

Federation Date MeetCount MeetTown MeetName Formula
 British Pow '2021-11-2' UK York November IPF GL Points

Place	Name	Sex	Age	Equipment	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench	Deadlift1Kξ	Deadlift2Kξ	Deadlift3Kξ	Best3Deadl	TotalKg	Points	Event
	1 Peta Goodv	F	25	Raw	FR-O	54.9	57	-105	105	120	120	60	67.5	-72.5	67.5	115	130	-140	130	317.5	76.66	SBD
	2 Julia Priestl	F	22	Raw	FR-O	56.7	57	102.5	110	-117.5	110	-45	50	52.5	52.5	110	120	125	125	287.5	67.71	SBD
	3 Amelia Hoξ	F	30	Raw	FR-O	54.3	57	-85	85	92.5	92.5	55	60	-62.5	60	115	120	127.5	127.5	280	68.2	SBD
	1 Joanna Tho	F	21	Raw	FR-O	57.3	63	85	92.5	95	95	52.5	60	62.5	62.5	90	100	105	105	262.5	61.33	SBD
	2 Tree Grenn	F	25	Raw	FR-O	62.5	63	80	90	-92.5	90	40	45	-47.5	45	85	-95	100	100	235	51.68	SBD
	1 Gemma sui	F	37	Raw	FR-O	66.3	69	130	137.5	142.5	142.5	75	77.5	-80	77.5	155	165	175	175	395	83.73	SBD
	2 Holly Kay	F	25	Raw	FR-O	65.9	69	120	127.5	132.5	132.5	65	70	72.5	72.5	130	142.5	150	150	355	75.53	SBD
	3 Rebecca Sn	F	25	Raw	FR-O	67.3	69	112.5	120	-125	120	65	70	-75	70	115	125	132.5	132.5	322.5	67.77	SBD
	4 Rhea Sutcli	F	41	Raw	FR-O	67.5	69	95	102.5	110	110	55	60	-65	60	135	142.5	150	150	320	67.13	SBD
	5 Izzie Cooml	F	24	Raw	FR-O	65.8	69	100	-107.5	107.5	107.5	50	55	60	60	122.5	132.5	142.5	142.5	310	66.01	SBD
	6 Louise Tayl	F	18	Raw	FR-O	66.4	69	75	80	-82.5	80	-52.5	55	57.5	57.5	82.5	90	92.5	92.5	230	48.71	SBD
	1 Erika McDc	F	27	Raw	FR-O	71.4	76	142.5	150	-155	150	80	85	87.5	87.5	155	165	175	175	412.5	83.89	SBD
	2 fenella basl	F	51	Raw	FR-O	73.8	76	115	-122.5	-122.5	115	62.5	65	-67.5	65	115	125	135	135	315	62.99	SBD
	3 Nicole Lath	F	20	Raw	FR-O	73.4	76	-97.5	102.5	107.5	107.5	50	55	-60	55	120	130	140	140	302.5	60.66	SBD
	4 Jenna Elise	F	21	Raw	FR-O	73.1	76	92.5	102.5	115	115	55	60	-62.5	60	112.5	125	-132.5	125	300	60.28	SBD
	5 Emma Barc	F	19	Raw	FR-O	71.4	76	82.5	87.5	90	90	55	60	62.5	62.5	-112.5	112.5	122.5	122.5	275	55.93	SBD
	6 Leila Thext	F	42	Raw	FR-O	74.5	76	92.5	97.5	-100	97.5	50	52.5	55	55	110	117.5	122.5	122.5	275	54.74	SBD
	7 Alys Churc	F	26	Raw	FR-O	74.2	76	90	-100	-100	90	57.5	60	-65	60	110	112.5	117.5	117.5	267.5	53.35	SBD
	8 Kim Ferris	F	41	Raw	FR-O	74.4	76	85	90	-95	90	50	-55	55	55	110	120	-122.5	120	265	52.78	SBD
	9 Emily Watk	F	24	Raw	FR-O	74	76	90	95	-100	95	-50	50	-55	50	92.5	95	-102.5	95	240	47.93	SBD
	1 Erholove lz	F	20	Raw	FR-O	81.4	84	-170	170	185	185	75	80	-87.5	80	205	216	227.5	227.5	492.5	94.19	SBD
	2 Megan Reil	F	29	Raw	FR-O	82.3	84	112.5	120	127.5	127.5	57.5	62.5	67.5	67.5	135	145	155	155	350	66.64	SBD
NS	Alex White	M	18	Raw	MR-O																	SBD
NS	Ralph Davi	M	20	Raw	MR-O																	SBD
NS	Richard W	M	31	Raw	MR-O																	SBD
	1 Daniel Rob	M	16	Raw	MR-O	57.8	59	90	-105	120	120	70	80	82.5	82.5	147.5	160	175.5	175.5	378	63.24	SBD
	1 Kevin Anth	M	45	Raw	MR-O	65	66	-100	100	105	105	-90	90	-92.5	90	140	150	160	160	355	55.79	SBD
