

Official BDFPA Score Sheet (V13.6)

Date of Comp: 28/11/2021 Organiser: All Englands 2021

All Englands 2021 at Lynx Fitness Gym

Age Cat	Wt Class	Age	Body Weight	UN/ EQ	F/M	DIV	Name	RH	World Record				MPF World Record				Divisional Record				Drug Tested				Calibrated Scales and Weights	
									SQUAT				BENCH				DEADLIFT				Best Squat	Best Bench	Best Deadlift	Total	Points	
									1st Lift	2nd Lift	3rd Lift	4th Lift	1st Lift	2nd Lift	3rd Lift	4th Lift	1st Lift	2nd Lift	3rd Lift	4th Lift						
T2	55.50	17	53.5	UN	F	EC	Jasmin Yates	7	45.0 kg	50.0 kg	52.5 kg		52.5 kg	4	30.0 kg	32.5 kg	35.0 kg		35.0 kg	60.0 kg	70.0 kg	80.0 kg		80.0 kg	167.5 kg	158.4885
Jnr	44.00	20	42.0	UN	F	EC	Lauren Yates	5	45.0 kg	50.0 kg	55.0 kg		50.0 kg	3	30.0 kg	32.5 kg	35.0 kg		35.0 kg	70.0 kg	77.5 kg	85.0 kg		85.0 kg	167.5 kg	192.4910
Jnr	63.00	20	63.0	UN	F	EC	Beckie Allaway	5	55.0 kg	60.0 kg	65.0 kg		65.0 kg	4	27.5 kg	30.0 kg	32.5 kg		32.5 kg	70.0 kg	80.0 kg	90.0 kg		90.0 kg	187.5 kg	154.8188
M5	63.00	63	60.6	UN	F	SW	Kim Gough	6	65.0 kg	70.0 kg	75.0 kg		75.0 kg	3	37.5 kg	40.0 kg	42.5 kg		40.0 kg	100.0 kg	105.0 kg	110.0 kg		110.0 kg	225.0 kg	191.9700
Open	63.00	25	60.8	UN	F	EC	Bethany Lamb	7	85.0 kg	90.0 kg	95.0 kg		90.0 kg	3	65.0 kg	70.0 kg	75.0 kg		70.0 kg	110.0 kg	120.0 kg	127.5 kg		127.5 kg	287.5 kg	244.6050
Open	55.50	38	54.0	UN	F	EC	Natalie Winstone	6	75.0 kg	80.0 kg	85.0 kg		85.0 kg	3	55.0 kg	60.0 kg	65.0 kg		60.0 kg	115.0 kg	125.0 kg	135.0 kg		135.0 kg	280.0 kg	262.9200
M5	63.00	61	62.2	UN	F	SE	Melanie Golding	7	90.0 kg	90.0 kg	95.0 kg		95.0 kg	4	65.0 kg	67.5 kg	60.0 kg		60.0 kg	120.0 kg	130.0 kg	137.5 kg		137.5 kg	292.5 kg	244.1498
Jnr	70.00	20	69.0	UN	F	EC	Angel Churchward	7	97.5 kg	102.5 kg	105.0 kg		105.0 kg	3	72.5 kg	72.5 kg	75.0 kg		75.0 kg	112.5 kg	117.5 kg	122.5 kg		122.5 kg	302.5 kg	231.6545
T3	90.00	19	82.4	UN	F	EC	Alicia Bell	7	95.0 kg	105.0 kg	115.0 kg		115.0 kg	3	55.0 kg	60.0 kg	65.0 kg		65.0 kg	100.0 kg	110.0 kg	125.0 kg		125.0 kg	305.0 kg	205.4785
Open	90+	36	92.6	UN	F	SE	Lauren Packham	8	75.0 kg	80.0 kg	80.0 kg		80.0 kg	5	45.0 kg	50.0 kg	52.5 kg		52.5 kg	120.0 kg	125.0 kg	132.5 kg		132.5 kg	0.0 kg	0.0000
Jnr	70.00	23	68.6	UN	F	SE	Alice Williams	7	107.5 kg	115.0 kg	120.0 kg		115.0 kg	3	55.0 kg	60.0 kg	62.5 kg		60.0 kg	137.5 kg	145.0 kg	150.0 kg		150.0 kg	325.0 kg	249.8925
M6	60.00	69	57.8	UN	M	SE	Barry Lilley	7	105.0 kg	105.0 kg	112.5 kg		112.5 kg	5	65.0 kg	70.0 kg	72.5 kg		70.0 kg	120.0 kg	130.0 kg	137.5 kg		130.0 kg	312.5 kg	264.1563
T1	67.50	15	65.4	UN	M	EC	Finley Highfield	7	95.0 kg	102.5 kg	112.5 kg		112.5 kg	3	80.0 kg	85.0 kg	90.0 kg		85.0 kg	125.0 kg	135.0 kg	142.5 kg		142.5 kg	340.0 kg	254.0140
