

Welsh Powerlifting '2023-01-28			Wales Cardiff WPA Winter Cup 2023 IPF GL Points																				
Place	Name	Sex	Country	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Points	Event	
G	Renata Costa	F	Wales	Raw	FR-G	64.2	69	107.5	112.5	115	115	62.5	67.5	70	70	115	122.5	127.5	127.5	312.5	67.56	SBD	
	1 Meghan Teehan	F	Wales	Raw	FR-Jr	75.3	76	90	97.5	102.5	102.5	40	45	47.5	47.5	115	125	132.5	132.5	282.5	55.94	SBD	
	1 Emily Dine	F	Wales	Raw	FR-Jr	99.2 84+		72.5	77.5	85	85	40	-45	-45	40	85	95	-107.5	95	220	39.32	SBD	
	1 Rima Baki	F	Wales	Raw	FR-M1	62.7	63	132.5	142.5	150	150	77.5	85	-92.5	85	140	152.5	-157.5	152.5	387.5	85.04	SBD	
	1 Carol Taylor	F	Wales	Raw	FR-M1	111.1 84+		145	150	-155	150	60	-65	-65	60	150	155	-160	155	365	63.48	SBD	
DQ	Heloise Martin	F	Wales	Raw	FR-M2	73.8	76	-100	-100	100	100	-55	-60	-60		120	125	127.5				SBD	
	1 Arwen Newlands	F	Wales	Raw	FR-O	46.4	47	87.5	92.5	95	95	47.5	50	52.5	52.5	117.5	-125	125	125	272.5	76.51	SBD	
	1 Nicole Pickford	F	Wales	Raw	FR-O	61.3	63	100	107.5	-115	107.5	-55	60	-65	60	110	-120	-120	110	277.5	61.81	SBD	
	1 Lindy Zambas	F	Wales	Raw	FR-O	67.4	69	-90	-95	95	95	35	-40	40	40	95	105	110	110	245	51.44	SBD	
	1 Zoe Rawlings	F	Wales	Raw	FR-O	71.4	76	120	125	130	130	55	60	65	65	130	137.5	145	145	340	69.15	SBD	
	1 Giesni Alaw Tegif	F	Wales	Raw	FR-O	82.9	84	130	140	145	145	75	80	-85	80	132.5	142.5	150	150	375	71.19	SBD	
	1 PJ Kinsella	F	Wales	Raw	FR-O	115.1 84+		135	140	145	145	65	-70	70	70	160	-170	-175	160	375	64.77	SBD	
	2 Laura Mowlam	F	Wales	Raw	FR-O	101.5 84+		-90	90	-97.5	90	45	50	55	55	115	125	-135	125	270	47.96	SBD	
DQ	Yvonne Knott	F	Wales	Raw	FR-O	117.3 84+		-105	-115	-115		55	60	65	65	130	140	150	150			SBD	
	1 Maisie Lynch	F	Wales	Raw	FR-Sj	55.5	57	67.5	75	82.5	82.5	27.5	32.5	37.5	37.5	90	97.5	105	105	225	53.86	SBD	
	1 Marah Bahar	F	Wales	Raw	FR-Sj	75.5	76	100	105	112.5	112.5	40	42.5	45	45	110	120	125	125	282.5	55.87	SBD	
	1 Addy Moraes	M	Wales	Raw	MR-Jr	71.7	74	170	180	190	190	-107.5	115	-120	115	210	222.5	230	230	535	79.84	SBD	
	2 Oli Minshall	M	Wales	Raw	MR-Jr	71.3	74	170	180	190	190	105	112.5	115	115	200	212.5	222.5	222.5	527.5	78.96	SBD	
	3 Joe Martin	M	Wales	Raw	MR-Jr	68.3	74	165	175	180	180	102.5	110	-115	110	177.5	187.5	197.5	197.5	487.5	74.63	SBD	
	4 Lian Guinto	M	Wales	Raw	MR-Jr	72.9	74	132.5	142.5	150	150	92.5	-100	-100	92.5	-165	175	185	185	427.5	63.25	SBD	
	5 Adam Collins	M	Wales	Raw	MR-Jr	73.6	74	140	150	157.5	157.5	82.5	90	-95	90	150	160	170	170	417.5	61.47	SBD	
	1 Jasper Lowde	M	Wales	Raw	MR-Jr	79.4	83	145	152.5	-160	152.5	85	92.5	-100	92.5	190	202.5	207.5	207.5	452.5	64.07	SBD	
	2 Nathan Poll	M	Wales	Raw	MR-Jr	81.4	83	110	117.5	125	125	80	85	90	90	127.5	135	142.5	142.5	357.5	49.98	SBD	
	1 Oliver James	M	Wales	Raw	MR-Jr	91.9	93	225	235	-245	235	130	137.5	142.5	142.5	225	-247.5	-247.5	225	602.5	79.28	SBD	
	2 Tom O'Donnell	M	Wales	Raw	MR-Jr	91.6	93	190	-202.5	-205	190	110	115	-120	115	235	-250	252.5	252.5	557.5	73.48	SBD	
	3 Gryffudd Parish	M	Wales	Raw	MR-Jr	85.3	93	165	175	-185	175	120	130	-135	130	190	-195	-195	190	495	67.59	SBD	
	4 Matt Weeks	M	Wales	Raw	MR-Jr	90.1	93	170	180	-187.5	180	95	105	-115	105	170	180	190	190	475	63.11	SBD	
	1 Ieuan Barry	M	Wales	Raw	MR-Jr	104.1	105	195	210	225	225	150	160	-162.5	162.5	240	-260	260	260	647.5	80.26	SBD	
