

Federation Date
IPF '2023-01-21

MeetState MeetTown MeetName Formula
South Wes IPF GL Points

Place	Name	Sex	Country	Equipment	Division	Bodyweigh	WeightCl	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Dead	TotalKg	Points	Event
G	Sophie Hadjineophytou	F	UK	Raw	F-O	50.25	52	95	100	-102.5	100	55	57.5	-60	57.5	-135	142.5	-147.5	142.5	300	78.07	SBD
G	Natalie Constantinou	F	UK	Raw	F-O	56.67	57	107.5	-112.5	112.5	112.5	50	52.5	55	55	130	140	-145	140	307.5	72.45	SBD
1	Olivia Hardingham	F	UK	Raw	F-O	62.81	63	135	145	-155	145	50	57.5	62.5	62.5	135	147.5	157.5	157.5	365	80.01	SBD
2	Aleena Akhtar	F	UK	Raw	F-O	57.87	63	-80	90	95	95	40	45	50	50	120	130	140	140	285	66.1	SBD
3	Denise Goddard	F	UK	Raw	F-O	62.3	63	60	65	-67.5	65	32.5	-35	35	35	80	85	90	90	190	41.87	SBD
1	Maggie Turner	F	UK	Raw	F-O	67.27	69	-135	140	145	145	75	-77.5	-80	75	135	142.5	150	150	370	77.77	SBD
2	Noa Shmueli	F	UK	Raw	F-O	66.15	69	115	120	125	125	-65	67.5	70	70	132.5	140	147.5	147.5	342.5	72.7	SBD
3	Ayishah Roberts	F	UK	Raw	F-O	63.96	69	100	105	110	110	60	62.5	65	65	132.5	137.5	-145	137.5	312.5	67.72	SBD
4	Charlotte (Lottie) Taylor	F	UK	Raw	F-O	65.98	69	92.5	100	107.5	107.5	52.5	57.5	-62.5	57.5	102.5	112.5	115	115	280	59.53	SBD
5	Linda Thorne	F	UK	Raw	F-O	66.17	69	65	72.5	80	80	42.5	-47.5	-47.5	42.5	125	135	142.5	142.5	265	56.24	SBD
DQ	Najma Mahmood	F	UK	Raw	F-O	67.81	69	-130	-130	-130		75	-82.5	-82.5	75	145	160	-170	160			SBD
G	Lia Goulding	F	UK	Raw	F-O	67.78	69	-90	90	97.5	97.5	42.5	-47.5	47.5	47.5	90	100	110	110	255	53.36	SBD
1	Emily Butler	F	UK	Raw	F-O	73.04	76	132.5	142.5	150	150	57.5	-62.5	62.5	62.5	152.5	162.5	167.5	167.5	380	76.39	SBD
2	Tabitha Walton	F	UK	Raw	F-O	74.41	76	110	117.5	-122.5	117.5	52.5	55	-57.5	55	135	145	152.5	152.5	325	64.73	SBD
3	Ellen Judson	F	UK	Raw	F-O	74.4	76	95	102.5	107.5	107.5	50	55	-57.5	55	132.5	140	-147.5	140	302.5	60.25	SBD
4	Georgia Lenihan	F	UK	Raw	F-O	74.93	76	90	97.5	102.5	102.5	55	60	62.5	62.5	115	122.5	127.5	127.5	292.5	58.06	SBD
5	Helen Robertson	F	UK	Raw	F-O	75.2	76	87.5	95	-105	95	47.5	-52.5	-52.5	47.5	122.5	-125	-127.5	122.5	265	52.51	SBD
6	Lucy Allcock	F	UK	Raw	F-O	69.8	76	75	82.5	90	90	45	50	52.5	52.5	90	100	-105	100	242.5	49.92	SBD
1	Vicki Moore	F	UK	Raw	F-O	80.3	84	122.5	-132.5	-132.5	122.5	77.5	82.5	85	85	130	137.5	145	145	352.5	67.8	SBD
1	Keira Louise Worrall	F	UK	Raw	F-O	84.55 84+		120	-127.5	127.5	127.5	65	-70	70	70	135	142.5	147.5	147.5	345	64.99	SBD
