

OPL Forma Submit by email: issues@openpowerlifting.org

Federation	Date	MeetCount	MeetState	MeetTown	MeetName	Formula															TotalKg	Points	Event			
EPA	2024-08-03	ENGLAND		YORK	YNEPF	NOV	IPF	GL	Points																	
2024-08-04																										
Place	Name	Sex	Equipment	Division	Bodyweigh	WeightCla	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Dead	TotalKg	Points	Event					
	1 Samuel Gregory	M	Steeves	MR-O	88.2	93	195	210	220	220	135	145	155	155	210	220	235	235	610	81.91	SBD					
	2 Barney Mellor	M	Steeves	MR-O	89.5	93	185	195	200	200	-112.5	112.5	120	120	215	227.5	240	240	560	74.65	SBD					
	3 Adam Rivett	M	Steeves	MR-O	90.1	93	170	180	-192.5	180	120	127.5	-132.5	127.5	192.5	205	215	215	522.5	69.42	SBD					
	4 William Jones	M	Steeves	MR-O	89	93	170	175	180	180	125	-130	-130	125	200	205	210	210	515	68.84	SBD					
	5 Oskar Rejman	M	Steeves	MR-O	87.7	93	140	150	162.5	162.5	85	92.5	-95	92.5	180	190	202.5	202.5	457.5	61.61	SBD					
	6 Joel Harbidge	M	Steeves	MR-O	91.2	93	155	162.5	167.5	167.5	107.5	115	-122.5	115	160	170	-180	170	452.5	59.77	SBD					
	7 David Newell	M	Steeves	MR-O	86.6	93	110	120	-135	120	85	92.5	-97.5	92.5	150	160	170	170	382.5	51.83	SBD					
	1 Alex Dunlop	M	Steeves	MR-O	115.7	120	205	220	232.5	232.5	-132.5	137.5	142.5	142.5	220	235	-245	235	610	72.06	SBD					
	2 Adam Cleverley	M	Steeves	MR-O	115.1	120	205	-215	-225	205	120	125	-130	125	205	220	230	230	560	66.31	SBD					
	3 Nurullah Kaplan	M	Steeves	MR-O	119.2	120	150	157.5	-165	157.5	112.5	-117.5	117.5	117.5	170	180	-192.5	180	455	53.05	SBD					
G	Callum O'Donoghue	M	Steeves	MR-O	106.2	120	165	175	-180	175	90	97.5	105	105	195	210	220	220	500	61.41	SBD					
	1 Christian Hamilton	M	Steeves	MR-O	153.6	120+	210	225	-235	225	167.5	175	185	185	190	205	225	225	635	66.8	SBD					
	2 Robert Craven	M	Steeves	MR-O	128.2	120+	140	150	160	160	80	85	90	90	170	185	200	200	450	50.85	SBD					
	3 Joshua Bray	M	Steeves	MR-O	139.7	120+	140	150	160	160	70	75	80	80	190	-210	210	210	450	49.1	SBD					
	4 Ashkon Djilili	M	Steeves	MR-O	123	120+	145	152.5	-175	152.5	92.5	100	105	105	160	175	-190	175	432.5	49.74	SBD					
DQ	James McCurley	M	Steeves	MR-O	127.1	120+	180	200	-220	200	-115	-125	-125		160	190	210	210			SBD					
	1 Taylor Lee	M	Steeves	MR-Sj	121.4	120+	127.5	135	-140	135	97.5	102.5	107.5	107.5	160	-167.5	167.5	167.5	410	47.42	SBD					
	1 Jamie Vamham	M	Steeves	MR-O	3	82.1	83	185	-195	195	195	125	132.5	137.5	205	215	220	220	552.5		76.9 SBD					
	2 Ethan Hamblett	M	Steeves	MR-O	4	80	83	-185	185	197.5	197.5	95	102.5	-110	102.5	220	-237.5	-237.5	220	520	73.34 SBD					
	3 Kenny Wooffindin	M	Steeves	MR-O	10	81.7	83	160	167.5	170	170	95	105	110	205	215	220	220	500	69.77	SBD					
	4 Jordan Bruce	M	Steeves	MR-O	18	79.5	83	137.5	150	157.5	157.5	105	110	-112.5	110	195	205	215	215	482.5	68.27	SBD				
	5 Ross Johnson	M	Steeves	MR-O	15	79.1	83	-160	-165	165	165	112.5	120	-125	120	180	192.5	-200	192.5	477.5	67.74	SBD				
	6 Oscar Staton	M	Steeves	MR-O	12	80.8	83	145	155	165	165	107.5	115	122.5	122.5	170	185	-192.5	185	472.5	66.3	SBD				
