

OPL Format v1 Submit by email:

Federation	Date	Meet/Town/MeetName
IPF	2025-03-29	London FORT Powerlifting Spring Spectacular

Place	Name	BirthYear	Age	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Event
1	Anais Falcon			Women's Raw Open	45.7	47	95	-102.5	102.5	102.5	52.5	55	57.5	55	130	137.5	142.5	142.5	300	SBD
1	Yana Lyntovska			Women's Raw Open	56.5	57	142.5	-152.5	-157.5	142.5	65	70	-75	70	140	150	-155	150	362.5	SBD
2	Morag Campbell			Women's Raw Open	54.5	57	110	-117.5	120	120	55	60	-62.5	60	125	132.5	142.5	142.5	322.5	SBD
3	Rani Gupta			Women's Raw Open	56.4	57	105	110	115	115	55	-60	-60	55	132.5	137.5	142.5	142.5	312.5	SBD
4	Saffron Bargewell			Women's Raw Open	54.9	57	-115	115	-120	115	50	55	-60	55	112.5	127.5	135	135	305	SBD
5	Juana Fernandez			Women's Raw Open	55.9	57	107.5	112.5	-115	112.5	47.5	50	-52.5	50	122.5	132.5	-140	132.5	295	SBD
6	Sarah Alonze			Women's Raw Open	54.9	57	82.5	87.5	90	90	40	45	47.5	47.5	97.5	105	-110	105	242.5	SBD
1	Nicole Cameron			Women's Raw Open	60.3	63	130	137.5	-142.5	137.5	55	60	62.5	62.5	145	152.5	160	160	360	SBD
2	Xenia Chiu			Women's Raw Open	58.3	63	87.5	95	-97.5	95	70	-75	-75	70	132.5	142.5	150	150	315	SBD
3	Julia Lim			Women's Raw Open	62.8	63	95	100	102.5	102.5	70	-77.5	77.5	77.5	122.5	132.5	140	140	320	SBD
1	Elizabeth Martin de Bartolome			Women's Raw Open	67.4	69	127.5	135	137.5	137.5	52.5	-57.5	-57.5	52.5	152.5	160	-162.5	160	350	SBD
2	Ruby Dutt			Women's Raw Open	67.7	69	115	125	-130	125	45	52.5	55	55	142.5	157.5	170	170	350	SBD
3	Charlotte Macaulay			Women's Raw Open	67.5	69	120	-127.5	130	130	60	65	-67.5	65	140	147.5	152.5	152.5	347.5	SBD
4	Lara Oliver-Tomic			Women's Raw Open	67.9	69	115	120	127.5	127.5	57.5	60	-65	60	135	145	-150	145	332.5	SBD
5	Habiba Hussain			Women's Raw Open	68.4	69	97.5	105	-112.5	105	55	57.5	60	60	125	132.5	140	140	305	SBD
6	Clare Yates			Women's Raw Open	67.4	69	105	112.5	117.5	117.5	50	52.5	55	55	110	117.5	-122.5	117.5	290	SBD
7	Christie Dee			Women's Raw Open	68.2	69	65	70	75	75	52.5	57.5	60	60	102.5	107.5	112.5	112.5	247.5	SBD
8	Vera Kitzier			Women's Raw Open	68.4	69	62.5	-72.5	-77.5	62.5	35	40	-42.5	40	95	105	-107.5	105	207.5	SBD
1	Ayana Porteus-Simpson			Women's Raw Open	75.7	76	187.5	197.5	205	205	92.5	97.5	102.5	102.5	200	215	222.5	222.5	530	SBD
2	Rukayot Oluosola			Women's Raw Open	76	76	165	175	180	180	65	70	-72.5	70	200	210	215	215	465	SBD
3	Kelly Fysh			Women's Raw Open	74.7	76	127.5	135	140	140	62.5	67.5	70	70	127.5	135	140	140	350	SBD
4	Karoline Lundberg			Women's Raw Open	75.2	76	127.5	137.5	142.5	142.5	52.5	57.5	-60	57.5	120	132.5	142.5	142.5	342.5	SBD
5	Kadija Louis			Women's Raw Open	73.5	76	80	90	-100	90	52.5	-57.5	-57.5	52.5	120	130	140	140	282.5	SBD
1	Kiera Bedminster			Women's Raw Open	83.5	84	-130	140	145	145	70	77.5	-82.5	77.5	140	150	165	165	387.5	SBD
2	Eleanor Smith			Women's Raw Open	78.3	84	125	132.5	140	140	55	60	62.5	62.5	150	160	-170	160	362.5	SBD
3	Abdulmen			Women's Raw Open	83.2	84	127.5	135	-137.5	135	57.5	62.5	65	65	157.5	167.5	167.5	167.5	367.5	SBD
4	Jane Scott			Women's Raw Open	80.4	84	82.5	90	95	95	40	45	-47.5	45	95	105	115	115	255	SBD
1	Annalisa Valente			Women's Raw Open	101.8	84+	160	172.5	177.5	177.5	72.5	77.5	-80	77.5	180	192.5	-200	192.5	447.5	SBD
2	Victoria Cohen			Women's Raw Open	85.5	84+	70	-75	-75	70	40	-45	-47.5	40	100	-105	-105	100	210	SBD
1	Greig Murray			Men's Raw Open	65.5	66	150	160	165	165	110	115	-117.5	115	210	230	245	245	525	SBD
