



# **IPF University Cup Powerlifting 2025**

**July 2025**

**Okayama University Weight Training Club**

# Sugino sets new Japanese student records in deadlift and total!

Date: July 16 (Wed) to 20 (Sun), 2025

Location: Istanbul, Turkey

Bruman Istanbul Hotel & Convention Center

- Ayumi Oka (37th generation, Literature 3): Women's 47kg class (powerlifting) – 6th place
- Hiroki Sugino (37th generation, Education 3): Men's 83kg class (powerlifting) – 8th place

✂Winners of national university  
preliminaries 66 universities from 22  
countries, with 155 athletes participating

# Ayumi Oka

	1 <sup>st</sup> attmpt	2 <sup>nd</sup> attmpt	3 <sup>rd</sup> attempt
Squat	85	90	92.5
Benchpress	37.5	42.5	<del>45</del>
Deadlift	95	97.5	<del>107.5</del>

Women's 47kg class 6th place TOTAL: 230kg • Despite this being her first international competition, she demonstrated the results of her training with stable performances. • Although she ultimately failed, she showed a proactive attitude by challenging the 5th place competitor in her third deadlift attempt.



# Hiroki Sugino

	1 <sup>st</sup> attmpt	2 <sup>nd</sup> attmpt	3 <sup>rd</sup> attempt
Squat	225	235	142.5
Benchpress	155	160	165
Deadlift	255	265	272.5

Men's 83kg class 8th place

Deadlift 272.5kg New Japanese student record

Total 680kg New Japanese student record

• With a perfect performance, successfully completing all 9 lifts, he rose significantly in the rankings from 17th place to 8th place.

• He broke the Japanese student record in the deadlift and total, which had been set three weeks earlier.