

OPL Format v1. Submit by email:

Federation	Date																
IPF	2026-03-22																
Place	Name	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg
	1 June Stamp	Women's Raw Open	49.8	52	80	85	90	90	40	45	-47.5	45	92.5	102.5	110	110	245
	1 Clara Thomas	Women's Raw Open	56.3	57	125	135	140	140	55	60	-65	60	135	145	150	150	350
	2 Haoyun Zhang	Women's Raw Open	56.7	57	115	125	130	130	-55	60	62.5	62.5	130	140	145	145	337.5
	3 Emily Hary	Women's Raw Open	56.5	57	102.5	112.5	112.5	112.5	-52.5	-52.5	52.5	52.5	122.5	132.5	-142.5	132.5	297.5
	1 Jenny Vega	Women's Raw Open	61.9	63	110	117.5	-122.5	117.5	57.5	-62.5	-62.5	57.5	125	135	142.5	142.5	317.5
	2 Letitia Lau	Women's Raw Open	63	63	97.5	102.5	107.5	107.5	60	65	-70	65	120	127.5	137.5	137.5	310
	3 Lidia Alianova	Women's Raw Open	61	63	95	102.5	110	110	42.5	45	47.5	47.5	100	110	117.5	117.5	275
	4 Erika Cule	Women's Raw Open	60.9	63	87.5	92.5	-97.5	92.5	40	42.5	45	45	120	125	127.5	127.5	265
	5 Grace Bland	Women's Raw Open	59.6	63	80	-85	85	85	47.5	-52.5	52.5	52.5	90	97.5	105	105	242.5
	1 Maytal Aksefrad	Women's Raw Open	66.6	69	-120	125	-130	125	62.5	-65	67.5	67.5	145	152.5	157.5	157.5	350
	2 Alice Pursall	Women's Raw Open	65.7	69	70	75	80	80	42.5	-47.5	-47.5	42.5	100	112.5	-117.5	112.5	235
	1 Miranda-Chantal Ode	Women's Raw Open	75.7	76	157.5	165	170	170	67.5	70	72.5	72.5	162.5	170	175	175	417.5
	2 Claire Porter	Women's Raw Open	73.6	76	117.5	125	130	130	70	75	-77.5	75	125	132.5	140	140	345
	3 Liz Ebdale	Women's Raw Open	69.5	76	100	105	110	110	50	52.5	55	55	120	125	130	130	295
	4 Kasia Kaczmarek	Women's Raw Open	70.9	76	-72.5	72.5	82.5	82.5	40	47.5	-52.5	47.5	100	105	112.5	112.5	242.5
	1 Isl Avbulimen	Women's Raw Open	83.6	84	130	137.5	140	140	62.5	67.5	70	70	160	172.5	180	180	390
	2 Liz Onen	Women's Raw Open	83.8	84	-145	-145	-155	145	52.5	57.5	-62.5	57.5	170	180	-185	180	382.5
	3 Sophie Teer	Women's Raw Open	82.9	84	125	-132.5	-140	125	60	65	-70	65	135	142.5	147.5	147.5	337.5
	4 Jasmin Lorincz	Women's Raw Open	78.7	84	95	100	105	105	45	47.5	50	50	115	-130	130	130	285
	5 Liz Green	Women's Raw Open	76.7	84	80	90	-105	90	55	57.5	60	60	100	112.5	120	120	270
	6 Sofia Birks	Women's Raw Open	82.6	84	75	80	85	85	42.5	-47.5	47.5	47.5	100	112.5	117.5	117.5	250
DQ	Jessica Onyemaechi	Women's Raw Open	76.3	84	120	142.5	147.5	147.5	-95	-65	-65	65	130	160	165	165	365
	1 Sandra Ostielu	Women's Raw Open	97.8/84+		-180	-180	180	180	-87.5	87.5	-95	87.5	175	185	-200	185	452.5
	2 Tobo Olomo	Women's Raw Open	89.3/84+		100	120	130	130	60	72.5	75	75	150	170	185	185	390
	1 Zalb Hossain	Men's Raw Open	58.6	59	162.5	172.5	182.5	182.5	-82.5	-87.5	87.5	87.5	162.5	172.5	182.5	182.5	452.5
	1 Jason Sunassee	Men's Raw Open	64.8	66	127.5	135	142.5	142.5	90	95	-97.5	95	182.5	195	-202.5	195	432.5
	1 Mushfiqur Rahman	Men's Raw Open	72.8	74	202.5	215	-220	215	145	-147.5	145	145	220	235	-250	235	595
	2 Jordan Simpson-Harris	Men's Raw Open	72.7	74	-200	200	212.5	212.5	-115	115	125	125	195	207.5	-217.5	207.5	545
	3 Joseph Simmon-Clyde	Men's Raw Open	73.5	74	160	170	-177.5	170	97.5	105	110	110	190	205	-212.5	205	485
