

OPL Fo Submit by email: issues@openpowerlifting.org

Federal Date: A/BPU '2026-03-29
 Meet: UK West Midlands
 MeetState: Birmingham
 MeetTown: Birmingham
 MeetName: A/BPU Single Lift Championships at Arnolds UK Sunday DL
 Formula: Glossbreni
 RuleSet: CombineSleevesWrapsSingleMulti

Place	Name	Sex	Age	Equipment	Division	BodywtKg	WtClassKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Deadlift4Kg	Best3Deac	TotalKg	Points	Event
1	Lily Churchyard	F	23	Bare	F_JR_A	44.95	48	117.5	123	-127.5		123	123	152.77	D
1	Tanya Khan	F	22	Bare	F_JR_A	50.35	52	115	130	-135		130	130	147.46	D
1	Arabella Jno-Lewis	F	23	Bare	F_JR_A	54.65	56	110	115	125		125	125	132.68	D
1	Paige Smyth	F	23	Bare	F_JR_A	64.85	67.5	150	162.5	172.5		172.5	172.5	160.01	D
1	Amera Zelfer-Ross	F	22	Bare	F_JR_A	71.15	75	155	165	175		175	175	151.71	D
1	Alisha Slater	F	22	Bare	F_JR_A	79.2	82.5	145	160	-165		160	160	129.19	D
1	Julie Green	F	58	Bare	F_MES_4_A	108.5	110	110	120	130		130	130	90.29	D
NS	Kessiah Farrington	F	42	Bare	F_MR_1_A										D
NS	Sam Birkin	F	39	Bare	F_MR_1_A										D
1	Rachel Measures	F	42	Bare	F_MR_1_A	53.8	56	135	145	152.5	-158	152.5	152.5	163.93	D
1	Rachel Kearn	F	43	Bare	F_MR_1_A	58.7	60	90	110	-122.5		110	110	110.25	D
1	Claire Cartlidge	F	42	Bare	F_MR_1_A	64.9	67.5	140	150	160		160	160	148.33	D
1	Kim Johnson	F	43	Bare	F_MR_1_A	71.1	75	155	167.5	-175		167.5	167.5	145.28	D
2	Natasha Williams	F	42	Bare	F_MR_1_A	74.75	75	-137.5	145	152.5		152.5	152.5	127.81	D
1	Sam Vickers	F	40	Bare	F_MR_1_A	79.05	82.5	170	180	-185		180	180	145.51	D
2	Gemma Jones	F	43	Bare	F_MR_1_A	77.9	82.5	-145	152.5	160		160	160	130.54	D
NS	Bethany Kneil	F	45	Bare	F_MR_2_A										D
NS	Michelle Geraghty-Corns	F	47	Bare	F_MR_2_A										D
1	Joanne Allan	F	46	Bare	F_MR_2_A	56.7	60	130	135	145		145	145	149.41	D
2	Helen Sampson	F	46	Bare	F_MR_2_A	56.9	60	115	125	130		130	130	133.58	D
1	claire kirby	F	46	Bare	F_MR_2_A	62.5	67.5	135	150	-160		150	150	143.13	D
1	Helen Redhead	F	46	Bare	F_MR_2_A	79.9	82.5	-155	-155	155	166	155	155	124.47	D
1	Keeley Johnson	F	51	Bare	F_MR_3_A	97.4	100	160	-170	170	175	170	170	122.98	D
NS	Charlie Beardsley	F	55	Bare	F_MR_4_A										D
NS	Nicola Elding	F	57	Bare	F_MR_4_A										D
1	Nina Kemp	F	57	Bare	F_MR_4_A	67.05	67.5	110	120	-130		120	120	108.57	D
1	Nia Golding	F	55	Bare	F_MR_4_A	69.05	75	150	165	170		170	170	150.55	D
1	Alison McGrath	F	57	Bare	F_MR_4_A	82.7	90	120	130	140		140	140	110.13	D
1	Julie Green	F	58	Bare	F_MR_4_A	108.5	110	100	120	130		130	130	90.29	D
NS	Gillian Carpenter	F	64	Bare	F_MR_5_A										D
1	LOUISE CLARK	F	60	Bare	F_MR_5_A	63	67.5	120	130	135		135	135	128.02	D
2	Helen Gail Doyle	F	61	Bare	F_MR_5_A	62.9	67.5	90	100	-110		100	100	94.95	D
