

OPL Forma Submit by email: [issues@openpowerlifting.org](mailto:issues@openpowerlifting.org)

Federation Date Meet MeetStat MeetTown MeetName Formula  
 EPA '2024-04-27 England Darlington NESC Oper IPF GL Points

Place	Name	Sex	Equipme	Division	Bodyweigh	WeightCla	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Dead	TotalKg	Points	Event	
1	Jessie Lee	F	Sleeves	FR-O	46.8	47	125	130	133	133	60	65	-68	65	150	157.5	162	162	360	100.22	SBD	
1	Katie Travers	F	Sleeves	FR-O	55	57	100	110	-117.5	110	50	52.5	55	55	145	155	166	166	331	79.81	SBD	
2	Hana Stephen	F	Sleeves	FR-O	55.6	57	100	107.5	110	110	62.5	67.5	70	70	125	135	145	145	325	77.7	SBD	
3	Therese Carroll	F	Sleeves	FR-O	56.2	57	95	100	105	105	60	62.5	-65	62.5	120	130	132.5	132.5	300	71.13	SBD	
1	Chloe O'Keefe	F	Sleeves	FR-O	62.1	63	125	130	-135	130	65	-70	-70	65	125	130	137.5	137.5	332.5	73.43	SBD	
2	Jessica McElwee	F	Sleeves	FR-O	61.1	63	105	115	-120	115	65	70	-72.5	70	112.5	120	-130	120	305	68.09	SBD	
3	Charlotte Stickley-Hawkins	F	Sleeves	FR-O	60.3	63	87.5	-92.5	92.5	92.5	45	47.5	50	50	115	120	125	125	267.5	60.26	SBD	
4	Charlotte Stepney	F	Sleeves	FR-O	62.2	63	75	-85	85	85	45	-47.5	-47.5	45	110	117.5	125	125	255	56.26	SBD	
1	Alys Church	F	Sleeves	FR-O	74.8	76	105	115	122.5	122.5	70	75	-82.5	75	157.5	167.5	175	175	372.5	74	SBD	
2	Rebecca Martin	F	Sleeves	FR-O	74	76	130	137.5	145	145	62.5	67.5	72.5	72.5	130	142.5	152.5	152.5	370	73.89	SBD	
3	Hollie Johnson	F	Sleeves	FR-O	74.3	76	120	130	135	135	77.5	82.5	-85	82.5	130	140	150	150	367.5	73.25	SBD	
4	Emily Ng	F	Sleeves	FR-O	70.8	76	100	-110	110	110	77.5	82.5	-85	82.5	127.5	140	150	150	342.5	69.97	SBD	
5	Liz Elfleet	F	Sleeves	FR-O	74.1	76	75	80	82.5	82.5	-37.5	40	-42.5	40	115	-120	-127.5	115	237.5	47.4	SBD	
1	Georgia Brydon	F	Sleeves	FR-O	84	84	117.5	125	132.5	132.5	67.5	72.5	-75	72.5	127.5	137.5	145	145	350	66.1	SBD	
1	Hollie Tobun	F	Sleeves	FR-O	93.5	84+	175	185	195	195	100	110	117.5	117.5	170	185	197.5	197.5	510	92.75	SBD	
2	Kirstie Maude	F	Sleeves	FR-O	160.3	84+	90	100	110	110	60	65	-70	65	90	100	125	125	300	49.8	SBD	
1	John Anderson	M	Sleeves	MR-O	65.9	66	200	207.5	212.5	212.5	110	117.5	125	125	207.5	227.5	-235	227.5	565	88.15	SBD	
2	Jakub Kostrzewa	M	Sleeves	MR-O	63.5	66	140	150	155	155	67.5	-72.5		67.5	180	-195	-207.5	180	402.5	64.04	SBD	
DQ	Robert John McGregor	M	Sleeves	MR-O	66	66	-85	-85	-85		-55											SBD
1	Jake Dawes-Smith	M	Sleeves	MR-O	73.4	74	185	195	-205	195	112.5	117.5	-120	117.5	205	-215	-215	205	517.5	76.3	SBD	
2	James Knight	M	Sleeves	MR-O	72.9	74	-150	155	-165	155	117.5	122.5	125	125	195	205	215	215	495	73.24	SBD	
3	Dan Wakenshaw	M	Sleeves	MR-O	72.1	74	152.5	157.5	160	160	82.5	-87.5	87.5	87.5	175	185	190	190	437.5	65.1	SBD	
1	Harry Sugden	M	Sleeves	MR-O	82.8	83	245	265	275	275	142.5	-150	155	155	267.5	287.5	-300	287.5	717.5	99.44	SBD	
2	Josh Hinchcliffe	M	Sleeves	MR-O	82.2	83	205	220	-230	220	145	152.5	155	155	245	260	275	275	650	90.42	SBD	
3	Jake Denman	M	Sleeves	MR-O	80.6	83	207.5	215	-220	215	115	120	-122.5	120	215	225	-235	225	560	78.68	SBD	
