OPL Format v1	Submit by email:	issues@openpowerlifting.org																						
Federation	Date	MeetCountry	MeetState	Formula																				
IPF	2022-01-29	UK	YNE	IPF GL Points																				
Place	Name	Instagram	Sex	Country	State	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Points	Event
1	Ruth Grigg	shortsquatsalots	F	UK	YNE	Raw	FR-O	56.6	57	125	135	145	145	90	96	100	100	145	155	163.5	163.5	408.5	96.33	SBD
2	Joanna Thornett		F	UK	YNE	Raw	FR-O	55.4	57	67.5	-70	-70	67.5	60	65	67.5	67.5	85	95	102.5	102.5	237.5	56.94	SBD
1	Grace Allinson		F	UK	YNE	Raw	FR-O	61.6	63	90	97.5	-102.5	97.5	65	-67.5	-67.5	65	130	145	152.5	152.5	315	69.94	SBD
2	Emily Wilkinson	emwilkopowerlift	F	UK	YNE	Raw	FR-O	61	63	90	100	107.5	107.5	52.5	55	57.5	57.5	132.5	142.5	147.5	147.5	312.5	69.84	SBD
3	kathleen smartt	Kathleensmartt	F	UK	YNE	Raw	FR-O	61.4	63	100	110	117.5	117.5	47.5	52.5	-55	52.5	120	130	137.5	137.5	307.5	68.42	SBD
4	Georgina Treece	geetreece	F	UK	YNE	Raw	FR-O	59	63	85	92.5	97.5	97.5	32.5	35	40	40	107.5	117.5	-127.5	117.5	255	58.33	SBD
5	Amelia Evans	@abstractamelia	F	UK	YNE	Raw	FR-O	61.6	63	80	87.5	92.5	92.5	45	50	-52.5	50	100	105	110	110	252.5	56.06	SBD
6	Joanne Holden		F	UK	YNE	Raw	FR-O	62.6	63	80	85	87.5	87.5	40	45	-47.5	45	82.5	90	92.5	92.5	225	49.43	SBD
1	Lisa Liddy		F	UK	YNE	Raw	FR-O	67.6	69	115	-120	-120	115	72.5	77.5	-80	77.5	135	140	-145	140	332.5	69.69	SBD
2	Hannah Sharp	Hannahsharp99	F	UK	YNE	Raw	FR-O	67	69	107.5	115	120	120	57.5	62.5	65	65	110	120	127.5	127.5	312.5	65.84	SBD
3	Kimberley Dodge		F	UK	YNE	Raw	FR-O	67.4	69	90	95	100	100	55	60	62.5	62.5	125	137.5	140	140	302.5	63.51	SBD
4	Tierney McArdle	@tierneymcardle	F	UK	YNE	Raw	FR-O	69	69	100	105	110	110	45	47.5	-50	47.5	130	132.5	145	145	302.5	62.67	SBD
1	Lucy Robinson		F	UK	YNE	Raw	FR-O	74.4	76	137.5	147.5	155	155	77.5	82.5	-85	82.5	155	165	175	175	412.5	82.16	SBD
2	Amy leiper	@amyleiper95	F	UK	YNE	Raw	FR-O	73.8	76	147.5	155	163	163	72.5	80	-85	80	135	145	152.5	152.5	395.5	79.09	SBD
3	Sophie griffiths	S0phie.griffiths	F	UK	YNE	Raw	FR-O	73.4	76	92.5	100	107.5	107.5	57.5	62.5	-65	62.5	115	122.5	130	130	300	60.16	SBD
1	Tanya Wallis	@tanyawallis_pl	F	UK	YNE	Raw	FR-O	81	84	90	100	105	105	55	60	-65	60	125	135	145	145	310	59.41	SBD
1	Natasha Ferrari (	@progression_w	F	UK	YNE	Raw	FR-O	95	84+	122.5	130	135	135	45	50	52.5	52.5	125	127.5	135	135	322.5	58.37	SBD
1	Edward Butcher	Butcher__edwar	M	UK	YNE	Raw	MR-O	57	59	125	132.5	135	135	80	85	87.5	87.5	120	122.5	125	125	347.5	58.57	SBD
1	Chris Kershaw	@theheavymetal	M	UK	YNE	Raw	MR-O	65	66	180	187.5	195	195	132.5	-138	-138	132.5	-180	180	190	190	517.5	81.32	SBD
2	John Anderson		M	UK	YNE	Raw	MR-O	65.2	66	162.5	170	172.5	172.5	97.5	105	110	110	172.5	180	185	185	467.5	73.35	SBD
3	Joel Craven huff	joelliftingadventu	M	UK	YNE	Raw	MR-O	64	66	-95	95	-100	95	50	55	-57.5	55	140	147.5	155	155	305	48.33	SBD
4	Kane Amerigo	Kane_pl	M	UK	YNE	Raw	MR-O	62.8	66	90	97.5	105	105	55	60	65	65	110	125	-140	125	295	47.21	SBD
1	Anthony Fantozz	fat_tony_pwr	M	UK	YNE	Raw	MR-O	73.4	74	195	207.5	210	210	105	112.5	117.5	117.5	225	-240	245	245	572.5	84.4	SBD
