75	-105 82.5	90	105 90	47.5	45 52.5	-50 -57.5	45 52.5	102.5	-112.5 112.5	112.5 -117.5	112.5 262.5 112.5 255
D		Alexandra Anea		Ē				Raw	Women's Raw Open	-	~	63	13	· · · ·	30		47.3	34.3	-31.3	32.3	101.3	****	-227.3	111.3
	•	1 Karen Lai		F				Raw	Women's Raw Open	68		69	152.5	160	165	165	92.5	97.5	-100	97.5	170	180	-185	180 442.5
		2 Tomi Adebowale 3 Samathan Gurumurthy		F				Raw	Women's Raw Open Women's Raw Open	66		69	125	130	140	140	55 55	57.5 60	60	60	142.5	152.5	160	160 360 155 337.5
		4 Rashara Harewood		F				Raw Raw	Women's Raw Open	67		69	107.5	115	122.5	122.5	52.5	57.5	62.5	62.5	137.5	147.5	155 -155	155 337.5 147.5 332.5
		5 Lara Oliver-Tomic		F					Women's Raw Open	64	.8	69	110	117.5	122.5	122.5	55	60	62.5	62.5	130	135	142.5	142.5 327.5
		6 Jamila Dahoum		F				Raw	Women's Raw Open	64		69	102.5	112.5	-117.5	112.5	62.5	67.5	-72.5	67.5	130	140	147.5	147.5 327.5
		7 Emily Drablow 8 Rosephine Fernandes		F				Raw Raw	Women's Raw Open Women's Raw Open	67		69	112.5	-120 117.5	120	120 117.5	50 70	55 72.5	-60 75	55 75	-147.5 115	-147.5 122.5	147.5	147.5 322.5 125 317.5
		9 Elizabeth Martin de Bartolome		F					Women's Raw Open	67		69	107.5	-115	115	117.5	45	50	-52.5	50	132.5	140	145	145 317.5
		10 Kam Ozten		F				Raw	Women's Raw Open	68		69	107.5	115	-120	115	50	55	57.5	57.5	112.5	120	127.5	127.5 300
		11 Alexandra Dima 12 Clare Vates		F				Raw Raw	Women's Raw Open Women's Raw Open	67	4	69	107.5	112.5 87.5	117.5	117.5	62.5	67.5 47.5	-72.5 50	67.5 50	110 85	-120 95	-125 105	110 295 105 247.5
		1Maryam Agoro		į.					Women's Raw Open	72		76	140	147.5	-152.5	147.5	40 65	67.5	70	70	160	167.5	175	175 392.5
		2 Elizabeth Welburn		F				Raw	Women's Raw Open	73	.7	76	107.5	115	120	120	62.5	-67.5	-67.5	62.5	165	172.5	180	180 362.5
		3 Patricia Meana Saez		F					Women's Raw Open	74		76	120	130	-135	130	75	-80	-80	75	145	157.5	-162.5	157.5 362.5
		4Laura Boyd		F				Raw	Women's Raw Open	73		76	105	115	120	120	52.5	57.5	60	60	125	135	140	140 320
		5 Synna Johnsson 1 Liz Onen		E				Raw Raw	Women's Raw Open Women's Raw Open	74 82		76 84	115 130	122.5 -142.5	130 147.5	130 147.5	45 50	50 55	-52.5 -57.5	50 55	105 170	112.5 180	120 -187.5	120 300 180 382.5
		2 Lucy Gill		F				Raw	Women's Raw Open	82	2	84	132.5	145	152.5	152.5	67.5	75	-80	75	127.5	137.5	147.5	147.5 375
		3 Isi Avbulimen		F				Raw	Women's Raw Open	83		84	107.5	115	122.5	122.5	52.5	57.5	62.5	62.5	130	140	150	150 335
		4Emma Jones 5Eninia Osikova		F				Raw Raw	Women's Raw Open Women's Raw Open	79	.7	84 84	100	105	-110 -120	105	52.5 47.5	55 52.5	-57.5 55	55 55	135	142.5	-145 130	142.5 302.5
		6 Valentina. Minghetti		į.					Women's Raw Open	77		84	95	105	110	110	47.5	52.5	-57.5	52.5	112.5	117.5	122.5	122.5 285
		1 Emily Dennis		F				Raw	Women's Raw Open	147	184+		150	160	165	165	92.5	-100	-100	92.5	130	-140	-140	130 387.5
		2 Nicole Rodney		F					Women's Raw Open		684+		120	130	137.5	137.5	70	75	80	80	140	152.5	165	165 382.5
		3 Julia Herrera Sawai 4 Rorthol Auturilmon		F				Raw Raw	Women's Raw Open Women's Raw Open		984+		110	120	127.5	127.5 100	52.5 42.5	57.5 47.5	62.5	62.5 47.5	142.5 125	155 132.5	165	165 355 140 287.5
