

OPL Forma Submit by email: issues@openpowerlifting.org

Federation Date MeetCount MeetState MeetTown MeetName Formula
 British Pow '2021-11-27 United King Hampshire Gosport SM Divisior IPF GL Points

Place	Name	Sex	Equipment	Division	Bodyweigh	WeightClas	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Deadl	TotalKg	Points
	1 Alice Spiers	F	Raw	FR-O	51.1	52	85	90	-95	90	45	47.5	-50	47.5	110	117.5	122.5	122.5	260	66.66
	1 Yvonne Treharne	F	Raw	FR-O	62.6	63	95	102.5	-107.5	102.5	-60	60	67.5	67.5	100	110	117.5	117.5	287.5	63.16
	2 Ilaria Beechey-Newman	F	Raw	FR-O	62.5	63	95	100	-105	100	57.5	-60	60	60	105	112.5	120	120	280	61.58
	1 Isabel Dowling	F	Raw	FR-O	66	69	115	120	125	125	70	75	77.5	77.5	125	132.5	137.5	137.5	340	72.27
	2 Aly Robertson	F	Raw	FR-O	68.3	69	110	117.5	122.5	122.5	60	65	67.5	67.5	137.5	145	150	150	340	70.84
	3 Zoe Yeates	F	Raw	FR-O	68.8	69	72.5	80	-85	80	30	-35	35	35	85	92.5	100	100	215	44.61
	1 Ella Okko	F	Raw	FR-O	72.7	76	95	102.5	-107.5	102.5	57.5	62.5	65	65	125	135	142.5	142.5	310	62.46
	1 Elizabeth Morrissey	F	Raw	FR-O	100.4 84+		135	140	150	150	70	75	-77.5	75	135	145	150	150	375	66.81
DQ	Lucy Knight	F	Raw	FR-O	110.1 84+		110	115	-125	115										
	1 David White	M	Raw	MR-O	73.3	74	210	227.5	240	240	115	122.5	-130	122.5	215	240	250	250	612.5	90.37
	2 Richard Piper	M	Raw	MR-O	74	74	157.5	167.5	-172.5	167.5	95	102.5	-105	102.5	170	180	-190	180	450	66.06
	3 Steve Martin	M	Raw	MR-O	70.6	74	145	155	157.5	157.5	95	100	-102.5	100	180	-187.5	-187.5	180	437.5	65.82
	4 Jirachai Sunnud	M	Raw	MR-O	69.3	74	137.5	-150	-155	137.5	90	-100	-100	90	180	200	207.5	207.5	435	66.09
	5 Kameron Khabra	M	Raw	MR-O	74	74	115	122.5	130	130	107.5	112.5	117.5	117.5	155	170	177.5	177.5	425	62.39
	6 Charlie Gandar	M	Raw	MR-O	69.3	74	70	80	90	90	55	65	-72.5	65	95	110	120	120	275	41.78
	1 Tom Field	M	Raw	MR-O	80.3	83	200	210	220	220	150	160	-170	160	220	235	250	250	630	88.68
	2 Alastair Rigby	M	Raw	MR-O	81.2	83	182.5	192.5	200	200	102.5	110	-117.5	110	205	215	225	225	535	74.89
	3 Jamie Sinclair	M	Raw	MR-O	82.2	83	-165	-172.5	172.5	172.5	130	137.5	142.5	142.5	-185	185	200	200	515	71.64
	4 Tyler Poat	M	Raw	MR-O	76	83	150	167.5	-180	167.5	90	-100	-100	90	195	220	240	240	497.5	72.04
	5 Yusuf Ben-Tarifite	M	Raw	MR-O	77.7	83	155	165	175	175	92.5	97.5	102.5	102.5	185	-200	210	210	487.5	69.79
	6 Duncan Marsden	M	Raw	MR-O	78.4	83	160	167.5	-172.5	167.5	100	107.5	-112.5	107.5	200	212.5	-220	212.5	487.5	69.47
	7 Luke Burgess	M	Raw	MR-O	82.6	83	145	-152.5	152.5	152.5	-87.5	87.5	95	95	175	190	-200	190	437.5	60.71
	8 Ryan Mundy	M	Raw	MR-O	80.1	83	107.5	115	122.5	122.5	85	90	95	95	160			160	377.5	53.21
	1 Danny Evans	M	Raw	MR-O	91.2	93	202.5	215	225	225	120	127.5	132.5	132.5	215	230	237.5	237.5	595	78.59
	2 Shyam Popat	M	Raw	MR-O	89.2	93	165	175	182.5	182.5	120	127.5	132.5	132.5	175	190	202.5	202.5	517.5	69.1
	3 Cameron Johnson	M	Raw	MR-O	90.9	93	175	185	192.5	192.5	85	-90	92.5	92.5	190	205	217.5	217.5	502.5	66.48
	1 Charlie Kidd	M	Raw	MR-O	102.6	105	-250	250	265	265	130	140	145	145	255	270	280	280	690	86.12
	2 Darren Liu	M	Raw	MR-O	97.4	105	220	232.5	240	240	-170	181	187.5	187.5	227.5			227.5	655	83.79
	3 Ashraf Alhasan	M	Raw	MR-O	104	105	-200	-205	205	205	140	-145	-145	140	260	275	-285	275	620	76.89
	4 Nicholas Potter	M	Raw	MR-O	104.4	105	195	212.5	-225	212.5	112.5	117.5	-122.5	117.5	210	227.5	247.5	247.5	577.5	71.49
	5 Matt Southern	M	Raw	MR-O	104.2	105	170	180	190	190	132.5	-140	-140	132.5	230	240	250	250	572.5	70.94
	6 Jacques Marquis	M	Raw	MR-O	96.7	105	180	192.5	-200	192.5	102.5	107.5	112.5	112.5	220	235	-245	235	540	69.32
	7 Jordan Knight	M	Raw	MR-O	103.5	105	165	177.5	190	190	110	125	-132.5	125	170	185	200	200	515	64.01
	8 Sebastian Stanga	M	Raw	MR-O	98.6	105	165	172.5	-180	172.5	92.5	100	105	105	185	195	205	205	482.5	61.36
	1 Chris Chambers	M	Raw	MR-O	107.5	120	215	230	240	240	135	-145	145	145	225	240	250	250	635	77.55
	2 Edward Dove	M	Raw	MR-O	115	120	-220	-230	230	230	147.5	155	-160	155	220	235	245	245	630	74.62
	3 Zoltan Mihalyi	M	Raw	MR-O	119.1	120	210	220	225	225	130	145	-160	145	210	230		230	600	69.98
	1 Charlie Gandar	M	Raw	MR-Sj	69.3	74	70	80	90	90	55	65	-72.5	65	95	110	120	120	275	41.78
	1 Matt Hallett	M	Single-ply	MR-O	91	93	255	262.5	270	270	205	215	-220	215	200	215	-220	215	700	76.79
	2 Keith Blacknell	M	Single-ply	MR-O	92.6	93	225			225	110			110	190			190	525	57.06
	1 Stuart Thurgood	M	Raw	MR-O	111.6	120					115	117.5	-120	117.5					117.5	51.17