

BUCS WEIGHTLIFTING AND PARA POWERLIFTING CHAMPIONSHIPS

RESULTS

Team Results

Male			Female	
Institution	Team Points	Pos	Institution	Team Points
Nottingham	59	1	Nottingham	46
Exeter	51	2	Loughborough	46
Essex	32	3	Nottingham Trent	27
Bath	23	4	Leeds	26
Bournemouth	21	5	Exeter	24
Newcastle	21	6	Newcastle	24
Nottingham Trent	21	7	Glasgow Caledonian	21
City St George's	19	8	UCL	21
Bath Spa	18	9	Bath	19
Imperial	18	10	East Anglia	19
Cambridge	17	11	Lancaster	16
Liverpool John Moores	16	12	Surrey	15
King's College	15	13	Edinburgh	14
Leeds	15	14	Cambridge	13
Loughborough	15	15	Oxford	13
Lancaster	14	16	Swansea	13

UCL	14	17	Bangor	12
Glasgow	13	18	Birmingham	10
Oxford	13	19	Queen Mary	10
De Montfort	12	20	Stirling	7
Queen Mary	12	21	LSE	7
Bristol	11	22	UA92	7
London South Bank	9	23	Bristol	5
York	9	24	Coventry	5
Strathclyde	8	25	Southampton	5
Gloucestershire	7	26	Bournemouth	4
Manchester Met	7	27	Essex	4
UCLan	7	28	Liverpool	4
Brighton	6	29	Portsmouth	4
Southampton	6	30	UWE	4
Birmingham	5	31	Kent	3
Durham	5	32	Imperial	2
Reading	5	33	King's College	2
Stirling	5	34	Northumbria	2
Liverpool	4	35	Cardiff	2
Brunel	3	36	De Montfort	1
East Anglia	3	37	Derby	1
Lincoln	3	38	Durham	1
			Liverpool John	
Surrey	3	39	Moores	1
Aston	2	40	Manchester Met	1

Coventry	2	41	Reading	1
Oxford Brookes University	2	42	Strathclyde	1
Portsmouth	2	43	Plymouth	1
Chichester	1	44		
Derby	1	45		
Edinburgh	1	46		
Glasgow Caledonian	1	47		
Middlesex	1	48		
St Andrews	1	49		
St Mary's	1	50		
UWE	1	51		
Warwick	1	52		

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
1	Katie Woods	FR-SJ 63	Southampton	61.7	137.5	82.5	145	365	80.95
1	Nisha Mistry	FR-J 52	Loughborough	51.3	102.5	67.5	145	315	80.48
2	Victoria Liu	FR-J 52	LSE	51.5	110	52.5	132.5	295	75.11
3	Alex Bayne	FR-J 52	UWE	51.1	107.5	55	130	292.5	74.99
4	Kora Franklin	FR-J 52	Leeds	48.3	105	62.5	112.5	280	75.58
5	Larissa Cheung	FR-J 52	Exeter	51.2	105	60	112.5	277.5	71.02
6	Eleanor Makin	FR-J 52	De Montfort	51.1	92.5	50	127.5	270	69.22
7	Milly Wee	FR-J 52	Loughborough	51.4	92.5	57.5	120	270	68.86
8	Jasmine Hartill	FR-J 52	Plymouth	51.6	107.5	45	117.5	270	68.63
9	Josie Delens Jackson	FR-J 52	Loughborough	51.1	105	50	107.5	262.5	67.3
10	Reanna Sell	FR-J 52	Swansea	51.1	92.5	45	117.5	255	65.37
1	Annabelle Cox	FR-J 57	Exeter	55.8	155	80	160	395	94.17
2	Isabelle Jackson	FR-J 57	Lancaster	56.3	135	77.5	175	387.5	91.75
3	Abby Cooley	FR-J 57	Nottingham Trent	54.4	135	75	170	380	92.42
4	Amy Middlemas	FR-J 57	East Anglia	56.8	137.5	75	167.5	380	89.37
5	Geneva Ponnou	FR-J 57	Loughborough	56.6	130	75	165	370	87.25
6	Hannah Karpal	FR-J 57	Bath	57	122.5	67.5	165	355	83.27
7	Alisha Varia	FR-J 57	UCL	55.6	130	72.5	147.5	350	83.67
8	Claudia Gowland	FR-J 57	Bournemouth	56.9	130	67.5	140	337.5	79.27
9	Jasmine Chapman	FR-J 57	Birmingham	54.9	120	55	152.5	327.5	79.08

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
10	Mia Hankinson	FR-J 57	Liverpool	56.9	120	50	155	325	76.33
11	Jess Manny	FR-J 57	Leeds	56.3	112.5	67.5	135	315	74.58
12	Lana Omar	FR-J 57	Nottingham	56.9	120	62.5	132.5	315	73.99
13	Alana Nicolaou	FR-J 57	King's College	54.8	107.5	57.5	145	310	74.96
14	Alisha Bakrie	FR-J 57	LSE	56.2	105	60	142.5	307.5	72.91
15	Amrita Panda	FR-J 57	Bath	56.8	102.5	65	135	302.5	71.14
16	Mollie Coupland	FR-J 57	Cardiff	55.3	110	57.5	132.5	300	72.02
17	Abbie White	FR-J 57	Durham	56.4	92.5	70	137.5	300	70.93
18	Juliette Carter	FR-J 57	Nottingham	56.7	92.5	67.5	140	300	70.65
19	Lamisa Rabbani	FR-J 57	Imperial	56.9	97.5	62.5	140	300	70.46
20	Mia Bovis	FR-J 57	Queen Mary	54.3	115	55	122.5	292.5	71.25
21	Chloe Howe	FR-J 57	Loughborough	56.8	110	57.5	125	292.5	68.79
22	Nichapat Pukdee	FR-J 57	Manchester Met	56.9	110	57.5	125	292.5	68.7
23	Lara Baxendale	FR-J 57	Bristol	55.9	105	60	125	290	69.04
24	Olivia Wilson	FR-J 57	Cambridge	52.1	107.5	55	122.5	285	71.85
25	Ellie Powell	FR-J 57	Liverpool	54.1	110	40	135	285	69.63
26	Millie Burton	FR-J 57	Essex	56.2	102.5	57.5	122.5	282.5	66.98
27	Emma Cohen	FR-J 57	Cambridge	56.7	100	45	137.5	282.5	66.53
28	Lucy Robertson	FR-J 57	Cambridge	56.4	100	67.5	107.5	275	65.02
29	Jessica Davidoff	FR-J 57	Queen Mary	56.3	100	60	105	265	62.74
1	Samantha Smith	FR-J 63	Glasgow Caledonian	60.7	155	80	192.5	427.5	95.86

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
2	Isobel David	FR-J 63	Nottingham Trent	61.8	152.5	100	175	427.5	94.71
3	Laura Holland	FR-J 63	Nottingham	62.2	145	106	160	411	90.67
4	Elena Wilson	FR-J 63	UA92	60.5	145	92.5	170	407.5	91.59
5	Fatimah Waqar	FR-J 63	Newcastle	62.7	142.5	72.5	182.5	397.5	87.23
6	Rebecca Steaton	FR-J 63	Exeter	62.4	150	82.5	160	392.5	86.41
7	Emily Rodrigues	FR-J 63	Portsmouth	62.7	122.5	60	193	375.5	82.41
8	Bobbie White	FR-J 63	Loughborough	61.3	140	72.5	157.5	370	82.42
9	Emma Low	FR-J 63	UCL	62.8	155	72.5	140	367.5	80.57
10	Jen Mackenzie	FR-J 63	Stirling	60.9	127.5	82.5	155	365	81.67
11	Louise Hynes	FR-J 63	Loughborough	62	122.5	82.5	160	365	80.69
12	Aisleen Fuentes	FR-J 63	Loughborough	60.6	130	80	150	360	80.82
13	Diana Huynh	FR-J 63	Edinburgh	62.2	140	75	145	360	79.42
14	Julia Szajnog	FR-J 63	Loughborough	61.5	135	70	137.5	342.5	76.13
15	Phoebe Taylor	FR-J 63	Northumbria	60.1	127.5	65	145	337.5	76.2
16	Ariana Gopee	FR-J 63	Lancaster	62.6	125	65	145	335	73.6
17	Eve Denman	FR-J 63	Leeds	60.4	132.5	55	145	332.5	74.81
18	Chloe Larke	FR-J 63	Liverpool	61.1	125	75	132.5	332.5	74.23
19	Sadie Evans	FR-J 63	Portsmouth	62.1	117.5	75	140	332.5	73.43
20	Kiara Henry	FR-J 63	Derby	62.8	130	52.5	145	327.5	71.8
21	Philippa Moorcroft	FR-J 63	Cardiff	60.6	120	65	137.5	322.5	72.4
22	Chloe Noel	FR-J 63	Reading	61.5	107.5	65	150	322.5	71.68
23	Rhyanna Donnelly-Spencer	FR-J 63	Loughborough	62.4	127.5	65	125	317.5	69.9