2	Sonia Jones	F	UK	Raw	F-O	92.98 84+		-105	115	125	125	57.5	62.5	67.5	67.5	135	145	150	150	342.5	62.4	SBD
3	Rachel Larson	F	UK	Raw	F-O	86.38 84+		122.5	130	-137.5	130	65	-67.5	-67.5	65	130	137.5	142.5	142.5	337.5	63.06	SBD
4	Polly Duke	F	UK	Raw	F-O	85.55 84+		97.5	105	-107.5	105	47.5	50	52.5	52.5	110	120	130	130	287.5	53.91	SBD
5	Ami Anderson	F	UK	Raw	F-O	90.12 84+		-95	-95	95	95	50	-55	-55	50	120	130	140	140	285	52.46	SBD
6	Annie Abbott	F	UK	Raw	F-O	102.04 84+		85	90	95	95	50	52.5	55	55	125	132.5	-137.5	132.5	282.5	50.12	SBD
7	Sandra Lord	F	UK	Raw	F-O	116.4 84+		-85	85	-92.5	85	60	67.5		67.5	115	120	125	125	277.5	47.83	SBD
G	Chloe Johnson	F	UK	Raw	F-O	98.11 84+		-110	110	120	120	57.5	62.5	-67.5	62.5	140	150	160	160	342.5	61.41	SBD
G	Emily Shergold	F	UK	Raw	F-O	92.7 84+		100	107.5	115	115	62.5	-67.5	-67.5	62.5	135	145	152.5	152.5	330	60.18	SBD
G	Angharad Fraser-Williams	F	UK	Single-ply	F-O	67.97	69	-165	-170	-175		75	80	85	85	165	170	175	175			SBD
1	Louie Dent	M	UK	Raw	M-O	66	66	120	140	-150	140	85	-92.5	92.5	92.5	190	210	220	220	452.5	70.54	SBD
2	Oyo Palima	M	UK	Raw	M-O	64.82	66	125	135	-140	135	90	-92.5	92.5	92.5	175	185	192.5	192.5	420	66.1	SBD
G	Danny Biddlecombe	M	UK	Raw	M-O	64.46	66	95	-102.5	107.5	107.5	57.5	60	65	65	125	132.5	140	140	312.5	49.33	SBD
1	Kevin Lee-Simion	M	UK	Raw	M-O	69.82	74	175	190	195	195	122.5	132.5	140	140	205	215	220	220	555	83.99	SBD
2	Scott Cashen	M	UK	Raw	M-O	73.98	74	202.5	215	-222.5	215	120	127.5	-135	127.5	200	212.5	-220	212.5	555	81.49	SBD
3	Renzo Binas	M	UK	Raw	M-O	70.91	74	175	182.5	192.5	192.5	95	102.5	-107.5	102.5	255	-265	-265	255	550	82.56	SBD
4	Colin Nickerson	M	UK	Raw	M-O	71.63	74	155	165	170	170	107.5	112.5	-115	112.5	240	260	-272.5	260	542.5	81.01	SBD
5	Tom Harvey	M	UK	Raw	M-O	72.7	74	165	175	177.5	177.5	110	115	-120	115	230	240	-260	240	532.5	78.9	SBD
6	Rocklan tyler harrison	M	UK	Raw	M-O	72.92	74	185	200	-205	200	110	120	-125	120	200	210	-220	210	530	78.41	SBD
7	Kai Gajewiak	M	UK	Raw	M-O	69.83	74	175	187.5	192.5	192.5	117.5	125	130	130	195	202.5	205	205	527.5	79.82	SBD
8	Ben Hurley	M	UK	Raw	M-O	72.42	74	140	147.5	155	155	105	110	-112.5	110	175	187.5	-192.5	187.5	452.5	67.18	SBD
9	Scott Thomas	M	UK	Raw	M-O	71.21	74	125	132.5	137.5	137.5	95	100	-102.5	100	190	205	212.5	212.5	450	67.4	SBD
10	Adam El Nairree	M	UK	Raw	M-O	73	74	-155	-155	155	155	107.5	112.5	117.5	117.5	160	170	-180	170	442.5	65.42	SBD
