

OPL For Submit by email:

issues@openpowerlifting.org

Federat Date

Meet(MeetSt: MeetTo: MeetNa: Formula

British F '2023-03-11

Engla: YNE Riccall YNE Mar IPF GL Points

Place	Name	Sex	Equipm	Division	Bodywei	WeightC	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K;	Deadlift2K;	Deadlift3K;	Best3Dead	TotalKg	Points	Event
1	Emma Barclay	F	Raw	FR-Jr	67.7	69	102.5	110	117.5	117.5	60	67.5	-70	67.5	115	130	135	135	320	67.01	SBD
2	Estelle Varley	F	Raw	FR-Jr	68.9	69	115	120	125	125	50	52.5	55	55	125	135	-140	135	315	65.31	SBD
3	Eleanor Warnes	F	Raw	FR-Jr	65.6	69	90	102.5	110	110	50	55	60	60	105	115	-125	115	285	60.8	SBD
1	Erin Smith	F	Raw	FR-Jr	75	76	132.5	142.5	150	150	67.5	72.5	-75	72.5	155	165	170	170	392.5	77.87	SBD
2	Nicole Latham	F	Raw	FR-Jr	74.2	76	105	112.5	-117.5	112.5	57.5	62.5	-65	62.5	125	140	-145	140	315	62.82	SBD
1	Michelle brooke	F	Raw	FR-M1	55.6	57	65	-70	-70	65	37.5	-40	40	40	95	102.5	-110	102.5	207.5	49.61	SBD
1	Rebecca Martin	F	Raw	FR-M1	70.6	76	127.5	135	142.5	142.5	62.5	67.5	70	70	130	140	150	150	362.5	74.17	SBD
2	Christina Cheney	F	Raw	FR-M1	73.8	76	65	70	75	75	42.5	45	47.5	47.5	92.5	102.5	112.5	112.5	235	46.99	SBD
G	Chantelle Campling	F	Raw	FR-M2	87.8	84+	105	112.5	117.5	117.5	67.5	-72.5	-72.5	67.5	135	145	-152.5	145	330	61.3	SBD
1	Michelle brooke	F	Raw	FR-O	55.6	57	65	-70	-70	65	37.5	-40	40	40	95	102.5	-110	102.5	207.5	49.61	SBD
1	Shane Harger	F	Raw	FR-O	62.8	63	85	90	97.5	97.5	55	-60	60	60	125	135	145	145	302.5	66.32	SBD
2	Alice Alston	F	Raw	FR-O	61.9	63	97.5	102.5	107.5	107.5	50	55	57.5	57.5	107.5	115	117.5	117.5	282.5	62.52	SBD
1	Jolanta Akins	F	Raw	FR-O	68.1	69	122.5	130	135	135	55	60	-62.5	60	130	140	-145	140	335	69.92	SBD
2	Sarah Notman	F	Raw	FR-O	67	69	-105	105	110	110	75	77.5	-80	77.5	140	145	-152.5	145	332.5	70.05	SBD
3	Emma Barclay	F	Raw	FR-O	67.7	69	102.5	110	117.5	117.5	60	67.5	-70	67.5	115	130	135	135	320	67.01	SBD
4	Estelle Varley	F	Raw	FR-O	68.9	69	115	120	125	125	50	52.5	55	55	125	135	-140	135	315	65.31	SBD
5	Eleanor Warnes	F	Raw	FR-O	65.6	69	90	102.5	110	110	50	55	60	60	105	115	-125	115	285	60.8	SBD
1	Erin Smith	F	Raw	FR-O	75	76	132.5	142.5	150	150	67.5	72.5	-75	72.5	155	165	170	170	392.5	77.87	SBD
