

Official BDFPA Score Sheet  
Competition - 4 Nations

Date of Comp - 6th July 2013

Organiser Pete Sparks & Brentwood Barbell Club

Divisional Record		British Record		European Record		World Record		MPF World Record		Drug Tested		Calibrated Scales and Weights Used YES														
REF 1	Refs -	Pat Reeves, Pete Gaskin, Glen Danbury					NOTE:- World and Euro records are unofficial								Scorekeeper - Pete Sparks											
FLT	Wt cat.	Body wt	Age Cat	UN/ EQ	F/M	TEAM	Name	SQUAT				BENCH				DEADLIFT				Total	Co eff.	Points	Eng 1561	Ire 1221	Sco 1375	Wales 1183
								1st Lift	2nd Lift	3rd Lift	4th Lift	1st Lift	2nd Lift	3rd Lift	4th Lift	1st Lift	2nd Lift	3rd Lift	4th Lift							
1	80.00	76.00	T2	UN	F	ENG A	Shachar Head	115.0 kg	122.5 kg	130.0 kg	140.00	75.0 kg	80.0 kg	82.5 kg	147.5 kg	160.0 kg	165.0 kg	170.0 kg	375.0 kg	0.71480	268.0500	268				
1	90.00	87.10	Open/MPF	UN	F	SCO	Bernie Cunningham	125.0 kg	135.0 kg	142.5 kg		90.0 kg	95.0 kg	100.0 kg	160.0 kg	170.0 kg	170.0 kg	412.5 kg	0.64640	266.6400			267			
1	70.00	64.45	M1	UN	F	SCO	Jo Gaskin	110.0 kg	115.0 kg	115.0 kg		52.5 kg	55.0 kg	60.0 kg	140.0 kg	147.5 kg	150.0 kg	320.0 kg	0.81050	259.3600			0			
1	58.50	56.40	M3	UN	F	WAL	Sue Bethell	72.5 kg	82.5 kg	87.5 kg		45.0 kg	50.0 kg		132.5 kg	142.5 kg	147.5 kg	285.0 kg	0.90590	258.1815					258	
1	70.00	65.95	Open	UN	F	IRE	Sarah Inskip	90.0 kg	100.0 kg	105.0 kg		60.0 kg	65.0 kg	67.5 kg	125.0 kg	135.0 kg	140.0 kg	312.5 kg	0.79480	248.3750		248				
1	58.50	56.70	T1	UN	F	ENG B	Lucy Rayner	85.0 kg	92.5 kg	95.0 kg		55.0 kg	60.0 kg	62.5 kg	100.0 kg	105.0 kg	110.0 kg	262.5 kg	0.90190	236.7488						
1	90.00	84.00	Open	UN	F	WAL	Kat Zlamalova Brown	115.0 kg	115.0 kg	120.0 kg		55.0 kg	60.0 kg	62.5 kg	135.0 kg	140.0 kg	150.0 kg	327.5 kg	0.66420	217.5255					0	
1	55.50	54.60	Open	UN	F	ENG B	Lesley Laver	60.0 kg	62.5 kg	67.5 kg		45.0 kg	47.5 kg	47.5 kg	105.0 kg	115.0 kg	125.0 kg	237.5 kg	0.89980	213.7025						
1	67.50	66.20	M2	UN	M	ENG A	David Gray	170.0 kg	191.0 kg	195.0 kg		127.5 kg	137.5 kg	142.5 kg	230.0 kg	250.0 kg	262.5 kg	587.5 kg	0.73870	433.9863	434					
1	75.00	70.60	Open	UN	M	ENG A	Steve Tyers	180.0 kg	190.0 kg	200.0 kg		125.0 kg	130.0 kg	135.0 kg	225.0 kg	235.0 kg	245.0 kg	580.0 kg	0.69800	404.8400	405					
3	125.00	123.30	Open	UN	M	ENG A	Daniel Chesham	250.0 kg	265.0 kg	275.0 kg		160.0 kg	172.5 kg	182.5 kg	285.0 kg	305.0 kg		742.5 kg	0.52340	388.6245	0					
1	75.00	73.85	M3	UN	M	ENG A	Cliff Haynes	170.0 kg	185.0 kg	200.0 kg		140.0 kg	147.5 kg	150.0 kg	220.0 kg	230.0 kg	240.0 kg	565.0 kg	0.67300	380.2450	0					
3	100.00	99.00	Open	UN	M	ENG A	Matt Gibson	230.0 kg	245.0 kg	255.0 kg		150.0 kg	165.0 kg	175.0 kg	240.0 kg	255.0 kg	262.5 kg	665.0 kg	0.55650	370.0725	0					
2	90.00	83.50	Open	UN	M	ENG B	Martin Smith	185.0 kg	195.0 kg	202.5 kg		145.0 kg	155.0 kg	160.0 kg	230.0 kg	240.0 kg	240.0 kg	602.5 kg	0.61420	370.0555						
2	90.00	89.55	M2	UN	M	IRE	Andy Murtagh	180.0 kg	192.5 kg			127.5 kg	132.5 kg	135.0 kg	260.0 kg	272.5 kg		600.0 kg	0.58730	352.3800		352				
