

OPL Form: Submit by email:

issues@openpowerlifting.org

Federation Date		Mee MeetState		MeetTown	MeetName		Formula	RuleSet								
'2026-03-28		UK	West Midlands	Birmingham	A/BPU Single Lift Championships at Arnolds UK Saturday Bench		Glossbreni	Combine	Sleeves&Wraps, Single&Multi							
Place	Name	Sex	Age	Country	Equipment	Division	Bodyweigh	WeightCla:	Bench1Kg	Bench2Kg	Bench3Kg	Bench4Kg	Best3Benc	TotalKg	Points	Event
1	Elaine Rollo	F	43		Bare	F_MR_1	86.4	90	85	92.5	-100		92.5	92.5	70.99	B
1	Nicola Goodwill	F	44		Bare	F_MR_1	101.7	110	130	140	-150.5		140	140	99.44	B
1	Natasha Gee	F	48		Bare	F_MR_2	74.55	75	80	85	-90		85	85	71.37	B
1	Sherie Reed	F	45		Bare	F_MR_2	77.7	82.5	72.5	77.5	80		80	80	65.38	B
1	Joanne Carr-Wilkinson	F	49		Bare	F_MR_2	89.05	90	80	85	-87.5		85	85	64.19	B
1	Sandy Pandya	F	58		Bare	F_MR_4	64.3	67.5	60	62.5	65		65	65	60.69	B
1	Wendy Addison-Doy	F	57		Bare	F_MR_4	74.55	75	102.5	107.5	112.5	-118	112.5	112.5	94.45	B
1	Mo Proctor	F	59		Bare	F_MR_4	98.4	100	77.5	85	-90		85	85	61.21	B
1	Gillian Carpenter	F	64		Bare	F_MR_5	64.9	67.5	50	-52.5	-55		50	50	46.35	B
1	Catherine Wass	F	68		Bare	F_MR_6	66.9	67.5	67.5	72.5	80		80	80	72.5	B
1	Kara Shaw	F	38		Bare	F_OR	73.2	75	90	97.5	102.5		102.5	102.5	87.13	B
1	Julie Green	F	58		Single-ply	F_MES_4_A	107.65	110	95	100	105		105	105	73.07	B
1	Elaine Rollo	F	42		Multi-ply	F_MEM_1	86.4	90	130	140	-150		140	140	107.44	B
1	Sabine Allner	F	42	GERMANY	Unlimited	F_OEU	126.5	110+	-225	225	-250		225	225	150.62	B
1	Jodie Davies	F	30		Unlimited	F_OEU_A	59.2	60	127.5	-147.5	147.5		147.5	147.5	146.85	B
1	Chelsea Batty	F	34		Unlimited	F_OEU_A	74.95	75	-130	130	-140		130	130	108.76	B
1	Amy Crossland	F	38		Unlimited	F_OEU_A	96	100	160	185	190		190	190	138.34	B
1	Joseph Jackson	M	23		Bare	M_JR	106.6	110	185	200	210		210	210	119.23	B
1	Louis parry	M	21		Bare	M_JR	114.75	125	200	-205			200	200	111.29	B
1	MARK NUGENT	M	41		Bare	M_MR_1	80.8	82.5	150	-162.5	162.5		162.5	162.5	106.18	B
2	James Sargent	M	44		Bare	M_MR_1	80.05	82.5	100	107.5	112.5		112.5	112.5	73.97	B
1	Chris Pike MASTER	M	43		Bare	M_MR_1	88.1	90	175	180	182.5		182.5	182.5	113.01	B
1	Matthew Dunne	M	43		Bare	M_MR_1	107.65	110	180	190	200		200	200	113.2	B
2	Alan Lee	M	44		Bare	M_MR_1	108	110	182.5	195	197.5		197.5	197.5	111.68	B
NS	Jason Pearson	M	45		Bare	M_MR_2										B
1	David Zahedi MASTER	M	45		Bare	M_MR_2	90	90	155	-165	-170		155	155	94.83	B
1	Paul Coates	M	47		Bare	M_MR_2	96.65	100	157.5	167.5	-177.5		167.5	167.5	98.83	B
1	Stuart Davidson	M	46		Bare	M_MR_2	130.3	140	150	157.5	-165		157.5	157.5	85.05	B
1	Jamie Bailey	M	51		Bare	M_MR_3	97	100	120	130	-145		130	130	76.58	B
1	Mark Townend	M	51		Bare	M_MR_3	125.5	140	180	190	195		195	195	106.21	B
2	Matthias Fanselow GERMANY	M	50		Bare	M_MR_3	126.5	140	170	-180	180	-185	180	180	97.89	B
1	Piotr Strzala	M	59		Bare	M_MR_4	107.7	110	165	175	-185		175	175	99.04	B
1	Justin Randall	M	55		Bare	M_MR_4	114.2	125	-170	177.5	185		185	185	103.06	B
1	Stuart Hamilton	M	61		Bare	M_MR_5	89.35	90	140	150	-160		150	150	92.15	B
1	Jean-Pierre Bestel	M	63		Bare	M_MR_5	97.6	100	80	87.5	92.5		92.5	92.5	54.34	B
1	Neil Bacon	M	69		Bare	M_MR_6	81.25	82.5	115	122.5	-125		122.5	122.5	79.75	B
NS	Adam Konrath	M	39		Bare	M_OR										B
NS	Konstantinos Kyrchanidis	M	39		Bare	M_OR										B
1	Shane Penfold	M	32		Bare	M_OR	73.45	75	132.5	142.5	-147.5		142.5	142.5	99.66	B
