OPL Fo Submit by email: issues@openpowerlifting.org

Federa	Date	MeetCo	MeetState	MeetTown	MeetName	Formula	RuleSet
A/BPU	'2022-07-06	England	Lancashire	Manchester	A/BPU Full Pow	Glossbren	CombineRawAndWraps

Place	Name	Sex	Age	Equipment	Division	BodywtKg	WtClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Deac	TotalKg	Points	Event	Team
NS	Nadeem Mahmood	M	43	Wraps	M_MCR_1_A																	SBD	
1	Ross Tizard	M	44	Wraps	M_MCR_1_A	86.8	90	175	185	-190	185	110	-117.5	117.5	117.5	210	217.5	225	225	527.5	329.5	SBD	
1	Neil Bustin	M	41	Wraps	M_MCR_1_A	104.7	110	170	180	190	190	130	135	-140	135	205	220	230	230	555	317	SBD	
1	Chris Farrow	M	40	Wraps	M_MCR_1_A	122	125	232.5	242.5	250	250	150	160		160	210	230	250	250	660	362.2	SBD	
NS	Radoslaw Pakulski	M	46	Wraps	M_MCR_2_A																	SBD	
NS	Sean Smithson	M	45	Wraps	M_MCR_2_A																	SBD	
1	John Wilcox	M	47	Wraps	M_MCR_2_A	87.6	90	167.5	177.5	-182.5	177.5	122.5	127.5	-132.5	127.5	200	212.5	225	225	530	329.3	SBD	
1	Colin Davies	M	48	Wraps	M_MCR_2_A	107.2	110	185	195	-205	195	110	115	-117.5	115	195	205	212.5	212.5	522.5	296.1	SBD	sleeves
1	Mark Lawford	M	48	Wraps	M_MCR_2_A	133	140	225	235	245	245	180	185	190	190	230	250	-265	250	685	368.1	SBD	
1	Radek Pakulski	M	46	Wraps	M_MCR_2_A	154.7	140+	255	-280	-280	255	140	152.5	-160	152.5	250	275	-295	275	682.5	354.3	SBD	
1	Tom Hunter	M	51	Wraps	M_MCR_3_A	96.7	100	-155	160	167.5	167.5	110	115	-120	115	170	175	180	180	462.5	272.8	SBD	sleeves
NS	Mark Jones	M	57	Wraps	M_MCR_4_A																	SBD	
1	Rich Kemp	M	62	Wraps	M_MCR_5_A	92.8	100	135	145	155	155	85	95	-100	95	190	210		210	460	276.9	SBD	sleeves
1	John Dolan	M	66	Wraps	M_MCR_6_A	97.8	100	130	-135	135	135	92.5	-97.5	-97.5	92.5	150	155	165	165	392.5	230.4	SBD	
1	Rob Todd	M	76	Wraps	M_MCR_8_A	98.4	100	105	115	122.5	122.5	60	70	72.5	72.5	140	152.5	160	160	355	207.8	SBD	sleeves
NS	Ben Friar	M	25	Wraps	M_OCR_A																	SBD	
NS	Dan Casson	M	31	Wraps	M_OCR_A																	SBD	
NS	Daniel Daview	M	27	Wraps	M_OCR_A																	SBD	
NS	Dennis O Shea	M	37	Wraps	M_OCR_A																	SBD	
NS	Dewi Evans	M	37	Wraps	M_OCR_A																	SBD	
NS	Jack Coyne	M	31	Wraps	M_OCR_A																	SBD	
NS	James MacPhie	M	29	Wraps	M_OCR_A																	SBD	
NS	Matthew Swift	M	24	Wraps	M_OCR_A																	SBD	
NS	Rhys Bennett	M	29	Wraps	M_OCR_A																	SBD	
NS	Richard Baker	M	52	Wraps	M_OCR_A																	SBD	
NS	Sean Green	M	23	Wraps	M_OCR_A																	SBD	
NS	Thomas West	M	24	Wraps	M_OCR_A																	SBD	
