

Official BDFPA Score Sheet (V13.6)

Date of Comp: 04/07/21 EASTERN COUNTIES DIVISIONAL COMP

EC DIVISIONAL LYNX FITNESS GYM

British Record		European Record										World Record				MPF World Record				Divisional Record				Drug Tested				Calibrated Scales and Weights Used YES/NO			
Age Cat	Wt Class	Age	Body Weight	UN/EQ	F/M	DIV	Name	RH	SQUAT				Best Squat	RH	BENCH				Best Bench	DEADLIFT				Best Deadlift	Total	Points	Best Lifter				
									1st Lift	2nd Lift	3rd Lift	4th Lift			1st Lift	2nd Lift	3rd Lift	4th Lift		1st Lift	2nd Lift	3rd Lift	4th Lift								
									kg	kg	kg	kg			kg	kg	kg	kg		kg	kg	kg	kg					kg	kg	kg	kg
M3	53.00	52	53.0	UN	F	E/C	Angela JOINER-HANDY		55.0 kg	62.5 kg	65.0 kg		62.5 kg	3	37.5 kg	40.0 kg	42.5 kg		42.5 kg	85.0 kg	90.0 kg	95.0 kg		95.0 kg	200.0 kg	190.7200					
Jnr	63.00	20	62.4	UN	F	E/C	Angeli CHURCHWARD		85.0 kg	90.0 kg	90.0 kg		90.0 kg	3	60.0 kg	65.0 kg	67.5 kg		67.5 kg	105.0 kg	112.5 kg	117.5 kg		105.0 kg	262.5 kg	218.5050					
Jnr	63.00	23	61.2	UN	F	E/C	Megan SCALES							3	55.0 kg	62.5 kg	67.5 kg		67.5 kg						67.5 kg	57.1185					
M2	80.00	46	76.2	UN	F	E/C	Becky BELL		80.0 kg	90.0 kg	100.0 kg		100.0 kg	3	55.0 kg	60.0 kg	60.0 kg		60.0 kg	105.0 kg	115.0 kg	125.0 kg		125.0 kg	285.0 kg	203.3190					
Open	70.00	39	70.0	UN	F	E/C	Candice WESTAWAY		92.5 kg	97.5 kg	100.0 kg		100.0 kg	3	55.0 kg	60.0 kg	65.0 kg		65.0 kg	117.5 kg	127.5 kg	135.0 kg		135.0 kg	300.0 kg	227.4300					
Jnr	70.00	23	67.6	UN	F	S/E	Alice WILLIAMS		95.0 kg	102.5 kg	110.0 kg		110.0 kg	3	50.0 kg	55.0 kg	57.5 kg		57.5 kg	122.5 kg	132.5 kg	140.0 kg		140.0 kg	307.5 kg	238.8968	Best Unequipped Female				
Open	80.00	31	79.4	UNB	F	E/C	Denise VIEWEG							3	85.0 kg	90.0 kg	95.0 kg		95.0 kg						95.0 kg	65.7685	Best Unequipped Female Squat				
Open	80.00	31	79.4	UNS	F	E/C	Denise VIEWEG		120.0 kg	127.5 kg	135.0 kg		135.0 kg												135.0 kg	93.4605	Best Unequipped Female Squat				
Open	80.00	31	79.4	UND	F	E/C	Denise VIEWEG																		140.0 kg	160.0 kg	110.7680	Best Unequipped Female Deadlift			
Open	80.00	31	79.4	UN	F	E/C	Denise VIEWEG		120.0 kg	127.5 kg	135.0 kg		135.0 kg	3	85.0 kg	90.0 kg	95.0 kg		95.0 kg	140.0 kg	150.0 kg	160.0 kg		160.0 kg	390.0 kg	269.9970	Best Unequipped Female Deadlift				