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
24	Lottie Newell	FR-J 63	Oxford	60.1	112.5	62.5	140	315	71.12
1	Alexa Frcek	FR-J 69	Edinburgh	67.4	160	107.5	162.5	430	90.28
2	Isabelle Wright	FR-J 69	Nottingham	67.7	160	92.5	167.5	420	87.95
3	Molly Wichai	FR-J 69	Exeter	68.6	150	90	180	420	87.3
4	Vicky Catterall	FR-J 69	Loughborough	67.1	157.5	95	150	402.5	84.72
5	Eleanor Warnes	FR-J 69	Newcastle	67	152.5	82.5	165	400	84.27
6	Katie Irvine	FR-J 69	Swansea	66.7	140	67.5	185	392.5	82.91
7	Jessica Bean	FR-J 69	Leeds	67.1	137.5	97.5	157.5	392.5	82.62
8	Elena Rayne	FR-J 69	Exeter	63.9	130	77.5	170	377.5	81.85
9	Martha Tickner	FR-J 69	Newcastle	65.7	140	75	162.5	377.5	80.46
10	Karina Klimkowska	FR-J 69	Bath	68.4	145	80	150	375	78.07
11	Andriani Vourla Nunes	FR-J 69	Bath	65.3	140	65	165	370	79.15
12	Ava Reynolds	FR-J 69	Bournemouth	68	142.5	67.5	160	370	77.29
13	Saahithyasree Aroori	FR-J 69	LSE	68.4	140	80	140	360	74.95
14	Jenny Lin	FR-J 69	Cambridge	68.7	122.5	80	155	357.5	74.24
15	Patricia Usi	FR-J 69	Strathclyde	65.5	130	75	150	355	75.8
16	Elin Boldrini	FR-J 69	Liverpool	65.6	125	62.5	167.5	355	75.73
17	Carlotta Giaccherio	FR-J 69	Imperial	66.5	135	60	155	350	74.06
18	Margherita Parimbelli	FR-J 69	Cambridge	68.5	120	77.5	147.5	345	71.77
19	Simona Dacheva	FR-J 69	Newcastle	68.4	125	67.5	150	342.5	71.3
20	Safara White	FR-J 69	Bristol	68.9	130	57.5	155	342.5	71.01

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
21	Jodie Fox	FR-J 69	Nottingham	67.2	127.5	65	147.5	340	71.51
22	Charlotte Orrock	FR-J 69	Northumbria	67	127.5	72.5	137.5	337.5	71.1
23	Savannah Baker	FR-J 69	Loughborough	67.9	117.5	72.5	137.5	327.5	68.47
1	Libby Rubin	FR-J 76	Loughborough	75.3	178	90	190	458	90.7
2	Anabel Shawyer	FR-J 76	Leeds	72.1	162.5	92.5	192.5	447.5	90.55
3	Princess Kunadu	FR-J 76	Loughborough	75	145	102.5	192.5	440	87.3
4	Rachel Walsh	FR-J 76	Oxford	74.6	155	80	180	415	82.55
5	Madelaine King	FR-J 76	Newcastle	74.1	142.5	85	185	412.5	82.32
6	Ellie Marsden	FR-J 76	Bath	71.2	150	75	157.5	382.5	77.91
7	Eleanor Hoch	FR-J 76	Nottingham	72.2	137.5	67.5	170	375	75.83
8	Melissa Jones	FR-J 76	Nottingham	75.8	145	85	142.5	372.5	73.53
9	Nat Ianau	FR-J 76	King's College	74.5	142.5	75	145	362.5	72.16
10	Charlotte Whittaker	FR-J 76	Nottingham Trent	72	135	67.5	155	357.5	72.39
11	Tova Copeman	FR-J 76	Portsmouth	74.8	137.5	60	160	357.5	71.02
G	Molly Hall	FR-J 76	Queen Mary	75.3	130	75	157.5	362.5	71.78
1	Ruby Howard	FR-J 84	East Anglia	82.5	155	87.5	180	422.5	80.36
2	Charlotte Muir	FR-J 84	Edinburgh	80.6	160	77.5	182.5	420	80.66
3	Joanne Harris	FR-J 84	Newcastle	78.3	127.5	70	147.5	345	67.1
DQ	Maisie Sweeney	FR-J 84	Solent	83.4	150		145		

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
1	Jameliah Oseki-Simms	FR-J 84+	Surrey	110.5	185	111	197.5	493.5	85.93
2	Alexis Scott	FR-J 84+	Nottingham Trent	107.1	208	97.5	170	475.5	83.37
3	Macey Garvey	FR-J 84+	Nottingham	158	165	85	177.5	427.5	71.03
4	Olivia Follis	FR-J 84+	Lancaster	91.8	180	85	160	425	77.75
5	Wing Koon	FR-J 84+	East Anglia	96.8	175	77.5	167.5	420	75.59
6	Natalia Drozd	FR-J 84+	UCL	98.3	157.5	62.5	165	385	68.99
G	Emmanuella Ikomi	FR-J 84+	Nottingham	85.3	117.5	80	162.5	360	67.58
1	Emily Caton	FR-O 52	Leeds	51.5	140	72.5	170	382.5	97.39
2	Mia Wannop	FR-O 52	Nottingham	51	132.5	60	142.5	335	86.03
3	Nisha Mistry	FR-O 52	Loughborough	51.3	102.5	67.5	145	315	80.48
4	Michelle Chunhan HSU	FR-O 52	Oxford	51.5	107.5	50	147.5	305	77.66
5	Niamh Mulley	FR-O 52	Loughborough	52	100	57.5	140	297.5	75.12
6	Victoria Liu	FR-O 52	LSE	51.5	110	52.5	132.5	295	75.11
7	Alex Bayne	FR-O 52	UWE	51.1	107.5	55	130	292.5	74.99
8	Kora Franklin	FR-O 52	Leeds	48.3	105	62.5	112.5	280	75.58
9	Larissa Cheung	FR-O 52	Exeter	51.2	105	60	112.5	277.5	71.02
10	Eleanor Makin	FR-O 52	De Montfort	51.1	92.5	50	127.5	270	69.22
11	Milly Wee	FR-O 52	Loughborough	51.4	92.5	57.5	120	270	68.86
12	Jasmine Hartill	FR-O 52	Plymouth	51.6	107.5	45	117.5	270	68.63
13	Josie Delens Jackson	FR-O 52	Loughborough	51.1	105	50	107.5	262.5	67.3
14	Reanna Sell	FR-O 52	Swansea	51.1	92.5	45	117.5	255	65.37

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
1	Annabelle Cox	FR-O 57	Exeter	55.8	155	80	160	395	94.17
2	Isabelle Jackson	FR-O 57	Lancaster	56.3	135	77.5	175	387.5	91.75
3	Abby Cooley	FR-O 57	Nottingham Trent	54.4	135	75	170	380	92.42
4	Amy Middlemas	FR-O 57	East Anglia	56.8	137.5	75	167.5	380	89.37
5	Geneva Ponnou	FR-O 57	Loughborough	56.6	130	75	165	370	87.25
6	Hannah Karpal	FR-O 57	Bath	57	122.5	67.5	165	355	83.27
7	Alisha Varia	FR-O 57	UCL	55.6	130	72.5	147.5	350	83.67
8	Claudia Gowland	FR-O 57	Bournemouth	56.9	130	67.5	140	337.5	79.27
9	Jasmine Chapman	FR-O 57	Birmingham	54.9	120	55	152.5	327.5	79.08
10	Mia Hankinson	FR-O 57	Liverpool	56.9	120	50	155	325	76.33
11	Jess Manny	FR-O 57	Leeds	56.3	112.5	67.5	135	315	74.58
12	Lucia Piner	FR-O 57	Exeter	56.4	112.5	62.5	140	315	74.48
13	Lana Omar	FR-O 57	Nottingham	56.9	120	62.5	132.5	315	73.99
14	I-Hsuan Chen	FR-O 57	Leeds	54.5	125	52.5	135	312.5	75.9
15	Alana Nicolaou	FR-O 57	King's College	54.8	107.5	57.5	145	310	74.96
16	Alisha Bakrie	FR-O 57	LSE	56.2	105	60	142.5	307.5	72.91
17	Amrita Panda	FR-O 57	Bath	56.8	102.5	65	135	302.5	71.14
18	Mollie Coupland	FR-O 57	Cardiff	55.3	110	57.5	132.5	300	72.02
19	Namita Gurung	FR-O 57	Queen Mary	56.2	100	55	145	300	71.13
20	Abbie White	FR-O 57	Durham	56.4	92.5	70	137.5	300	70.93
21	Juliette Carter	FR-O 57	Nottingham	56.7	92.5	67.5	140	300	70.65