11	Ben Maskell	M	UK	Raw	M-O	72.7	74	120	135	142.5	142.5	80	92.5	-100	92.5	170	190	-200	190	425	62.97	SBD
12	Tyler Rigby	M	UK	Raw	M-O	73.22	74	-150	150	160	160	75	85	-90	85	150	160	-182.5	160	405	59.79	SBD
13	Sibi Kumara	M	UK	Raw	M-O	68.22	74	107.5	115	122.5	122.5	75	82.5	-90	82.5	145	160	170	170	375	57.44	SBD
G	Nicolas Di Matteo	M	UK	Raw	M-O	72.47	74	152.5	160	167.5	167.5	95	102.5	-107.5	102.5	160	170	175	175	445	66.04	SBD
1	Sammy Holt	M	UK	Raw	M-O	78.65	83	230	-240	-240	230	125	-130	-130	125	250	260	-270	260	615	87.5	SBD
2	Tom Beall	M	UK	Raw	M-O	80.65	83	205	215	222.5	222.5	135	145	-150	145	245	-267.5	-267.5	245	612.5	86.03	SBD
3	Sam Rayson	M	UK	Raw	M-O	82.7	83	-212.5	212.5	217.5	217.5	120	125	-130	125	255	265	-272.5	265	607.5	84.25	SBD
4	Henry Lushington	M	UK	Raw	M-O	81.3	83	-180	190	200	200	115	120	122.5	122.5	225	235	250	250	572.5	80.08	SBD
5	Daniel Eric Lillis	M	UK	Raw	M-O	78.7	83	190	200	-205	200	120	125	-130	125	232.5	240	-245	240	565	80.36	SBD
6	Peter Crudge	M	UK	Raw	M-O	80.9	83	170	180	187.5	187.5	115	122.5	127.5	127.5	210	225	235	235	550	77.13	SBD
7	Jacob Cable	M	UK	Raw	M-O	81.96	83	190	200	210	210	120	130	-135	130	200	210	-220	210	550	76.62	SBD
8	Josh Needs	M	UK	Raw	M-O	82.08	83	172.5	180	185	185	115	120	122.5	122.5	220	240	-250	240	547.5	76.22	SBD
9	Hayden Simmons	M	UK	Raw	M-O	80.31	83	185	-192.5	197.5	197.5	117.5	122.5	-125	122.5	212.5	-220	-220	212.5	532.5	74.95	SBD
10	Liam Barlow	M	UK	Raw	M-O	74.42	83	170	177.5	182.5	182.5	125	130	135	135	195	205	210	210	527.5	77.22	SBD
11	John Richardson	M	UK	Raw	M-O	82.08	83	160	170	-180	170	120	125	127.5	127.5	200	220	225	225	522.5	72.74	SBD
12	Josh Nicoll	M	UK	Raw	M-O	78.1	83	155	165	175	175	112.5	122.5	130	130	185	202.5	215	215	520	74.25	SBD
13	Ethan knight	M	UK	Raw	M-O	81.6	83	-160	160	175	175	100	110	115	115	220	230	-240	230	520	72.6	SBD
14	Thomas Tartaglia	M	UK	Raw	M-O	81.7	83	155	162.5	170	170	90	100	-107.5	100	200	215	-227.5	215	485	67.68	SBD

15	Brandon Sew	M	UK	Raw	M-O	80.34	83	155	160	-165	160	95	105	-110	105	195	205	-210	205	470	66.14	SBD
16	Marcus Cook	M	UK	Raw	M-O	80.85	83	147.5	152.5	-157.5	152.5	100	-105	-105	100	190	200	-210	200	452.5	63.48	SBD
17	Thomas Win	M	UK	Raw	M-O	75.85	83	-135	150	165	165	72.5	77.5	-82.5	77.5	150	175	192.5	192.5	435	63.05	SBD
G	Justin Jason Ricafrente	M	UK	Raw	M-O	80.32	83	190	200	202.5	202.5	135	137.5	140	140	-230	230	-240	230	572.5	80.58	SBD
