

Sunday				SQUAT				BENCH				DEADLIFT			
Flight	name	Weight Class	wt	Squat Rack	Attempt 1	Attempt 2	Attempt 3	Bench Rack	b att 1	b att 2	b att 3	dl att 1	dl att 2	dl att 3	total
A	Alina Dewshi	f47	43.2	7	60	65	70	7	35	40	42.5	80	85	90	202.5
A	Noa Holt	f57	60.6	13	80	0	90	6	40	0	45	100	110	0	245
A	Hannah Elsy	f57	55.4	8	82.5	85	92.5	4	57.5	62.5	0	112.5	115	0	270
A	Moon Atay	f52	51.5	6	100	107.5	112.5	3	50	52.5	55	110	120	127.5	295
A	Maya Bland	f76	71.9	10	95	0	115	6	0	60	65	115	125	130	310
A	Hannah Asworth	f69	62.4	9	117.5	125	130	6	60	65	67.5	125	135	0	332.5
A	Olivia Wilson	f76	73.7	10	115	120	125	6	65	67.5	72.5	145	155	162.5	360

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Flight	name	Weight Class	wt	Squat Rack	Attempt 1	Attempt 2	Attempt 3	Bench Rack	b att 1	b att 2	b att 3	dl att 1	dl att 2	dl att 3	total
B	Naomi James	f84	80.3	10	<b>112.5</b>	<b>120</b>	<b>127.5</b>	6	<b>57.5</b>	<b>62.5</b>	<b>67.5</b>	<b>142.5</b>	<b>152.5</b>	<b>162.5</b>	357.5
B	Denise Viewing	f84	78.8	10	<b>125</b>	<b>132.5</b>	<b>140</b>	6	<b>85</b>	<b>90</b>	0	<b>145</b>	<b>155</b>	<b>165</b>	395
B	Stephen Ashcroft	m74	72.9	14	<b>135</b>	<b>145</b>	0	7	<b>85</b>	<b>90</b>	0	<b>152.5</b>	<b>165</b>	0	400
B	Michael Ryan	m66	65.6	10	<b>155</b>	<b>162.5</b>	<b>170</b>	8	<b>97.5</b>	<b>102.5</b>	0	<b>197.5</b>	<b>210</b>	0	482.5
B	Jerome Squires	m83	82.6	16	<b>185</b>	<b>195</b>	0	10	<b>130</b>	<b>135</b>	<b>140</b>	<b>220</b>	<b>235</b>	0	570
B	Malcolm Long	m74	73.0	11	<b>185</b>	<b>195</b>	<b>200</b>	8	<b>127.5</b>	<b>135</b>	<b>137.5</b>	<b>225</b>	<b>240</b>	<b>250</b>	587.5
B	Adam Stansford	m93	92.0	18	<b>227.5</b>	0	0	10	<b>127.5</b>	<b>135</b>	0	<b>235</b>	<b>260</b>	0	622.5