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
22	Lamisa Rabbani	FR-O 57	Imperial	56.9	97.5	62.5	140	300	70.46
23	Mia Bovis	FR-O 57	Queen Mary	54.3	115	55	122.5	292.5	71.25
24	Chloe Howe	FR-O 57	Loughborough	56.8	110	57.5	125	292.5	68.79
25	Nichapat Pukdee	FR-O 57	Manchester Met	56.9	110	57.5	125	292.5	68.7
26	Lara Baxendale	FR-O 57	Bristol	55.9	105	60	125	290	69.04
27	Olivia Wilson	FR-O 57	Cambridge	52.1	107.5	55	122.5	285	71.85
28	Ellie Powell	FR-O 57	Liverpool	54.1	110	40	135	285	69.63
29	Millie Burton	FR-O 57	Essex	56.2	102.5	57.5	122.5	282.5	66.98
30	Emma Cohen	FR-O 57	Cambridge	56.7	100	45	137.5	282.5	66.53
31	Imane Moumni	FR-O 57	Liverpool John Moores	56.4	100	45	130	275	65.02
32	Lucy Robertson	FR-O 57	Cambridge	56.4	100	67.5	107.5	275	65.02
33	Jessica Davidoff	FR-O 57	Queen Mary	56.3	100	60	105	265	62.74
1	Samantha Smith	FR-O 63	Glasgow Caledonian	60.7	155	80	192.5	427.5	95.86
2	Isobel David	FR-O 63	Nottingham Trent	61.8	152.5	100	175	427.5	94.71
3	Laura Holland	FR-O 63	Nottingham	62.2	145	106	160	411	90.67
4	Elena Wilson	FR-O 63	UA92	60.5	145	92.5	170	407.5	91.59
5	Emily Gillanders	FR-O 63	Stirling	62.5	163.5	65	175	403.5	88.74
6	Fatimah Waqar	FR-O 63	Newcastle	62.7	142.5	72.5	182.5	397.5	87.23
7	Rebecca Steaton	FR-O 63	Exeter	62.4	150	82.5	160	392.5	86.41
8	Ellie Pacey	FR-O 63	Surrey	62.9	152.5	85	145	382.5	83.77
9	Emily Rodrigues	FR-O 63	Portsmouth	62.7	122.5	60	193	375.5	82.41

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
10	Bobbie White	FR-O 63	Loughborough	61.3	140	72.5	157.5	370	82.42
11	Emma Low	FR-O 63	UCL	62.8	155	72.5	140	367.5	80.57
12	Jen Mackenzie	FR-O 63	Stirling	60.9	127.5	82.5	155	365	81.67
13	Katie Woods	FR-O 63	Southampton	61.7	137.5	82.5	145	365	80.95
14	Louise Hynes	FR-O 63	Loughborough	62	122.5	82.5	160	365	80.69
15	Aisleen Fuentes	FR-O 63	Loughborough	60.6	130	80	150	360	80.82
16	Diana Huynh	FR-O 63	Edinburgh	62.2	140	75	145	360	79.42
17	Julia Szajnog	FR-O 63	Loughborough	61.5	135	70	137.5	342.5	76.13
18	Phoebe Taylor	FR-O 63	Northumbria	60.1	127.5	65	145	337.5	76.2
19	Ariana Gopee	FR-O 63	Lancaster	62.6	125	65	145	335	73.6
20	Eve Denman	FR-O 63	Leeds	60.4	132.5	55	145	332.5	74.81
21	Chloe Larke	FR-O 63	Liverpool	61.1	125	75	132.5	332.5	74.23
22	Sadie Evans	FR-O 63	Portsmouth	62.1	117.5	75	140	332.5	73.43
23	Kiara Henry	FR-O 63	Derby	62.8	130	52.5	145	327.5	71.8
24	Philippa Moorcroft	FR-O 63	Cardiff	60.6	120	65	137.5	322.5	72.4
25	Chloe Noel	FR-O 63	Reading	61.5	107.5	65	150	322.5	71.68
26	Rhyanna Donnelly-Spencer	FR-O 63	Loughborough	62.4	127.5	65	125	317.5	69.9
27	Lottie Newell	FR-O 63	Oxford	60.1	112.5	62.5	140	315	71.12
G	Alisa Brown	FR-O 63	Oxford	62.4	132.5	72.5	155	360	79.25
1	Benedetta Lupattelli Gencarelli	FR-O 69	UCL	68.6	172.5	97.5	213	483	100.39
2	Amy Craig	FR-O 69	Glasgow Caledonian	67.6	177.5	95	190	462.5	96.94

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
3	Isabel Dowling	FR-O 69	Cambridge	67.6	157.5	102.5	172.5	432.5	90.65
4	Alexa Frcek	FR-O 69	Edinburgh	67.4	160	107.5	162.5	430	90.28
5	Tomiwa Adebawale	FR-O 69	Queen Mary	67.2	157.5	75	190	422.5	88.86
6	Isabelle Wright	FR-O 69	Nottingham	67.7	160	92.5	167.5	420	87.95
7	Molly Wichai	FR-O 69	Exeter	68.6	150	90	180	420	87.3
8	Jessica Mustow	FR-O 69	Bristol	66.3	150	87.5	175	412.5	87.44
9	Vicky Catterall	FR-O 69	Loughborough	67.1	157.5	95	150	402.5	84.72
10	Eleanor Warnes	FR-O 69	Newcastle	67	152.5	82.5	165	400	84.27
11	Katie Irvine	FR-O 69	Swansea	66.7	140	67.5	185	392.5	82.91
12	Jessica Bean	FR-O 69	Leeds	67.1	137.5	97.5	157.5	392.5	82.62
13	Hannah Thompson	FR-O 69	Newcastle	67	150	80	150	380	80.06
14	Elena Rayne	FR-O 69	Exeter	63.9	130	77.5	170	377.5	81.85
15	Martha Tickner	FR-O 69	Newcastle	65.7	140	75	162.5	377.5	80.46
16	Karina Klimkowska	FR-O 69	Bath	68.4	145	80	150	375	78.07
17	Andriani Vourla Nunes	FR-O 69	Bath	65.3	140	65	165	370	79.15
18	Ava Reynolds	FR-O 69	Bournemouth	68	142.5	67.5	160	370	77.29
19	Saahithyasree Aroori	FR-O 69	LSE	68.4	140	80	140	360	74.95
20	Jenny Lin	FR-O 69	Cambridge	68.7	122.5	80	155	357.5	74.24
21	Patricia Usi	FR-O 69	Strathclyde	65.5	130	75	150	355	75.8
22	Elin Boldrini	FR-O 69	Liverpool	65.6	125	62.5	167.5	355	75.73
23	Carlotta Giaccherio	FR-O 69	Imperial	66.5	135	60	155	350	74.06
24	Margherita Parimbelli	FR-O 69	Cambridge	68.5	120	77.5	147.5	345	71.77