1	Chris Pike OPEN	M	43		Bare	M_OR	88.1	90	175	180	182.5		182.5	182.5	113.01	B
2	David Zahedi OPEN	M	45		Bare	M_OR	90	90	155	-165	-170		155	155	94.83	B
3	Michael Evans	M	38		Bare	M_OR	86.2	90	110	120	-125		120	120	75.27	B
1	Anthony Sandison	M	32		Bare	M_OR	99.7	100	-180	190	192.5		192.5	192.5	112.04	B
2	Scott Johnston	M	41		Bare	M_OR	99.35	100	170	185	-195		185	185	107.83	B
3	James Pierce	M	34		Bare	M_OR	95.1	100	172.5	182.5	-187.5		182.5	182.5	108.51	B
4	Dhaiwat Sadhu	M	38		Bare	M_OR	98.45	100	150	157.5	-162.5		157.5	157.5	92.16	B
DQ	Tommy Lawton	M	30		Bare	M_OR	96.75	100	-160	-170	-170					B
1	Zilvinas Peldzius	M	37		Bare	M_OR	109.3	110	190	202.5	210		210	210	118.33	B
2	Thomas Galpin	M	24		Bare	M_OR	103.45	110	175	182.5	-190		182.5	182.5	104.69	B
3	Oliver Rowe	M	24		Bare	M_OR	107.75	110	165	175	182.5		182.5	182.5	103.27	B
4	Luke Patterson	M	35		Bare	M_OR	106.15	110	165	175			175	175	99.49	B
1	Daniel Wigggin	M	32		Bare	M_OR	136.85	140	232.5	242.5	250		250	250	133.47	B
NS	David Onyeme	M	33		Bare	M_OR	127.65	140								B
1	Anshvardhan Shetty	M	18		Bare	M_TR_3	65.7	67.5	127.5	135	-140		135	135	103.41	B
1	Andy Champ	M	43		Single-ply	M_MES_1_A	108.3	110	277.5	-285	300		300	300	169.49	B
DQ	Shaun Millward	M	44		Single-ply	M_MES_1_A	124.05	125	-170	-172.5	-172.5					B
1	Michael Coleman IRELAND	M	50		Single-ply	M_MES_3_A	99.6	100	140	-150	160		160	160	93.16	B
1	David Murray	M	35		Single-ply	M_OES	87.8	90	-195	195	-202.5		195	195	120.99	B
1	Chris Donoghue	M	39		Single-ply	M_OES	107.7	110	210	220	230		230	230	130.16	B
1	Iain Conner	M	48		Multi-ply	M_MEM_2	115.1	125	280	290	300		300	300	166.82	B
NS	Jean Pierre Bestel Mply	M	63		Multi-ply	M_MEM_5	97.6	100								B
DQ	Aaron Fillery	M	38		Multi-ply	M_OEM	96.1	100	-180	-200	-200					B
1	Robert Beattie	M	37		Multi-ply	M_OEM_A	113.55	125	205	-220	-220		205	205	114.36	B
1	Nathan Lynch Junior	M	22		Unlimited	M_MEU_A	77.35	82.5	185	-215	-220		185	185	124.56	B
1	Patric Kallenbacher	M	47		Unlimited	M_MEU_2	102.9	110	312.5	332.5	-350		332.5	332.5	191.1	B
1	Kalle Ylitalo-James	M	42		Unlimited	M_MEU_2	124.9	125	-400	400			400	400	218.18	B
2	Martin Erlitz	M	48	GERMANY	Unlimited	M_MEU_2	124.4	125	295	320	-340		320	320	174.74	B
1	Matt Small	M	46		Unlimited	M_MEU_2	136.85	140	-215	215	-230		215	215	114.78	B
1	Paul Morgan	M	52		Unlimited	M_MEU_3_A	109.2	110	305	-330	-340		305	305	171.9	B
DQ	Richard Evans	M	58		Unlimited	M_MEU_4	110.95	125	-152.5	-152.5	-152.5					B
1	John Pollard	M	55		Unlimited	M_MEU_4	145.9	140+	267.5	287.5	-302.5		287.5	287.5	151.29	B
1	Gary Jones	M	61	Australia	Unlimited	M_MEU_5_A	110.6	125	-255.5	255.5	272.5		272.5	272.5	153.04	B
1	Luke Litchfield	M	38		Unlimited	M_OEU	94.75	100	265	290	310		310	310	184.65	B
1	James Taylor	M	34		Unlimited	M_OEU	109.3	110	-382.5	-382.5	382.5	-402.5	382.5	382.5	215.52	B
1	Kalle Ylitalo-James	M	42		Unlimited	M_OEU	124.9	125	-400	400			400	400	218.18	B
1	Nathan Lynch OPEN	M	22		Unlimited	M_OEU_A	77.35	82.5	185	-215	-220		185	185	124.56	B
G	Dawid Chrysafis	M	28		Unlimited	M_OEU_A	87.4	90	220	235	-242.5		235	235	146.2	B
1	Kieran Peters	M	36		Unlimited	M_OEU_A	98.5	100	230	240			240	240	140.41	B
1	Paul Morgan	M	52		Unlimited	M_OEU_A	109.2	110	305	-330	-340		305	305	171.9	B
1	Graham Mellow	M	32		Unlimited	M_OEU_A	161.2	140+	-310	-310	365		365	365	187.41	B