	1 Simon How	M	31	Raw	MR-O	73.6	74	172.5	180	185	185	110	-115	-115	110	192.5	205	210	210	505	74.35	SBD
	2 Sam Syson	M	21	Raw	MR-O	72.4	74	152.5	-160	162.5	162.5	-115	120	-125	120	190	200	-210	200	482.5	71.65	SBD
	3 Alex Maca	M	28	Raw	MR-O	73	74	140	145	152.5	152.5	110	115	-122.5	115	170	185	205	205	472.5	69.86	SBD
	4 Jai-kieron	F	22	Raw	MR-O	73.2	74	160	167.5	172.5	172.5	105	110	115	115	175	-187.5	-187.5	175	462.5	68.28	SBD
	1 Oliver Jam	M	24	Raw	MR-O	80.4	83	195	207.5	220	220	120	130	-132.5	130	220	235	-250	235	585	82.3	SBD
	2 Cameron G	M	18	Raw	MR-O	79.6	83	180	200	207.5	207.5	120	130	-135	130	200	220	235	235	572.5	80.95	SBD
	3 Elliott Smit	M	21	Raw	MR-O	80.5	83	180	190	195	195	135	140	-147.5	140	202.5	-210	210	210	545	76.62	SBD
	4 Matthew S	M	29	Raw	MR-O	75.2	83	170	182.5	-185	182.5	-120	-120	120	120	200	215	-220	215	517.5	75.34	SBD
	5 Oliver Ridd	M	26	Raw	MR-O	81.7	83	175	187.5	195	195	92.5	102.5	107.5	107.5	180	190	200	200	502.5	70.12	SBD
	6 Sam Bowle	M	18	Raw	MR-O	80.9	83	155	-170	-185	155	115	122.5	130	130	190	205	215	215	500	70.12	SBD
	7 Harry Baile	M	23	Raw	MR-O	79.4	83	165	175	182.5	182.5	80	87.5	-92.5	87.5	185	200	210	210	480	67.96	SBD
	8 Joe Robins	M	20	Raw	MR-O	77.5	83	155	165	172.5	172.5	100	105	110	110	175	185	195	195	477.5	68.45	SBD
	9 Oliver Smit	M	35	Raw	MR-O	80.6	83	140	155	-170	155	110	120	130	130	160	180	-190	180	465	65.33	SBD
	10 Bradley Dal	M	27	Raw	MR-O	78.6	83	135	145	150	150	-80	85	92.5	92.5	175	190	-200	190	432.5	61.55	SBD
	11 George Wa	M	15	Raw	MR-O	81	83	120	132.5	-140	132.5	-95	95	105	105	150	165	177.5	177.5	415	58.16	SBD
DQ	David O'bri	M	50	Raw	MR-O	81.9	83	-180	-190	-190		125	130	-132.5	130	200	-220	-220	200			SBD
	1 Ben Willis	M	24	Raw	MR-O	90.8	93	245	260	-262.5	260	160	-165	-165	160	260	280	-300	280	700	92.65	SBD

	2	Ben Smiths	M	27	Raw	MR-O	93	93	222.5	240	247.5	247.5	142.5	152.5	-155	152.5	250	270	285	285	685	89.61	SBD
	3	Sam Cook	M	20	Raw	MR-O	90	93	235	-245	-245	235	-130	132.5	-137.5	132.5	260	275	-280	275	642.5	85.42	SBD
	4	Aidan Lynn	M	22	Raw	MR-O	88.4	93	210	220	-230	220	140	142.5	-145	142.5	245	260	270	270	632.5	84.84	SBD
	5	Caleb Ellis	M	21	Raw	MR-O	90	93	210	230	240	240	115	125	-130	125	245	260	-270	260	625	83.09	SBD
	6	Brady Croo	M	28	Raw	MR-O	92.6	93	217.5	235	245	245	135	145	150	150	230	-250	-250	230	625	81.94	SBD
	7	Max Swind	M	28	Raw	MR-O	87.8	93	177.5	190	205	205	125	135	-140	135	225	240	250	250	590	79.4	SBD
	8	Ben J Thom	M	26	Raw	MR-O	92.8	93	182.5	192.5	200	200	125	132.5	142.5	142.5	215	230	242.5	242.5	585	76.61	SBD
	9	Thomas Str	M	23	Raw	MR-O	89.2	93	190	202.5	210	210	-147.5	155	-160	155	215	-235	-235	215	580	77.45	SBD
	10	Aaron Varn	M	23	Raw	MR-O	93	93	-212.5	-212.5	215	215	142.5	150	-155	150	202.5	215	-225	215	580	75.88	SBD
	11	Peter Billin	M	41	Raw	MR-O	84.4	93	180	192.5	-200	192.5	120	130	-135	130	210	230	250	250	572.5	78.58	SBD
