OPL Format	Submit by email:	issues@openpowerlifting.or																				
Federation	Date	MeetCountry	MeetState	MeetTow	MeetName	Formula																
YNE	'2022-08-20	England		York	August Novice	IPF GL Points																
Place	Name	Sex	Equipmen	Division	BodyweightKg	WeightClassKg	Squat1K	Squat2K	Squat3K	Best3SquatKg	Bench1K	Bench2K	Bench3K	Best3BenchKg	Deadlift1K	Deadlift2K	Deadlift3K	Best3DeadliftK	TotalK	Points	Even
1	Regan Smart	F	Raw	F-Jr	53.6	57	-95	95	100	100	35	40	-42.5	40	102.5	110	115	115	255	62.77	SBD
1	Olivia Westcott	F	Raw	F-Jr	74.9	76	110	-120	120	120	50	55	-60	55	115	-125	-125	115	290	57.57	SBD
2	Lucy Bennett	F	Raw	F-Jr	75.7	76	80	85	-90	85	47.5	50	-52.5	50	-105	105	110	110	245	48.39	SBD
1	Estelle Varley	F	Raw	F-Jr	76.8	84	100	105	115	115	45	47.5	-50	47.5	115	125	135	135	297.5	58.37	SBD
1	Laura Effer	F	Raw	F-Jr	98.9	84+	115	122.5	130	130	65	70	72.5	72.5	135	145	155	155	357.5	63.95	SBD
2	Tara Bond-Ingham	F	Raw	F-Jr	105.6	84+	110	115	120	120	52.5	55	-60	55	115	125	135	135	310	54.53	SBD
3	Jasmine Friar	F	Raw	F-Jr	89.7	84+	72.5	77.5	80	80	32.5	37.5	40	40	85	92.5	-95	92.5	212.5	39.18	SBD
1	Laura Collins	F	Raw	F-O	55.7	57	75	80	85	85	37.5	40	-45	40	100	105	-107.5	105	230	54.91	SBD
1	Shane Hargar	F	Raw	F-O	62.6	63	70	75	80	80	50	55	60	60	117.5	127.5	137.5	137.5	277.5	60.96	SBD
2	Charlotte Branchu	F	Raw	F-O	61.8	63	-65	-70	72.5	72.5	47.5	-55	-55	47.5	110	115	-120	115	235	52.06	SBD
3	Sarah Pennington-North	F	Raw	F-O	61.3	63	75	82.5	-90	82.5	40	45	-50	45	75	82.5	90	90	217.5	48.45	SBD
1	Sarah Notman	F	Raw	F-O	66.7	69	-100	100	-107.5	100	75	-80	-80	75	135	140	-145	140	315	66.54	SBD
2	Tara McCully	F	Raw	F-O	65.5	69	102.5	107.5	-112.5	107.5	57.5	-62.5	-62.5	57.5	130	137.5	142.5	142.5	307.5	65.66	SBD
3	Jolanta Akins	F	Raw	F-O	67.7	69	100	110	117.5	117.5	50	-57.5	57.5	57.5	105	117.5	127.5	127.5	302.5	63.35	SBD
4	Natalie Parker	F	Raw	F-O	67	69	95	105	-110	105	50	55	-60	55	125	-127.5	130	130	290	61.10	SBD
5	Elisabeth Jackson-Taylor	F	Raw	F-O	68.8	69	90	95	100	100	50	55	-60	55	120	125	127.5	127.5	282.5	58.62	SBD
1	Rebecca Thomas-Sives	F	Raw	F-O	69.6	76	107.5	115	125	125	50	57.5	60	60	125	132.5	140	140	325	67.01	SBD
1	Jess Bond	F	Raw	F-O	81.9	84	102.5	107.5	112.5	112.5	42.5	45	-47.5	45	110	115	120	120	277.5	52.94	SBD
1	Sarah Farmer	F	Raw	F-O	84.6	84+	115	117.5	-120	117.5	65	70	72.5	72.5	127.5	132.5	140	140	330	62.15	SBD
1	Violet Clarke Waller	F	Raw	F-Sj	52	52	52.5	55	60	60	30	32.5	-37.5	32.5	75	80	85	85	177.5	44.82	SBD
1	Shabaaz Ali Sajjad	M	Raw	M-Jr	66.4	74	125	-132.5	135	135	65	72.5	-77.5	72.5	150	162.5	170	170	377.5	58.66	SBD