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
25	Simona Dacheva	FR-O 69	Newcastle	68.4	125	67.5	150	342.5	71.3
26	Safara White	FR-O 69	Bristol	68.9	130	57.5	155	342.5	71.01
27	Jodie Fox	FR-O 69	Nottingham	67.2	127.5	65	147.5	340	71.51
28	Charlotte Orrock	FR-O 69	Northumbria	67	127.5	72.5	137.5	337.5	71.1
29	Kate Howley	FR-O 69	Newcastle	67.4	115	72.5	147.5	335	70.33
30	Savannah Baker	FR-O 69	Loughborough	67.9	117.5	72.5	137.5	327.5	68.47
1	Llio Godfrey-Flower	FR-O 76	Bangor	71.3	180.5	122.5	204	507	103.19
2	Libby Rubin	FR-O 76	Loughborough	75.3	178	90	190	458	90.7
3	Tihana Draves	FR-O 76	Swansea	71.4	176	90	182.5	448.5	91.22
4	Anabel Shawyer	FR-O 76	Leeds	72.1	162.5	92.5	192.5	447.5	90.55
5	Princess Kunadu	FR-O 76	Loughborough	75	145	102.5	192.5	440	87.3
6	Rachel Walsh	FR-O 76	Oxford	74.6	155	80	180	415	82.55
7	Madelaine King	FR-O 76	Newcastle	74.1	142.5	85	185	412.5	82.32
8	Jade Wilson	FR-O 76	Kent	75	160	77.5	162.5	400	79.36
9	Ellie Marsden	FR-O 76	Bath	71.2	150	75	157.5	382.5	77.91
10	Eleanor Hoch	FR-O 76	Nottingham	72.2	137.5	67.5	170	375	75.83
11	Melissa Jones	FR-O 76	Nottingham	75.8	145	85	142.5	372.5	73.53
12	Nat Ianau	FR-O 76	King's College	74.5	142.5	75	145	362.5	72.16
13	Charlotte Whittaker	FR-O 76	Nottingham Trent	72	135	67.5	155	357.5	72.39
14	Tova Copeman	FR-O 76	Portsmouth	74.8	137.5	60	160	357.5	71.02
G	Molly Hall	FR-O 76	Queen Mary	75.3	130	75	157.5	362.5	71.78

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
1	Kerry Wood	FR-O 84	Nottingham	82.8	162.5	100	182.5	445	84.52
2	Abigail Marshall	FR-O 84	Bath	82.9	165	90	182.5	437.5	83.05
3	Ellie Stevenson	FR-O 84	Birmingham	77.1	162.5	82.5	182.5	427.5	83.72
4	Ruby Howard	FR-O 84	East Anglia	82.5	155	87.5	180	422.5	80.36
5	Charlotte Muir	FR-O 84	Edinburgh	80.6	160	77.5	182.5	420	80.66
6	Lucy Bradbury	FR-O 84	Coventry	83	155	80	175	410	77.8
7	Amy Smith	FR-O 84	Southampton	82.3	125	90	165	380	72.35
8	Grace Labdon	FR-O 84	Swansea	77	127.5	70	175	372.5	73
9	Joanne Harris	FR-O 84	Newcastle	78.3	127.5	70	147.5	345	67.1
DQ	Maisie Sweeney	FR-O 84	Solent	83.4	150		145		
1	Jameliah Oseki-Simms	FR-O 84+	Surrey	110.5	185	111	197.5	493.5	85.93
2	Alexis Scott	FR-O 84+	Nottingham Trent	107.1	208	97.5	170	475.5	83.37
3	Laura Etfer	FR-O 84+	Newcastle	110.4	182.5	107.5	180	470	81.85
4	Macey Garvey	FR-O 84+	Nottingham	158	165	85	177.5	427.5	71.03
5	Olivia Follis	FR-O 84+	Lancaster	91.8	180	85	160	425	77.75
6	Wing Koon	FR-O 84+	East Anglia	96.8	175	77.5	167.5	420	75.59
7	Natalia Drozd	FR-O 84+	UCL	98.3	157.5	62.5	165	385	68.99
8	Rachel Rheam	FR-O 84+	Essex	130.5	142.5	80	162.5	385	65.17
G	Emmanuella Ikomi	FR-O 84+	Nottingham	85.3	117.5	80	162.5	360	67.58

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
1	Edward Butcher	MR-SJ 74	Liverpool	68.6	195	112.5	240	547.5	83.62
1	Daniel Tamlyn	MR-SJ 83	Exeter	78	227.5	132.5	262.5	622.5	88.94
1	Leonard Lai	MR-J 59	Imperial	57.8	160	130	200	490	81.98
2	Fadul Hammoud	MR-J 59	London South Bank	58.3	147.5	123	177.5	448	74.61
3	Gian Patel	MR-J 59	King's College	55.9	147.5	110	182.5	440	74.95
4	Whiz Sarkar	MR-J 59	Exeter	58.6	142.5	90	182.5	415	68.92
1	Pascal Skannavis	MR-J 66	Newcastle	65.3	187.5	152.5	235	575	90.14
2	Nour El Eid	MR-J 66	City St George's	65.8	200	130	210	540	84.31
3	Jericho Caspillo	MR-J 66	Nottingham Trent	65.7	185	122.5	215	522.5	81.65
4	Jack Whitaker	MR-J 66	Gloucestershire	64.8	172.5	132.5	205	510	80.28
5	Yuan Hao Hong	MR-J 66	Nottingham	63.8	165	125	217.5	507.5	80.55
6	Matthew Saldanha	MR-J 66	Bournemouth	65.6	187.5	112.5	190	490	76.63
7	Alif Ullah	MR-J 66	King's College	65	175	110	200	485	76.22
8	Harrison Everett	MR-J 66	Southampton	65.6	172.5	112.5	200	485	75.85
9	Jay Hoque	MR-J 66	King's College	63	157.5	107.5	210	475	75.9
10	Lucas Townend	MR-J 66	Derby	65	167.5	97.5	202.5	467.5	73.47
11	Yixuan Lin	MR-J 66	Queen Mary	65	172.5	105	182.5	460	72.29
1	Ping Hao Ng	MR-J 74	Exeter	73.5	242.5	140	290	672.5	99.08
2	Renzo Binas	MR-J 74	Bath Spa	72.4	220	130	300	650	96.52

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
3	Joshua Yang	MR-J 74	UCL	73.2	215	175	245	635	93.75
4	Nathan Bennett	MR-J 74	Bristol	70.8	220	167.5	232.5	620	93.14
5	Jake Cazin-Meyer	MR-J 74	Lancaster	73.6	230	150	240	620	91.28
6	Thomas Currie	MR-J 74	Exeter	72	215	155	240	610	90.84
7	Gaston Nassief	MR-J 74	Loughborough	72.4	217.5	157.5	225	600	89.09
8	Joshua Parker	MR-J 74	Durham	73.7	230	132.5	237.5	600	88.27
9	Tyreke Holness	MR-J 74	Oxford	72.7	227.5	125	237.5	590	87.42
10	Billy Papakostas	MR-J 74	King's College	72.8	195	147.5	220	562.5	83.29
11	Tobias Dalrymple	MR-J 74	Liverpool	71.8	215	125	220	560	83.51
12	Will Hilton	MR-J 74	Newcastle	72.1	197.5	140	220	557.5	82.96
13	Sean Cadiz	MR-J 74	Nottingham Trent	68.7	185	112.5	257.5	555	84.71
14	Sean Diolan	MR-J 74	Nottingham Trent	72.1	210	130	205	545	81.1
15	Jai Hindocha	MR-J 74	Imperial	68.3	177.5	137.5	227.5	542.5	83.05
16	Samuel Jones	MR-J 74	Birmingham	72.3	187.5	117.5	235	540	80.24
17	Milo McLaughlin	MR-J 74	Stirling	72.5	195	115	230	540	80.13
18	Joshua Neo	MR-J 74	Exeter	73.1	210	107.5	220	537.5	79.41
19	Jack Ashurst	MR-J 74	Durham	73.7	210	102.5	225	537.5	79.08
20	Daniel Sendo	MR-J 74	Imperial	73.3	195	117.5	222.5	535	78.93
21	Paul Kellett	MR-J 74	Bath	73.6	192.5	152.5	190	535	78.76
22	France Masiddo	MR-J 74	Nottingham Trent	71.4	180	115	237.5	532.5	79.65
23	Salman Khan	MR-J 74	Queen Mary	72.9	172.5	100	260	532.5	78.79
24	Justin Smith	MR-J 74	Bath	71.8	182.5	127.5	220	530	79.04

