

20/01/2024

Iron Throne Classic

Iron Palace - Gympie

Name	Sex	Age	State	Equipment	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	Deadlift 4	Best Deadlift	Total	Points	Event
Taylah Hoffman	F	22	QLD	Sleeves	F_CR_O	84.7	90	190	200	-208	200	90	95	100	100	165	-177.5	-177.5		165	465	360.81	SBD
Andi Gledhill	F	44	QLD	Wraps	F_CR_M	74.76	75	150	160	165	165	62.5	67.5	-72.5	67.5	165	180	185		185	417.5	349.87	SBD
Chantal O'Brien	F	45	QLD	Sleeves	F_CR_M	62.4	67.5	120	125	130	130	52.5	57.5	60	60	120	130	140		140	330	315.27	SBD
Latanya Parker	F	37	QLD	Wraps	F_CR_O	144.3	110+	150	160	170	170	90	95	100	100	180	190	200		200	470	305.85	SBD
Janine Blake	F	67	QLD	Sleeves	F_CR_M	53.38	56	80	90	-100	90	50	52.5	55	55	120	130	135	-140	135	280	302.91	SBD
Sarah Ludlow	F	29	QLD	Sleeves	F_CR_O	88.44	90	145	150	-158	150	55	60	62.5	62.5	175	185	-190		185	397.5	301.26	SBD
Dee Hilton	F	31	QLD	Wraps	F_CR_O	88.86	90	150	157.5	165	165	70	75	80	80	130	145	-155		145	390	294.84	SBD
Louise Gray (Lou)	F	39	QLD	Bare	F_R_S	67.22	67.5	100	-110	-110	100	70	-77.5	-77.5	70	120	135	140		140	310	279.96	SBD
Elisha Young	F	27	QLD	Sleeves	F_CR_O	107.42	110	125	135	145	145	70	-75	75	75	150	160	-170		160	380	264.59	SBD
Kimberly Owen	F	26	QLD	Wraps	F_CR_O	69.81	75	115	122.5	-130	122.5	55	60	62.5	62.5	90	105	115		115	300	263.59	SBD
Jessica Walsh	F	34	QLD	Bare	F_R_S	66.36	67.5	100	-105	-105	100	57.5	60	-62.5	60	110	115	120		120	280	255.29	SBD
Stephanie Alexander	F	27	QLD	Sleeves	F_CR_O	65.5	67.5	75	-85	85	85	45	47.5	50	50	100	110	-120		110	245	225.57	SBD
Lily Renshaw	F	24	QLD	Sleeves	F_CR_O	89.8	90	90	105	115	115	40	45	-52.5	45	110	122.5	-132.5		122.5	282.5	212.41	SBD
Lucy Vanderhoek	F	15	QLD	Bare	F_R_T	141.98	110+	100	110	-120	110	55	60	-67.5	60	110	117.5	122.5	125	122.5	292.5	190.98	SBD
Luke Poli	M	46	QLD	Wraps	M_CR_M	147.7	140+	350	370	380	380	220	240	245	245	300	320			320	945	496.03	SBD
Joseph Djakovich	M	25	QLD	Wraps	M_CR_O	134.1	140	320	350	-370	350	175	185	-200	185	255	277.5	300		300	835	447.84	SBD
Bailey Wagstaff	M	24	QLD	Wraps	M_CR_O	135.9	140	285	305	-323	305	165	175	180	180	310	325	-340		325	810	433.06	SBD
Ben Cozens	M	32	QLD	Sleeves	M_CR_O	123.28	125	265	280	-288	280	170	182.5	187.5	187.5	295	310	317.5		317.5	785	429.7	SBD
Lachlan Breen	M	33	QLD	Sleeves	M_CR_O	123.7	125	255	270	282.5	282.5	175	180	185	185	290	305	-315		305	772.5	422.49	SBD
Michael Dubbelman	M	37	QLD	Wraps	M_CR_S	123.5	125	290	-310	-310	290	182.5	192.5	-200	192.5	260	275	-285		275	757.5	414.46	SBD
Kurt McPherson	M	41	QLD	Bare	M_R_M	115.5	125	-240	240	260	260	160	-170	170	170	300	-320			300	730	405.62	SBD
Darren Donaldson	M	43	QLD	Wraps	M_CR_M	122.9	125	-225	225	242.5	242.5	200	210	-215	210	250	265	-280		265	717.5	393.06	SBD
Jesse Lucas	M	31	QLD	Sleeves	M_CR_O	122.5	125	260	277.5	285	285	155	165	-170	165	260	-275	-275		260	710	389.27	SBD
Heath Ryan	M	49	QLD	Wraps	M_CR_M	80.92	82.5	200			200	135			135	220				220	555	362.3	SBD
Ben Harney	M	35	QLD	Sleeves	M_CR_S	87.6	90	190	200	-220	200	110	120	-130	120	230	245	255		255	575	357.24	SBD
Peter Wei	M	28	QLD	Wraps	M_CR_O	73.8	75	170	180	-190	180	112.5	117.5	-122.5	117.5	205	215	-220		215	512.5	357.13	SBD
Bryden Crocker	M	19	QLD	Bare	M_R_J	74.98	75	150	155	165	165	120	125	-130	125	185	195	205		205	495	340.88	SBD
Morgan Keech	M	25	QLD	Sleeves	M_CR_O	134.1	140	225	245	-253	245	130	140	142.5	142.5	200	220	-227.5		220	607.5	325.82	SBD
Chris Taylor	M	32	Qld	Sleeves	M_CR_O	74.76	75	140	155	162.5	162.5	95	105	-115	105	170	185	-195		185	452.5	312.29	SBD
Chris Kracke	M	50	QLD	Sleeves	M_CR_M	109.6	110	180	190	-200	190	100	110	120	120	200	215	225		225	535	301.22	SBD
Jared Stuart	M	22	QLD	Sleeves	M_CR_S	88.5	90	170	-183	-188	170	-95	100	-107.5	100	175	185	195		195	465	287.2	SBD
Cyll Duncan	M	47	QLD	Wraps	M_CR_M	91.8	100	145	155	165	165	90	100	105	105	170	190	202.5		202.5	472.5	286.02	SBD
Jesse Waterson	M	13	QLD	Bare	M_R_T	55.3	56	100	105	110	110	60	62.5	-67.5	62.5	110	120	130		130	302.5	273.56	SBD
Mick Thomas	M	40	QLD	Sleeves	M_CR_M	137.7	140	170	-180	180	180	115	122.5	-130	122.5	-200	200	210		210	512.5	273.23	SBD
Michael Walker	M	49	QLD	Bare	M_R_M	155	140+	185	-205	-210	185	125	130	-137.5	130	165	180	190		190	505	261.99	SBD
Michael Jones	M	61	QLD	Wraps	M_CR_M	85.98	90	125	132.5	135	135	75	80	85	85	160	170	180		180	400	251.28	SBD
Shaun Nair	M	44	QLD	Bare	M_R_M	63.94	67.5	55	65	75	75	50	55	-60	55	120	130	140		140	270	211.87	SBD
Katie Arthur	F	31	QLD	Wraps	F_CR_O	51.26	52	100	110	-115	110	-55	-55	-55		120	130	137.5		137.5			SBD