T3	67.50	18	66.5	UN	M	EC	Samuel Jones	8	100.0 kg	112.5 kg	120.0 kg		120.0 kg	4	80.0 kg	87.5 kg	92.5 kg		87.5 kg	130.0 kg	140.0 kg	150.0 kg		150.0 kg	357.5 kg	263.0128
T3	75.00	18	75.0	UN	M	EC	Daniel Birkett	8	110.0 kg	110.0 kg	120.0 kg		110.0 kg	5	97.5 kg	105.0 kg	112.5 kg		105.0 kg	130.0 kg	140.0 kg	150.0 kg		150.0 kg	365.0 kg	242.5425
Open	82.50	27	81.2	UN	M	SE	Tom Deards	8	122.5 kg	130.0 kg	135.0 kg		135.0 kg	5	77.5 kg	82.5 kg	87.5 kg		87.5 kg	157.5 kg	167.5 kg	175.0 kg		175.0 kg	397.5 kg	248.9145
Jnr	82.50	21	81.6	UN	M	EC	Jordan Newton	8	140.0 kg	155.0 kg	160.0 kg		160.0 kg	5	110.0 kg	115.0 kg	120.0 kg		115.0 kg	190.0 kg	200.0 kg	212.5 kg		212.5 kg	487.5 kg	304.2488
Jnr	82.50	23	81.6	UN	M	NW	Caum Ashton	9	165.0 kg	180.0 kg	185.0 kg		185.0 kg	5	125.0 kg	130.0 kg	132.5 kg		125.0 kg	200.0 kg	215.0 kg	222.5 kg		215.0 kg	525.0 kg	327.6525
Jnr	82.50	23	79.0	UN	M	EC	Junior Oby Obi	10	185.0 kg	185.0 kg	185.0 kg		185.0 kg	5	120.0 kg	125.0 kg	130.0 kg		125.0 kg	230.0 kg	245.0 kg	245.0 kg		245.0 kg	555.0 kg	354.5340
Open	82.50	33	82.2	UN	M	EC	Alex Davies	8	190.0 kg	190.0 kg	200.0 kg		190.0 kg	4	110.0 kg	112.5 kg	117.5 kg		112.5 kg	230.0 kg	240.0 kg	260.0 kg		240.0 kg	542.5 kg	336.8383
Jnr	82.50	23	79.2	UN	M	EC	Cameron Clarke	8	195.0 kg	205.0 kg	210.0 kg		210.0 kg	4	150.0 kg	155.0 kg	160.0 kg		160.0 kg	237.5 kg	250.0 kg	260.0 kg		250.0 kg	620.0 kg	395.3120
T3	82.50	19	80.4	UN	M	EC	Joey Awala	8	200.0 kg	207.5 kg	215.5 kg		215.0 kg	6	140.0 kg	140.0 kg	145.0 kg		140.0 kg	270.0 kg	280.0 kg	287.5 kg		287.5 kg	642.5 kg	405.2248
T1	110.00	15	105.4	UN	M	EC	Daniel Van Kempen	9	120.0 kg	130.0 kg	140.0 kg		140.0 kg	5	75.0 kg	80.0 kg	85.0 kg		85.0 kg	150.0 kg	157.5 kg	165.0 kg		165.0 kg	390.0 kg	211.8090
T3	100.00	19	99.4	UN	M	EC	Stamati Sargianopoulos	9	137.5 kg	137.5 kg	137.5 kg		137.5 kg	5	75.0 kg	82.5 kg	87.5 kg		82.5 kg	165.0 kg	177.5 kg	190.0 kg		190.0 kg	410.0 kg	227.7550
M8	100.00	75	98.0	UN	M	EC	Jim Burden	10	120.0 kg				120.0 kg	4	90.0 kg	107.5 kg			107.5 kg	150.0 kg	175.0 kg	197.5 kg		197.5 kg	425.0 kg	237.6175
Open	110.00	26	100.6	UN	M	SC	James Powell	13	132.5 kg	140.0 kg	145.0 kg		140.0 kg	6	97.5 kg	105.0 kg	110.0 kg		110.0 kg	182.5 kg	192.5 kg	200.0 kg		200.0 kg	450.0 kg	248.6700
T3	100.00	18	96.6	UN	M	EC	Sam Nicholls	9	155.0 kg	160.0 kg	165.0 kg		165.0 kg	4	120.0 kg	125.0 kg	130.0 kg		130.0 kg	185.0 kg	195.0 kg	205.0 kg		205.0 kg	500.0 kg	281.5000
M3	100.00	50	97.2	UN	M	EC	Lee Elliott	9	147.5 kg	157.5 kg	165.0 kg		165.0 kg	5	132.5 kg	135.0 kg	137.5 kg		137.5 kg	200.0 kg	207.5 kg	212.5 kg		212.5 kg	515.0 kg	289.0695
