

OPL For Submit by email: issues@openpowerlifting.org

Federat Date MeetCoun MeetState MeetTown MeetName Formula
 EPA '2024-02-10 ENGLAND Northumb Ashington February O IPF GL Points

Place	Name	Sex	Equipment	Division	Lot	Bodyweigh	WeightCla	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Deac	TotalKg	Points	Event
NS	Lilly Scott	F	Sleeves	FR-O	31																	SBD
	1 Louisa Webber	F	Sleeves	FR-O	4	57	57	107.5	112.5	115	115	55	57.5	60	60	115	122.5	127.5	127.5	302.5	70.96	SBD
	1 Jenny Chowdhury	F	Sleeves	FR-O	15	61.8	63	100	110	115	115	-47.5	-55	55	55	130	140	150	150	320	70.9	SBD
	1 Gemma Gibson	F	Sleeves	FR-O	21	68.2	69	125	135	140	140	70	75	77.5	77.5	150	160	170	170	387.5	80.81	SBD
	2 Karen Parker	F	Sleeves	FR-O	1	66.6	69	80	85	90	90	45	47.5	50	50	100	107.5	112.5	112.5	252.5	53.38	SBD
	1 Lily Hickey	F	Sleeves	FR-O	6	89 84+		-85	-85	90	90	-45	45	50	50	100	115	-120	115	255	47.14	SBD
NS	Shaun Kelly	M	Sleeves	MR-O	23																	SBD
	1 Daniel Sherman	M	Sleeves	MR-O	7	65.8	66	165	180	187.5	187.5	105	-110	110	110	215	227.5	235	235	532.5	83.14	SBD
	2 Kai Grayson	M	Sleeves	MR-O	32	64.8	66	130	140	-142.5	140	90	100	-102.5	100	160	170	175	175	415	65.32	SBD
	3 Jack lewins	M	Sleeves	MR-O	14	63.2	66	-112.5	117.5	122.5	122.5	75	82.5	-90	82.5	140	150	155	155	360	57.42	SBD
	4 Jamie Ross	M	Sleeves	MR-O	20	62.5	66	110	117.5	122.5	122.5	65	67.5	-70	67.5	75	-77.5	-77.5	75	265	42.52	SBD
	1 Shanu Padala	M	Sleeves	MR-O	22	72	74	200	210	220	220	130	140	-150	140	250	260	270	270	630	93.82	SBD
	2 Ufuk Altı	M	Sleeves	MR-O	17	72.4	74	165	175	-177.5	175	-110	110	-117.5	110	195	205	-215	205	490	72.76	SBD
	3 Austin mulqueen	M	Sleeves	MR-O	24	72.5	74	120	-135	-135	120	-85	-85	90	90	200	215	-225	215	425	63.06	SBD
	1 Jack Beazley	M	Sleeves	MR-O	3	82.6	83	207.5	215	220	220	122.5	130	-132.5	130	225	235	242.5	242.5	592.5	82.22	SBD
	2 Alex Macaulay	M	Sleeves	MR-O	19	82.4	83	175	187.5	190	190	122.5	130	137.5	137.5	200	210	225	225	552.5	76.76	SBD
	3 Chris O'Hara	M	Sleeves	MR-O	8	80.6	83	160	170	180	180	132.5	140	-145	140	175	190	200	200	520	73.06	SBD
	4 Niall ditchburn	M	Sleeves	MR-O	25	80.4	83	177.5	187.5	195	195	90	95	-100	95	210	-220	220	220	510	71.75	SBD
	5 Oliver Daccus	M	Sleeves	MR-O	9	80.8	83	160	170	-180	170	95	100	105	105	210	225	-240	225	500	70.16	SBD
	6 Christian Iacobus	M	Sleeves	MR-O	18	81.4	83	145	155	165	165	-75	80	85	85	175	185	195	195	445	62.21	SBD
	1 Rohan Maskrey	M	Sleeves	MR-O	28	89.4	93	202.5	212.5	220	220	137.5	147.5	155	155	250	262.5	270	270	645	86.03	SBD
	2 Shaun Abbott	M	Sleeves	MR-O	29	89.2	93	202.5	212.5	217.5	217.5	127.5	132.5	135	135	207.5	217.5	222.5	222.5	575	76.78	SBD
	3 Chris Bull	M	Sleeves	MR-O	30	92.4	93	152.5	160	167.5	167.5	112.5	117.5	122.5	122.5	162.5	172.5	-182.5	172.5	462.5	60.7	SBD
	4 Jack Hill	M	Sleeves	MR-O	12	86.4	93	125	132.5	140	140	115	122.5	130	130	145	152.5	160	160	430	58.34	SBD
	5 Lorcan Samuel	M	Sleeves	MR-O	5	89	93	140	-155	-162.5	140	77.5	85	-95	85	155	-170	180	180	405	54.14	SBD
	6 Callum Gilchrist	M	Sleeves	MR-O	2	91.6	93	120	122.5	-135	122.5	80	87.5	92.5	92.5	120	140	160	160	375	49.42	SBD
	1 Spencer Allan	M	Sleeves	MR-O	10	102	105	192.5	202.5	210	210	132.5	137.5	-140	137.5	180	190	200	200	547.5	68.52	SBD
	1 Frank Odonnell	M	Sleeves	MR-O	11	139 120+		180	190	192.5	192.5	130	140	-150	140	240	265	-282.5	265	597.5	65.32	SBD
NS	Isaac Davis	M	Sleeves	MR-O	26																	B
	1 Muhammad Basil	M	Sleeves	MR-O	13	82.4	83					110	115	120	120					120	60.5	B
	1 Gavin Rafferty	M	Sleeves	MR-O	16	102	105					160	170	187.5	187.5					187.5	85.1	B
	2 Evangelos Daskalaki	M	Sleeves	MR-O	27	102	105					165	175	180	180					180	81.69	B