

4/03/2023

Cyclone 3 Lift National Qualifier

Cyclone Training Centre - Lismore

Name	Sex	Age	State	Equip	Division	BWT	WtCls	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Points	Masters Score	Event
Katie Payne	F	24	NSW	Wraps	F_OCR	80.7	82.5	115	-125	-125	115	67.5	75	-80	75	115	130	145	145	335	267.4		SBD
Asha Pochin	F	42	NSW	Wraps	F_MCR_1	55	56	95	-105	105	105	50	55	57.5	57.5	130	140	-150	140	302.5	319.43	326.785	SBD
Jane Morris	F	44	NW	Wraps	F_MCR_1	98.9	100	165	175	185	185	77.5	82.5	85	85	150	162.5	170	170	440	316.19	329.826	SBD
Alex Sipple	M	14	NSW	Raw	M_TR_1	98.2	100	140	150	160	160	-100	110	-120	110	160	170	185	185	455	266.54		SBD
Marcus Loh	M	27	NSW	Wraps	M_OCR	98.1	100	235	250	-260	250	135	145	-150	145	230	245	-260	245	640	375.09		SBD
Kiefer Patch	M	30	NSW	Wraps	M_OCR	123.6	125	135	145	150	150	120	125	127.5	127.5	180	195	-210	195	472.5	258.47		SBD
Shane Atta-Singh	M	38	NSW	Wraps	M_OCR	137.7	140	300	-325	-325	300	-150	160	-170	160	250	300	-330	300	760	405.17		SBD
Cyll Duncan	M	46	NSW	Wraps	M_MCR_2	93.3	100	165	180	192.5	192.5	90	100	-105	100	180	200	207.5	207.5	500	300.13	320.560	SBD
Dominic Morton	M	47	NSW	Single-ply	M_MEM_2	100.5	110	-190	190		190	145	-150	-150	145	65	-130		65	400	232.03	251.089	SBD
Veronika Vroharis	F	43	NSW	Wraps	F_MCR_1	47.4	48	-95	-95	-95		42.5	45	-47.5	45	115	120	-122.5	120				SBD