2	Rebecca Martin	F	Raw	FR-O	70.6	76	127.5	135	142.5	142.5	62.5	67.5	70	70	130	140	150	150	362.5	74.17	SBD
3	Andrea Greaves	F	Raw	FR-O	72.8	76	115	125	132.5	132.5	50	57.5	-62.5	57.5	135	145	152.5	152.5	342.5	68.96	SBD
4	Nicole Latham	F	Raw	FR-O	74.2	76	105	112.5	-117.5	112.5	57.5	62.5	-65	62.5	125	140	-145	140	315	62.82	SBD
5	Daisy Sullivan	F	Raw	FR-O	71.2	76	105	115	120	120	60	65	67.5	67.5	100	110	120	120	307.5	62.63	SBD
6	Christina Cheney	F	Raw	FR-O	73.8	76	65	70	75	75	42.5	45	47.5	47.5	92.5	102.5	112.5	112.5	235	46.99	SBD
1	Cheryl Dawkins	F	Raw	FR-O	81.9	84	140	147.5	152.5	152.5	70	75	77.5	77.5	175	190	-200	190	420	80.12	SBD
2	Jess Bond	F	Raw	FR-O	82.9	84	115	122.5	-130	122.5	45	47.5	-50	47.5	115	125	130	130	300	56.95	SBD
G	Katie Baker	F	Raw	FR-O	81.8	84	137.5	145	-150	145	80	85	90	90	135	145	150	150	385	73.48	SBD
1	Jennifer Hammonds	F	Raw	FR-O	91.6	84+	150	157.5	167.5	167.5	72.5	75	77.5	77.5	170	180	-187.5	180	425	77.81	SBD
2	Lydia Noble	F	Raw	FR-O	101.3	84+	130	137.5	142.5	142.5	82.5	87.5	92.5	92.5	137.5	145	152.5	152.5	387.5	68.87	SBD
3	Gabby Calvert	F	Raw	FR-O	103.8	84+	110	120	127.5	127.5	45	-52.5	-52.5	45	120	130	-137.5	130	302.5	53.43	SBD
G	Megan Williamson	F	Raw	FR-O	87	84+	-125	125	130	130	-55	55	60	60	140	150	162.5	162.5	352.5	65.69	SBD
G	Chantelle campling	F	Raw	FR-O	87.8	84+	105	112.5	117.5	117.5	67.5	-72.5	-72.5	67.5	135	145	-152.5	145	330	61.3	SBD
1	Daisy Sullivan	F	Raw	FR-Sj	71.2	76	105	115	120	120	60	65	67.5	67.5	100	110	120	120	307.5	62.63	SBD
1	Amelia Hoggard-Leathers	F	Raw	FR-O	55.2	57					57.5	62.5	-65	62.5					62.5	56.93	B
1	Charan Mandeir	M	Raw	MR-Jr	65.7	66	130	140	150	150	72.5	82.5	85	85	152.5	165	-175	165	400	62.5	SBD
1	Harsahib Sudle	M	Raw	MR-Jr	70.2	74	-165	175	182.5	182.5	90	100	105	105	210	225	-240	225	512.5	77.34	SBD
2	Arjan Salim	M	Raw	MR-Jr	70.7	74	135	142.5	-150	142.5	70	75	-77.5	75	-165	170	-180	170	387.5	58.26	SBD
1	Myles Foster	M	Raw	MR-Jr	75.9	83	150	160	165	165	95	102.5	-105	102.5	180	192.5	200	200	467.5	67.74	SBD
1	Kyle Maloney	M	Raw	MR-Jr	88.2	93	160	170	180	180	90	97.5	102.5	102.5	205	215	227.5	227.5	510	68.48	SBD