	7 Ethan Hopkins	M	Steeves	MR-O	6	79.2	83	125	140	145	145	85	95	-100	95	170	190	-200	190	430	60.96	SBD				
	8 Carlo Opincaru	M	Steeves	MR-O	14	77.3	83	-135	135	-145	135	95	-102.5	102.5	102.5	-165	165	-170	165	402.5	57.77	SBD				
	9 Charlie Jackson	M	Steeves	MR-O	13	81.6	83	130	137.5	-145	137.5	90	-97.5	-97.5	90	140	145	152.5	152.5	380	53.06	SBD				
	10 Ollie Waistell	M	Steeves	MR-O	16	75.6	83	90	100	-105	100	50	55	57.5	57.5	120	132.5	-142.5	132.5	290	42.11	SBD				
G	Mohammad Mehdinejad (Guest)	M	Steeves	MR-O	2	82.7	83	200	215	227.5	227.5	130	135	140	245	267.5	277.5	277.5	277.5	645	89.45	SBD				
G	Richard Stunt (Guest)	M	Steeves	MR-O	5	81.6	83	170	180	-190	180	-115	122.5	-132.5	122.5	190	205	220	220	522.5	72.95	SBD				
G	Ryan Knight (Guest)	M	Steeves	MR-O	8	74.4	83	160	185	-190	185	110	115	117.5	117.5	182.5	200	205	205	507.5	74.3	SBD				
	1 Edward Pickles	M	Steeves	MR-O	7	103.1	105	180	-200	200	200	140	150	-152.5	150	240	270	-280	270	620	77.2	SBD				
	2 Oliver Hayes	M	Steeves	MR-O	17	102.8	105	160	172.5	177.5	177.5	100	105	-107.5	105	175	185	190	190	472.5	58.92	SBD				
	3 Charles Mbangsi	M	Steeves	MR-O	11	101.4	105	-100	100	120	120	90	-100	-100	90	190	210	230	230	440	55.22	SBD				
	4 Matthew Longfield	M	Steeves	MR-O	1	101.9	105	107.5	115	120	120	-47.5	55	-57.5	55	120	127.5	132.5	132.5	307.5	38.5	SBD				
	1 Renato Boi (Bench only)	M	Steeves	MR-O	9	78	83					120	-125	-125	120				120		62.25	B				
	1 Caitlin Brown	F	Steeves	FR-O	55.5	57	95	100	-105	100	50	52.5	-55	52.5	135	145	-150	145	297.5	71.22	SBD					
	2 Lorna Pettifer	F	Steeves	FR-O	56.5	57	92.5	100	105	105	60	-62.5	-62.5	60	115	125	130	130	295	69.66	SBD					
	1 Lucy Bird	F	Steeves	FR-O	58.4	63	105	112.5	117.5	117.5	52.5	57.5	60	60	135	142.5	150	150	327.5	75.46	SBD					
	2 Jessica McElwee	F	Steeves	FR-O	60.8	63	115	120	-125	120	67.5	72.5	-75	72.5	115	122.5	-130	122.5	315	70.56	SBD					
	3 Ashwini Gopal	F	Steeves	FR-O	60.9	63	-80	82.5	87.5	87.5	40	-47.5	-47.5	40	110	125	-130	125	252.5	56.49	SBD					
	1 Tonibethany Hall	F	Steeves	FR-O	67.7	69	110	-117.5	-117.5	110	65	-70	-72.5	65	130	135	140	140	315	65.96	SBD					
	2 Freya Lynn Drew	F	Steeves	FR-O	66.8	69	87.5	95	-100	95	50	-55	-55	50	115	120	127.5	127.5	272.5	57.51	SBD					
	3 Helena Weale	F	Steeves	FR-O	65.8	69	70	-82.5	82.5	82.5	35	42.5	47.5	47.5	85	100	105	105	235	50.04	SBD					
	4 Amanda Wowk	F	Steeves	FR-O	66.4	69	75	80	82.5	82.5	40	45	50	50	80	85	90	90	222.5	47.12	SBD					
	1 Jodie Barnsley	F	Steeves	FR-O	82.8	84	105	110	117.5	117.5	60	-65	70	70	105	112.5	120	120	307.5	58.4	SBD					
DQ	Laura Davies	F	Steeves	FR-O	82.6	84	-55	-55	-55		40	45	-50	45	100	-110	120	120			SBD					
G	Violeta Latorre (Guest)	F	Steeves	FR-O	82.1	84	-82.5	-85	85	85	40	45	47.5	47.5	102.5	107.5	112.5	112.5	245	46.69	SBD					
	1 Eleanor Wilson	F	Steeves	FR-O	97.6	84+	130	140	145	145	90	100	-110	100	140	155	165	165	410	73.62	SBD					
	2 Samantha Townsend	F	Steeves	FR-O	94.8	84+	125	135	142.5	142.5	57.5	60	-62.5	60	137.5	147.5	155	155	357.5	64.74	SBD					
	3 Annie Bocock	F	Steeves	FR-O	105.2	84+	90	100	107.5	107.5	60	65	-70	65	107.5	117.5	-127.5	117.5	290	51.06	SBD					
