

OPL Ft Submit by email:

Feder	Date	Meet State	MeetTown	MeetName	Formula														Points	Event	Team								
AWPC	2025-08-28	USA	Idaho	Idaho Falls	AWPC World Championships AWPC-WPC World Cup	Glossbrenner	BodywKg	WtClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Squat4Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Bench4Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Deadlift4K	Best3Deac	TotalKg	Points	Event	Team		
1	Katie O'Neill	GBR	F	23	GBR	Bare	J20-23 AWPC World Championship	55	56	85	92.5	-95	92.5	40	42.5	45	107.5	120	130	130	267.5	282.47	SBD	GBR					
1	Yasmin Ortiz-Carrillo	USA	F	21	USA	ID	Bare	J20-23 AWPC World Cup	57.7	60	142.5	-147.5	-147.5	142.5	-75	-80	80	-83	80	150	160	165	165.5	165	387.5	393.74	SBD	USA	
1	Rebecca Tuvey	GBR	F	43	GBR	GBR	Bare	M40-44 AWPC World Championship	89	90	-105	105	-120	105	62.5	-67.5	-67.5	62.5	-135	140	150	150	150	317.5	239.84	SBD	GBR		
1	Cristi Johnson	USA	F	46	USA	MI	Bare	M45-49 AWPC World Championship	105.7	110	102.5	-110	110	110	47.5	50	-52.5	50	107.5	112.5	120	120	280	280	195.9	SBD	USA		
1	Jae Bryan	USA	F	45	USA	ID	Bare	M45-49 AWPC World Cup	81	82.5	85	-92.5	95	95	57.5	60	-62.5	60	122.5	130	-140	130	285	226.98	SBD	USA			
1	KC Karen Clark	USA	F	49	USA	NV	Bare	M45-49 AWPC World Cup	93	100	100	107.5	112.5	112.5	60	62.5	65	68	65	130	140	142.5	-145.5	142.5	320	236.47	SBD	USA	
1	Elena Kudryashova	RUS	F	51	RUS	RUS	Bare	M50-54 AWPC World Championship	55.7	56	70	80	85	85	50	60	-65	60	95	110	117.5	117.5	262.5	274.38	SBD	RUS			
1	Tina Robbins	USA	F	51	USA	MI	Bare	M50-54 AWPC World Championship	104.7	110	-90	90	-105	90	52.5	60	-62.5	60	102.5	107.5	112.5	112.5	262.5	184.32	SBD	USA			
1	Martine Barons	GBR	F	64	GBR	GBR	Bare	M60-64 AWPC World Championship	83.5	90	75	90	100	-105	100	52.5	55	57.5	-60	57.5	135	150	155	-160	155	312.5	244.46	SBD	GBR
1	Sheryll Shockley	USA	F	68	USA	MT	Bare	M65-69 AWPC World Cup	66.4	67.5	30	35	37.5	37.5	25	30	-32.5	30	60	65	67.5	67.5	135	135	123.03	SBD	USA		
1	Jenessa Curtis	USA	F	27	USA	UT	Bare	Open AWPC World Championship	56	56	137.5	-145	145	145	90	95	97.5	-100	97.5	135	140	-142.5	140	382.5	398.09	SBD	USA		
1	Amirah Phillips	GBR	F	26	GBR	GBR	Bare	Open AWPC World Championship	98.8	100	147.5	160	170	-175	170	80	85	90	90	152.5	165	175	175	435	312.73	SBD	GBR		
1	Katelyn Bergen	USA	F	24	USA	MI	Bare	Open AWPC World Championship	103	110	142.5	147.5	152.5	152.5	65	75	80.5	81	80.5	142.5	-165	-175.5	142.5	375	265.01	SBD	USA		
1	Jenessa Curtis	USA	F	27	USA	UT	Bare	Open WPC World Cup	56	56	137.5	-145	145	145	90	95	97.5	-100	97.5	135	140	-142.5	140	382.5	398.09	SBD	USA		