DQ	Lucas Robinson	M	Raw	M-Jr	70.8	74	125	130	135	135	-85	-90	-90		145	155	162.5	162.5			SBD
1	Sam Honey	M	Raw	M-Jr	76.7	83	165	175	185	185	110	117.5	122.5	122.5	190	205	220	220	527.5	76.02	SBD
1	George Bishop	M	Raw	M-Jr	90.3	93	150	152.5	170	170	100	105	110	110	190	210	225	225	505	67.03	SBD
2	Jacob Harding	M	Raw	M-Jr	88.9	93	135	142.5	152.5	152.5	92.5	97.5	105	105	195	212.5	230	230	487.5	65.20	SBD
3	Coby Gibson	M	Raw	M-Jr	84.3	93	140	150	-160	150	80	90	95	95	-180	180	200	200	445	61.12	SBD
1	Chadd Finneran	M	Raw	M-O	65.5	66	80	90	-102.5	90	72.5	80	-87.5	80	130	135	-145	135	305	47.74	SBD
1	Rory Quinn	M	Raw	M-O	71.9	74	135	145	152.5	152.5	77.5	82.5	-87.5	82.5	150	160	170	170	405	60.36	SBD
1	Ryan James Harrison	M	Raw	M-O	77.1	83	190	200	210	210	115	-125	130	130	215	225	232.5	232.5	572.5	82.29	SBD
2	Joe McCartney	M	Raw	M-O	81.1	83	-167.5	175	185	185	110	117.5	-122.5	117.5	215	225	-235	225	527.5	73.88	SBD
3	Nathan Brookes-Ashton	M	Raw	M-O	80.7	83	-160	170	-180	170	105	-110	-110	105	190	-200	205	205	480	67.40	SBD
4	Dan Wakenshaw	M	Raw	M-O	77.9	83	145	150	160	160	85	90	-92.5	90	170	180	190	190	440	62.91	SBD
5	Jamie Morrison	M	Raw	M-O	80.1	83	135	145	157.5	157.5	80	87.5	-95	87.5	175	185	195	195	440	62.02	SBD
1	James Dawson	M	Raw	M-O	85	93	175	177.5	192.5	192.5	-132.5	-135	135	135	212.5	225	-240	225	552.5	75.57	SBD
2	Coel Fulton	M	Raw	M-O	83.2	93	170	180	190	190	120	130	-140	130	200	210	220	220	540	74.66	SBD
3	Qaif Iqbal	M	Raw	M-O	90.5	93	140	147.5	155	155	90	97.5	-105	97.5	190	202.5	-210	202.5	455	60.32	SBD
4	Joshua Miller	M	Raw	M-O	90.2	93	115	120	125	125	75	-80	-80	75	165	-175	175	175	375	49.80	SBD
1	Luke Olajide	M	Raw	M-O	101.8	105	-220	220	235	235	120	130	140	140	250	270	-300	270	645	80.80	SBD
2	David Mulligan	M	Raw	M-O	103.2	105	202.5	212.5	-220	212.5	-155	155	-162.5	155	225	235	245	245	612.5	76.24	SBD
3	Jacob Brookes-Ashton	M	Raw	M-O	101.5	105	190	210	220	220	130	140	-150	140	-200	215	225	225	585	73.38	SBD
4	Nick Jennison	M	Raw	M-O	101.8	105	175	182.5	187.5	187.5	130	-135	-135	130	235	245	252.5	252.5	570	71.40	SBD
1	Michael Holmes	M	Raw	M-O	117.5	120	230	250	-262.5	250	140	150	-157.5	150	-230	250	265	265	665	78.02	SBD
1	Ash Billington	M	Raw	M-Sj	47.5	53	55	-60	-60	55	40	45	-47.5	45	85	90	95	95	195	36.26	SBD
1	Ryan Yarnell	M	Raw	M-Sj	64.3	66	150	157.5	165	165	77.5	82.5	90	90	175	190	205	205	460	72.71	SBD
1	Arjan Salim	M	Raw	M-Sj	69.2	74	115	122.5	130	130	60	67.5	-72.5	67.5	150	160	167.5	167.5	365	55.50	SBD
1	Chris Tolchard	M	Raw	M-Sj	100.5	105	-215	215	227.5	227.5	135	145	-150	145	235	250	260	260	632.5	79.71	SBD