2	Oscar Birch		M	UK	YNE	Raw	MR-O	72	74	170	180	185	185	110	115	117.5	117.5	190	200	210	210	512.5	76.32	SBD
3	Connor Fawcus	justaboveaverage	M	UK	YNE	Raw	MR-O	72.6	74	160	170	-180	170	100	107.5	115	115	180	192.5	202.5	202.5	487.5	72.28	SBD
4	Kane Foster	@kaneliftz	M	UK	YNE	Raw	MR-O	71.2	74	150	165	175	175	85	90	-95	90	180	192.5	200	200	465	69.65	SBD
5	Rio Carasco		M	UK	YNE	Raw	MR-O	73	74	145	150	155	155	110	-115	-115	110	185	190	195	195	460	68.01	SBD
6	Alex Tan	@tann0lifts	M	UK	YNE	Raw	MR-O	68.4	74	140	147.5	-150	147.5	95	100	-105	100	200	207.5	-215	207.5	455	69.6	SBD
7	Leo Hannan	leo.hannan	M	UK	YNE	Raw	MR-O	71.6	74	130	140	-145	140	100	105	107.5	107.5	170	180	-187.5	180	427.5	63.85	SBD
1	David O'brien		M	UK	YNE	Raw	MR-O	82.6	83	160	170	180	180	120	125	130	130	180	200	220	220	530	73.55	SBD
2	James Hanson	james_hanson43	M	UK	YNE	Raw	MR-O	81.4	83	177.5	187.5	-192.5	187.5	112.5	120	-122.5	120	200	212.5	220	220	527.5	73.74	SBD
3	Alexander Pitsin		M	UK	YNE	Raw	MR-O	79.2	83	172.5	182.5	-187.5	182.5	110	115	-117.5	115	210	225	-240	225	522.5	74.07	SBD
4	Ryan Adams	ryan_ads.gym	M	UK	YNE	Raw	MR-O	80.4	83	167.5	177.5	182.5	182.5	117.5	125	130	130	195	207.5	-215	207.5	520	73.15	SBD
5	Luke Thompson	@liftlaughlovex	M	UK	YNE	Raw	MR-O	82.2	83	-165	165	-180	165	107.5	117.5	122.5	122.5	180	192.5	200	200	487.5	67.81	SBD
6	John Atkin	ja_pwr	M	UK	YNE	Raw	MR-O	81	83	140	155	165	165	90	100	110	110	185	200	207.5	207.5	482.5	67.62	SBD
7	George Watson	@george._.watso	M	UK	YNE	Raw	MR-O	82	83	130	140	147.5	147.5	105	110	-115	110	172.5	185	195	195	452.5	63.02	SBD
1	Brady Crooks		M	UK	YNE	Raw	MR-O	93	93	225	237.5	245	245	140	147.5	152.5	152.5	247.5	255	-265	255	652.5	85.36	SBD
2	Asish Biju	ashbiju	M	UK	YNE	Raw	MR-O	90.6	93	205	220	-227.5	220	130	140	147.5	147.5	235	250	-255	250	617.5	81.82	SBD
3	Ralph Davies	ralphdavies_	M	UK	YNE	Raw	MR-O	86.2	93	190	-192.5	210	210	120	130	-132.5	130	240	260	-262.5	260	600	81.49	SBD
4	Rob Parkin	robparkin_pwr	M	UK	YNE	Raw	MR-O	90.8	93	205	217.5	227.5	227.5	110	-115	120	120	225	240	250	250	597.5	79.09	SBD
5	Asiece Lalli	al_93kg or asiec	M	UK	YNE	Raw	MR-O	90.2	93	-202.5	215	230	230	102.5	-112.5	-115	102.5	-225	-237.5	237.5	237.5	570	75.69	SBD
6	Oliver Pearce		M	UK	YNE	Raw	MR-O	89	93	140	145	-150	145	102.5	107.5	110	110	160	170	180	180	435	58.15	SBD
7	Muhammad Bazi	bazilmd	M	UK	YNE	Raw	MR-O	90.2	93	130	-140	-140	130	105	-107.5	-107.5	105	160	162.5	167.5	167.5	402.5	53.45	SBD
1	James Zahra	zahra_james	M	UK	YNE	Raw	MR-O	97.6	105	220	240	250	250	142.5	152.5	160	160	240	260	-275	260	670	85.63	SBD
2	Tom Kenchington	tom_kench1ngto	M	UK	YNE	Raw	MR-O	98	105	230	240	247.5	247.5	145	152.5	157.5	157.5	240	255	265	265	670	85.46	SBD
3	Jack Rankin	jackrankin88	M	UK	YNE	Raw	MR-O	101	105	160	165	170	170	105	110	115	115	175	182.5	190	190	475	59.72	SBD
1	Ollie Brown	@bolliebrownish	M	UK	YNE	Raw	MR-O	116.6	120	205	210	215	215	120	132.5	-137.5	132.5	245	260	-270	260	607.5	71.52	SBD
1	Tom Whinnie	worlds_strongest	M	UK	YNE	Raw	MR-O	121.6	120+	160	170	180	180	95	105	-107.5	105	182.5	195	205	205	490	56.63	SBD