

Federation Date MeetCoun MeetState MeetTown MeetName Formula
 British Pow '2021-08-28 United King Bedfordshi Flitwick East Midlar IPF GL Points

Place	Name	Sex	Equipment	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Dead	TotalKg	Points	Event	Team
1	Saskia Twiss	F	Raw	FR-O	50.7	52	80	87.5	-92.5	87.5	35	40	45	45	90	97.5	102.5	102.5	235	60.67	SBD	EM
1	Felicity Sadler	F	Raw	FR-O	54.75	57	77.5	85	90	90	50	55	-57.5	55	90	100	105	105	250	60.49	SBD	EM
1	Anita Kalyan	F	Raw	FR-O	61.35	63	77.5	82.5	87.5	87.5	52.5	57.5	-60	57.5	115	125	130	130	275	61.22	SBD	EM
1	Niki Neocleous	F	Raw	FR-O	66.25	69	-130	135	140	140	65	70	75	75	132.5	142.5	150	150	365	77.41	SBD	EM
2	Rachel Knight	F	Raw	FR-O	67.9	69	115	122.5	-127.5	122.5	62.5	65	67.5	67.5	147.5	157.5	-165	157.5	347.5	72.65	SBD	EM
3	Angharad Fraiser-Williams	F	Raw	FR-O	68.4	69	115	120	125	125	60	-62.5	-62.5	60	150	-157.5	157.5	157.5	342.5	71.3	SBD	EM
4	Lottie Hall	F	Raw	FR-O	69	69	110	115	-120	115	55	60	-62.5	60	127.5	135	-140	135	310	64.22	SBD	EM
5	Paula Gentle	F	Raw	FR-O	65.9	69	105	110	115	115	45	50	52.5	52.5	130	140	-145	140	307.5	65.42	SBD	EM
1	Molly Hall	F	Raw	FR-O	69.95	76	100	-110	-115	100	-55	62.5	-70	62.5	120	130	142.5	142.5	305	62.71	SBD	EM
1	Claire Drake	F	Raw	FR-O	81.25	84	110	120	-125	120	67.5	70	-75	70	120	130	132.5	132.5	322.5	61.73	SBD	EM
1	Lorraine Webb	F	Raw	FR-O	92.8	84+	90	-100	100	100	50	60	67.5	67.5	110	125	140	140	307.5	56.06	SBD	EM
2	Charlotte Stapleton	F	Raw	FR-O	93.45	84+	100	110	120	120	60	65	-70	65	110	120	-130	120	305	55.48	SBD	EM
1	Lawrence White	M	Raw	MR-O	57.25	59	140	145	152.5	152.5	90	95	-100	95	150	162.5	172.5	172.5	420	70.63	SBD	EM
1	Ishtyaq Nabi	M	Raw	MR-O	60.55	66	-162.5	162.5	170	170	120	125	127.5	127.5	225	245	260	260	557.5	90.98	SBD	EM
1	Naemur Rahman	M	Raw	MR-O	72.1	74	175	182.5	187.5	187.5	92.5	97.5	100	100	205	215	220	220	507.5	75.52	SBD	EM
2	Nash Hunter	M	Raw	MR-O	72.1	74	130	137.5	142.5	142.5	95	100	-105	100	180	190	200	200	442.5	65.85	SBD	EM
1	Thomas Knapp	M	Raw	MR-O	82.45	83	205	215	225	225	142.5	150	155	155	225	245	255	255	635	88.2	SBD	EM
2	Harrison Sparks	M	Raw	MR-O	82.45	83	205	215	220	220	155	165	175	175	212.5	225	235	235	630	87.5	SBD	EM
3	Alex Hiew	M	Raw	MR-O	82.15	83	185	200	210	210	127.5	135	140	140	245	260	275	275	625	86.97	SBD	EM
4	Ian Card	M	Raw	MR-O	82.55	83	205	220	-227.5	220	110	120	127.5	127.5	240	260	267.5	267.5	615	85.37	SBD	EM