	2 Simon Sweatman	M	Wales	Raw	MR-Jr	102.6	105	200	212.5	-217.5	212.5	122.5	-127.5	-127.5	122.5	225	240	250	250	585	73.01	SBD	
	3 Matthew Long	M	Wales	Raw	MR-Jr	103.6	105	157.5	167.5		167.5	117.5	-125	125	125	197.5	207.5	210	210	502.5	62.43	SBD	
	1 Max Hayburn	M	Wales	Raw	MR-Jr	112.7	120	210	-220	-225	210	135	145	-150	145	265	-285	-300	265	620	74.11	SBD	
	1 Jacques Defraime	M	Wales	Raw	MR-Jr	121.3 120+		185	200	215	215	125	132.5	140	140	210	225	-240	225	580	67.11	SBD	
	1 Richard Sawyer	M	Wales	Raw	MR-M1	116.5	120	210	220	227.5	227.5	150	155	157.5	157.5	250	270	290	290	675	79.49	SBD	
	1 Steve John	M	Wales	Raw	MR-M2	102.4	105	120	132.5	145	145	90	97.5	-105	97.5	160	175	185	185	427.5	53.4	SBD	
	1 Maxim Dutton	M	Wales	Raw	MR-O	81.2	83	190	200	205	205	115	122.5	-125	122.5	235	245	255	255	582.5	81.53	SBD	
	2 Michael Jordan	M	Wales	Raw	MR-O	82.5	83	-170	180	185	185	130	140	145	145	200	227.5	-230	227.5	557.5	77.41	SBD	
	3 Aaron Li	M	Wales	Raw	MR-O	81.5	83	145	-155	155	155	100	107.5	115	115	185	200	-210	200	470	65.66	SBD	
	1 Rhys Boswell	M	Wales	Raw	MR-O	92.8	93	210	217.5	225	225	140	150	155	155	265	285	300	300	680	89.05	SBD	
	2 James Tumbali	M	Wales	Raw	MR-O	87.6	93	215	225	232.5	232.5	165	175	182.5	182.5	240	255	-265	255	670	90.27	SBD	
	3 Omar Ali	M	Wales	Raw	MR-O	93	93	-205	215	-227.5	215	127.5	135	-142.5	135	235	250	-255	250	600	78.49	SBD	
	4 Scott O'Connor	M	Wales	Raw	MR-O	92.6	93	-190	190	205	205	-120	125	-135	125	205	215	230	230	560	73.41	SBD	
	1 Ben Davies	M	Wales	Raw	MR-O	102	105	210	230	245	245	145	152.5	-160	152.5	265	292.5	-302.5	292.5	690	86.35	SBD	
	2 William Graeves	M	Wales	Raw	MR-O	102.5	105	205	215	230	230	-165	-165	165	165	210	220	230	230	625	78.04	SBD	
	3 Howard Qi	M	Wales	Raw	MR-O	102.6	105	220	-230	232.5	232.5	125	130	135	135	240	252.5	-260	252.5	620	77.38	SBD	
	4 Andy Williams	M	Wales	Raw	MR-O	101.8	105	220	232.5	-247.5	232.5	127.5	132.5	-140	132.5	220	225	235	235	600	75.16	SBD	
	5 Tristan Wharf	M	Wales	Raw	MR-O	102.6	105	-210	210	-222.5	210	127.5	132.5	-137.5	132.5	230	242.5	-252.5	242.5	585	73.01	SBD	
	6 Ben Ingle	M	Wales	Raw	MR-O	103.2	105	187.5	197.5	205	205	125	-130	130	130	215	227.5	235	235	570	70.95	SBD	
	7 Connor Jeffs	M	Wales	Raw	MR-O	94.1	105	-180	-180	180	180	105	115	-125	115	180	190	200	200	495	64.39	SBD	
	1 Talin Davies	M	Wales	Raw	MR-Sj	64.7	66	157.5	167.5	175	175	105	112.5	117.5	117.5	160	172.5	185	185	477.5	75.22	SBD	
	2 Thomas Jago	M	Wales	Raw	MR-Sj	65	66	127.5	-135	140	140	72.5	77.5	-80	77.5	155	165	170	170	387.5	60.9	SBD	
	1 Jack Davies	M	Wales	Raw	MR-Sj	71.6	74	140	150	157.5	157.5	-80	82.5	85	85	185	-195	195	195	437.5	65.34	SBD	
	1 Ellis Bushell	M	Wales	Raw	MR-Sj	79.6	83	160	175	182.5	182.5	105	112.5	-115	112.5	207.5	225	-232.5	225	520	73.53	SBD	
	2 Ethan Williams	M	Wales	Raw	MR-Sj	81.2	83	155	-165	-165	155	100	105	110	110	110	-170	180	-192.5	180	445	62.29	SBD
	3 Samuel Fountain	M	Wales	Raw	MR-Sj	77	83	95	105	115	115	67.5	-75	75	75	130	137.5	142.5	142.5	332.5	47.82	SBD	
	4 Bledwyn Gibbs	M	Wales	Raw	MR-Sj	81.5	83	110	115	120	120	60	65	70	70	120	127.5	132.5	132.5	322.5	45.06	SBD	
	1 Cai Read	M	Wales	Raw	MR-Sj	92.6	93	195	212.5	225	225	115	125	-130	125	200	215	230	230	580	76.04	SBD	
	1 Brandon Richards	M	Wales	Raw	MR-Sj	102.7	105	-165	165	175	175	105	110	-112.5	110	180	190	202.5	202.5	487.5	60.82	SBD	
	1 Nathan Williams	M	Wales	Single-ply	M-Jr	64.9	66	25			25	100	107.5		100	75							