	12	Jake Spenc	M	21	Raw	MR-O	84.2	93	160	167.5	180	180	120	125	135	135	210	222.5	235	235	550	75.59	SBD
	13	Nathan Ma	M	27	Raw	MR-O	84	93	180	190	200	200	110	-120	120	120	185	195	210	210	530	72.92	SBD
	14	Myles Smit	M	19	Raw	MR-O	91.6	93	160	-165	-165	160	110	120	125	125	190	205	-215	205	490	64.58	SBD
	15	Olly Whalle	M	15	Raw	MR-O	92	93	160	170	-180	170	70	75	-80	75	180	190	200	200	445	58.52	SBD
	16	Lawrence K	M	20	Raw	MR-O	92.2	93	155	165	170	170	85	90	-92.5	90	170	180	185	185	445	58.46	SBD
	1	Ryan Duffie	M	23	Raw	MR-O	99.2	105	-250	260	-265	260	160	167.5	-172.5	167.5	272.5	285	-300	285	712.5	90.35	SBD
	2	Anthony Cc	M	34	Raw	MR-O	101.4	105	240	252.5	260	260	140	150	157.5	157.5	250	260	270	270	687.5	86.28	SBD
	3	Josh Berrin	M	18	Raw	MR-O	100	105	210	230	240	240	120	130	-140	130	235	260.5	270.5	270.5	640.5	80.91	SBD
	4	Harry rama	M	27	Raw	MR-O	104.4	105	200	220	240	240	125	132.5	140	140	210	225	250	250	630	77.99	SBD
	5	Luca Sante	M	22	Raw	MR-O	95.6	105	215	225	232.5	232.5	120	-125	-125	120	252.5	265	275	275	627.5	81	SBD
	6	Norbert Ku	M	36	Raw	MR-O	99.8	105	215	225	230	230	150	152.5	155	155	-230	230	240	240	625	79.03	SBD
	7	Christian St	M	27	Raw	MR-O	102.8	105	177.5	190	200	200	137.5	145	-150	145	235	250	265	265	610	76.06	SBD
	8	Tarrin Wils	M	20	Raw	MR-O	96.6	105	185	195	202.5	202.5	130	135	-137.5	135	215	225	232.5	232.5	570	73.21	SBD
	9	Tim Turner	M	43	Raw	MR-O	103	105	155	170	180	180	-100	105	-107.5	105	210	225	232.5	232.5	517.5	64.47	SBD
	10	Barry Evan	M	43	Raw	MR-O	101.2	105	-120	125	130	130	-95	-100	100	100	150	160	170	170	400	50.25	SBD
	11	Patrick Goc	M	27	Raw	MR-O	103.6	105	-25	25	-27.5	25	135	142.5	-150	142.5	190	210	-227.5	210	377.5	46.9	SBD
	12	Matt Ridgl	M	29	Raw	MR-O	97.2	105	130	140	150	150	65	70	-75	70	140	150	155	155	375	48.02	SBD
G		Nick Hump	M	34	Raw	MR-O	95.4	105	180	190	200	200	115	120	125	125	-200	220	240	240	565	73.01	SBD
G		Russell Wai	M	62	Raw	MR-O	100.8	105	-117.5	-117.5	-117.5		82.5	85	87.5	87.5	145	155	-162.5	155			SBD
	1	Steven Larr	M	60	Raw	MR-O	115.7	120	180	190	205	205	125	127.5	-130	127.5	240	250	260	260	592.5	69.99	SBD
	2	Nik Zalad	M	29	Raw	MR-O	111.6	120	175	187.5	200	200	125	-135	-137.5	125	210	225	240	240	565	67.83	SBD
DQ		Tom Whinr	M	15	Raw	MR-O	115.4	120	-175	-180	-180		-105	-105	-105		-180						SBD
	1	Ben Gibson	M	24	Raw	MR-O	167.1	120+	250	262.5	272.5	272.5	-190	195	-202.5	195	257.5	267.5	-280	267.5	735	75.02	SBD
	2	Ryan Morg	M	28	Raw	MR-O	148.5	120+	-235	235	237.5	237.5	-155	155	160	160	250	270	290	290	687.5	73.25	SBD
	3	David Lock	M	49	Raw	MR-O	125.2	120+	190	210	215	215	130	140	150	150	215	232.5	245	245	610	69.63	SBD
G		Jake Simps	M	21	Raw	MR-O	104.6	105					137.5	-142.5	147.5	147.5					147.5	66.16	B
	1	Andrew Pla	M	23	Raw	MR-O	116.5	120					172.5	-177.5	-177.5	172.5					172.5	73.71	B
	1	Duncan Sh	M		Wraps	MR-O	109.5	120					265	-275	-275	265					265	116.4	B