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
25	joeseph platt	MR-J 74	Nottingham	72.4	190	115	225	530	78.7
26	Thomas Chudley	MR-J 74	Southampton	71.6	185	115	225	525	78.41
27	Theo Stewart	MR-J 74	Newcastle	72.7	165	132.5	220	517.5	76.68
28	George Walsh	MR-J 74	Exeter	73.2	177.5	117.5	220	515	76.04
29	Craig Lobo	MR-J 74	Cambridge	70.5	75	110	75	260	39.15
1	Samuel Walker	MR-J 83	De Montfort	82.2	260	175	305	740	102.94
2	Emeka Obiekwe Canamero	MR-J 83	Queen Mary	81.5	262.5	152.5	302.5	717.5	100.24
3	Kacper Walesa	MR-J 83	Leeds	81.6	270	157.5	290	717.5	100.18
4	Thomas Bennett	MR-J 83	Nottingham	82.1	270	150	280	700	97.43
5	Simon Zhu	MR-J 83	UCL	81	245	172.5	262.5	680	95.3
6	Lucas Silva	MR-J 83	Bournemouth	82.2	252.5	157.5	270	680	94.59
7	Joshua Darne	MR-J 83	Oxford	82.6	240	170	257.5	667.5	92.63
8	Matthew Oladele	MR-J 83	Surrey	80.2	240	165	257.5	662.5	93.32
9	Benny Malan	MR-J 83	Oxford Brookes University	82.4	240	132.5	290	662.5	92.04
10	Thomas Cross	MR-J 83	Newcastle	80.6	245	147.5	267.5	660	92.73
11	George Gammage	MR-J 83	Loughborough	81.9	262.5	145	252.5	660	91.98
12	Miles Selelo	MR-J 83	Nottingham	82.2	250	135	275	660	91.81
13	Rohan Maskrey	MR-J 83	Durham	82.3	225	155	275	655	91.06
14	Karim Al Qudah	MR-J 83	Durham	82	245	150	250	645	89.83
15	Yush Thajul-Ameer	MR-J 83	Aston	81.4	215	155	267.5	637.5	89.12
16	Jamie Jones	MR-J 83	Portsmouth	82.5	237.5	140	250	627.5	87.13

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
17	Travis Cowl	MR-J 83	Exeter	78.5	215	132.5	275	622.5	88.65
18	Levi Walker	MR-J 83	Bournemouth	82.5	217.5	160	245	622.5	86.43
19	Elliot Whatling	MR-J 83	Nottingham	82.5	205	157.5	252.5	615	85.39
20	Benjamin Chan	MR-J 83	Oxford	79.7	227.5	132.5	252.5	612.5	86.55
21	Douwejan Yoong	MR-J 83	UCL	79.1	202.5	152.5	255	610	86.53
22	Thomas Horn	MR-J 83	Liverpool	82.2	210	147.5	245	602.5	83.81
23	Jack Li	MR-J 83	Bristol	79.7	212.5	132.5	255	600	84.78
24	Sarthak Suri	MR-J 83	Loughborough	81	207.5	150	242.5	600	84.09
25	Oliver Green	MR-J 83	Nottingham	82.2	210	155	235	600	83.46
26	George Gibbins	MR-J 83	Nottingham Trent	82	235	122.5	240	597.5	83.22
27	matthew malcolmson	MR-J 83	Newcastle	80.8	215	137.5	240	592.5	83.14
28	Noah Green	MR-J 83	UWE	81	202.5	122.5	265	590	82.69
29	Daniel Newell	MR-J 83	Exeter	81.8	200	135	255	590	82.28
30	Charlie Webb	MR-J 83	East Anglia	82.1	222.5	142.5	225	590	82.12
31	Thomas Maudsley	MR-J 83	Loughborough	79.7	205	135	245	585	82.67
32	James Anar	MR-J 83	Lancaster	75.9	192.5	150	240	582.5	84.4
1	James West	MR-J 93	Nottingham	92.3	277.5	167.5	310	755	99.14
2	Thomas Lee	MR-J 93	Lancaster	92.1	290	190	260	740	97.27
3	Kelechi Azoro-Osuji	MR-J 93	Essex	91.4	262.5	160	310	732.5	96.64
4	Arun Spencer	MR-J 93	Oxford	92.3	262.5	162.5	307.5	732.5	96.18
5	Christopher Hoy	MR-J 93	Strathclyde	91.4	265	162.5	300	727.5	95.98

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
6	Harry Eisinger	MR-J 93	Exeter	92.9	267.5	175	285	727.5	95.22
7	Mason Green-Prosper	MR-J 93	Lincoln	92.2	272.5	150	280	702.5	92.29
8	Mason Smith	MR-J 93	Chichester	92.6	247.5	162.5	282.5	692.5	90.78
9	Brandon Ring	MR-J 93	Warwick	92	220	162.5	300	682.5	89.76
10	Ali Khawaja	MR-J 93	Imperial	89.6	252.5	160	255	667.5	88.93
11	Zach Rivai	MR-J 93	King's College	92.8	227.5	165	272.5	665	87.09
12	Jonathon Cook	MR-J 93	Brighton	92.4	242.5	160	257.5	660	86.62
13	Mitchell Guppy	MR-J 93	Newcastle	93	240	157.5	260	657.5	86.01
14	Justin Infante	MR-J 93	Middlesex	87.9	247.5	145	260	652.5	87.76
15	Jin Zheng	MR-J 93	Oxford	92.5	235	145	272.5	652.5	85.59
16	Adedotun Ogunjimi	MR-J 93	Bristol	91.2	217.5	145	285	647.5	85.52
17	Pearse Hegarty	MR-J 93	St Mary's	91.8	215	155	277.5	647.5	85.25
18	Luke Thompson	MR-J 93	York	92.2	230	152.5	260	642.5	84.41
19	Ben Hayton	MR-J 93	Liverpool John Moores	90	230	150	260	640	85.08
20	Oliver Sanders	MR-J 93	Newcastle	90.2	237.5	130	270	637.5	84.66
21	Sam Lander	MR-J 93	Bristol	91.5	225	145	262.5	632.5	83.41
22	Amir Ksous	MR-J 93	Liverpool	90.9	232.5	137.5	260	630	83.34
23	Evan Fryer	MR-J 93	Bath	91.3	237.5	132.5	260	630	83.16
24	Ross Neilson	MR-J 93	Nottingham	92	232.5	130	265	627.5	82.53
25	Alexander Cole	MR-J 93	Bristol	89.7	230	145	245	620	82.56
26	Arian Shapoor	MR-J 93	Queen Mary	89.9	210	140	270	620	82.47
27	Tyler Heath	MR-J 93	Loughborough	91.6	210	170	232.5	612.5	80.72

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
28	Tom Mosseri	MR-J 93	Oxford	92.7	225	140	247.5	612.5	80.25
29	Freddy Rowden	MR-J 93	Bath	92.4	220	130	260	610	80.05
30	Finnan Foster	MR-J 93	Loughborough	92.2	225	137.5	245	607.5	79.81
31	Nathaniel Woodbridge	MR-J 93	Birmingham	92.7	252.5	75	277.5	605	79.27
32	Oliver German	MR-J 93	Nottingham	92.2	210	130	250	590	77.51
33	Matthew Williams	MR-J 93	Southampton	92.5	200	135	240	575	75.42
34	Benjamin Karpal	MR-J 93	Loughborough	90.9	220	120	230	570	75.41
DQ	Alex Walker	MR-J 93	Lancaster	92.3	252.5	160			
1	Carlo Zanetti	MR-J 105	Bath	103.3	275	200	335	810	100.77
2	Daniel Rajis	MR-J 105	Nottingham	103.1	305.5	162.5	330	798	99.37
3	Henry Goldstraw	MR-J 105	Nottingham	102.8	295	195	307.5	797.5	99.44
4	Tim Li	MR-J 105	York	104.8	270	221.5	305	796.5	98.43
5	Jack Hopkins	MR-J 105	Bath	100.9	280	200	315	795	100.01
6	William Woods	MR-J 105	Brighton	102.1	280	175	300	755	94.45
7	Ilhan Omar Nur Azam	MR-J 105	Stirling	103.3	282.5	152.5	315	750	93.31
8	Theo Bennett	MR-J 105	Strathclyde	102.1	235	200	305	740	92.57
9	Tyler Acheampong	MR-J 105	Essex	103.3	272.5	187.5	280	740	92.06
10	Oliver Francis	MR-J 105	Exeter	102.3	245	170	317.5	732.5	91.55
11	Reece Mitchell	MR-J 105	Exeter	101.8	255	175	300	730	91.45
12	Teddy Davidson	MR-J 105	Loughborough	101.9	270	172.5	280	722.5	90.46
13	Gwilym Poyelle	MR-J 105	Birmingham	102.1	270	160	280	710	88.82