4	Scott Ferguson	M	Sleeves	MR-O	81.5	83	185	195	202.5	202.5	97.5	102.5	105	105	210	225	237.5	237.5	545	76.14	SBD	
5	Mackenzie Hughes	M	Sleeves	MR-O	80.1	83	160	-170	-170	160	-125	130	-135	130	195	205	212.5	212.5	502.5	70.83	SBD	
6	Hilton Harrison-Smith	M	Sleeves	MR-O	77	83	165	-172.5	172.5	172.5	-90	95	-97.5	95	215	232.5	-250	232.5	500	71.91	SBD	
7	Stephen Nesbitt	M	Sleeves	MR-O	80.9	83	165	177.5	190	190	97.5	102.5		102.5	170	185	195	195	487.5	68.37	SBD	
8	Luke Malone	M	Sleeves	MR-O	81.5	83	160	170	175	175	95	100	-105	100	180	190	-200	190	465	64.97	SBD	
9	Matt Ridgley	M	Sleeves	MR-O	81.9	83	145	152.5	160	160	82.5	85	-90	85	162.5	172.5	182.5	182.5	427.5	59.58	SBD	
10	Matthew Constable	M	Sleeves	MR-O	82.1	83	-90	90	100	100	55	60	65	65	60			60	225	31.32	SBD	
1	Bailey Hobson	M	Sleeves	MR-O	81.1	83					165	172.5	-180	172.5					172.5	87.68	B	
2	Jonathan Banks	M	Sleeves	MR-O	82.5	83					110	-112.5	-112.5	110					110	55.42	B	
1	Chris Onuoha	M	Sleeves	MR-O	89.7	93	250	265	280	280	132.5	142.5	-147.5	142.5	-310	320	-350	320	742.5	98.87	SBD	
2	Owen Marron	M	Sleeves	MR-O	92.3	93	245	257.5	-265	257.5	155	165	-172.5	165	280	300	312.5	312.5	735	96.51	SBD	
3	James Rowan	M	Sleeves	MR-O	91.8	93	245	257.5	-262.5	257.5	137.5	145	-150	145	300	315	-322.5	315	717.5	94.46	SBD	
4	Jack l'Anson	M	Sleeves	MR-O	92.6	93	277.5	-285	-285	277.5	137.5	145	-150	145	267.5	277.5	287.5	287.5	710	93.08	SBD	
5	Caleb Ellis	M	Sleeves	MR-O	91.3	93	255	-265	265	265	135	142.5	-145	142.5	270	282.5	-292.5	282.5	690	91.09	SBD	
6	Thomas Hardie	M	Sleeves	MR-O	92.8	93	-200	-212.5	225	225	130	137.5	142.5	142.5	245	265	-292.5	265	632.5	82.83	SBD	
7	Anthony White	M	Sleeves	MR-O	92.1	93	-220	220	-240	220	127.5	135	-140	135	175	-325	-325	175	530	69.67	SBD	
1	Ben Wharton	M	Sleeves	MR-O	104.4	105	295	317.5	-325	317.5	182.5	187.5	190	190	302.5	332.5	-342.5	332.5	840	103.99	SBD	
2	Anthony Cooper	M	Sleeves	MR-O	100.8	105	245	265	-272.5	265	150	-160	-160	150	260	275	-285	275	690	86.84	SBD	
3	Edward Pickles	M	Sleeves	MR-O	102.9	105	180	200	-210	200	140	-150	150	150	230	250	260	260	610	76.03	SBD	
4	Adam Gucwa	M	Sleeves	MR-O	98.9	105	185	195	205	205	140	-147.5	-147.5	140	215	225	230	230	575	73.02	SBD	
5	James Riley	M	Sleeves	MR-O	103.3	105	167.5	180	190	190	107.5	117.5	125	125	205	222.5	235	235	550	68.42	SBD	
6	David Magee	M	Sleeves	MR-O	97.7	105	170	182.5	-195	182.5	120	-125	130	130	200	215	230	230	542.5	69.3	SBD	
G	Ed Lloyd	M	Sleeves	MR-O	96.8	105	175	190	200	200	140	145	150	150	220	240	250	250	600	76.98	SBD	
1	Nick Jennison	M	Sleeves	MR-O	111.5	120	210	220	-225	220	140	-147.5	147.5	147.5	255	270	275	275	642.5	77.17	SBD	
2	Oliver Whalley	M	Sleeves	MR-O	115.1	120	242.5	250	-260	250	107.5	-115	-115	107.5	220	232.5	242.5	242.5	600	71.04	SBD	
3	Josh Johnson	M	Sleeves	MR-O	119.6	120	190	210	-217.5	210	112.5	120	125	125	225	237.5	257.5	257.5	592.5	68.98	SBD	
4	Jack Lundy	M	Sleeves	MR-O	120	120	-215	225	235	235	112.5	122.5	127.5	127.5	207.5	220	-237.5	220	582.5	67.71	SBD	
1	Robert Craven	M	Sleeves	MR-O	125.6	120+	140	150	155	155	75	80	85	85	-170	180	190	190	430	49.01	SBD	