	2	Ed Haselden	M	Raw	MR-Jr	90	93	170	177.5	182.5	182.5	127.5	-132.5	132.5	132.5	180	187.5	192.5	192.5	507.5	67.47	SBD
	3	Coby Gibson	M	Raw	MR-Jr	87.2	93	150	160	170	170	90	95	100	100	195	205	-215	205	475	64.14	SBD
	4	Adam Wood	M	Raw	MR-Jr	89.5	93	120	130	140	140	77.5	85	87.5	87.5	195	202.5	207.5	207.5	435	57.99	SBD
	1	Joe Hawkshaw	M	Raw	MR-Jr	99.9	105	180	190	200	200	107.5	115	125	125	242.5	255	271	271	596	75.33	SBD
	2	Shaun Carter	M	Raw	MR-Jr	103.5	105	205	210	-215	210	125	-130	-130	125	215	220	-230	220	555	68.98	SBD
	3	Haydn Congreve	M	Raw	MR-Jr	104.8	105	190	205	220	220	95	-105	-105	95	210	230	-250	230	545	67.35	SBD
	4	Zac van der Heiden	M	Raw	MR-Jr	103.5	105	185	195	202.5	202.5	130	137.5	-142.5	137.5	170	182.5	192.5	192.5	532.5	66.19	SBD
	5	Joshua Ryan Foyle	M	Raw	MR-Jr	100.7	105	110	127.5	-140	127.5	60	72.5	-77.5	72.5	110	127.5	-140	127.5	327.5	41.24	SBD
	1	Panagiotis Voulpiotis	M	Raw	MR-Jr	120	120	-205	220	-232.5	220	115	127.5	132.5	132.5	220	235	-247.5	235	587.5	68.29	SBD
	1	Nathan Britton	M	Raw	MR-Jr	164.7	120+	-240	240	260	260	150	-160	170	170	220	230	-257.5	230	660	67.71	SBD
	2	Jack Galpin	M	Raw	MR-Jr	125.2	120+	-160	170	190	190	-110	120	-130	120	170	200	220	220	530	60.49	SBD
	1	Gareth Bramley	M	Raw	MR-M1	76.4	83	115	122.5	130	130	87.5	-92.5	-95	87.5	180	190	202.5	202.5	420	60.65	SBD
	1	James Jacobs	M	Raw	MR-M1	114.2	120	155	165	172.5	172.5	117.5	122.5	-127.5	122.5	180	190	200	200	495	58.82	SBD
DQ		Darren Scarfe	M	Raw	MR-M2	157.3	120+	180	-205	205	205	145	155	-162.5	155	-260	-280	-280				SBD
	1	Ash Billington	M	Raw	MR-O	49.5	53	62.5	67.5	70	70	42.5	45	47.5	47.5	97.5	-105	-105	97.5	215	39.1	SBD
	1	Uzair Farooq	M	Raw	MR-O	55.7	59	85	-87.5	-87.5	85	70	72.5	-77.5	72.5	110	125	135	135	292.5	49.92	SBD
	1	Charan Mandeir	M	Raw	MR-O	65.7	66	130	140	150	150	72.5	82.5	85	85	152.5	165	-175	165	400	62.5	SBD
	2	Mahmoud Abazeed	M	Raw	MR-O	64.4	66	97.5	102.5	107.5	107.5	85	90	92.5	92.5	130	140	147.5	147.5	347.5	54.88	SBD
	1	Harsahib Sudle	M	Raw	MR-O	70.2	74	-165	175	182.5	182.5	90	100	105	105	210	225	-240	225	512.5	77.34	SBD
	2	Jay Dela Cruz	M	Raw	MR-O	73.1	74	147.5	155	162.5	162.5	95	100	105	105	192.5	205	210	210	477.5	70.55	SBD
	3	Scott Hanna	M	Raw	MR-O	73.3	74	155	162.5	170	170	92.5	97.5	100	100	190	202.5	-210	202.5	472.5	69.71	SBD
	4	Jamie Morrison	M	Raw	MR-O	72.9	74	155	157.5	-172.5	157.5	85	92.5	-97.5	92.5	-190	200	-210	200	450	66.58	SBD