1	Caroline Beynon	F	60	Bare	F_MR_5_A	84.9	90	85	92.5	-97.5		92.5	92.5	71.68	D
NS	Catherine Duffy	F	67	Bare	F_MR_6_A										D
1	Sharon Graham	F	65	Bare	F_MR_6_A	59.1	60	132.5	140	142.5	143	142.5	142.5	142.06	D
1	Martine Barons	F	65	Bare	F_MR_6_A	81.4	82.5	140	155	-160		155	155	123.08	D
NS	Mary Palmer	F	73	Bare	F_MR_7_A										D
1	Boneva Corby	F	24	Bare	F_OR_A	47.45	48	-95	100	105		105	105	124.93	D
1	Tanya Khan	F	22	Bare	F_OR_A	50.35	52	115	130	-135		130	130	147.46	D
2	Eilidh McAulay	F	29	Bare	F_OR_A	51.1	52	110	120	125		125	125	140.1	D
1	Hannah Langton	F	30	Bare	F_OR_A	54	56	160	167.5	172.5	-180.5	172.5	172.5	184.88	D
2	Rachel Measures	F	42	Bare	F_OR_A	53.8	56	135	145	152.5	-158	152.5	152.5	163.93	D
1	Sarah Ellis	F	30	Bare	F_OR_A	59.4	60	155	167.5	172.5		172.5	172.5	171.28	D
2	Cheska Webb	F	38	Bare	F_OR_A	59.85	60	100	107.5	-112.5		107.5	107.5	106.1	D
1	Jessica Elbeck	F	31	Bare	F_OR_A	67.45	67.5	155	165	172.5		172.5	172.5	155.39	D
2	Scarlett Padgett	F	35	Bare	F_OR_A	67	67.5	150	160	170		170	170	153.9	D
3	Carly Richardson	F	38	Bare	F_OR_A	66.15	67.5	155	165	-170		165	165	150.79	D
4	Ines Huc	F	27	Bare	F_OR_A	66.15	67.5	140	152.5	-155		152.5	152.5	139.37	D
5	Kate Waters	F	31	Bare	F_OR_A	65.15	67.5	145	-160	-160		145	145	134.04	D
1	Jessica Randall	F	26	Bare	F_OR_A	71.2	75	180	190	205		205	205	177.63	D
2	Erica Bridgewater	F	24	Bare	F_OR_A	73.6	75	160	180	-185		180	180	152.44	D
3	Bryony Smith	F	26	Bare	F_OR_A	71.7	75	152.5	162.5	-170		162.5	162.5	140.11	D
4	Natalie Nurse	F	26	Bare	F_OR_A	72.55	75	155	-165	-167.5		155	155	132.56	D
1	Ashleigh Hartnell	F	30	Bare	F_OR_A	79.9	82.5	155	165	170		170	170	136.52	D
2	Cassandra Stonehouse	F	35	Bare	F_OR_A	81.6	82.5	170	-185	-185		170	170	134.79	D
3	Lucinda Perrett	F	34	Bare	F_OR_A	80.55	82.5	145	160	-170		160	160	127.86	D
4	Hayley Cox	F	39	Bare	F_OR_A	80.4	82.5	150	-155	155		155	155	124	D
NS	Michaela Owen-Clark	F	39	Bare	F_OR_A	81.85	82.5								D
1	Colette Carpenter	F	36	Bare	F_OR_A	88.8	90	175	185	-200		185	185	139.91	D
2	Monica Hofvind	F	29	Bare	F_OR_A	89.65	90	150	160	-162.5		160	160	120.41	D
1	Samantha Kilmartin	F	38	Bare	F_OR_A	106.9	110	175	190	-195		190	190	132.46	D
2	Alice Ledson	F	28	Bare	F_OR_A	109.1	110	165	-175	-175		165	165	114.43	D
1	Sophie McKinna	F	31	Bare	F_OR_A	113	110+	190	205	-215		205	205	140.93	D
2	Amy Notman-Howes	F	30	Bare	F_OR_A	126.2	110+	175	185	-200		185	185	123.91	D
3	Eleanor Davison	F	29	Bare	F_OR_A	193.05	110+	162.5	172.5	-180		172.5	172.5	106.3	D
1	Harriet Lack	F	13	Bare	F_TR_1_A	50	52	70	-75	75		75	75	85.55	D
1	Felicity Berrington	F	13	Bare	F_TR_1_A	65.35	67.5	80	90	-100		90	90	83	D
1	India Teague	F	17	Bare	F_TR_2_A	77.75	82.5	145	160	-170		160	160	130.7	D