NS	Ves Valchev	M	26	Wraps	M_OCR_A																	SBD	
NS	William Harkin	M	36	Wraps	M_OCR_A																	SBD	
1	David Eadon	M	33	Wraps	M_OCR_A	89.2	90	230	250	-260	250	145	-165	-170	145	250	280	290	290	685	421.2	SBD	
2	Dawid Chrysafis	M	24	Wraps	M_OCR_A	87.2	90	220	235	240	240	155	160	162.5	162.5	225	235	242.5	242.5	645	401.8	SBD	
3	Mr Chay Boare	M	36	Wraps	M_OCR_A	87.1	90	245	260	-270	260	132.5	140	-147.5	140	227.5	-240	242.5	242.5	642.5	400.5	SBD	
4	Jake Lonsdale	M	27	Wraps	M_OCR_A	86	90	230	237.5	-240	237.5	135	140	-142.5	140	250	260	-270	260	637.5	400.4	SBD	sleeves
5	Robert Clark	M	35	Wraps	M_OCR_A	84.1	90	215	227.5	-235	227.5	127.5	135	140	140	225	245	-262.5	245	612.5	390	SBD	
6	Scott webber	M	35	Wraps	M_OCR_A	88.6	90	192.5	200		200	160	167.5		167.5	212.5	220		220	587.5	362.6	SBD	sleeves
7	Alexander Murray-Sykes	M	30	Wraps	M_OCR_A	88	90	195	202.5	210	210	127.5	135	-140	135	225	240	-242.5	240	585	362.5	SBD	sleeves
8	Ben Parkinson	M	29	Wraps	M_OCR_A	86.9	90	-190	-200	200	200	115	120	125	125	220	235	-250	235	560	349.6	SBD	
1	Cejai Lindsay	M	24	Wraps	M_OCR_A	98.6	100	250	265	275	275	195	-205	205	205	280	300	-310	300	780	456.1	SBD	Sleeves
2	Chris Morrow	M	35	Wraps	M_OCR_A	98	100	250	265	277.5	277.5	135	142.5	145	145	270	290	295	295	717.5	420.7	SBD	
3	Ben Thornes	M	35	Wraps	M_OCR_A	97.3	100	252.5	265	-275	265	135	140	145	145	265	285	-310	285	695	408.8	SBD	
4	Mike Radford	M	28	Wraps	M_OCR_A	99.7	100	235	250	255	255	135	145	150	150	250	275	282.5	282.5	687.5	400.1	SBD	
5	James Critchley	M	30	Wraps	M_OCR_A	95.7	100	240	250	260	260	155	165	167.5	167.5	240	250	-260	250	677.5	401.6	SBD	
6	Benjamin Jenkins	M	26	Wraps	M_OCR_A	97.3	100	240	260	-270	260	140	150	-152.5	150	245	265	-272.5	265	675	397.1	SBD	
7	Jordan Hayes	M	24	Wraps	M_OCR_A	97.3	100	225	240	-252.5	240	140	152.5	-160	152.5	242.5	260	270	270	662.5	389.7	SBD	
8	Ryan shaw	M	24	Wraps	M_OCR_A	98.7	100	230	245	-255	245	-120	125	130	130	230	245	255	255	630	368.2	SBD	
9	Jason Berrington	M	38	Wraps	M_OCR_A	99.8	100	195	205	210	210	150	155	160	160	250	-260		250	620	360.7	SBD	
10	Ryan Cashmore	M	30	Wraps	M_OCR_A	92.6	100	187.5	202.5	210	210	147.5	155	160	160	215	235	245	245	615	370.6	SBD	
11	Glenn Merry	M	29	Wraps	M_OCR_A	99.2	100	220	-240	-240	220	140	-145	-150	140	230	250	-255	250	610	355.8	SBD	
12	Liam Hughes	M	30	Wraps	M_OCR_A	99	100	200	210	220	220	130	-135	-135	130	245	255	-262.5	255	605	353.2	SBD	
13	Josh wright	M	26	Wraps	M_OCR_A	97.6	100	205	225	-235	225	132.5	140	142.5	142.5	212.5	232.5	-237.5	232.5	600	352.5	SBD	