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
14	Marcus Berridge	MR-J 105	Southampton	104	267.5	162.5	280	710	88.05
15	Leo Wright	MR-J 105	Glasgow Caledonian	103.1	272.5	147.5	287.5	707.5	88.1
16	Dilshan Muththettuwage	MR-J 105	Aston	103.6	260	145	300	705	87.59
17	Martin Enitan	MR-J 105	Loughborough	100.7	265	155	280	700	88.14
18	James Lusanta	MR-J 105	Nottingham	103.4	262.5	142.5	285	690	85.8
19	Rufus Guest	MR-J 105	East Anglia	100.2	255	155	275	685	86.45
20	Joe McGuire	MR-J 105	Newcastle	104.1	260	155	270	685	84.91
21	Tom Stapley	MR-J 105	East Anglia	97.3	232.5	177.5	270	680	87.03
22	Oliver Chin	MR-J 105	York	102.6	247.5	152.5	280	680	84.87
23	Oluwafisayo Adeyemi	MR-J 105	Bristol	102.6	220	160	300	680	84.87
24	Joe Hart Stevens	MR-J 105	Liverpool John Moores	102.9	225	170	280	675	84.13
25	Samir Sultani	MR-J 105	Nottingham	103.9	250	140	285	675	83.75
26	Archie Seed	MR-J 105	Nottingham Trent	103.9	225	147.5	300	672.5	83.44
27	Kanye Williams	MR-J 105	Lancaster	104.6	237.5	135	300	672.5	83.18
28	Felix Goldsmith	MR-J 105	Newcastle	102.1	255	157.5	257.5	670	83.81
29	Joseph Kemp	MR-J 105	Liverpool John Moores	103	250	147.5	267.5	665	82.84
30	Brandon Muscroft	MR-J 105	Lincoln	102.5	260	147.5	252.5	660	82.41
31	Grant Arneil	MR-J 105	St Andrews	93.6	220	165	270	655	85.42
32	Chris Spurgeon	MR-J 105	Loughborough	102.2	245	150	260	655	81.9
33	Clark Walker	MR-J 105	Edinburgh	104	225	152.5	275	652.5	80.92
34	Hussain Albayati	MR-J 105	King's College	100.8	232.5	142.5	272.5	647.5	81.49
35	Rowan Sweeney	MR-J 105	Oxford Brookes University	101.9	252.5	145	242.5	640	80.13

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
36	Harris Hammam	MR-J 105	Newcastle	104.3	245	110	280	635	78.64
37	Oliver Coxon	MR-J 105	Southampton	95.7	225	142.5	265	632.5	81.6
G	David Coope	MR-J 105	Oxford	95.9	225	155	225	605	77.98
1	Joshua Ngoka	MR-J 120	Essex	119.1	341	195.5	361	897.5	104.67
2	William Ndibe	MR-J 120	Nottingham	118.1	290	167.5	330	787.5	92.19
3	Rudi Norris	MR-J 120	Nottingham Trent	111.6	290	192.5	302.5	785	94.24
4	Yanek Houston	MR-J 120	Bath Spa	119.8	262.5	157.5	312.5	732.5	85.21
5	Noah Ogun	MR-J 120	Reading	113.1	245	145	335	725	86.52
6	Theo Davies	MR-J 120	Nottingham	118	270	137.5	295	702.5	82.27
7	William James	MR-J 120	Oxford	119.3	245	180	275	700	81.58
8	Daniel Aldis	MR-J 120	Exeter	110.6	247.5	152.5	280	680	81.97
9	Kallum Green	MR-J 120	Imperial	110.6	235	180	260	675	81.37
10	Priestly Adejo	MR-J 120	UCL	106.1	255	132.5	285	672.5	82.63
11	Ben Harris	MR-J 120	Gloucestershire	118.6	247.5	172.5	240	660	77.12
12	Michael Akpe	MR-J 120	Nottingham	118.9	217.5	160	267.5	645	75.28
13	Gareth Edwards	MR-J 120	Glasgow	116.9	200	132.5	245	577.5	67.91
1	Charlie Moore	MR-J 120+	Essex	120.1	255	157.5	337.5	750	87.15
2	Roscoe Oliver	MR-J 120+	Exeter	129.5	275	177.5	297.5	750	84.39
3	David Oyadah	MR-J 120+	Exeter	178	285	205	260	750	74.94
4	ILYAS DACHRAOUI	MR-J 120+	Liverpool John Moores	138.5	275	170	240	685	74.99

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
1	Leonard Lai	MR-O 59	Imperial	57.8	160	130	200	490	81.98
2	Fadul Hammoud	MR-O 59	London South Bank	58.3	147.5	123	177.5	448	74.61
3	Gian Patel	MR-O 59	King's College	55.9	147.5	110	182.5	440	74.95
4	Ethan Sheppard	MR-O 59	Manchester Met	57.9	152.5	97.5	180	430	71.87
5	Whiz Sarkar	MR-O 59	Exeter	58.6	142.5	90	182.5	415	68.92
1	Pascal Skannavis	MR-O 66	Newcastle	65.3	187.5	152.5	235	575	90.14
2	Nour El Eid	MR-O 66	City St George's	65.8	200	130	210	540	84.31
3	Jericho Caspillo	MR-O 66	Nottingham Trent	65.7	185	122.5	215	522.5	81.65
4	Murhad Hussain	MR-O 66	UCLan	65.4	177.5	107.5	227.5	512.5	80.28
5	Jack Whitaker	MR-O 66	Gloucestershire	64.8	172.5	132.5	205	510	80.28
6	Yuan Hao Hong	MR-O 66	Nottingham	63.8	165	125	217.5	507.5	80.55
7	Matthew Saldanha	MR-O 66	Bournemouth	65.6	187.5	112.5	190	490	76.63
8	Alif Ullah	MR-O 66	King's College	65	175	110	200	485	76.22
9	Harrison Everett	MR-O 66	Southampton	65.6	172.5	112.5	200	485	75.85
10	Jay Hoque	MR-O 66	King's College	63	157.5	107.5	210	475	75.9
11	Lucas Townend	MR-O 66	Derby	65	167.5	97.5	202.5	467.5	73.47
12	Yixuan Lin	MR-O 66	Queen Mary	65	172.5	105	182.5	460	72.29
1	Ping Hao Ng	MR-O 74	Exeter	73.5	242.5	140	290	672.5	99.08
2	Scott Walton	MR-O 74	Glasgow	74	240	180.5	250	670.5	98.44

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
3	Renzo Binas	MR-O 74	Bath Spa	72.4	220	130	300	650	96.52
4	Joshua Yang	MR-O 74	UCL	73.2	215	175	245	635	93.75
5	Nathan Bennett	MR-O 74	Bristol	70.8	220	167.5	232.5	620	93.14
6	Jake Cazin-Meyer	MR-O 74	Lancaster	73.6	230	150	240	620	91.28
7	Thomas Currie	MR-O 74	Exeter	72	215	155	240	610	90.84
8	Gaston Nassief	MR-O 74	Loughborough	72.4	217.5	157.5	225	600	89.09
9	Joshua Parker	MR-O 74	Durham	73.7	230	132.5	237.5	600	88.27
10	Gabriel Tan	MR-O 74	City St George's	73.1	217.5	130	250	597.5	88.28
11	Tyreke Holness	MR-O 74	Oxford	72.7	227.5	125	237.5	590	87.42
12	Billy Papakostas	MR-O 74	King's College	72.8	195	147.5	220	562.5	83.29
13	Tobias Dalrymple	MR-O 74	Liverpool	71.8	215	125	220	560	83.51
14	Will Hilton	MR-O 74	Newcastle	72.1	197.5	140	220	557.5	82.96
15	Felix Chan	MR-O 74	Surrey	73.1	202.5	130	225	557.5	82.37
16	Sean Cadiz	MR-O 74	Nottingham Trent	68.7	185	112.5	257.5	555	84.71
17	Jacob Loader	MR-O 74	Cambridge	71.4	197.5	137.5	220	555	83.01
18	Edward Butcher	MR-O 74	Liverpool	68.6	195	112.5	240	547.5	83.62
19	Sean Diolan	MR-O 74	Nottingham Trent	72.1	210	130	205	545	81.1
20	Jai Hindocha	MR-O 74	Imperial	68.3	177.5	137.5	227.5	542.5	83.05
21	Samuel Jones	MR-O 74	Birmingham	72.3	187.5	117.5	235	540	80.24
22	Milo McLaughlin	MR-O 74	Stirling	72.5	195	115	230	540	80.13
23	Joshua Neo	MR-O 74	Exeter	73.1	210	107.5	220	537.5	79.41
24	Jack Ashurst	MR-O 74	Durham	73.7	210	102.5	225	537.5	79.08