Open	63.00	24	59.4	UN	F	E/C	Rosie WEBBER		100.0 kg	110.0 kg	117.5 kg		110.0 kg	3	50.0 kg	60.0 kg	65.0 kg		60.0 kg	140.0 kg	150.0 kg	160.0 kg		160.0 kg	330.0 kg	286.3080	Best Unequipped Female Deadlift				
Open	63.00	39	80.0	UN	F	E/C	Jo COX		112.5 kg	115.0 kg	120.0 kg		120.0 kg	4	70.0 kg	72.5 kg	75.0 kg		72.5 kg	150.0 kg	155.0 kg	160.0 kg		160.0 kg	352.5 kg	242.6963	Best Unequipped Female Deadlift				
Jnr	90.00	20	89.6	UN	F	E/C	Paige FUNNELL		130.0 kg	140.0 kg	150.0 kg		140.0 kg	3	60.0 kg	70.0 kg	70.0 kg		70.0 kg	160.0 kg	170.0 kg	180.0 kg		180.0 kg	390.0 kg	246.7920					
Open	60.00	30	56.8	UN	M	E/C	Daniel MCGAULEY		77.5 kg	82.5 kg	87.5 kg		87.5 kg	3	70.0 kg	75.0 kg	77.5 kg		77.5 kg	82.5 kg	92.5 kg	97.5 kg		97.5 kg	262.5 kg	226.0913					
T1	67.50	15	64.2	UNB	M	E/C	Finley HIGHFIELD																			72.5 kg	55.1145				
T3	67.50	18	62.0	UN	M	E/C	Kai WARNE		70.0 kg	80.0 kg	85.0 kg		85.0 kg		60.0 kg	55.0 kg	60.0 kg		60.0 kg	100.0 kg	110.0 kg	120.0 kg		110.0 kg	255.0 kg	200.5320					
T2	75.00	17	68.2	UN	M	E/C	Sam JONES		120.0 kg	125.0 kg	125.0 kg		125.0 kg		87.5 kg	92.5 kg	97.5 kg		92.5 kg	135.0 kg	150.0 kg	160.0 kg		160.0 kg	377.5 kg	271.4980					
Jnr	67.50	21	65.8	UN	M	S/E	Nathan USHER		135.0 kg	145.0 kg	155.0 kg		155.0 kg	3	95.0 kg	102.5 kg	107.5 kg		107.5 kg	180.0 kg	185.0 kg	195.0 kg		195.0 kg	457.5 kg	339.8768					
Open	60.00	32	58.6	UN	M	E/C	Ben HAMPSON		155.0 kg	165.0 kg	172.5 kg		172.5 kg	2	115.0 kg	120.0 kg	122.5 kg		122.5 kg	180.0 kg	190.0 kg	200.0 kg		200.0 kg	495.0 kg	412.3350					
M4	90.00	55	85.0	UN	M	E/C	Lee HYNE		165.0 kg	180.0 kg	190.0 kg		180.0 kg	4	110.0 kg	117.5 kg	122.5 kg		122.5 kg	190.0 kg	202.5 kg	212.5 kg		212.5 kg	515.0 kg	312.5535	Best Unequipped Male Deadlift				
Jnr	82.50	23	80.6	UND	M	S/E	Junior OBY OBI																		235.0 kg	147.9325	Best Unequipped Male Deadlift				
Open	75.00	34	74.0	UN	M	E/C	William STRICKLAND-MILLER		175.0 kg	182.5 kg	190.0 kg		190.0 kg	2	125.0 kg	130.0 kg	132.5 kg		132.5 kg	225.0 kg	235.0 kg	240.0 kg		240.0 kg	562.5 kg	377.7750	Best Unequipped Male Bench				
Open	90.00	29	84.6	UNB	M	E/C	Ash BRAHAM								155.0 kg	162.5 kg	170.0 kg		162.5 kg						162.5 kg	98.9300	Best Unequipped Male Bench				
T3	82.50	19	81.4	UN	M	E/C	Joey AWALA		180.0 kg	195.0 kg	200.0 kg		180.0 kg		127.5 kg	135.0 kg	140.0 kg		135.0 kg						262.5 kg	577.5 kg	360.9953				
