

Holiday-Heave-2022.opl

OPL Format v1		Submit by email: issues@openpowerlifting.org																						
Federation	Date	MeetCountry	MeetState	MeetTown	MeetName	Formula																		
British Powerlifting	2022-12-03	United Kingdom	Wiltshire	Swindon	Holiday Heave 2022	IPF GL Points																		
Place	Name	Sex	Age	State	Equipment	Division	Bodyweight	Height	Class	Squat1K	Squat2Kg	Squat3Kg	est3Squat	Bench1Kg	Bench2Kg	Bench3Kg	est3Bench	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	est3Deadlift	TotalKg	Points	
1	Caitlin Arnold	F	22	Wiltshire	Raw	F-Jr	62.14	63	97.5	105	-107.5	105	50	55	57.5	57.5	112.5	-120	-120	112.5	275	60.71		
2	Carrie Shearer	F	31	Wiltshire	Raw	F-O	69.31	76	122.5	130	135	135	55	60	-65	60	135	145	150	150	345	71.3		
1	Cherry Yeung	F	25	Wiltshire	Raw	F-O	46.97	47	110	-117.5	120	120	70	72.5	75	75	142.5	150	-155	150	345	95.7		
2	Eleonora Nikolova	F	27	Wiltshire	Raw	F-O	54.73	57	97.5	102.5	-107.5	102.5	45	50	-55	50	125	130	135	135	287.5	69.59		
3	Ellen Judson	F	23	Wiltshire	Raw	F-O	74.51	76	-90	90	95	95	45	50	55	55	120	130	137.5	137.5	287.5	57.22		
1	Katie Higgins	F	31	Wiltshire	Raw	F-O	74.97	76	127.5	132.5	-135	132.5	77.5	82.5	-87.5	82.5	155	165	-170	165	380	75.41		
1	Marie Heath	F	39	Wiltshire	Raw	F-O	76.88	84	82.5	90	95	95	52.5	-57.5	-57.5	52.5	107.5	115	-117.5	115	262.5	51.48		
3	Meghan Norris	F	29	Wiltshire	Raw	F-O	54.04	57	87.5	92.5	97.5	97.5	45	47.5	-50	47.5	127.5	132.5	140	140	285	69.69		
1	Nicola Brown	F	25	Wiltshire	Raw	F-O	57	57	115	122.5	-127.5	122.5	57.5	60	62.5	62.5	125	132.5	-140	132.5	317.5	74.47		
1	Nicola Murphy	F	41	Wiltshire	Raw	FR-M1	55.87	57	80	87.5	92.5	92.5	45	-50	-50	45	110	120	-130	120	257.5	61.33		
1	Dawn Morell	F	62	Wiltshire	Single-ply	F-M2	73.81	76	80	90	100	100	50	55	-60	55	100	110	115	115	270	44.9		
1	Paul Ross Luker	M	46	Wiltshire	Raw	M-M1	97.6	105	-130	-130	130	130	65	67.5	70	70	155	165	170	170	370	47.29		
1	Rory Anderson	M	14	Wiltshire	Raw	M-O	54.5	59	60	65	70	70	35	37.5	40	40	90	97.5	102.5	102.5	212.5	36.69		
1	Nimesh Gurung	M	38	Wiltshire	Raw	M-O	72.88	74	160	165	170	170	100	105	-110	105	180	190	195	195	470	69.55		
2	Bogdan Vlad	M	25	Wiltshire	Raw	M-O	73.78	74	120	130	135	135	75	80	85	85	160	170	-180	170	390	57.34		
1	Alby Holland	M	16	Wiltshire	Raw	M-O	81.85	83	160	170	-180	170	110	120	-125	120	-210	210	-220	210	500	69.7		
2	Elliott Olsen	M	28	Wiltshire	Raw	M-O	81.93	83	155	165	175	175	110	117.5	122.5	122.5	175	185	200	200	497.5	69.32		
3	Affie spencer clark	M	17	Wiltshire	Raw	M-O	81.4	83	147.5	155	162.5	162.5	117.5	125	-130	125	180	192.5	205	205	492.5	68.85		