	4 Asraa Alaynah Hussain	F	Steeves	FR-O	121.6	84+	-95	-95	95	95	50	55	-60	55	105	115	125	125	275	47.04	SBD					
	5 Ruth Bell	F	Steeves	FR-O	87.4	84+	67.5	70	72.5	72.5	37.5	-40	-40	37.5	87.5	90	95	95	205	38.14	SBD					
	6 Hazel O'Neill	F	Steeves	FR-O	90.2	84+	60	65	70	70	37.5	40	-42.5	40	90	-95	-95	90	200	36.8	SBD					

DQ	Fiona Drew	F	Steeves	FR-O	91.6	84+	-75	-75	-75	40	-45	45	45	110	115	-120	115		SBD	
NS	Omeio Rahman	M	Steeves	MR-O															SBD	
	1 Sam Gowland	M	Steeves	MR-O	57.8	59	100	110	120	120	90	95	-100	95	120	140	-145	140	355	59.39 SBD
	2 Yusuf Ali	M	Steeves	MR-O	53.9	59	95	-110	-110	95	77.5	-85	-85	77.5	110	117.5	-127.5	117.5	290	50.37 SBD
	1 Rachel Wellings	F	Steeves	FR-O	73.8	76	100	110	115	115	55	60	62.5	62.5	125	-132.5	140	140	317.5	63.49 SBD
	2 Emily Jackson	F	Steeves	FR-O	69.7	76	95	102.5	107.5	107.5	55	60	65	65	110	120	130	130	302.5	62.32 SBD
	3 Aljawharah Alsalem	F	Steeves	FR-O	70.9	76	72.5	-77.5	80	80	32.5	37.5	45	45	100	115	125	125	250	51.03 SBD
DQ	Gemma Halliwell	F	Steeves	FR-O	72.9	76	75	80	82.5	82.5	-47.5	-47.5	-47.5		100	105	110	110		SBD
G	Poppy Watkin (Guest)	F	Steeves	FR-O	80.3	84	105	120	130	130	-45	60	-62.5	60	135	155	160	160	350	67.32 SBD
NS	Kieran Carey	M	Steeves	MR-O															SBD	
	1 Kai Grayson	M	Steeves	MR-O	63.4	66	130	140	142.5	142.5	90	-95	-95	90	165	175	177.5	177.5	410	65.29 SBD
	2 Saif Uldeen Hussain	M	Steeves	MR-O	64.5	66	115	-120	-125	115	80	85	87.5	87.5	167.5	180	190	190	392.5	61.93 SBD
	3 Ashley Martin	M	Steeves	MR-O	65.6	66	125	130	-137.5	130	92.5	97.5	-105	97.5	140	145	152.5	152.5	380	59.43 SBD
G	Benjamin Avetoom (Guest)	M	Steeves	MR-O	64.8	66	-160	160	175	175	90	105	-110	105	200	-225	230	230	510	80.28 SBD
	1 Jack Roberts	M	Steeves	MR-O	73.3	74	185	197.5	-210	197.5	110	115	-120	115	195	-207.5	215	215	527.5	77.83 SBD
	2 Steven Wan	M	Steeves	MR-O	72.8	74	162.5	-172.5	172.5	172.5	105	110	112.5	112.5	175	190	200	200	485	71.81 SBD
	3 Asid Mumtaz	M	Steeves	MR-O	72.7	74	-130	140	150	150	77.5	-85	90	90	195	217.5	-230	217.5	457.5	67.79 SBD
	4 McKenzie Cartwright	M	Steeves	MR-O	71.2	74	120	-145	150	150	-85	95	-102.5	95	170	190	200	200	445	66.66 SBD
	5 George Byng	M	Steeves	MR-O	71.2	74	155	162.5	-167.5	162.5	95	-97.5	-97.5	95	172.5	177.5	182.5	182.5	440	65.91 SBD
	6 James Gallagher	M	Steeves	MR-O	74	74	-125	125	135	135	92.5	-97.5	97.5	97.5	160	175	185	185	417.5	61.29 SBD
	7 Kieron Longman	M	Steeves	MR-O	71.6	74	120	130	135	135	95	-100	-100	95	165	172.5	-180	172.5	402.5	60.11 SBD
	8 Oliver Sutton	M	Steeves	MR-O	72.6	74	125	130	132.5	132.5	75	80	-85	80	160	165	172.5	172.5	385	57.09 SBD
	9 Kyle Allen	M	Steeves	MR-O	69.5	74	-130	130	-135	130	80	-85	-85	80	165	-180	-185	165	375	56.89 SBD
	10 Jack Sadler	M	Steeves	MR-O	69	74	80	90	100	100	50	55	-60	55	140	150	160	160	315	47.97 SBD
	11 Robert McGregor	M	Steeves	MR-O	73.1	74	90	-100	100	100	60	65	-67.5	65	120	125	-140	125	290	42.85 SBD
G	Ethan Andrew (Guest)	M	Steeves	MR-O	73.4	74	160	170	177.5	177.5	125	132.5	-140	132.5	180	195	-205	195	505	74.45 SBD
	1 Richard Haynes	M	Steeves	MR-O	80.9	83	140	150	-152.5	150	90	100	105	105	170	185	-200	185	440	61.7 SBD