	5	korey towey	M	Raw	MR-O	73.7	74	165	172.5	-180	172.5	-87.5	87.5	-95	87.5	-175	-175	175	175	435	64	SBD
	6	Jordan Bruce	M	Raw	MR-O	71.4	74	110	120	130	130	70	80	87.5	87.5	155	167.5	180	180	397.5	59.45	SBD
	7	Arjan Salim	M	Raw	MR-O	70.7	74	135	142.5	-150	142.5	70	75	-77.5	75	-165	170	-180	170	387.5	58.26	SBD
	8	Eden Scantlebury-Watson	M	Raw	MR-O	70.2	74	120	-130	130	130	65	70	-75	70	170	185	-200	185	385	58.1	SBD
	9	Matthew Culshaw	M	Raw	MR-O	71.1	74	60	70	75	75	55	-60	60	60	80	90	100	100	235	35.23	SBD
G		Rory Quinn	M	Raw	MR-O	72.6	74	155	157.5	170	170	80	-85	-85	80	172.5	180	-187.5	180	430	63.76	SBD
G		Hilton Harrison-Smith	M	Raw	MR-O	70.9	74	130	140	150	150	70	-77.5	77.5	77.5	185	-200	-200	185	412.5	61.92	SBD
	1	Ben Muskett	M	Raw	MR-O	83	83	205	217.5	-225	217.5	135	-137.5	-137.5	135	250	265	-275	265	617.5	85.48	SBD
	2	Will Grace	M	Raw	MR-O	82	83	190	200	210	210	120	-127.5	-127.5	120	235	250	-260	250	580	80.78	SBD
	3	Tobechukwu Agbele	M	Raw	MR-O	82.4	83	180	-190	-190	180	120	125	-130	125	220	-230	230	230	535	74.33	SBD
	4	Muhammad Bazil	M	Raw	MR-O	82.5	83	165	172.5	182.5	182.5	115	122.5	127.5	127.5	190	210	217.5	217.5	527.5	73.24	SBD
	5	Alex Macaulay	M	Raw	MR-O	80.5	83	152.5	162.5	167.5	167.5	115	122.5	-125	122.5	180	195	202.5	202.5	492.5	69.24	SBD
	6	Josh Bassinder	M	Raw	MR-O	76.9	83	150	162.5	170	170	97.5	-105	110	110	165	175	190	190	470	67.64	SBD
	7	Myles Foster	M	Raw	MR-O	75.9	83	150	160	165	165	95	102.5	-105	102.5	180	192.5	200	200	467.5	67.74	SBD
	8	Alfie Webster gill	M	Raw	MR-O	81.2	83	135	145	150	150	90	100	-105	100	190	200	-210	200	450	62.99	SBD
	9	Matthew Anderson	M	Raw	MR-O	80.2	83	127.5	135	142.5	142.5	82.5	87.5	95	95	170	180	190	190	427.5	60.22	SBD
	10	Gareth Bramley	M	Raw	MR-O	76.4	83	115	122.5	130	130	87.5	-92.5	-95	87.5	180	190	202.5	202.5	420	60.65	SBD
	1	Ryan Duffield	M	Raw	MR-O	92.1	93	230	250	260	260	-160	180	190	190	280	310	-325	310	760	99.9	SBD
	2	Owen Marron	M	Raw	MR-O	90.9	93	225	235	245	245	140	147.5	152.5	152.5	280	302.5	-310	302.5	700	92.6	SBD
	3	Jack l'Anson	M	Raw	MR-O	91.1	93	235	250	260	260	120	127.5	-135	127.5	235	237.5	252.5	252.5	640	84.58	SBD
	4	Kyle Maloney	M	Raw	MR-O	88.2	93	160	170	180	180	90	97.5	102.5	102.5	205	215	227.5	227.5	510	68.48	SBD
	5	Ed Haselden	M	Raw	MR-O	90	93	170	177.5	182.5	182.5	127.5	-132.5	132.5	132.5	180	187.5	192.5	192.5	507.5	67.47	SBD