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
25	Daniel Sendo	MR-O 74	Imperial	73.3	195	117.5	222.5	535	78.93
26	Paul Kellett	MR-O 74	Bath	73.6	192.5	152.5	190	535	78.76
27	France Masiddo	MR-O 74	Nottingham Trent	71.4	180	115	237.5	532.5	79.65
28	Salman Khan	MR-O 74	Queen Mary	72.9	172.5	100	260	532.5	78.79
29	Justin Smith	MR-O 74	Bath	71.8	182.5	127.5	220	530	79.04
30	joeseph platt	MR-O 74	Nottingham	72.4	190	115	225	530	78.7
31	Thomas Chudley	MR-O 74	Southampton	71.6	185	115	225	525	78.41
32	Theo Stewart	MR-O 74	Newcastle	72.7	165	132.5	220	517.5	76.68
33	George Walsh	MR-O 74	Exeter	73.2	177.5	117.5	220	515	76.04
34	Craig Lobo	MR-O 74	Cambridge	70.5	75	110	75	260	39.15
1	Samuel Walker	MR-O 83	De Montfort	82.2	260	175	305	740	102.94
2	Emeka Obiekwe Canamero	MR-O 83	Queen Mary	81.5	262.5	152.5	302.5	717.5	100.24
3	Kacper Walesa	MR-O 83	Leeds	81.6	270	157.5	290	717.5	100.18
4	Chinedum Okolo	MR-O 83	Cambridge	82.5	247.5	150	305	702.5	97.54
5	Thomas Bennett	MR-O 83	Nottingham	82.1	270	150	280	700	97.43
6	Simon Zhu	MR-O 83	UCL	81	245	172.5	262.5	680	95.3
7	Lucas Silva	MR-O 83	Bournemouth	82.2	252.5	157.5	270	680	94.59
8	Ajith Suthakaran	MR-O 83	Brunel	82	257.5	150	270	677.5	94.36
9	Abdullah Miah	MR-O 83	Loughborough	83	247.5	150	280	677.5	93.78
10	Alex Ewen	MR-O 83	Coventry	81.7	237.5	165	272.5	675	94.19
11	Joshua Darne	MR-O 83	Oxford	82.6	240	170	257.5	667.5	92.63

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
12	Matthew Oladele	MR-O 83	Surrey	80.2	240	165	257.5	662.5	93.32
13	Benny Malan	MR-O 83	Oxford Brookes University	82.4	240	132.5	290	662.5	92.04
14	Thomas Cross	MR-O 83	Newcastle	80.6	245	147.5	267.5	660	92.73
15	George Gammage	MR-O 83	Loughborough	81.9	262.5	145	252.5	660	91.98
16	Miles Selelo	MR-O 83	Nottingham	82.2	250	135	275	660	91.81
17	Rohan Maskrey	MR-O 83	Durham	82.3	225	155	275	655	91.06
18	Daniel Dyszkant	MR-O 83	Loughborough	81.2	240	160	245	645	90.28
19	Karim Al Qudah	MR-O 83	Durham	82	245	150	250	645	89.83
20	Yujan Rai	MR-O 83	Surrey	82.3	235	162.5	245	642.5	89.32
21	Max Rathbone	MR-O 83	Bath	81.6	225	140	275	640	89.36
22	Yush Thajul-Ameer	MR-O 83	Aston	81.4	215	155	267.5	637.5	89.12
23	Jamie Jones	MR-O 83	Portsmouth	82.5	237.5	140	250	627.5	87.13
24	Mingzhen He	MR-O 83	Strathclyde	82.3	235	135	255	625	86.89
25	Daniel Tamlyn	MR-O 83	Exeter	78	227.5	132.5	262.5	622.5	88.94
26	Travis Cowl	MR-O 83	Exeter	78.5	215	132.5	275	622.5	88.65
27	Levi Walker	MR-O 83	Bournemouth	82.5	217.5	160	245	622.5	86.43
28	Elliot Whatling	MR-O 83	Nottingham	82.5	205	157.5	252.5	615	85.39
29	Benjamin Chan	MR-O 83	Oxford	79.7	227.5	132.5	252.5	612.5	86.55
30	James Channon	MR-O 83	Birmingham	81.7	227.5	130	255	612.5	85.47
31	Douwejan Yoong	MR-O 83	UCL	79.1	202.5	152.5	255	610	86.53
32	Thomas Horn	MR-O 83	Liverpool	82.2	210	147.5	245	602.5	83.81
33	Jack Li	MR-O 83	Bristol	79.7	212.5	132.5	255	600	84.78

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
34	Sarthak Suri	MR-O 83	Loughborough	81	207.5	150	242.5	600	84.09
35	Victor Hashem	MR-O 83	Birmingham	81.2	200	135	265	600	83.98
36	Hai Le	MR-O 83	Imperial	82.2	217.5	152.5	230	600	83.46
37	Oliver Green	MR-O 83	Nottingham	82.2	210	155	235	600	83.46
38	George Gibbins	MR-O 83	Nottingham Trent	82	235	122.5	240	597.5	83.22
39	matthew malcolmson	MR-O 83	Newcastle	80.8	215	137.5	240	592.5	83.14
40	Noah Green	MR-O 83	UWE	81	202.5	122.5	265	590	82.69
41	Daniel Newell	MR-O 83	Exeter	81.8	200	135	255	590	82.28
42	Charlie Webb	MR-O 83	East Anglia	82.1	222.5	142.5	225	590	82.12
43	Thomas Maudsley	MR-O 83	Loughborough	79.7	205	135	245	585	82.67
44	James Anar	MR-O 83	Lancaster	75.9	192.5	150	240	582.5	84.4
1	Jay Batten	MR-O 93	Bournemouth	92.2	287.5	172.5	325	785	103.13
2	James West	MR-O 93	Nottingham	92.3	277.5	167.5	310	755	99.14
3	Shubang Nagalotimath	MR-O 93	Cambridge	90.7	275	157.5	307.5	740	98
4	Thomas Lee	MR-O 93	Lancaster	92.1	290	190	260	740	97.27
5	Kelechi Azoro-Osuji	MR-O 93	Essex	91.4	262.5	160	310	732.5	96.64
6	Arun Spencer	MR-O 93	Oxford	92.3	262.5	162.5	307.5	732.5	96.18
7	Christopher Hoy	MR-O 93	Strathclyde	91.4	265	162.5	300	727.5	95.98
8	Harry Eisinger	MR-O 93	Exeter	92.9	267.5	175	285	727.5	95.22
9	Mason Green-Prosper	MR-O 93	Lincoln	92.2	272.5	150	280	702.5	92.29
10	Mason Smith	MR-O 93	Chichester	92.6	247.5	162.5	282.5	692.5	90.78