		1 Chin Charinte		M					Mon's Row Open	62		66	67.5	77.5	85	85	47.5	52.5	57.5	47.5 57.5	96	105	115	115 257.5
D		Bless Kewte-Diangana		M			i	Raw	Men's Raw Open	-	16	66	110	115	-120	115	-100	-100	-100		180	185	190	190
		1 Simon Zhu		M				Raw	Men's Raw Open	73		74	212.5	227.5	-235	227.5	140	150	-152.5	150	225	240	250	250 627.5
		2 Ethan Satish 3 Ehis tzoloun		M					Men's Raw Open Men's Raw Open	73		74	190	205	212.5	212.5	132.5	140	-145 127.5	140 127.5	250 220	265 235	-275 255	265 617.5 255 600
		4Samuel Kave		M					Men's Raw Open	70		74	180	190	200	200	132.5	142.5	-150	142.5	230	240	255	255 597.5
		5 Taiwo Ilo		M					Men's Raw Open	71		74	210	-217.5	217.5	217.5	127.5	-135	-135	127.5	-240	250	-272.5	250 595
		6 Joshua Chan		M			- 1		Men's Raw Open	73		74	195	207.5	215	215	122.5	130	-132.5	130	207.5	222.5	-232.5	222.5 567.5
		7 Jai Hindocha 8 Julio Nallamappanan de Cabo		M				Raw Raw	Men's Raw Open Men's Raw Open	72		74	170	185	195	195 187.5	-125 100	132.5	-137.5 -105	132.5	-210 240	-225 255	225 -267.5	225 552.5 255 542.5
		9 Hasesb Ali		M					Men's Raw Open	70		74	145	152.5	-162.5	152.5	92.5	-100	-100	92.5	190	200	210	210 455
		10 Dash Granite		M			- 1	Raw	Men's Raw Open		1	74	130	137.5	142.5	142.5	105	110	115	115	147.5	155	160	160 417.5
		11 Joel Sibley		M M					Men's Raw Open Men's Raw Open	72 67		74	140 122.5	152.5	-160 135	152.5 135	75 75	82.5 77.5	-87.5 82.5	82.5 82.5	150 140	162.5 150	170	170 405 160 377.5
		12 Tom Cheffings 1 Emanuel Tan		M			- 1		Men's Raw Open Men's Raw Open	81		83	197.5	207.5	215	135 215	115	120	125	82.5 125	245	260	.270	160 377.5 260 600
		2 Craig Strong		M			i	Raw	Men's Raw Open	81	.8	83	190	200	207.5	207.5	135	-142.5	-142.5	135	230	240	-260	240 582.5
		3 Nicholas Maleki		M					Men's Raw Open	80		83	185	195	205	205	135	140	-142.5	140	215	225	235	235 580
		4 Jack Veitch 5 Samuel Adebayo		M M					Men's Raw Open Men's Raw Open	82 75		83	172.5	187.5	-195 180	187.5	120 125	-125 132.5	127.5 -140	127.5	220 190	-232.5 -205	-232.5 205	220 535 205 517.5
		6 David Baptiste		M					Men's Raw Open	/3		83	160	175	190	190	100	-110	-110	100	200	215	222.5	222.5 512.5
		7 Alexander Morris		M				Raw	Men's Raw Open	81		83	165	-175	185	185	-105	105	-112.5	105	215	-225	-240	215 505
		8 KamronMir-Gajadhar		M					Men's Raw Open		6	83	155	167.5	177.5	177.5	105	-110	110	110	200	212.5	-220	212.5 500
		9 Will Fleet 10 Teo Valdes Vodanovic		M M				Raw Raw	Men's Raw Open Men's Raw Open	75 81		83 83	185 170	205	-210 190	205 190	75 95	85 100	-100 -102.5	85 100	180 180	200 190	205 200	205 495 200 490
		11 StephenAshcroft		M				Raw	Men's Raw Open	79	.7	83	145	155	162.5	162.5	87.5	95	-100	95	190	205	215	215 472.5
		12 Jao Lok Chong		M				Raw	Men's Raw Open	77	8	83	137.5	-147.5	-155	137.5	75	80	-85	80	170	180	190	190 407.5
D	5	Thomas Serrano Prince 1 Hendrick Famutimi		M M					Men's Raw Open Men's Raw Open	90	9	83	155	165 255	-175 260	165 260	-120 150	-125 157.5	-125 160	160	192.5 280	202.5	212.5	212.5 315 735
