

Official BDFPA Score Sheet (V13.7)

Date of Comp: 20th August 2023

Organiser: Richard Bremner

South West Summer Single Lifts @ Synergy Barbell

British Record		European Record					World Record				MPF World Record			Divisional Record				Drug Tested				Calibrated Scales and Weights Used YES				
Age Cat	Wt Class	Age	Body Weight	UN/ EQ	F/M	DIV	Name	SQUAT				BENCH				DEADLIFT				Total	QUALIFY REQ	Co eff.	Points	Place Class	Place Cat	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							
Open	100.00	28	99.2	EQS	M		Harry Gough	220.0 kg	235.0 kg	245.0 kg									245.0 kg	212.5	0.55600	136.2200	1	1	Best Equipped Male Squat	
M1	90.00	42	82.2	UNB	F		Jennifer Hayward Porter				55.0 kg	60.0 kg	67.5 kg						60.0 kg	57.5	0.67490	40.4940	1	1		
M4	90.00	59	88.1	UNB	M		Paul Collinson				145.0 kg	150.0 kg	155.0 kg						150.0 kg	105	0.59300	88.9500	1	1	Best Unequipped Male Bench (Masters)	
Open	100.00	28	99.2	UNB	M		Harry Gough				140.0 kg	147.5 kg	pass						147.5 kg	135	0.55600	82.0100	1	1		
M2	100.00	49	99	UNB	M		Conrad Harpham				130.0 kg	137.5 kg	142.5 kg						137.5 kg	120	0.55650	76.5188	2	1		
Open	125.00	25	118.8	UNB	M	SE	Korbinian Ring				167.5 kg	180.0 kg	190.0 kg						190.0 kg	142.5	0.52810	100.3390	1	1	Best Unequipped Male Bench	
Open	125.00	32	118.4	UNB	M		Mark Lock				150.0 kg	155.0 kg	pass						150.0 kg	142.5	0.52840	79.2600	2	2		
M5	125.00	62	122.4	UNB	M	Wales	David Owen				135.0 kg	145.0 kg	145.0 kg						145.0 kg	110	0.52450	76.0525	3	1		
M4	90+	57	95.8	UNB	F		Jennifer Nicoll				70.0 kg	72.5 kg	75.0 kg						75.0 kg	57.5	0.61180	45.8850	1	1	Best Unequipped Female Bench Best Unequipped Female Bench (Masters)	
M1	53.00	40	51.6	UND	F		Maria Kravchuk							95.0 kg	102.5 kg	102.5 kg			102.5 kg	80	0.97470	99.9068	1	1	Best Unequipped Female Deadlift Best Unequipped Female Deadlift (Masters)	
Open	100.00	28	99.2	UND	M		Harry Gough							250.0 kg	275.0 kg	300.0 kg			275.0 kg	215	0.55600	152.9000	1	1	Best Unequipped Male Deadlift	
Open	125.00	32	118.4	UND	M		Mark Lock							232.5 kg	240.0 kg	250.0 kg			250.0 kg	232.5	0.52840	132.1000	1	1		

Refs

- Russell Martin (Int)
- Richard Bremner (Nat)
- Paul Collinson (Int)
- Mark Rattenberry (Nat)

Loaders

- Ash Cutter
- Chris Lynne
- Rich State