T1	110.00	15	109.2	UN	M	E/C	Daniel VAN KEMPEN		125.0 kg	130.0 kg	135.0 kg		135.0 kg		70.0 kg	75.0 kg	80.0 kg		75.0 kg	140.0 kg	147.5 kg	152.5 kg		152.5 kg	362.5 kg	194.8800	Best Unequipped Male Squat				
T1	110.00	15	109.2	UNS	M	E/C	Daniel VAN KEMPEN		125.0 kg	130.0 kg	135.0 kg		135.0 kg													135.0 kg	72.5760	Best Unequipped Male Squat			
T3	110.00	18	103.6	UN	M	E/C	Stamati SARGIANOPOULOS		100.0 kg	120.0 kg	130.0 kg		130.0 kg		55.0 kg	60.0 kg	65.0 kg		65.0 kg	140.0 kg	155.0 kg	170.0 kg		170.0 kg	365.0 kg	199.3995					
M3	100.00	50	98.6	UN	M	E/C	Lee ELLIOTT		142.5 kg	152.5 kg	162.5 kg		162.5 kg		132.5 kg	140.0 kg	145.0 kg		140.0 kg	190.0 kg	200.0 kg	207.5 kg		200.0 kg	502.5 kg	280.1438					
M3	110.00	50	100.8	UND	M	E/C	Tony NEVILLE																		175.0 kg	200.0 kg	110.4400				
M2	110.00	45	108.2	UND	M	E/M	Stuart THURGOOD																		220.0 kg	230.0 kg	123.9240				
Jnr	110.00	20	101.8	UN	M	E/C	Rhys STEGGLES		200.0 kg	210.0 kg	215.0 kg		215.0 kg		135.0 kg	145.0 kg	150.0 kg		145.0 kg	220.0 kg	230.0 kg	240.0 kg		240.0 kg	600.0 kg	330.0000					
M9	100.00	82	93.8	UNB	M	S/E	Jim BIRD																		80.0 kg	45.7360					
M2	110.00	45	108.2	UNB	M	E/M	Stuart THURGOOD							7	110.0 kg	115.0 kg			110.0 kg						110.0 kg	59.2680					
Open	100.00	28	91.4	UN	M	E/C	Jack SHINGFIELD		195.0 kg	210.0 kg	215.0 kg		195.0 kg		135.0 kg	140.0 kg	150.0 kg		140.0 kg	225.0 kg	235.0 kg	250.0 kg		250.0 kg	585.0 kg	339.3585	Best Unequipped Male Deadlift				
Open	145.00	29	135.6	UN	M	W/M	Justin USECKAS		260.0 kg	280.0 kg	300.0 kg		300.0 kg	6	175.0 kg	190.0 kg			175.0 kg	300.0 kg	325.0 kg	350.0 kg		350.0 kg	825.0 kg	419.3475	Best Unequipped Male Deadlift				
M4	110.00	55	104.0	UN	M	E/C	Steve VAN KEMPEN		135.0 kg	140.0 kg	145.0 kg		145.0 kg		95.0 kg				95.0 kg	175.0 kg	182.5 kg		182.5 kg	422.5 kg	230.4738						
M1	125.00	40	122.0	UN	M	E/M	Janko NIZNIK		210.0 kg																0.0 kg	0.0000					
M1	125.00	40	122.0	UNB	M	E/M	Janko NIZNIK								145.0 kg	150.0 kg	155.0 kg		150.0 kg						150.0 kg	78.7350					
	0.00																								0.0 kg	0.0000					
	0.00																								0.0 kg	0.0000					
	0.00																								0.0 kg	0.0000					

Refs  
 Steve Van Kempen  
 Alana Pash  
 Lee Hyne  
 Joshua Batterham  
 Ann Thomas  
 Jim Burden  
 Natlie Winstone