

OPL Format v1 Submit by email: issues@openpowerlifting.org

Federation	Date	MeetCountry	MeetState	MeetTown	MeetName	Formula														
British Powerlifting	2022-01-16	UK	London	London	Greater London January Qualifiers	IPF GL Points														
Place	Name	Sex	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Points
1	Jolie Liew	F	Raw	F-O	51.7	52	82.5	90	92.5	92.5	52.5	57.5	-62.5	57.5	87.5	95	-100	95	245	62.17
2	Chandran Gupta	F	Raw	F-O	51.3	52	80	85	90	85	40	42.5	45	45	100	107.5	-110	107.5	237.5	60.68
1	Holly Robson-Powell	F	Raw	F-O	55.6	57	100	107.5	115	115	62.5	65	-67.5	65	120	127.5	135	135	315	75.31
2	Heleen Quinn	F	Raw	F-O	53.3	57	97.5	105	107.5	107.5	55	60	-62.5	60	127.5	137.5	142.5	142.5	310	76.67
3	Rohan Pettford	F	Raw	F-O	56.6	57	90	97.5	-105	97.5	45	50	-55	50	105	112.5	117.5	117.5	265	62.49
4	Clare Diane	F	Raw	F-O	52.5	57	75	80	-85	80	50	55		55	85	90		90	225	56.35
1	Diane Stockwell	F	Raw	F-O	63	63	105	-110	110	110	57.5	60	62.5	62.5	122.5	-130	-130	122.5	295	64.54
2	Megan O'Connor	F	Raw	F-O	57.2	63	100	105	107.5	107.5	42.5	45	47.5	47.5	100	107.5	115	115	270	63.17
1	Moa Väner	F	Raw	F-O	66.5	69	120	130	137.5	137.5	90	95	100	100	120	130	140	140	377.5	79.88
1	Nicole Oia	F	Raw	F-O	72.4	76	130	137.5	140	140	80	85	87.5	87.5	165	172.5	180	180	407.5	82.28
2	Nayomi Penant	F	Raw	F-O	73.8	76	-130	130	135	135	70	75	80	80	150	160	170	170	385	76.99
3	Khloe Currock	F	Raw	F-O	70.7	76	105	112.5	120	120	-57.5	57.5	62.5	62.5	125	135	145	145	327.5	66.96
1	Elma Abel-Oporum	F	Raw	F-O	81.5	84	152.5	155	157.5	157.5	60	75	-80	75	180	190	200	200	432.5	82.68
1	Daniel Thomas	M	Raw	F-O	65.8	66	130	145	155	155	130	140	-145	140	-180	180	205	205	500	78.07
1	Terri Nuga	M	Raw	F-O	81.9	83	160	170	180	180	95	100	105	105	180	195	205	205	490	68.29
1	Aftab Uddin	M	Raw	M-O	58.5	59	160			160	102.5			102.5	192.5			192.5	455	75.63
1	Julien Pelti	M	Raw	M-O	65.2	66	180	-185		180	90			90	215	225		225	475	74.52
2	Hunza Hussain	M	Raw	M-O	65.2	66	150	140	145	145	75	80	82.5	82.5	160	175	180	180	407.5	63.93
1	Saber Miah	M	Raw	M-O	73.5	74	190	200	210	210	122.5	132.5	-140	132.5	245	260	272.5	272.5	615	90.61
2	Jordan Penington	M	Raw	M-O	73.8	74	200	210	217.5	217.5	120	130	135	135	215	225	-232.5	225	577.5	84.9
3	Brendan Teng Guan Wei	M	Raw	M-O	73.6	74	165	175	185	185	127.5	135	140	140	210	220	-230	220	545	80.24
4	Joshua Yeung	M	Raw	M-O	74	74	180	190	-195	190	120	130	-135	130	200	210	215	215	535	78.54
5	Joshua Chan	M	Raw	M-O	73.6	74	172.5	182.5	190	190	120	-125	-125	120	195	205	212.5	212.5	522.5	76.92
6	Yunus Ali	M	Raw	M-O	73.2	74	142.5	152.5	160	160	102.5	107.5	112.5	112.5	210	225	237.5	237.5	510	75.3
7	Muhammad Zaman Choudhry	M	Raw	M-O	72.7	74	165	175	180	180	100	105	-110	105	205	217.5	-225	217.5	502.5	74.45
8	Daniel Chen	M	Raw	M-O	71.5	74	-150	150	165	165	120	125	127.5	127.5	-170	170	185	185	477.5	71.37
9	Mason Mai	M	Raw	M-O	70.6	74	150	160	165	165	77.5	85	90	90	180	190	-195	190	445	66.95
1	Sean Isomura-Gillard	M	Raw	M-O	82.4	83	200	-207.5	207.5	207.5	150	157.5	-160	157.5	250	-260	-265	250	615	85.45
2	Wayne Barber	M	Raw	M-O	82.9	83	200	217.5	225	225	135	145	-155	145	210	220	-230	220	590	81.72
3	Colin Chu	M	Raw	M-O	82.7	83	182.5	192.5	200	200	122.5	127.5	132.5	132.5	-215	-215	215	215	547.5	75.93
4	Max Lau	M	Raw	M-O	78.3	83	-137.5	137.5	-145	137.5	87.5	95	-97.5	95	167.5	180	187.5	187.5	420	59.89
1	Tomwo Owoseje	M	Raw	M-O	100.3	105	160	170	180	180	130	140	-147.5	140	210	220	-230	220	540	68.12
1	Baruch Sikenetsky	M	Raw	M-O	119.7	120	260	280	300	300	180	190	200	200	260	300		300	800	93.1
2	Keenan Stubbs	M	Raw	M-O	111.5	120	-180	180	185	185	120	122.5	125	125	200	-205		200	510	61.26