

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

Federation Date MeetCount MeetState MeetTown MeetName Formula  
 EPA '2024-03-02 ENGLAND YORKSHIR YORK YNEPF MAF IPF GL Points

Place	Name	Sex	Equipment	Division	Bodyweigh	WeightCla	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Dead	TotalKg	Points	Event
NS	Jody long	M	Raw	MR-O																	SBD
NS	Luke Cook	M	Raw	MR-O																	SBD
	1 Mohammad Mahin Zafar	M	Raw	MR-O	104.9	105	262.5	285	295	295	152.5	160	165	165	272.5	295	310	310	770	95.11	SBD
	2 Aidan Lynn	M	Raw	MR-O	98.2	105	255	272.5	-280	272.5	155	162.5	-167.5	162.5	265	-285	-285	265	700	89.2	SBD
	3 James Horn	M	Raw	MR-O	102.5	105	230	240	250	250	145	152.5	157.5	157.5	260	272.5	290	290	697.5	87.09	SBD
	4 Aidan McNicholas	M	Raw	MR-O	102.1	105	-225	240	-245	240	145	-152.5	152.5	152.5	275			275	667.5	83.5	SBD
	5 Nicholson Ketala	M	Raw	MR-O	104.4	105	190	210	225	225	135	147.5	-155	147.5	260	285	-305	285	657.5	81.39	SBD
	6 Evangelos Daskalakis	M	Raw	MR-O	102	105	200	210	215	215	170	177.5	182.5	182.5	230	240	245	245	642.5	80.41	SBD
	7 Ben Seed	M	Raw	MR-O	97.4	105	205	215	220	220	107.5	115	120	120	265	277.5	282.5	282.5	622.5	79.64	SBD
	8 John Richardson	M	Raw	MR-O	100.5	105	175	185	195	195	117.5	125	-127.5	125	200	220	225	225	545	68.69	SBD
	9 Sam Atkinson	M	Raw	MR-O	100.6	105	170	180	190	190	105	110	-117.5	110	210	225	240	240	540	68.02	SBD
	10 Dale Harden	M	Raw	MR-O	100.2	105	135	145	-152.5	145	100	107.5	112.5	112.5	215	230	-240	230	487.5	61.53	SBD
	11 Gary Grant	M	Raw	MR-O	103.8	105	-170	170	180	180	100	-110	-110	100	190	200	-210	200	480	59.58	SBD
	12 Joseph Asal	M	Raw	MR-O	103.9	105	135	142.5	150	150	110	115	117.5	117.5	180	190	200	200	467.5	58	SBD
DQ	Steven Cavanagh	M	Raw	MR-O	102.3	105	210	-230	-230	210	-120	-130	-130		210	230	-245	230			SBD
	1 Conner Scarfe	M	Raw	MR-O	110.2	120	-250	250	-260	250	145	152.5	157.5	157.5	270	290	-300	290	697.5	84.22	SBD
	2 Rohan Boparai	M	Raw	MR-O	108.7	120	210	220	-235	220	140	150	157.5	157.5	260	275	285	285	662.5	80.5	SBD
	3 Damian Manning	M	Raw	MR-O	114.21	120	200	215	220	220	150	160	165	165	220	240	250	250	635	75.45	SBD
	4 Kalman dede	M	Raw	MR-O	115.6	120	190	-205	-205	190	130	140	-150	140	190	200	210	210	540	63.81	SBD
G	Anthony McLaughlin	M	Raw	MR-O	106.1	120	210	225	-240	225	137.5	145	152.5	152.5	-255	265	300	300	677.5	83.24	SBD
	1 Darren Scarfe	M	Raw	MR-O	160.2	120+	180	200	225	225	152.5	160	170	170	260	-275	-275	260	655	67.86	SBD
	2 Stuart Mosey	M	Raw	MR-O	128.7	120+	202.5	212.5	222.5	222.5	105	115	-122.5	115	200	212.5	-225	212.5	550	62.05	SBD
	3 Ashkon Djalili	M	Raw	MR-O	130.6	120+	147.5	152.5	160	160	95	-102.5	102.5	102.5	165	175	187.5	187.5	450	50.46	SBD
NS	Gavin Rafferty	M	Raw	MR-O																	B
