

OPL F Submit by email: [issues@openpowerlifting.org](mailto:issues@openpowerlifting.org)

### Bristol vs Cardiff Varsity

Feder Date	MeetCountry	MeetState	Formula																			
BPL '2023-11-25	England	South West	IPF GL Points																			
Place Name	Instagram	Sex	Equipment	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench	Deadlift1Kj	Deadlift2Kj	Deadlift3Kj	Best3Dead	TotalKg	Points	Event	Team
1 Margarita Marcou	maggie_pwrftng	F	Raw	Junior	56.92	57	-75	75	90	90	42.5	50	-52.5	50	102.5	110	117.5	117.5	257.5	60.46	SBD	CUBC
1 Marianne Clert	mari.wham	F	Raw	Junior	60.17	63	100	107.5	112.5	112.5	55	57.5	-60	57.5	120	127.5	135	135	305	68.81	SBD	UOB
2 Isabel Webb	izyywebb	F	Raw	Junior	61.56	63	85	95	102.5	102.5	35	40	-42.5	40	100	112.5	120	120	262.5	58.31	SBD	CUBC
1 Ayishah Roberts	strongish.yish	F	Raw	Junior	65.78	69	120	127.5	132.5	132.5	70	75	80.5	80.5	160	-170	-175.5	160	373	79.44	SBD	UOB
1 Holly Cooper	holly.lifting	F	Raw	Junior	74.37	76	-107.5	-112.5	112.5	112.5	70	75	77.5	77.5	127.5	135	142.5	142.5	332.5	66.24	SBD	UOB
2 Megan Rimmington	dontskipmegday	F	Raw	Junior	72.48	76	90	-95	95	95	47.5	50	-55	50	105	115	122.5	122.5	267.5	53.98	SBD	UOB
1 Ellisse Heller	els_heller	F	Raw	Junior	82.55	84	-80	90	-100	90	50	-57.5	-57.5	50	115	125	132.5	132.5	272.5	51.82	SBD	CUBC
1 Shannon Williams	shxnn_n	F	Raw	Open	68	69	105	-112.5	115	115	60	-65	-67.5	60	107.5	-112.5	-112.5	107.5	282.5	59.01	SBD	UOB
1 Joshua Chan	lazarolift	M	Raw	Junior	64.4	66	140	150	-157.5	150	102.5	110	-115	110	172.5	182.5	192.5	192.5	452.5	71.47	SBD	CUBC
1 Lucas Hutton	lucas_lifts	M	Raw	Junior	73.52	74	157.5	170	177.5	177.5	95	100	105	105	180	192.5	-205	192.5	475	69.97	SBD	UOB
2 Jonty Yonge	jonty_yonge	M	Raw	Junior	69.61	74	130	140	-150	140	95	105	112.5	112.5	150	162.5	175	175	427.5	64.8	SBD	CUBC
1 Harry Smith	harrysmithmachine	M	Raw	Junior	78.13	83	190	200	207.5	207.5	155	162.5	-165	162.5	205	212.5	-220	212.5	582.5	83.15	SBD	UOB
2 Hayden Simmons	hslifting	M	Raw	Junior	78.12	83	190	200	-205	200	-127.5	127.5	-132.5	127.5	217.5	230	-235	230	557.5	79.59	SBD	UOB
3 Alexander Chan	lex1fts	M	Raw	Junior	80.11	83	190	202.5	207.5	207.5	127.5	135	-140	135	190	205	215	215	557.5	78.57	SBD	CUBC
4 Thomas Clarke	tom_lifts04	M	Raw	Junior	80.82	83	170	180	187.5	187.5	110	-122.5	122.5	122.5	205	220	-230	220	530	74.36	SBD	CUBC
5 Ben West	ben_westfit	M	Raw	Junior	81.2	83	145	155	160	160	105	112.5	-117.5	112.5	195	207.5	220	220	492.5	68.94	SBD	UOB
6 Peter Lewis	peter.lewis03	M	Raw	Junior	82.95	83	145	157.5	165	165	112.5	120	125	125	165	177.5	187.5	187.5	477.5	66.12	SBD	UOB
7 Oliver Jones-Nerzic	ol.liftss	M	Raw	Junior	82.06	83	150	160	-167.5	160	100	-107.5	-115	100	180	192.5	202.5	202.5	462.5	64.39	SBD	CUBC
1 Paul Metzler	paul.pulls	M	Raw	Junior	91.9	93	200	-207.5	-207.5	200	105	110	-112.5	110	230	240	250	250	560	73.69	SBD	UOB
2 Gavin Heffernan	hefty.gav	M	Raw	Junior	87.76	93	177.5	-185	-185	177.5	95	100	105	105	210	220	227.5	227.5	510	68.65	SBD	UOB
3 Sebastian Rann	srann03	M	Raw	Junior	91.4	93	160	170	-177.5	170	97.5	105	107.5	107.5	200	212.5	220	220	497.5	65.64	SBD	CUBC
1 David Johnston	dave.lift	M	Raw	Junior	95.5	105	205	220	-225	220	150	160	-167.5	160	225	240	250	250	630	81.36	SBD	CUBC
2 Alexis Masouras	masouras.mass.mover	M	Raw	Junior	96.83	105	220	235	245	245	132.5	140	145	145	210	220	-230	220	610	78.26	SBD	CUBC
3 Daniel Cross	dancr0ss	M	Raw	Junior	101.4	105	165	175	185	185	-130	135	-140	135	207.5	220	230	230	550	69.03	SBD	CUBC
4 James Marshall	meathead_marshall	M	Raw	Junior	100.9	105	182.5	195	-202.5	195	97.5	102.5	-105	102.5	200	212.5	220	220	517.5	65.1	SBD	CUBC
5 Zaid Anfoka	nemolifts	M	Raw	Junior	94.54	105	155	165	-175	165	107.5	112.5	-117.5	112.5	200	210	-220	210	487.5	63.27	SBD	UOB
1 Hayden Thomas	thegym.ginger	M	Raw	Junior	108.25	120	195	207.5	215	215	115	125	140	140	225	245	260	260	615	74.87	SBD	CUBC
1 Renaldo Evan	renalildo	M	Raw	Open	77.5	83	155	162.5	-170	162.5	87.5	95	-100	95	167.5	175	-180	175	432.5	62	SBD	UOB