1	Susan Hammerand	USA	F	36	USA	AZ	Bare	S33-39 AWPC World Championship	132.6	110+	102.5	122.5	-125	122.5	75	87.5	-90	87.5	147.5	157.5	-162.5	157.5	367.5	243.45	SBD	USA			
1	Candice Pedersen	USA	F	39	USA	ID	Bare	S33-39 AWPC World Cup	88.5	90	-80	80	80	80	62.5	70	-80	70	130	152.5	-170	152.5	302.5	229.18	SBD	USA			
1	Maren Barnes	USA	F	17	USA	UT	Bare	T16-17 AWPC World Cup	66.8	67.5	120	-130.5	130.5	132.5	130.5	77.5	85	87.5	-90.5	87.5	127.5	148	-153	148	365	331.16	SBD	USA	
1	Maren Barnes USA 2	USA	F	17	USA	UT	Bare	T16-17 WPC World Cup	66.8	67.5	120	-130.5	130.5	132.5	130.5	77.5	85	87.5	-90.5	87.5	127.5	148	-153	148	365	331.16	SBD	USA	
1	McKayla Sedlock	USA	F	19	USA	MI	Bare	T18-19 AWPC World Championship	72	75	120	130	137.5	137.5	87.5	92.5	96	98	96	142.5	150	155	155	387.5	333.15	SBD	USA		
1	McKayla Sedlock USA	USA	F	19	USA	MI	Bare	T18-19 WPC World Cup	72	75	120	130	137.5	137.5	87.5	92.5	96	98	96	142.5	150	155	155	387.5	333.15	SBD	USA		
1	Jessica McEtwewee	GBR	F	23	GBR	GBR	Wraps	J20-23 AWPC World Championship	56	56	128	135	-140	135	72.5	-78	78	80	78	120	125	-130	125	337.5	351.25	SBD	GBR		
1	Carolina Ocano	USA	F	23	USA	AZ	Wraps	J20-23 AWPC World Championship	84.3	90	175	-185	185	-190.5	185	75	80	82.5	82.5	185	187.5	-200.5	187.5	455	354	SBD	USA		
1	Carolina Ocano USA	USA	F	23	USA	AZ	Wraps	J20-23 WPC World Cup	84.3	90	175	-185	185	-190.5	185	75	80	82.5	82.5	185	187.5	-200.5	187.5	455	354	SBD	USA		
1	Tia Braithwaite	CAN 2	F	40	CAN	CAN	Wraps	M40-44 WPC World Cup	70.9	75	182.5	197.5	207.5	-215	207.5	110	122.5	127.5	-130	127.5	192.5	210	215	215	550	477.97	SBD	CAN	
1	Tia Braithwaite	CAN 2	F	40	CAN	CAN	Wraps	M40-44 WPC World Cup P/F/M	70.9	75	182.5	197.5	207.5	-215	207.5	110	122.5	127.5	-130	127.5	192.5	210	215	215	550	477.97	SBD	CAN	
1	Kate Jones	GBR	F	49	GBR	GBR	Wraps	M45-49 AWPC World Championship	55.9	56	82.5	87.5	92.5	92.5	45	50	-52.5	50	117.5	125	-130	125	267.5	278.8	SBD	GBR			
2	Elizabeth Lam	CAN	F	47	CAN	CAN	Wraps	M45-49 AWPC World Championship	55.5	56	-60	60	62.5	62.5	27.5	-32.5	-32.5	27.5	90	95	100	100	190	199.18	SBD	CAN			
1	Claire Knight	GBR	F	49	GBR	GBR	Wraps	M45-49 AWPC World Championship	72.9	75	120	125	130	130	62.5	67.5	70	70	155	160.5	-165	160.5	360	306.87	SBD	GBR			
1	Taneat Mitchell	ZAF	F	48	ZAF	ZAF	Wraps	M45-49 AWPC World Championship	88.4	90	125	135	140	140	47.5	50	-55	50	130	140	145	145	335	253.95	SBD	ZAF			
1	KC Karen Clark	USA	F	49	USA	NV	Wraps	M45-49 AWPC World Cup	93	100	100	107.5	112.5	112.5	60	62.5	65	68	65	130	140	142.5	-145.5	142.5	320	236.47	SBD	USA	
1	Margaret Parson	USA	F	53	USA	MT	Wraps	M50-54 WPC World Cup	85.8	90	47.5	55	65	65	50	-55	-55	50	65	75	90	90	205	157.92	SBD	USA			