5	Joe Pittard	M	Raw	MR-O	79.45	83	175	190	200	200	115	122.5	127.5	127.5	202.5	217.5	225	225	552.5	78.2	SBD	EM
6	Gianluca Kulczycki	M	Raw	MR-O	79.55	83	-205	-205	205	205	107.5	110	-120	110	205	215	-222.5	215	530	74.97	SBD	EM
7	Joe Charlton	M	Raw	MR-O	81.8	83	160	170	182.5	182.5	122.5	130	-135	130	180	200	212.5	212.5	525	73.21	SBD	EM
8	Sam Dunham	M	Raw	MR-O	78.9	83	165	175	182.5	182.5	110	117.5	120	120	187.5	200	210	210	512.5	72.79	SBD	EM
9	Richard Stunt	M	Raw	MR-O	81.2	83	150	157.5	165	165	115	-122.5	130	130	195	-205	-205	195	490	68.59	SBD	EM
10	Lewis Wrighton	M	Raw	MR-O	79.6	83	140	150	162.5	162.5	100	-115	-115	100	190	195	202.5	202.5	465	65.75	SBD	EM
11	George Goldsmith	M	Raw	MR-O	80.6	83	150	160	-170	160	100	107.5	-115	107.5	152.5	180	195	195	462.5	64.98	SBD	EM
G	Duncan Law	M	Raw	MR-O	80.95	83	190	200	205	205	130	135	140	140	220	232.5	240	240	585	82.01	SBD	SM
1	Callum Goddard	M	Raw	MR-O	91.25	93	247.5	260	272.5	272.5	167.5	175	177.5	177.5	250	260	-267.5	260	710	93.75	SBD	EM
2	Joshua King	M	Raw	MR-O	90.4	93	200	220	240	240	120	135	142.5	142.5	242.5	262.5	-280	262.5	645	85.56	SBD	EM
3	James Maher	M	Raw	MR-O	91.95	93	195	207.5	215	215	107.5	112.5	-117.5	112.5	255	265	272.5	272.5	600	78.93	SBD	EM
4	Declan Jermy	M	Raw	MR-O	84.35	93	185	200	205	205	105	115	-125	115	220	235	-240	235	555	76.2	SBD	EM
1	Tom Allen	M	Raw	MR-O	99.2	105	-135	145	155	155	95	-105	107.5	107.5	155	175	190	190	452.5	57.38	SBD	EM
G	Dan Lodge	M	Raw	MR-O	104.1	105	-240	255	260	260	-155	-165	165	165	270	290	305	305	730	90.49	SBD	NM
G	Harry Constantine	M	Raw	MR-O	102	105	225	235	245	245	125	132.5	140	140	220	-240	240	240	625	78.22	SBD	SE
1	Rhys Lloyd	M	Raw	MR-O	109.8	120	230	240	250	250	140	145	152.5	152.5	290	305	312.5	312.5	715	86.48	SBD	EM
2	Thomas Vazson	M	Raw	MR-O	118.3	120	245	260	270	270	145	-152.5		145	265	275	-282.5	275	690	80.71	SBD	EM
3	Christopher Scotchings	M	Raw	MR-O	111.55	120	180	190	200	200	135	142.5	-147.5	142.5	200	220	235	235	577.5	69.35	SBD	EM
1	Joe Spring	M	Raw	MR-O	161.2	120+	140	155	170	170	90	97.5	-102.5	97.5	160	190	207.5	207.5	475	49.1	SBD	EM
G	Ben Gibson	M	Raw	MR-O	176.7	120+	240	250	260	260	182.5	190	-200	190	242.5	-252.5	-260	242.5	692.5	69.36	SBD	NYE
G	Patrick Whelan	M	Raw	MR-O	127	120+	210	-230	230	230	130	-140	-140	130	210	230	240	240	600	68.07	SBD	WM