2	Hari Anirudh Swaminathan			Men's Raw Open	65.9	66	147.5	157.5	165	165	80	85	87.5	87.5	180	195	-202.5	195	447.5	SBD
3	Kate Charlotte			Men's Raw Open	62.3	66	90	97.5	102.5	102.5	60	-65	-65	65	117.5	127.5	135	135	297.5	SBD
1	Godfrey Chau			Men's Raw Open	72.9	74	192.5	200	210	210	107.5	115	-117.5	115	215	230	235	235	560	SBD
2	Joseph Simmon-Clyde			Men's Raw Open	73.2	74	137.5	142.5	147.5	147.5	97.5	102.5	102.5	102.5	170	180	190	190	440	SBD
3	Masayuki Kawada			Men's Raw Open	69.4	74	120	127.5	132.5	132.5	67.5	75	77.5	77.5	170	182.5	190	190	400	SBD
1	Denton Corah			Men's Raw Open	62	83	220	-232.5	240	240	140	150	-155	150	267.5	300	307.5	307.5	697.5	SBD
2	Jordy Villa Franco			Men's Raw Open	76.5	83	205	-215	-225	205	130	140	145	145	225	245	255	255	605	SBD
3	Colin Chu			Men's Raw Open	82.9	83	195	210	217.5	217.5	125	132.5	137.5	137.5	225	237.5	247.5	247.5	602.5	SBD
4	Lubomir Zabramni			Men's Raw Open	81.8	83	195	-205	-205	195	160	165	170	170	210	220	-230	220	585	SBD
5	Oliver West			Men's Raw Open	82.7	83	180	195	-205	195	135	140	-145	140	220	235	240	240	575	SBD
6	Scott Upshall			Men's Raw Open	79.4	83	157.5	167.5	175	175	117.5	125	130	130	190	200	210	210	515	SBD
7	Freddie Taylor			Men's Raw Open	82.6	83	162.5	172.5	180	180	125	132.5	-140	132.5	192.5	205	212.5	212.5	525	SBD
8	Alfie Ludlow			Men's Raw Open	81.5	83	165	172.5	180	180	105	110	-112.5	110	205	215	225	225	515	SBD
9	Julien Bailey			Men's Raw Open	82.3	83	-170	185	-190	185	105	112.5	-117.5	112.5	185	202.5	207.5	207.5	505	SBD
10	Michael Wang			Men's Raw Open	81.2	83	157.5	-165	-170	157.5	-95	97.5	-102.5	97.5	180	190	-202.5	190	445	SBD
11	Alan Joseph			Men's Raw Open	82.8	83	140	150	155	155	70	80	90	90	180	190	-190	190	435	SBD
12	Wilson Wang			Men's Raw Open	82.4	83	135	142.5	147.5	147.5	72.5	77.5	82.5	82.5	160	172.5	-175	172.5	402.5	SBD
13	George Slade			Men's Raw Open	74.1	83	65	72.5	80	72.5	77.5	82.5	85	85	85	95	105	105	262.5	SBD
	Christopher Williams			Men's Raw Open	79.7	83	-120	-120	-120	70	-80	80	80	80	160	170	180	180	380	SBD
	Jack Velich			Men's Raw Open	92.8	93	197.5	210	-217.5	210	135	142.5	147.5	147.5	235	250	260	260	617.5	SBD
	2Rino Shiba			Men's Raw Open	90.8	93	192.5	205	215	215	125	132.5	140	140	220	235	247.5	247.5	602.5	SBD
	3Dayo Hazzan			Men's Raw Open	92.9	93	195	205	210	210	-120	120	125	125	240	250	260	260	595	SBD
	Giuseppe Giaratana			Men's Raw Open	92.6	93	205	-215	220	220	130	135	140	140	190	210	-232.5	210	570	SBD
	5 Christopher Jones			Men's Raw Open	89.8	93	170	180	190	190	110	117.5	122.5	122.5	195	207.5	220	220	532.5	SBD
	6 Antony Alta			Men's Raw Open	92.2	93	160	185	200	200	90	105	-110	105	200	215	-225	215	520	SBD
	7 Lee Evans			Men's Raw Open	86.8	93	140	150	160	160	100	107.5	-110	107.5	180	200	205	205	472.5	SBD
	8 Nathan Lustgarten			Men's Raw Open	92	93	140	150	157.5	157.5	80	-90	90	90	150	160	165	165	412.5	SBD
	1 Ivan Otin			Men's Raw Open	101.5	105	180	190	195	195	110	115	120	120	240	250	255	255	570	SBD
	2 Marius Dancu			Men's Raw Open	93.3	105	130	130	140	140	90	-95	-97.5	90	175	190	200	200	430	SBD
	Taras Lymbivskiy			Men's Raw Open	105															SBD
	1 Chris Delahunt			Men's Raw Open	108.7	120	-210	222.5	-230	222.5	140	145	-150	145	240	250	-257.5	250	617.5	SBD
	1 Charlie Darke			Men's Raw Open	127.9	120+	220	232.5	242.5	242.5	140	145	150	150	275	290	300	300	692.5	SBD
	2 Ariel Klausner-Stern			Men's Raw Open	130.8	120+	225	242.5	250	250	147.5	160	-167.5	160	212.5	232.5	242.5	242.5	652.5	SBD
	3 Augustine Adesun			Men's Raw Open	120.7	120+	280	-295		280	182.5	-165	-165	182.5	70			70	512.5	SBD