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
11	Brandon Ring	MR-O 93	Warwick	92	220	162.5	300	682.5	89.76
12	Youssef Gantar	MR-O 93		92.4	242.5	167.5	270	680	89.24
13	Ali Khawaja	MR-O 93	Imperial	89.6	252.5	160	255	667.5	88.93
14	Zach Rivai	MR-O 93	King's College	92.8	227.5	165	272.5	665	87.09
15	Jonathon Cook	MR-O 93	Brighton	92.4	242.5	160	257.5	660	86.62
16	Mitchell Guppy	MR-O 93	Newcastle	93	240	157.5	260	657.5	86.01
17	Justin Infante	MR-O 93	Middlesex	87.9	247.5	145	260	652.5	87.76
18	Jin Zheng	MR-O 93	Oxford	92.5	235	145	272.5	652.5	85.59
19	Adedotun Ogunjimi	MR-O 93	Bristol	91.2	217.5	145	285	647.5	85.52
20	Pearse Hegarty	MR-O 93	St Mary's	91.8	215	155	277.5	647.5	85.25
21	Luke Thompson	MR-O 93	York	92.2	230	152.5	260	642.5	84.41
22	Ben Hayton	MR-O 93	Liverpool John Moores	90	230	150	260	640	85.08
23	Oliver Sanders	MR-O 93	Newcastle	90.2	237.5	130	270	637.5	84.66
24	Sam Lander	MR-O 93	Bristol	91.5	225	145	262.5	632.5	83.41
25	Amir Ksous	MR-O 93	Liverpool	90.9	232.5	137.5	260	630	83.34
26	Evan Fryer	MR-O 93	Bath	91.3	237.5	132.5	260	630	83.16
27	Ross Neilson	MR-O 93	Nottingham	92	232.5	130	265	627.5	82.53
28	Alexander Cole	MR-O 93	Bristol	89.7	230	145	245	620	82.56
29	Arian Shapoor	MR-O 93	Queen Mary	89.9	210	140	270	620	82.47
30	Tyler Heath	MR-O 93	Loughborough	91.6	210	170	232.5	612.5	80.72
31	Tom Mosseri	MR-O 93	Oxford	92.7	225	140	247.5	612.5	80.25
32	Freddy Rowden	MR-O 93	Bath	92.4	220	130	260	610	80.05

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
33	Finnan Foster	MR-O 93	Loughborough	92.2	225	137.5	245	607.5	79.81
34	Nathaniel Woodbridge	MR-O 93	Birmingham	92.7	252.5	75	277.5	605	79.27
35	Oliver German	MR-O 93	Nottingham	92.2	210	130	250	590	77.51
36	Matthew Williams	MR-O 93	Southampton	92.5	200	135	240	575	75.42
37	Benjamin Karpal	MR-O 93	Loughborough	90.9	220	120	230	570	75.41
DQ	Zhentaο Hu	MR-O 93	UCL		92	140	275		
DQ	Alex Walker	MR-O 93	Lancaster	92.3	252.5	160			
1	Carlo Zanetti	MR-O 105	Bath	103.3	275	200	335	810	100.77
2	Daniel Rajis	MR-O 105	Nottingham	103.1	305.5	162.5	335	803	99.99
3	Henry Goldstraw	MR-O 105	Nottingham	102.8	295	195	307.5	797.5	99.44
4	Tim Li	MR-O 105	York	104.8	270	221.5	305	796.5	98.43
5	Jack Hopkins	MR-O 105	Bath	100.9	280	200	315	795	100.01
6	William Woods	MR-O 105	Brighton	102.1	280	175	300	755	94.45
7	Ilhan Omar Nur Azam	MR-O 105	Stirling	103.3	282.5	152.5	315	750	93.31
8	Theo Bennett	MR-O 105	Strathclyde	102.1	235	200	305	740	92.57
9	Tyler Acheampong	MR-O 105	Essex	103.3	272.5	187.5	280	740	92.06
10	Oliver Francis	MR-O 105	Exeter	102.3	245	170	317.5	732.5	91.55
11	Reece Mitchell	MR-O 105	Exeter	101.8	255	175	300	730	91.45
12	Teddy Davidson	MR-O 105	Loughborough	101.9	270	172.5	280	722.5	90.46
13	Gwilym Poyelle	MR-O 105	Birmingham	102.1	270	160	280	710	88.82
14	Marcus Berridge	MR-O 105	Southampton	104	267.5	162.5	280	710	88.05

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
15	Leo Wright	MR-O 105	Glasgow Caledonian	103.1	272.5	147.5	287.5	707.5	88.1
16	Dilshan Muththettuwage	MR-O 105	Aston	103.6	260	145	300	705	87.59
17	Martin Enitan	MR-O 105	Loughborough	100.7	265	155	280	700	88.14
18	James Lusanta	MR-O 105	Nottingham	103.4	262.5	142.5	285	690	85.8
19	Rufus Guest	MR-O 105	East Anglia	100.2	255	155	275	685	86.45
20	Joe McGuire	MR-O 105	Newcastle	104.1	260	155	270	685	84.91
21	Tom Stapley	MR-O 105	East Anglia	97.3	232.5	177.5	270	680	87.03
22	Oliver Chin	MR-O 105	York	102.6	247.5	152.5	280	680	84.87
23	Oluwafisayo Adeyemi	MR-O 105	Bristol	102.6	220	160	300	680	84.87
24	Joe Hart Stevens	MR-O 105	Liverpool John Moores	102.9	225	170	280	675	84.13
25	Samir Sultani	MR-O 105	Nottingham	103.9	250	140	285	675	83.75
26	Archie Seed	MR-O 105	Nottingham Trent	103.9	225	147.5	300	672.5	83.44
27	Kanye Williams	MR-O 105	Lancaster	104.6	237.5	135	300	672.5	83.18
28	Felix Goldsmith	MR-O 105	Newcastle	102.1	255	157.5	257.5	670	83.81
29	Joseph Kemp	MR-O 105	Liverpool John Moores	103	250	147.5	267.5	665	82.84
30	Brandon Muscroft	MR-O 105	Lincoln	102.5	260	147.5	252.5	660	82.41
31	Grant Arneil	MR-O 105	St Andrews	93.6	220	165	270	655	85.42
32	Chris Spurgeon	MR-O 105	Loughborough	102.2	245	150	260	655	81.9
33	Clark Walker	MR-O 105	Edinburgh	104	225	152.5	275	652.5	80.92
34	Hussain Albayati	MR-O 105	King's College	100.8	232.5	142.5	272.5	647.5	81.49
35	Rowan Sweeney	MR-O 105	Oxford Brookes University	101.9	252.5	145	242.5	640	80.13
36	Harris Hammam	MR-O 105	Newcastle	104.3	245	110	280	635	78.64

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
37	Oliver Coxon	MR-O 105	Southampton	95.7	225	142.5	265	632.5	81.6
38	Kieran Hazell	MR-O 105	Coventry	98.5	212.5	152.5	240	605	76.98
G	David Coope	MR-O 105	Oxford	95.9	225	155	225	605	77.98
1	Joshua Ngoka	MR-O 120	Essex	119.1	341	195.5	361	897.5	104.67
2	William Ndibe	MR-O 120	Nottingham	118.1	290	167.5	330	787.5	92.19
3	Rudi Norris	MR-O 120	Nottingham Trent	111.6	290	192.5	302.5	785	94.24
4	Hamza Benzekri	MR-O 120	Liverpool John Moores	118.7	235	180	325	740	86.43
5	Yanek Houston	MR-O 120	Bath Spa	119.8	262.5	157.5	312.5	732.5	85.21
6	Noah Ogun	MR-O 120	Reading	113.1	245	145	335	725	86.52
7	Theo Davies	MR-O 120	Nottingham	118	270	137.5	295	702.5	82.27
8	William James	MR-O 120	Oxford	119.3	245	180	275	700	81.58
9	Daniel Aldis	MR-O 120	Exeter	110.6	247.5	152.5	280	680	81.97
10	Benjamin Shackleton	MR-O 120	Imperial	115.4	270	155	255	680	80.42
11	Kallum Green	MR-O 120	Imperial	110.6	235	180	260	675	81.37
12	Priestly Adejo	MR-O 120	UCL	106.1	255	132.5	285	672.5	82.63
13	Ben Harris	MR-O 120	Gloucestershire	118.6	247.5	172.5	240	660	77.12
14	Michael Akpe	MR-O 120	Nottingham	118.9	217.5	160	267.5	645	75.28
15	Gareth Edwards	MR-O 120	Glasgow	116.9	200	132.5	245	577.5	67.91
1	Charlie Moore	MR-O 120+	Essex	120.1	255	157.5	337.5	750	87.15
2	Roscoe Oliver	MR-O 120+	Exeter	129.5	275	177.5	297.5	750	84.39

Place	Name	Div	Team	BW	Best Squat	Best Bench	Best Deadlift	Total	IPF GL
3	David Oyadah	MR-O 120+	Exeter	178	285	205	260	750	74.94
4	Conor Dougen	MR-O 120+	Leeds	132.1	257.5	177.5	275	710	79.24
5	Ilyas Dachraoui	MR-O 120+	Liverpool John Moores	138.5	275	170	240	685	74.99