M1	100.00	40	92.0	UN	M	SE	Chris Middlehurst	10	175.0 kg	182.5 kg	185.0 kg		185.0 kg	6	135.0 kg	140.0 kg	145.0 kg		140.0 kg	210.0 kg	220.0 kg	225.0 kg		225.0 kg	550.0 kg	317.8450
Open	125.00	33	125.0	UN	M	NM	Stuart Melvin	10	222.5 kg	230.0 kg	237.5 kg		237.5 kg	6	140.0 kg	147.5 kg	150.0 kg		150.0 kg	232.5 kg	247.5 kg	255.0 kg		255.0 kg	642.5 kg	334.7425
M4	110.00	55	104.0	UN	M	EC	Steve Van Kempen	9	140.0 kg	145.0 kg	150.0 kg		150.0 kg	6	130.0 kg	135.0 kg	142.5 kg		135.0 kg	232.5 kg	247.5 kg	255.0 kg		255.0 kg	642.5 kg	334.7425
Open	100.00	28	95.6	UN	M	EC	Jack Shingfield	8	192.5 kg	210.0 kg			210.0 kg	4	140.0 kg	150.0 kg	160.0 kg		150.0 kg	220.0 kg	240.0 kg	260.0 kg		240.0 kg	600.0 kg	339.6000
M5	145.00	60	136.8	EQS	M	EC	Paul Waites	10	197.5 kg	192.5 kg	200.0 kg		200.0 kg							200.0 kg					200.0 kg	101.3800
Jnr	110.00	21	106.4	UN	M	EC	Rhys Steggles	10	210.0 kg	222.5 kg	230.0 kg		230.0 kg	5	140.0 kg	150.0 kg	160.0 kg		150.0 kg	240.0 kg	250.0 kg	262.5 kg		250.0 kg	630.0 kg	341.0820
T3	55.50	18	54.2	UND	F	EC	Mia Howell	-	-	-	-		-	-	-	-	-		-	75.0 kg	80.0 kg	85.0 kg		80.0 kg	80.0 kg	74.8960
Jnr	50.50	20	50.4	UND	F	EC	Ramisha Barn	-	-	-	-		-	-	-	-	-		-	85.0 kg	93.0 kg	97.5 kg		92.5 kg	92.5 kg	91.8988
M1	53.00	40	53.0	UND	F	EC	Rhea Kushin	-	-	-	-		-	-	-	-	-		-	105.0 kg	110.0 kg	112.5 kg		112.5 kg	112.5 kg	107.2800
Open	58.50	24	57.6	UNB	F	EC	Megan Scales	-	-	-	-		-	-	-	-	-		-	-	-	-		-	77.5 kg	68.9905
Open	90+	36	92.6	UNB	F	SE	Lauren Packham	-	-	-	-		-	-	-	-	-		-	120.0 kg	125.0 kg	132.5 kg		132.5 kg	132.5 kg	82.4548
M4	75.00	56	74.0	UNB	M	EM	Michael Cox	-	-	-	-		-	-	-	-	-		-	85.0 kg	96.0 kg	90.0 kg		90.0 kg	90.0 kg	60.4440
Open	60.00	32	59.6	UNB	M	EC	Ben Hampson	-	-	-	-		-	-	-	-	-		-	117.5 kg	122.5 kg	127.5 kg		122.5 kg	122.5 kg	100.2663
T1	67.50	15	65.4	UNB	M	EC	Finley Highfield	-	-	-	-		-	-	-	-	-		-	80.0 kg	88.5 kg	90.0 kg		85.0 kg	85.0 kg	63.5035
M5	145.00	60	136.8	EQD	M	EC	Paul Waites	-	-	-	-		-	-	-	-	-		-	202.5 kg	212.5 kg	220.0 kg		212.5 kg	212.5 kg	107.7163
M4	125.00	58	115.6	UNB	M	NW	Stuart Gardner	-	-	-	-		-	-	-	-	-		-	130.0 kg	135.0 kg	142.5 kg		135.0 kg	135.0 kg	71.6715
Open	110.00	31	100.6	UNB	M	EC	Josh Batterham	-	-	-	-		-	-	-	-	-		-	152.5 kg	160.0 kg	162.5 kg		160.0 kg	160.0 kg	88.4160
M1	125.00	43	111.4	UNB	M	SC	Stuart Thurgood	-	-	-	-		-	-	-	-	-		-	115.0 kg	-	-		115.0 kg	115.0 kg	61.5135
Open	90+	36	92.6	UNB	F	SE	Lauren Packham	-	-	-	-		-	-	-	-	-		-	45.0 kg	50.0 kg	52.5 kg		52.5 kg	52.5 kg	32.6708

Refs
 Steve Van Kempen
 James Jefferies
 Josh Batterham
 Jim Burden
 Natalie Winstone
 Alana Pash
 Lee Hynes
 Paul Golding
 Melanie Golding