	4 Lucas Antipapa	Men's Raw Open	72	74	75	95	125	125	102.5	110	-115	110	75	95	125	125	360
	5 Henry Compson	Men's Raw Open	73.1	74	95	102.5	-110	102.5	75	-80	85	85	-150	150	165	165	352.5
DQ	Josh Lee-Robinson	Men's Raw Open	68.4	74	180	192.5	202.5	202.5	122.5	130	135	135	-187.5	-200	-200		
	1 Joshua Chan	Men's Raw Open	80.3	83	220	235	242.5	242.5	130	137.5	140	140	225	242.5	252.5	252.5	635
	2 Liubomir Zabramnii	Men's Raw Open	80.7	83	210	220	230	230	-170	175	-180	175	220	230	-245	230	635
	3 Oladeji Awe	Men's Raw Open	82.4	83	180	200	210	210	125	132.5	-137.5	132.5	235	255	270	270	612.5
	4 Colin Chu	Men's Raw Open	80.6	83	195	210	220	220	120	125	130	130	227.5	245	-252.5	245	595
	5 Kallum Clitheroe	Men's Raw Open	82.4	83	175	185	190	190	130	137.5	-142.5	137.5	205	212.5	217.5	217.5	545
	6 Don Demetrius	Men's Raw Open	79.3	83	160	170	-180	170	125	132.5	-137.5	132.5	225	-235	-235	225	527.5
	7 Ramon Martinez-Rodney	Men's Raw Open	81.6	83	165	175	190	190	100	107.5	-110	107.5	190	210	220	220	517.5
	8 Gerald Ssali	Men's Raw Open	82.6	83	170	175	180	180	110	115	117.5	117.5	200	210	215	215	512.5
	9 Stephen Ashcroft	Men's Raw Open	80.7	83	150	160	-165	160	95	100	-105	100	185	200	210	210	470
	10 Raymark Karl Limson	Men's Raw Open	81.8	83	150	160	165	165	82.5	87.5	95	95	180	190	202.5	202.5	462.5
	11 Alan Joseph	Men's Raw Open	82.2	83	110	120	130	130	70	80	85	85	120	140	160	160	375
	12 David Lawrence	Men's Raw Open	82.9	83	-70	80	90	90	60	70	75	75	120	140	145	145	310
DQ	Ahmet Simsek	Men's Raw Open	82.8	83	-185	-195	200	200	-120	-130	-135	135	210	-225	-230	210	
	1 Adedapo Ojewale	Men's Raw Open	93	93	280	-300	-300	280	160	170	-180	170	320	360	370	370	820
	2 Amid Ojubanire	Men's Raw Open	90.2	93	185	205	215	215	115	127.5	132.5	132.5	250	270	300	300	647.5
	3 Andre Onimisi	Men's Raw Open	91.8	93	205	215	225	225	135	140	145	145	250	265	275	275	645
	4 Oliver West	Men's Raw Open	91	93	190	205	215	215	135	142.5	-147.5	142.5	225	235	242.5	242.5	600
	5 Meron Fiazgi	Men's Raw Open	89.2	93	190	200	210	210	120	130	-140	130	215	225	-245	225	565
	6 Joseph Cannon	Men's Raw Open	92.6	93	165	172.5	-180	172.5	110	117.5	125	125	180	192.5	202.5	202.5	500
	7 Gopinath Radhakrishnan	Men's Raw Open	90.5	93	-100	-110	110	110	50	60	70	70	120	140	150	150	330
	1 Youssef Tazami	Men's Raw Open	99.9	105	-215	227.5	-240	227.5	160	-167.5	-167.5	160	270	-282.5	-282.5	270	657.5
	2 Kwesi Ameyaw	Men's Raw Open	100.8	105	207.5	215	225	225	135	140	145	145	257.5	270	-280	270	640
	3 Conor Stevenson	Men's Raw Open	94.4	105	145	155	-165	155	107.5	112.5	-117.5	112.5	185	197.5	205	205	472.5
	4 Mike Denzli	Men's Raw Open	99.3	105	152.5	162.5	172.5	172.5	90	97.5	-105	97.5	190	200	207.5	207.5	477.5
	5 Mwiande Hamwata	Men's Raw Open	101.2	105	132.5	-142.5	150	150	85	90	95	95	175	185	197.5	197.5	442.5
	6 Andrew Peachey	Men's Raw Open	104	105	142.5	152.5	160	160	80	-82.5	82.5	82.5	155	165	-170	165	407.5
DQ	Stephen Casburn	Men's Raw Open		105													
	1 Samuel Ezeama	Men's Raw Open	124.6/120+		255	-267.5	280	280	175	190	200	200	250	280	305	305	785
	2 Hugo Herman-Wilson	Men's Raw Open	136.5/120+		125	135	142.5	142.5	75	85	92.5	92.5	150	170	185	185	420