1	Louise Clark	GBR	F	59	GBR	GBR	Wraps	M55-59 AWPC World Championship	63.1	67.5	112.5	-122.5	-125	112.5	60	65	-70	65	125	130	-135	130	307.5	291.25	SBD	GBR			
1	Robyn Geldart	ZAF	F	55	ZAF	ZAF	Wraps	M55-59 AWPC World Championship	68.8	75	112.5	117.5	-122.5	117.5	-57.5	57.5	60.5	60.5	120	127.5	-135.5	127.5	305	270.81	SBD	ZAF			
1	Allison McGrath	GBR	F	56	GBR	GBR	Wraps	M55-59 AWPC World Championship	80.6	82.5	100	110	118	118	60	65	68	70.5	68	110	120	130.5	130.5	315	251.62	SBD	GBR		
1	Tamara Ostling	USA	F	64	USA	WI	Wraps	M60-64 AWPC World Championship	98.9	100	62.5	70	80	80	35	42.5	-47.5	42.5	85	102.5	105	105	227.5	163.48	SBD	USA			
1	Nancy Brook	USA	F	60	USA	MT	Wraps	M60-64 AWPC World Cup	73.5	75	105	112.5	115	115	62.5	65	-67.5	65	122.5	130	135	135	315	267.01	SBD	USA			
1	Tamara Ostling USA 7	USA	F	64	USA	WI	Wraps	M60-64 AWPC World Cup	98.9	100	62.5	70	80	80	35	42.5	-47.5	42.5	85	102.5	105	105	227.5	163.48	SBD	USA			
1	Tamara Ostling USA 7	USA	F	64	USA	WI	Wraps	M60-64 WPC World Cup	98.9	100	62.5	70	80	80	35	42.5	-47.5	42.5	85	102.5	105	105	227.5	163.48	SBD	USA			
1	Michelle Smart	USA	F	65	USA	MI	Wraps	M65-69 WPC World Cup	65.9	67.5	60	-62.5	-62.5	60	40	42.5	45	45	100	102.5	105	105	210	192.46	SBD	USA			
1	Rebecca Johnson	USA	F	27	USA	IL	Wraps	Open AWPC World Championship	46.5	48	62.5	62.5	62.5	62.5	55	58	-58.5	58	-102.5	-102.5	102.5	102.5	222.5	269.04	SBD	USA			
1	Grace Frye	USA	F	32	USA	MI	Wraps	Open AWPC World Championship	55.2	56	90	97.5	-105	97.5	67.5	72.5	-77.5	72.5	112.5	125	-142.5	125	295	310.6	SBD	USA			
1	Carly Richardson	GBR	F	37	GBR	GBR	Wraps	Open AWPC World Championship	65	67.5	145	-160	160	160	65	70	72.5	72.5	150	162.5	-170	162.5	395	365.77	SBD	GBR			
2	Amanda Freed	USA	F	31	USA	MI	Wraps	Open AWPC World Championship	62.8	67.5	112.5	122.5	130	130	65	80	-82.5	80	150	162.5	-170	162.5	372.5	354.12	SBD	USA			
3	Sarah Steininger-Rahl	USA	F	27	USA	IL	Wraps	Open AWPC World Championship	66.6	67.5	140	-145	-145	140	77.5	82.5	-87.5	82.5	140	145	-152.5	145	367.5	334.17	SBD	USA			
1	Tamara Ostling	USA	F	64	USA	WI	Wraps	Open AWPC World Championship	98.9	100	62.5	70	80	80	35	42.5	-47.5	42.5	85	102.5	105	105	227.5	163.48	SBD	USA			
1	Sarah Steininger-Rahl	USA	F	27	USA	IL	Wraps	Open AWPC World Cup	66.6	67.5	140	-145	-145	140	77.5	82.5	-87.5	82.5	140	145	-152.5	145	367.5	334.17	SBD	USA			
1	Charlie Hansen	USA	F	32	USA	ID	Wraps	Open AWPC World Cup	79.8	82.5	92.5	102.5	-125	102.5	35	40	-52.5	40	90	115	130	130	272.5	219	SBD	USA			
DQ	Rylee Fenwick	USA	F	27	USA																								