OPL For Submit by email: issues@openpowerlifting.org

Federat	Date	Mee	MeetState	MeetTown	MeetName	Formula	RuleSet
A/BPU	'2026-03-29	UK	West Midlands	Birmingham	A/BPU Single Lift Championships at Arnolds UK Sunday Bench	Glossbrenner	CombineSleevesWrapsSingleMulti

Place	Name	Sex	Age	Equipment	Division	Bodyweigh	WeightCla	Bench1Kg	Bench2Kg	Bench3Kg	Bench4Kg	Best3BenchK	TotalKg	Points	Event
1	Lily Churchyard	F	23	Bare	F_JR_A	44.95	48	55	57.5	-60		57.5	57.5	71.42	B
1	Helena Tarbuk	F	20	Bare	F_JR_A	51.3	52	65	70	75	-77.5	75	75	83.79	B
2	Tanya Khan	F	22	Bare	F_JR_A	50.35	52	55	-62.5	62.5		62.5	62.5	70.89	B
1	Arabella Jno-Lewis	F	23	Bare	F_JR_A	54.65	56	50	52.5	55		55	55	58.38	B
1	Jessica McElwee	F	23	Bare	F_JR_A	59.25	60	75	80	83	85	83	83	82.58	B
1	Bluebelle Wood	F	22	Bare	F_JR_A	64.4	67.5	72.5	77.5	82.5		82.5	82.5	76.93	B
2	Paige Smyth	F	23	Bare	F_JR_A	64.85	67.5	80	-85	-85		80	80	74.21	B
NS	Nicole Kegeler GERMANY	F	44	Bare	F_MR_1	67.9	75								B
NS	Sam Birkin	F	39	Bare	F_MR_1_A										B
1	Carli-Louan Foster	F	44	Bare	F_MR_1_A	50.65	52	37.5	40	-42.5		40	40	45.15	B
1	Nat Johnson	F	43	Bare	F_MR_1_A	72.6	75	85	90	92.5		92.5	92.5	79.07	B
1	Jamiella Bruzulier	F	41	Bare	F_MR_1_A	118.25	110+		90	95	-100	95	95	64.59	B
2	Alexandra Mccabery	F	43	Bare	F_MR_1_A	137.6	110+		90	95	-102.5	95	95	62.44	B
NS	Michelle Geraghty-Corns	F	47	Bare	F_MR_2_A										B
1	Joanne Allan	F	46	Bare	F_MR_2_A	56.7	60	57.5	62.5	67.5		67.5	67.5	69.55	B
1	claire kirby	F	46	Bare	F_MR_2_A	62.5	67.5	62.5	70	-77.5		70	70	66.79	B
1	Sal Lack	F	49	Bare	F_MR_2_A	80.85	82.5	70	75	-80		75	75	59.8	B
NS	Chantelle Campling	F	52	Bare	F_MR_3_A										B
1	Shaheena Afini	F	52	Bare	F_MR_3_A	50.25	52	67.5	70	72.5	-75	72.5	72.5	82.37	B
1	Donna Bradbury	F	52	Bare	F_MR_3_A	61.6	67.5	60	65	70		70	70	67.55	B
1	Keeley Johnson	F	51	Bare	F_MR_3_A	97.4	100	65	70	75		75	75	54.25	B
NS	Charlie Beardsley	F	55	Bare	F_MR_4_A										B
NS	Nicola Elding	F	57	Bare	F_MR_4_A										B
NS	Tess Taylor	F	59	Bare	F_MR_4_A										B
1	Nina Kemp	F	57	Bare	F_MR_4_A	67.05	67.5	52.5	-57.5	57.5		57.5	57.5	52.02	B
1	Alison McGrath	F	57	Bare	F_MR_4_A	82.7	90	65	70	75	77.5	75	75	59	B
1	Julie Green	F	58	Bare	F_MR_4_A	108.5	110	72.5	75	77.5	80	77.5	77.5	53.82	B
NS	Gillian Carpenter	F	64	Bare	F_MR_5_A										B
1	LOUISE CLARK	F	60	Bare	F_MR_5_A	63	67.5	60	65	-70		65	65	61.64	B
2	Helen Gail Doyle	F	61	Bare	F_MR_5_A	62.9	67.5	32.5	-37.5	-42.5		32.5	32.5	30.86	B
