OPL Format v1 Submit by email:

Federation Date
IPF 2026-07-18

Place	Name	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg
1	Rani Gupta	Raw	Women's Raw Open	51.8	52	-102.5	107.5	112.5	112.5	55	-57.5	-57.5	55	135	145	-150	145	312.5
2	Sudina Thapa	Raw	Women's Raw Open	51.4	52	85	95	102.5	102.5	52.5	57.5	62.5	62.5	112.5	120	125	125	290
1	Alba Casas	Raw	Women's Raw Open	56.8	57	130	137.5	-142.5	137.5	80	85	-87.5	85	175	182.5	187.5	187.5	410
2	Morag Campbell	Raw	Women's Raw Open	55	57	122.5	130	135	135	67.5	72.5	-75	72.5	145	-152.5		145	352.5
3	Clara Thomas	Raw	Women's Raw Open	55	57	125	132.5	137.5	137.5	55	60	65	65	135	140	147.5	147.5	350
1	Stephanie Saunders	Raw	Women's Raw Open	62	63	112.5	117.5	-122.5	117.5	57.5	-60	-60	57.5	132.5	140	-145	140	315
2	Nicolina Turcan	Raw	Women's Raw Open	62	63	65	70	75	75	37.5	42.5	45	45	92.5	100	110	110	230
1	Charlotte Macaulay	Raw	Women's Raw Open	68	69	135	-142.5	142.5	142.5	65	70	-72.5	70	132.5	140	145	145	357.5
2	Christel Dee	Raw	Women's Raw Open	69	69	70	75	80	80	65	70	-72.5	70	105	115	122.5	122.5	272.5
1	Elizabeth Evans	Raw	Women's Raw Open	72	76	120	127.5	135	135	67.5	72.5	-75	72.5	150	-160	165	165	372.5
2	Praveeta Thayalan	Raw	Women's Raw Open	75.2	76	105	110	115	115	65	67.5	-70	67.5	145	152.5	-157.5	152.5	335
3	Liz Ebdale	Raw	Women's Raw Open	72.6	76	105	110	115	115	52.5	55	57.5	57.5	125	130	135	135	307.5
1	Aisha Mendez	Raw	Women's Raw Open	78.2	84	67.5	75	82.5	82.5	40	45	-47.5	45	115	125	135	135	262.5
2	Sheetal Agarwal	Raw	Women's Raw Open	77.8	84	60	67.5	72.5	72.5	35	40	-42.5	40	85	92.5	100	100	212.5
DQ	Yunia Maalo	Raw	Women's Raw Open		84													
DQ	Rebecca Falls	Raw	Women's Raw Open		84													
1	Annalisa Valente	Raw	Women's Raw Open	93.4	84+	177.5	187.5	192.5	192.5	82.5	87.5	-90	87.5	187.5	200	207.5	207.5	487.5
2	Sandra Ositelu	Raw	Women's Raw Open	95.8	84+	162.5	170	180	180	85	90	95	95	-160	160	175	175	450
3	Nicole Rodney	Raw	Women's Raw Open	98.2	84+	135	145	160	160	85	90	95	95	160	175	-200	175	430
4	Floriane Fidegnon-Edoh	Raw	Women's Raw Open	121.4	84+	140	150	160	160	62.5	70	75	75	150	165	180	180	415
5	Louise Workman-Dent	Raw	Women's Raw Open	104.6	84+	75	80	85	85	40	42.5	45	45	115	120	125	125	255
1	Graeme Reid	Equipped	Men's Equipped Open Bench Only	138.2	120+					230	-240	240	240					240
1	Nate Charlotte	Raw	Men's Raw Open	57.6	59	97.5	107.5	112.5	112.5	65	70	72.5	72.5	127.5	137.5	147.5	147.5	332.5
1	Aaron Keen	Raw	Men's Raw Open	62.2	66	77.5	85	90	90	82.5	87.5	90	90	97.5	112.5	122.5	122.5	302.5
1	Jorge Pontes	Raw	Men's Raw Open	66.6	74	120	130	140	140	70	80	-87.5	80	160	170	180	180	400
2	Andy Want	Raw	Men's Raw Open	72.2	74	100	110	-115	110	100	-105	-105	100	135	145	150	150	360
1	Liubomir Zabramnii	Raw	Men's Raw Open	80.8	83	225	240	250	250	180	-190	200	200	240	250	260	260	710
2	Gary Cooper	Raw	Men's Raw Open	81.4	83	180	190	200	200	145	150	155	155	235	250	260	260	615
3	Freddie Taylor	Raw	Men's Raw Open	82.2	83	180	192.5	200	200	132.5	140	145	145	205	222.5	230	230	575
4	Don Demitrius	Raw	Men's Raw Open	82	83	160	170	180	180	125	132.5	137.5	137.5	220	230	240	240	557.5
5	Ramone Martinez-Rodne	Raw	Men's Raw Open	79.6	83	180	-190	197.5	197.5	95	105	112.5	112.5	190	215	225	225	535
6	Davide Lawrence	Raw	Men's Raw Open	83	83	95	-102.5	102.5	102.5	70	75	80	80	135	140	145	145	327.5
DQ	Gerland Ssali	Raw	Men's Raw Open		83													
1	Adedapo Ojewale	Raw	Men's Raw Open	92.8	93	275	295	-305	295	175	-180	-180	175	320	345	355	355	825
2	Daniel Wilkinson	Raw	Men's Raw Open	90	93	240	-250	-260	240	137.5	145	-152.5	145	255	275	-285	275	660
3	Baski Appiah Kubi	Raw	Men's Raw Open	84.8	93	-220	220	-230	220	-140	140	-145	140	250	270	-280	270	630
4	Mehti Kendrick	Raw	Men's Raw Open	90.8	93	190	202.5	210	210	160	-167.5	-167.5	160	225	237.5	245	245	615
5	James Adekoya	Raw	Men's Raw Open	84.6	93	172.5	182.5	187.5	187.5	102.5	107.5	112.5	112.5	187.5	200	-210	200	500
1	David Lewis	Raw	Men's Raw Open	104	105	200	-210	-210	200	120	-125	125	125	215	230	-242.5	230	555
2	Rhys Bentancourth	Raw	Men's Raw Open	102.8	105	190	200	210	210	120	130	-140	130	197.5	210	-222.5	210	550
3	Phil Longhurst	Raw	Men's Raw Open	103	105	145	155	162.5	162.5	127.5	132.5	-137.5	132.5	180	192.5	205	205	500
4	Mike Denzil	Raw	Men's Raw Open	97	105	152.5	-160	160	160	85	92.5	-100	92.5	170	190	200	200	452.5
DQ	Damien Callender	Raw	Men's Raw Open	102.2	105					145	157.5	-170	157.5					
1	Augustine Adeosun	Raw	Men's Raw Open	120	120	255	270		270	170	-180	-180	170	-325	325	345	345	785
2	Jon Hook	Raw	Men's Raw Open	108.4	120	215	225	235	235	110	120	-125	120	240	260	275	275	630
3	Kieran Winterburn	Raw	Men's Raw Open	115.8	120	190	202.5	207.5	207.5	120	130	-140	130	250	262.5	275	275	612.5
4	Martin Joseph	Raw	Men's Raw Open	105.4	120	-127.5	135	145	145	95	-100	-100	95	180	190	195	195	435
1	Joe Harvey	Raw	Men's Raw Open	133.4	120+	-135	145	155	155	77.5	87.5	-95	87.5	135	147.5	157.5	157.5	400