4	James Agbuya	M	22	Wiltshire	Raw	M-O	82.36	83	167.5	175	182.5	182.5	92.5	-100	-100	92.5	185	-187.5	-200	185	460	63.93		
5	Sam Carter	M	17	Wiltshire	Raw	M-O	81.07	83	152.5	-167.5	-175	152.5	85	-95	-95	85	180	192.5	202.5	202.5	440	61.64		
6	Ryan Miller	M	17	Wiltshire	Raw	M-O	81.21	83	140	150	162.5	162.5	80	85	-92.5	85	180	190	-200	190	437.5	61.23		
7	Aaron Edwards Smith	M	27	Wiltshire	Raw	M-O	80.75	83	140	150	-160	150	-80	80	-82.5	80	170	180	-187.5	180	410	57.55		
8	Lewis Barrett	M	25	Wiltshire	Raw	M-O	75.54	83	110	120	130	130	85	92.5	-95	92.5	160	170	-175	170	392.5	57.01		
1	Matt Coelho	M	37	Wiltshire	Raw	M-O	89.67	93	175	180	185	185	117.5	122.5	125	125	195	205	212.5	212.5	522.5	69.59		
2	Fin goodrich	M	16	Wiltshire	Raw	M-O	87.35	93	180	190	-200	190	90	100	-110	100	-220	225	-235	225	515	69.49		
3	Tyler Loveridge	M	26	Wiltshire	Raw	M-O	87.68	93	150	155	162.5	162.5	120	127.5	-135	127.5	200	215	225	225	515	69.36		
4	Evan Parry	M	23	Wiltshire	Raw	M-O	89.14	93	150	160	165	165	95	102.5	-110	102.5	200	210	-215	210	477.5	63.78		
5	Michael Fairall	M	21	Wiltshire	Raw	M-O	92.1	93	115	-122.5	-125	115	90	95	-105	95	-180	200	205	205	415	54.55		
1	Mark siaw	M	23	Wiltshire	Raw	M-O	101.78	105	225	240	250	250	140	147.5	-155	147.5	295	315	327.5	327.5	725	90.83		
2	Finn O'Farrell	M	16	Wiltshire	Raw	M-O	102.26	105	170	190	-205	190	110	120	130	130	185	200	210	210	530	66.25		
3	Chris Moore	M	30	Wiltshire	Raw	M-O	102.7	105	125	130	135	135	105	110	112.5	112.5	170	175	180	180	427.5	53.33		
4	Paul Ross Luker	M	46	Wiltshire	Raw	M-O	97.6	105	-130	-130	130	130	65	67.5	70	70	155	165	170	170	370	47.29		
1	Craig Lethbridge	M	26	Wiltshire	Raw	M-O	119.91	120	220	230	235	235	142.5	150	-155	150	240	250	260	260	645	75		
1	Rory Anderson	M	14	Wiltshire	Raw	M-Sj	54.5	59	60	65	70	70	35	37.5	40	40	90	97.5	102.5	102.5	212.5	36.69		
1	Alby Holland	M	16	Wiltshire	Raw	M-Sj	81.85	83	160	170	-180	170	110	120	-125	120	-210	210	-220	210	500	69.7		
2	Affie spencer clark	M	17	Wiltshire	Raw	M-Sj	81.4	83	147.5	155	162.5	162.5	117.5	125	-130	125	180	192.5	205	205	492.5	68.85		
3	Sam Carter	M	17	Wiltshire	Raw	M-Sj	81.07	83	152.5	-167.5	-175	152.5	85	-95	-95	85	180	192.5	202.5	202.5	440	61.64		
4	Ryan Miller	M	17	Wiltshire	Raw	M-Sj	81.21	83	140	150	162.5	162.5	80	85	-92.5	85	180	190	-200	190	437.5	61.23		
1	Fin goodrich	M	16	Wiltshire	Raw	M-Sj	87.35	93	180	190	-200	190	90	100	-110	100	-220	225	-235	225	515	69.49		
1	Finn O'Farrell	M	16	Wiltshire	Raw	M-Sj	102.26	105	170	190	-205	190	110	120	130	130	185	200	210	210	530	66.25		
1	Andy Champ	M	39	Wiltshire	Raw	M-O	99.68	105	200	210	230	230	165	-175	175	175	225	225	-275	225	630	65.98		