14	Joab Murphy	M	27	Wraps	M_OCR_A	98.4	100	180	200	212.5	212.5	130	137.5	142.5	142.5	220	240	-247.5	240	595	348.3	SBD	
15	Raivis Hofs	M	39	Wraps	M_OCR_A	90.7	100	200	215	230	230	135	145	152.5	152.5	210	-237.5		210	592.5	361	SBD	
16	Christopher Hawkes	M	25	Wraps	M_OCR_A	97.8	100	210	222.5	-232.5	222.5	125	132.5	-137.5	132.5	205	217.5	225	225	580	340.4	SBD	
17	Andrew Martin	M	36	Wraps	M_OCR_A	98.6	100	185	-195	200	200	130	137.5	140	140	220	227.5	232.5	232.5	572.5	334.8	SBD	Sleeves
1	Doug Arnold	M	35	Wraps	M_OCR_A	105.5	110	275	-300	310	310	140	147.5	152.5	152.5	290	310	327.5	327.5	790	450.1	SBD	
2	William Newton	M	36	Wraps	M_OCR_A	108.9	110	260	290	310	310	170	180	-185	180	300	-315		300	790	445.6	SBD	
3	John Marsden	M	37	Wraps	M_OCR_A	108.8	110	285	305	-315	305	165	170	175	175	260	275	290	290	770	434.4	SBD	
4	Nicholas Georgallides	M	31	Wraps	M_OCR_A	109.4	110	275	-285	285	285	157.5	165	-170	165	285	302.5	315	315	765	430.9	SBD	
5	Tawanda Bwerudza	M	29	Wraps	M_OCR_A	102.2	110	280	-300	-300	280	150	-157.5		150	300	320	330	330	760	437.9	SBD	
6	Jordan iliffe	M	31	Wraps	M_OCR_A	107	110	260	270	-280	270	150	155	-160	155	280	300	305	305	730	414	SBD	
7	Robert hunt	M	30	Wraps	M_OCR_A	103.9	110	270	280	285	285	152.5	160	-165	160	275	-280		275	720	412.4	SBD	sleeves
8	Michael Devine	M	29	Wraps	M_OCR_A	108.2	110	250	265	272.5	272.5	145	150	-155	150	265	-277.5	277.5	277.5	700	395.6	SBD	
9	Phillip Allan	M	28	Wraps	M_OCR_A	108.5	110	240	255	-267.5	255	167.5	180	-187.5	180	230	240	250	250	685	386.8	SBD	
10	Ben Ashurst	M	29	Wraps	M_OCR_A	106.9	110	225	240	250	250	132.5	140	142.5	142.5	220	240	-245	240	632.5	358.8	SBD	
11	Edward Davey	M	25	Wraps	M_OCR_A	107.5	110	200	210	220	220	160	-170	-180	160	235	-245	-245	235	615	348.2	SBD	
12	William Webb	M	32	Wraps	M_OCR_A	107.5	110	220	237.5	245	245	110	120	-130	120	220	240	-250	240	605	342.6	SBD	
13	Casey Dunn	M	24	Wraps	M_OCR_A	108.2	110	280	-300	-300	280	150	157.5	162.5	162.5	75			75	517.5	292.5	SBD	
1	Julian McKerrow	M	32	Wraps	M_OCR_A	123.4	125	250	265	-277.5	265	150			150	290			290	705	385.8	SBD	
2	Angus Craddock	M	31	Wraps	M_OCR_A	121.9	125	215	230		230	140	150	-152.5	150	225	242.5	-250	242.5	622.5	341.7	SBD	sleeves
3	John Strange	M	37	Wraps	M_OCR_A	120.5	125	235	245	-252.5	245	107.5	112.5	120	120	240	250	-260	250	615	338.5	SBD	
1	Mokrane Chir	M	29	Wraps	M_OCR_A	153.5	140+	245	265	270	270	155	165	170	170	280	300	-317.5	300	740	384.9	SBD	
NS	Radoslaw Pakulski	M	46	Wraps	M_OR_A																	SBD	