G	Cameron Murray	M	UK	Raw	M-O	76.04	83	125	130	137.5	137.5	85	90	97.5	97.5	140	152.5	162.5	162.5	397.5	57.54	SBD
1	Tom Bird	M	UK	Raw	M-O	90.2	93	195	205	215	215	135	-145	-145	135	-235	255	-275	255	605	80.34	SBD
2	Youssef Gantar	M	UK	Raw	M-O	90.5	93	190	200	212.5	212.5	120	127.5	132.5	132.5	220	235	-250	235	580	76.9	SBD
3	Wayne Tutty	M	UK	Raw	M-O	91.96	93	180	190	-195	190	140	150	-155	150	200	222.5	-240	222.5	562.5	73.99	SBD
4	Alex Masouras	M	UK	Raw	M-O	89.74	93	192.5	202.5	210	210	120	-125	125	125	207.5	215	225	225	560	74.55	SBD
5	Daniel Aldis	M	UK	Raw	M-O	89	93	185	200	-205	200	105	115	-117.5	115	230	-250	-250	230	545	72.85	SBD
6	Archie Macer	M	UK	Raw	M-O	90.5	93	170	180	190	190	90	100	110	110	180	205	220	220	520	68.94	SBD
7	Grant Dodd	M	UK	Raw	M-O	90.3	93	170	180	-185	180	90	100	105	105	190	200	-210	200	485	64.37	SBD
8	Andy Ye	M	UK	Raw	M-O	91.4	93	162.5	172.5	-180	172.5	75	-80	-80	75	205	-217.5	222.5	222.5	470	62.01	SBD
DQ	Joshua John beard	M	UK	Raw	M-O	84.3	93	-185	-195	-207.5		-112.5				-220						SBD
G	Edward Macintyre	M	UK	Raw	M-O	92.45	93	202.5	212.5	220	220	110	115	117.5	117.5	-237.5	255	-265	255	592.5	77.74	SBD
G	Alex Foggie	M	UK	Raw	M-O	91.25	93	207.5	220	-227.5	220	100	110	115	115	230	247.5	-260	247.5	582.5	76.92	SBD
G	Ryan Gibson	M	UK	Raw	M-O	88.8	93	180	190	-200	190	105	-110	-110	105	217.5	227.5	-232.5	227.5	522.5	69.92	SBD
1	Callum Weir	M	UK	Raw	M-O	103.3	105	260	270		270	125	130	135	135	280	300	-310	300	705	87.71	SBD
2	Jack Presley	M	UK	Raw	M-O	100.2	105	-220	240	250	250	140	150	-152.5	150	260	280	-290	280	680	85.82	SBD
3	Gary Bowld	M	UK	Raw	M-O	103.5	105	-202.5	215	-230	215	157.5	167.5	-172.5	167.5	252.5	265	277.5	277.5	660	82.04	SBD
4	Louis Amoroso	M	UK	Raw	M-O	99.84	105	210	225	-230	225	125	132.5	-135	132.5	242.5	255	-260	255	612.5	77.44	SBD
5	Ryan Greedy	M	UK	Raw	M-O	96	105	160	170	180	180	112.5	120	-127.5	120	185	200	220	220	520	66.99	SBD
6	Joe Groves	M	UK	Raw	M-O	104.03	105	150	162.5	175	175	110	120	-130	120	180	200	220	220	515	63.86	SBD
1	Eliot Cheesright	M	UK	Raw	M-O	114.4	120	180	190	205	205	130	140	-150	140	190	-205	205	205	550	65.3	SBD
2	Ben Harris	M	UK	Raw	M-O	117.02	120	185	200	-210	200	115	125	130	130	170	190	-205	190	520	61.12	SBD
1	Bradley Gosling	M	UK	Raw	M-O	128.3	120+	190	205	220	220	105	112.5	-120	112.5	230	245	-260	245	577.5	65.24	SBD
1	Andy Liddle EBO	M	UK	Single-ply	M-O	65.65	66					95	-105	-110	95					95	41.45	B