	6	Peter Green	M	Raw	MR-O	86.7	93	170	180	-190	180	-107.5	107.5	112.5	112.5	180	190	200	200	492.5	66.7	SBD
	7	James Shackleton	M	Raw	MR-O	84.4	93	177.5	185	190	190	100	105	-110	105	185	195	-205	195	490	67.26	SBD
	8	qaif Iqbal	M	Raw	MR-O	90.3	93	150	157.5	-162.5	157.5	90	97.5	105	105	192.5	205	220	220	482.5	64.04	SBD
	9	Coby Gibson	M	Raw	MR-O	87.2	93	150	160	170	170	90	95	100	100	195	205	-215	205	475	64.14	SBD
	10	Michael Lee	M	Raw	MR-O	87.2	93	125	135	142.5	142.5	90	97.5	105	105	180	190	200	200	447.5	60.43	SBD
G	11	Adam Wood	M	Raw	MR-O	89.5	93	120	130	140	140	77.5	85	87.5	87.5	195	202.5	207.5	207.5	435	57.99	SBD
		Tulio Xavier	M	Raw	MR-O	84.4	93	160	170	180	180	112.5	120	-125	120	195	210	227.5	227.5	527.5	72.41	SBD
	1	Ben thornes	M	Raw	MR-O	102.2	105	212.5	225	-235	225	130	137.5	140	140	272.5	292.5	302.5	302.5	667.5	83.46	SBD
	2	Ed lloyd	M	Raw	MR-O	101.5	105	190	200	210	210	140	150	160	160	245	265	-275	265	635	79.66	SBD
	3	Jake Taylor	M	Raw	MR-O	103.6	105	197.5	210	220	220	125	135	142.5	142.5	215	230	240	240	602.5	74.85	SBD
	4	Joe Hawkshaw	M	Raw	MR-O	99.9	105	180	190	200	200	107.5	115	125	125	242.5	255	271	271	596	75.33	SBD
	5	Shaun Carter	M	Raw	MR-O	103.5	105	205	210	-215	210	125	-130	-130	125	215	220	-230	220	555	68.98	SBD
	6	Haydn Congreve	M	Raw	MR-O	104.8	105	190	205	220	220	95	-105	-105	95	210	230	-250	230	545	67.35	SBD
	7	Zac van der Heiden	M	Raw	MR-O	103.5	105	185	195	202.5	202.5	130	137.5	-142.5	137.5	170	182.5	192.5	192.5	532.5	66.19	SBD
	8	Alex Jackowski	M	Raw	MR-O	98.1	105	150	160	170	170	97.5	105	110	110	205	220	225	225	505	64.38	SBD
	9	Joshua Ryan Foyle	M	Raw	MR-O	100.7	105	110	127.5	-140	127.5	60	72.5	-77.5	72.5	110	127.5	-140	127.5	327.5	41.24	SBD
	1	John Pickup	M	Raw	MR-O	113	120	200	210	220	220	145	155	162.5	162.5	220	230	240	240	622.5	74.32	SBD
	2	Panagiotis Voulpiotis	M	Raw	MR-O	120	120	-205	220	-232.5	220	115	127.5	132.5	132.5	220	235	-247.5	235	587.5	68.29	SBD
	3	James Jacobs	M	Raw	MR-O	114.2	120	155	165	172.5	172.5	117.5	122.5	-127.5	122.5	180	190	200	200	495	58.82	SBD
	1	Nathan Britton	M	Raw	MR-O	164.7	120+	-240	240	260	260	150	-160	170	170	220	230	-257.5	230	660	67.71	SBD
	2	Oliver Hutchinson	M	Raw	MR-O	136.6	120+	210	220	227.5	227.5	135	142.5	145	145	220	232.5	242.5	242.5	615	67.7	SBD
	3	Jack Galpin	M	Raw	MR-O	125.2	120+	-160	170	190	190	-110	120	-130	120	170	200	220	220	530	60.49	SBD
DQ		Darren Scarfe	M	Raw	MR-O	157.3	120+	180	-205	205	205	145	155	-162.5	155	-260	-280	-280				SBD
	1	Ash Billington	M	Raw	MR-Sj	49.5	53	62.5	67.5	70	70	42.5	45	47.5	47.5	97.5	-105	-105	97.5	215	39.1	SBD
	1	Uzair Farooq	M	Raw	MR-Sj	55.7	59	85	-87.5	-87.5	85	70	72.5	-77.5	72.5	110	125	135	135	292.5	49.92	SBD
	1	Mahmoud Abazeed	M	Raw	MR-Sj	64.4	66	97.5	102.5	107.5	107.5	85	90	92.5	92.5	130	140	147.5	147.5	347.5	54.88	SBD
	1	korey towley	M	Raw	MR-Sj	73.7	74	165	172.5	-180	172.5	-87.5	87.5	-95	87.5	-175	-175	175	175	435	64	SBD
	2	Eden Scantlebury-Watson	M	Raw	MR-Sj	70.2	74	120	-130	130	130	65	70	-75	70	170	185	-200	185	385	58.1	SBD
G		Hilton Harrison-Smith	M	Raw	MR-Sj	70.9	74	130	140	150	150	70	-77.5	77.5	77.5	185	-200	-200	185	412.5	61.92	SBD
	1	Alfie Webster gill	M	Raw	MR-Sj	81.2	83	135	145	150	150	90	100	-105	100	190	200	-210	200	450	62.99	SBD
	1	David Carter	M	Single-ç	MR-M3	90.6	93	205	217.5	225	225	122.5	127.5	135	135	232.5	260	280	280	640	70.37	SBD
	1	David Carter	M	Single-ç	MR-O	90.6	93	205	217.5	225	225	122.5	127.5	135	135	232.5	260	280	280	640	70.37	SBD
	1	Ian Morgan	M	Raw	MR-M2	80.9	83					140	150	-155	150					150	76.34	B
	1	Jonty Banks	M	Raw	MR-M3	82.4	83					90	100	110	110					110	55.46	B
NS		Henry James Dagger	M	Raw	MR-O																	B
	1	Ian Morgan	M	Raw	MR-O	80.9	83					140	150	-155	150					150	76.34	B
	2	Jonty Banks	M	Raw	MR-O	82.4	83					90	100	110	110					110	55.46	B
	1	Norbert Kulczycki	M	Raw	MR-O	97.1	105					150	155	160	160					160	74.34	B
	2	Rory Ainslie	M	Raw	MR-O	102.8	105					145	152.5	-157.5	152.5					152.5	68.96	B
	3	Patrick Godden	M	Raw	MR-O	104	105					137.5	-145	-145	137.5					137.5	61.84	B