1	Louise James	F	63	Bare	F_MR_5_A	81.1	82.5	40	42.5	45		45	45	35.81	B
1	Caroline Beynon	F	60	Bare	F_MR_5_A	84.9	90	37.5	-42.5	-42.5		37.5	37.5	29.06	B
NS	Catherine Duffy	F	67	Bare	F_MR_6_A										B
1	Sharon Graham	F	65	Bare	F_MR_6_A	59.1	60	47.5	52.5	55	-55.5	55	55	54.83	B
1	Martine Barons	F	65	Bare	F_MR_6_A	81.4	82.5	52.5	55	-57.5		55	55	43.67	B
NS	Mary Palmer	F	73	Bare	F_MR_7_A										B
1	Shaheena Afini	F	52	Bare	F_OR_A	50.25	52	67.5	70	72.5	-75	72.5	72.5	82.37	B
2	Tanya Khan	F	22	Bare	F_OR_A	50.35	52	55	-62.5	62.5		62.5	62.5	70.89	B
3	Tamsin Gamble	F	29	Bare	F_OR_A	51.45	52	55	60	-62.5		60	60	66.88	B
4	Eilidh McAulay	F	29	Bare	F_OR_A	51.1	52	37.5	40	-42.5		40	40	44.83	B
1	Keeley Holloran Brown	F	25	Bare	F_OR_A	59.05	60	70	72.5	75		75	75	74.82	B
2	Cheska Webb	F	38	Bare	F_OR_A	59.85	60	40	45	47.5		47.5	47.5	46.88	B
1	Hollie Beaman	F	26	Bare	F_OR_A	66.1	67.5	80	-87.5	-87.5		80	80	73.15	B
2	Ines Huc	F	27	Bare	F_OR_A	66.15	67.5	67.5	-75	-75		67.5	67.5	61.69	B
1	Jessica Randall	F	26	Bare	F_OR_A	71.2	75	100	110	-120		110	110	95.31	B
2	Sarah Higgins	F	31	Bare	F_OR_A	74.6	75	100	102.5	105		105	105	88.12	B
3	Nat Johnson	F	43	Bare	F_OR_A	72.6	75	85	90	92.5		92.5	92.5	79.07	B
1	Rebecca Marsh	F	26	Bare	F_OR_A	76.65	82.5	95	100	103	-105	103	103	84.91	B
2	Michaela Owen-Clark	F	39	Bare	F_OR_A	81.85	82.5	87.5	95	100		100	100	79.15	B
3	Lucinda Perrett	F	34	Bare	F_OR_A	80.55	82.5	70	75	77.5		77.5	77.5	61.93	B
4	Ashleigh Hartnell	F	30	Bare	F_OR_A	79.9	82.5	67.5	72.5	-75		72.5	72.5	58.22	B
1	Charlotte Stapleton	F	35	Bare	F_OR_A	91.6	100	72.5	77.5	80		80	80	59.56	B
1	Sophie McKinna	F	31	Bare	F_OR_A	113	110+		110	115	122.5	122.5	122.5	84.21	B
1	Felicity Berrington	F	13	Bare	F_TR_1_A	65.35	67.5	30	35	37.5		37.5	37.5	34.58	B
1	Mayzie-Jo teague	F	14	Bare	F_TR_1_A	77.8	82.5	45	55	-60		55	55	44.91	B
1	India Teague	F	17	Bare	F_TR_2_A	77.75	82.5	87.5	100	-105		100	100	81.69	B
1	Victoria Zhuravel	F	18	Bare	F_TR_3_A	57.8	60	57.5	62.5	-67.5		62.5	62.5	63.42	B
NS	Alexia Renault Lo-Pinto IRELAND	M	22	Bare	F_JR_A	66.9	67.5								B
NS	Zden?k Franc CZECH	M	22	Bare	M_JR	116	125								B
NS	James Williams	M	42	Bare	M_MR_1										B
NS	Alan Lee	M	44	Bare	M_MR_1	109.15	110								B
NS	Nick Simpson	M	54	Bare	M_MR_3										B
NS	Grant Mcevansoneya	M	35	Bare	M_OR										B
NS	ï¿½kos Olï¿½h HUNGARY	M	37	Bare	M_OR	107.1	110								B
NS	Piotr Strzala	M	59	Bare	M_OR	108.25	110								B
NS	Moszkal Adam HUNGARY	M	30	Bare	M_OR	123.25	125								B