2	75.00	74.00	Jnr	UN	M	SCO	Michael Ferguson	175.0 kg	185.0 kg	195.0 kg	198.50	105.0 kg	110.0 kg	112.5 kg	217.5 kg	240.0 kg	240.0 kg	522.5 kg	0.67160	350.9110			351			
3	100.00	99.80	M3	UN	M	SCO	Arthur Cowley	200.0 kg	210.0 kg	215.0 kg		135.0 kg	140.0 kg	145.0 kg	242.5 kg	252.5 kg	257.5 kg	612.5 kg	0.55450	339.6313			340			
3	110.00	106.40	Open	UN	M	SCO	Stephen Mullin	210.0 kg	220.0 kg	225.0 kg		140.0 kg	150.0 kg	157.5 kg	230.0 kg	245.0 kg	252.5 kg	620.0 kg	0.54140	335.6680			0			
2	82.50	81.30	Jnr	UN	M	ENG B	Jack Kuhnert	165.0 kg	175.0 kg	185.0 kg		110.0 kg	120.0 kg	130.0 kg	210.0 kg	220.0 kg	230.0 kg	535.0 kg	0.62570	334.7495						
3	110.00	107.65	Open	UN	M	SCO	Martin Smith	195.0 kg	205.0 kg	205.0 kg		140.0 kg	150.0 kg	152.5 kg	245.0 kg	257.5 kg	265.0 kg	610.0 kg	0.53960	329.1560			0			
2	82.50	76.30	Jnr	UN	M	ENG B	Sam Brooks	150.0 kg	160.0 kg	165.0 kg		100.0 kg	105.0 kg	110.0 kg	210.0 kg	220.0 kg	230.0 kg	495.0 kg	0.65570	324.5715						
2	90.00	89.75	Open	UN	M	WAL	Dean Roberts	185.0 kg	195.0 kg	200.0 kg		117.5 kg	125.0 kg	125.0 kg	225.0 kg	240.0 kg	245.0 kg	552.5 kg	0.58650	324.0413					324	
2	90.00	88.75	M1	UN	M	SCO	Tom Moffat	180.0 kg	200.0 kg	220.0 kg		110.0 kg	117.5 kg	125.0 kg	200.0 kg	220.0 kg	235.0 kg	545.0 kg	0.59050	321.8225			0			
2	82.50	81.35	Open	UN	M	IRE	Mel Reynolds	140.0 kg	150.0 kg	160.0 kg		110.0 kg	120.0 kg	127.5 kg	200.0 kg	215.0 kg	227.5 kg	507.5 kg	0.62570	317.5428		318				
2	82.50	81.25	Jnr	UN	M	WAL	Nicky May	165.0 kg	175.0 kg	180.0 kg		107.5 kg	112.5 kg	115.0 kg	195.0 kg	205.0 kg	210.0 kg	505.0 kg	0.62620	316.2310					316	
3	100.00	99.30	M2	UN	M	IRE	Phil Jones	180.0 kg	190.0 kg	202.5 kg		120.0 kg	127.5 kg	127.5 kg	210.0 kg	230.0 kg	235.0 kg	545.0 kg	0.55580	302.9110		303				
3	100.00	91.35	Open	UN	M	WAL	Nell Keddy	145.0 kg	155.0 kg	165.0 kg		125.0 kg	130.0 kg	130.0 kg	190.0 kg	200.0 kg	205.0 kg	490.0 kg	0.58040	284.3960					284	
2	90.00	85.00	Open	UN	M	WAL	Curtis Williams	145.0 kg	152.5 kg	152.5 kg		115.0 kg	120.0 kg	120.0 kg	195.0 kg	205.0 kg	205.0 kg	467.5 kg	0.60690	283.7258					0	
3	100.00	92.80	Open	UN	M	WAL	Andrew Webber	130.0 kg	140.0 kg	150.0 kg		80.0 kg	87.5 kg	92.5 kg	190.0 kg	200.0 kg	205.0 kg	442.5 kg	0.57510	254.4818					0	
3	110.00	106.55	Open	UN	M	IRE	Scott McBlain	215.0 kg	215.0 kg	215.0 kg		140.0 kg	145.0 kg	152.5 kg	230.0 kg	245.0 kg	245.0 kg	OUT	0.54130	0.0000			0			
	100.00	0.00	Open	UN	M	WAL	John Williams											#REF!	0.0000						0	
1	80.00	73.60	Open	EQ	F	ENG A	ShaSha Bowers	135.0 kg	145.0 kg	155.0 kg		67.5 kg	70.0 kg	70.0 kg	120.0 kg	132.5 kg	142.5 kg	365.0 kg	0.73150	266.9975	0					
2	82.50	81.60	Jnr	EQ	M	ENG A	Alistair Cannings	275.0 kg	293.5 kg	300.0 kg		165.0 kg	175.0 kg	180.0 kg	227.5 kg	242.5 kg	256.0 kg	265.0 kg	727.5 kg	0.62410	454.0328	454				
3	90.00	87.30	Open	EQ	M	SCO	Wullie Brown	270.0 kg	290.0 kg	290.0 kg		140.0 kg	165.0 kg	165.0 kg	270.0 kg	290.0 kg	300.0 kg	700.0 kg	0.59650	417.5500					418	