		2 Joel Ofori		M					Men's Raw Open Men's Raw Open	90		93	235	255 245	260 255	260 255	160	167.5	170	170	255	270	315 280	315 735 280 705
		3 Denton Conteh		M				Raw	Men's Raw Open			93	225	235	-242.5	235	145	155	-157.5	155	270	300	-310	300 690
		4 Oluseyi Otesanya		M				Raw	Men's Raw Open	92		93	230	-245	245	245	120	130	140	140	275	-300	300	300 685
		5 Billy Timmons 6 Nathan Young		M					Men's Raw Open Men's Raw Open	91		93	217.5	-230 212.5	235	235	-157.5 125	-167.5 132.5	170	170	245 242.5	260 255	270	270 675 255 612.5
		7 James Boyle		M					Men's Raw Open Men's Raw Open		12	93	207.5	212.5	222.5	222.5	132.5	132.5	-145	135	-222.5	255 235	-267.5 245	255 612.5 245 610
		8 Robert Rodney		M				Raw	Men's Raw Open	1	19	93	-190	190	200	200	127.5	132.5		132.5	260	-280		260 592.5
		9 Sameer Barakat		M			- 1		Men's Raw Open		19	93	180	190	200	200	120	127.5	132.5	132.5	232.5	242.5	250	250 582.5
		10 Justin Infante 11 Harry Forsyth		M				Raw Raw	Men's Raw Open Men's Raw Open	89		93	200	215 165	220 -175	220 165	110	120	125 110	125	220 170	237.5 -180	-245 180	237.5 582.5 180 455
		11 Harry Forsyth 1 Michael Pierides		M					Men's Raw Open Men's Raw Open	103		105	265	-282.5	-175 285	165 285	177.5	185	190	110	272.5	-180 290	302.5	302.5 777.5
		2 Mikey Herrera-Castro		M				Raw	Men's Raw Open	99	8	105	225	235	247.5	247.5	152.5	160	-165	160	285	305	-310	305 712.5
		3 Nicco Bargioni		M				Raw	Men's Raw Open	99	4	105	222.5	232.5	240	240	127.5	135	140	140	255	267.5	275	275 655
		4 Abullah Muhammad 5 Camilo C Grdenas-Hurtado		M					Men's Raw Open Men's Raw Open	100		105 105	220 175	230	-235 195	230 195	117.5 105	122.5 110	-125 -115	122.5 110	235 205	245 225	250 -232.5	250 602.5 225 530
		6 KirubeleGetachew		M					Men's Raw Open Men's Raw Open	103		105	180	-187.5 187.5	195	195 195	100	105	-115 110	110	205	225	220	225 530 220 525
		7 David Lewis		M				Raw	Men's Raw Open	102		105	170	180	190	190	95	102.5	107.5	107.5	200	215	-230	215 512.5
		8 Francis Taylor		M				Raw	Men's Raw Open	104	.5	105	125	135	-145	135	90	97.5	102.5	102.5	180	190	200	200 437.5
		1 Rik Juriaans		м					Men's Raw Open	105		120	-200 170	200 180	212.5	212.5	100	107.5	115	115	-212.5	225	-240 220	225 552.5 220 550
		2 Harry Godwin 3 Declan Hillier		M				Raw Raw	Men's Raw Open Men's Raw Open	114		120	170 -190	180 -190	190	190	125	135	140 -120	140	195 220	210 230	220	220 550 240 545
		4 Joshua Parslow		M					Men's Raw Open	118		120	165	180	190	190	110	117.5	122.5	122.5	205	217.5	230	230 542.5
		1 Asif Ahmed		M				Raw	Men's Raw Open	160	4120+		360	-380	380	380	-180	180	-200	180	270	300	-340	300 860
		2 Zakariya Hussein 3 Ariel Klausner, Stern		M M				Raw Raw	Men's Raw Open Men's Raw Open	14	12 120+ 4 120+		245 205	260 215	265 225	265 225	155	165	-172.5 155	165 155	250 200	270	-290 235	270 700 235 615
		3 Ariel Klausner-Stern 4 John Stevens		M					Men's Raw Open Men's Raw Open		4120+ 1120+		205 215	215 227.5	225 237.5	225 237.5	-135 117.5	142.5	155 -135	155 127.5	200 220	222.5 235	235 -250	235 615 235 600

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