	1 Chris Baker	M	Raw	MR-O	141.9	120+					135	160	170	170					170	67.02	B
	1 Jay Dela Cruz	M	Raw	MR-O	72.7	74	167.5	180	190	190	105	112.5	120	120	205	-217.5	217.5	217.5	527.5	78.16	SBD
	2 Talhah Valli	M	Raw	MR-O	70.3	74	150	157.5	165	165	97.5	105	-107.5	105	192.5	207.5	-220	207.5	477.5	72	SBD
	3 Theo Stewart	M	Raw	MR-O	73.1	74	-147.5	147.5	-160	147.5	117.5	125	127.5	127.5	182.5	197.5	-212.5	197.5	472.5	69.81	SBD
	4 Matthew Wroe	M	Raw	MR-O	73.3	74	137.5	147.5	155	155	-80	85	87.5	87.5	150	160	170	170	412.5	60.86	SBD
	5 Harley Crallan	M	Raw	MR-O	69.3	74	120	130	135	135	85	90	95	95	140	150	155	155	385	58.49	SBD
	6 Joshua Nesbit	M	Raw	MR-O	73.4	74	-125	-125	125	125	97.5	102.5	107.5	107.5	140	152.5	-162.5	152.5	385	56.76	SBD
	7 Alan Zheng	M	Raw	MR-O	71.8	74	120	127.5	135	135	75	77.5	80	80	145	155	165	165	380	56.67	SBD
	8 Matthew Culshaw	M	Raw	MR-O	71	74	80	90	95	95	50	55	60	60	100	110	120	120	275	41.25	SBD
DQ	Mario Chilom	M	Raw	MR-O	72.9	74	-185	-185	-190		95	100	-102.5	100	207.5	215	220	220			SBD
	1 Oliver kettleborough	M	Raw	MR-O	81.6	83	190	205	215	215	135	142.5	147.5	147.5	220	232.5	242.5	242.5	605	84.47	SBD
	2 Jack Outterside	M	Raw	MR-O	82.5	83	185	197.5	207.5	207.5	95	102.5	-107.5	102.5	230	250	270	270	580	80.53	SBD
	3 Arnav Thayur	M	Raw	MR-O	82.8	83	190	197.5	205	205	105	107.5	110	110	220	232.5	-242.5	232.5	547.5	75.88	SBD
	4 Nadeem Ahmed	M	Raw	MR-O	78.6	83	175	182.5	187.5	187.5	127.5	130	-132.5	130	-210	217.5	-230	217.5	535	76.14	SBD
	5 Myles Foster	M	Raw	MR-O	81.3	83	190	200	-207.5	200	110	115	-117.5	115	207.5	220		220	535	74.84	SBD
	6 James Shackleton	M	Raw	MR-O	82.2	83	190	200	-207.5	200	110	115	-120	115	195	210	217.5	217.5	532.5	74.07	SBD
	7 Jack Morley	M	Raw	MR-O	80.1	83	190	200	210	210	90	95	-100	95	190	200	210	210	515	72.59	SBD
	8 Samuel Peukert	M	Raw	MR-O	77.4	83	170	177.5	-185	177.5	90	-95	95	95	200	210	220	220	492.5	70.65	SBD
	9 Will Heavens	M	Raw	MR-O	79.9	83	140	150	160	160	110	125	-135	125	170	185	200	200	485	68.45	SBD
	10 Ben Dawson	M	Raw	MR-O	75.5	83	-137.5	137.5	145	145	95	100	-102.5	100	195	205	-215	205	450	65.38	SBD
	11 Max Hutcheon	M	Raw	MR-O	82.2	83	120	130	135	135	115	120	-122.5	120	130	140	150	150	405	56.34	SBD

	12	Louis Delamare	M	Raw	MR-O	80.8	83	120	130	-140	130	55	60	-65	60	170	175	180	180	370	51.92 SBD
	13	David Lacy	M	Raw	MR-O	77.5	83	75	77.5	82.5	82.5	-47.5	47.5	50	50	87.5	90	95	95	227.5	32.61 SBD
DQ		Ethan Franklin	M	Raw	MR-O	81.9	83	160	-170	-175	160	-105	-115	-117.5		-170	180	195	195		SBD
G		Ryan Edwards	M	Raw	MR-O	78.6	83	100	-102.5	-102.5	100	100	-102.5	-102.5	100	250	-252.5	-252.5	250	450	64.04 SBD
	1	Muhammad Bazil Bin Rahimi	M	Raw	MR-O	82.2	83					115	120	122.5	122.5					122.5	61.84 B
	1	Kingsley Abel	M	Single-ply	MR-O	80.6	83					95	100	107.5	107.5					107.5	39.09 B