

Official B.D.F.P.A. Championship Score Sheet

Venue & division of Competition - Marine Craft Gym - Scotland

Date of comp 21/02/10

| Col | Event             | Name | Mem No. | Wt cat. | Body wt | Age Cat | Age | Div/ Nat | Rk Ht | Squat    |          |          |          | Bench Press |          |          |          | Sub Total | Dead Lift |          |          |          | Total    | Co eff.  | Points   | Place    |        |        |   |
|-----|-------------------|------|---------|---------|---------|---------|-----|----------|-------|----------|----------|----------|----------|-------------|----------|----------|----------|-----------|-----------|----------|----------|----------|----------|----------|----------|----------|--------|--------|---|
|     |                   |      |         |         |         |         |     |          |       | 1st Lift | 2nd Lift | 3rd Lift | 4th Lift | 1st Lift    | 2nd Lift | 3rd Lift | 4th Lift |           | 1st Lift  | 2nd Lift | 3rd Lift | 4th Lift |          |          |          |          |        |        |   |
| UE  | ROB WRIGHT        |      |         | 75.00   | 71.50   | M4      |     |          |       |          | 120.0 kg | 130.0 kg | 135.0 kg | 137.5 kg    |          |          | 135.0 kg |           |           |          |          |          | 135.0 kg |          | 0.0000   | 1        |        |        |   |
| UE  | MICHAEL WADE      |      |         | 67.50   | 66.80   | M6      |     |          |       |          |          |          |          |             | 60.0 kg  | 67.5     | 67.5     | 60.0 kg   |           |          |          |          |          | 60.0 kg  |          | 0.0000   | 1      |        |   |
| UE  | DAVID AIKMAN SNR  |      |         | 75.00   | 74.70   | M2      |     |          |       |          |          |          |          |             | 130.0 kg | 135      | 140      | 130.0 kg  |           |          |          |          |          | 130.0 kg |          | 0.0000   | 1      |        |   |
| UE  | ASHLEY SINCLAIR   |      |         | 82.50   | 81.20   | M4      |     |          |       |          |          |          |          |             | 120.0 kg | 130.0 kg | 133      | 130.0 kg  |           |          |          |          |          | 130.0 kg |          | 0.0000   | 1      |        |   |
| UE  | PETER PANCZYK     |      |         |         | 82.60   | OP      |     |          |       |          |          |          |          |             | 135      | 135.0 kg | 140      | 135.0 kg  |           |          |          |          |          | 135.0 kg |          | 0.0000   | 1      |        |   |
| UE  | BRIAN REILLY      |      |         | 90.00   | 88.20   | OP      |     |          |       |          |          |          |          |             | 160      | 160      | 160      | #NUM!     |           |          |          |          |          | #NUM!    | #NUM!    | n/a      |        |        |   |
| UE  | JOHN FOY          |      |         |         | 87.70   | OP      |     |          |       |          |          |          |          |             | 115      | 115      | 115      | #NUM!     |           |          |          |          |          | #NUM!    | #NUM!    | n/a      |        |        |   |
| UE  | JOE COOGAN        |      |         | 100.00  | 100.00  | M2      |     |          |       |          |          |          |          |             | 145.0 kg | 155.0 kg | 162.5    | 155.0 kg  |           |          |          |          |          | 155.0 kg |          | 0.0000   | 1      |        |   |
| UE  | PETE GASKIN       |      |         | 110.00  | 105.40  | M2      |     |          |       |          |          |          |          |             | 125.0 kg | 135.0 kg | 145      | 135.0 kg  |           |          |          |          |          | 135.0 kg |          | 0.0000   | 1      |        |   |
| UE  | ROSS GRIFFITS     |      |         | 67.50   | 67.50   | JR      |     |          |       |          |          |          |          |             |          |          | 0.0 kg   | 165.0 kg  | 182.5 kg  | 190.0 kg |          |          |          | 190.0 kg |          | 0.0000   | 1      |        |   |
| UE  | MICHAEL COLLINS   |      |         | 82.50   | 79.30   | JR      |     |          |       |          |          |          |          |             |          |          | 0.0 kg   | 210.0 kg  | 222.5     | 222.5    |          |          |          | 210.0 kg |          | 0.0000   | 1      |        |   |
| UE  | JOHN FOY          |      |         |         | 87.70   | OP      |     |          |       |          |          |          |          |             |          |          | 0.0 kg   | 185.0 kg  | 205.0 kg  | 215.0 kg |          |          |          | 215.0 kg |          | 0.0000   | 1      |        |   |
| UE  | GERRARD McCOURT   |      |         |         | 86.90   | OP      |     |          |       |          |          |          |          |             |          |          | 0.0 kg   | 170.0 kg  | 180.0 kg  | 200      |          |          |          | 180.0 kg |          | 0.0000   | 2      |        |   |
| UE  | PETE GASKIN       |      |         | 110.00  | 105.40  | M2      |     |          |       |          |          |          |          |             |          |          | 0.0 kg   | 185.0 kg  | 202.5 kg  | 210.0 kg |          |          |          | 210.0 kg |          | 0.0000   | 1      |        |   |
| UE  | RONNIE WILLIAMSON |      |         |         | 104.10  | T1      |     |          |       |          |          |          |          |             |          |          | 0.0 kg   | 162.5 kg  | 180.0 kg  | 202.5 kg |          |          |          | 202.5 kg |          | 0.0000   | 2/1    |        |   |
| E   | JOE McEWAN        |      |         | 100.00  | 91.40   | OP      |     |          |       |          |          |          |          |             | 150      | 150      | 150      | #NUM!     |           |          |          |          |          | #NUM!    | #NUM!    | n/a      |        |        |   |
| E   | DANIEL MCKEAN     |      |         | 75.00   | 70.20   | JR      |     |          |       |          |          |          |          |             | 120.0 kg | 125.0 kg | 130.0 kg | 130.0 kg  |           |          |          |          |          | 130.0 kg |          | 0.0000   | 1      |        |   |
| E   | MICHAEL PHILLIPS  |      |         | 82.50   | 78.60   | M4      |     |          |       |          |          |          |          |             |          |          | 0.0 kg   | 195.0 kg  | 210.0 kg  | 220      |          |          |          | 210.0 kg |          | 0.0000   | 1      |        |   |
| E   | FRANK SINCLAIR    |      |         | 100.00  | 99.10   | M2      |     |          |       |          |          |          |          |             |          |          | 0.0 kg   | 162.5 kg  | 180.0 kg  | 202.5 kg |          |          |          | 202.5 kg |          | 0.0000   | 1      |        |   |
| UE  | MARY ANDERSON     |      |         | 80.00   | 78.60   | M1      |     |          |       |          |          |          |          |             | 120.0 kg | 135.0 kg | 145      | 80.0 kg   | 85.0 kg   | 90       | 220.0 kg | 150.0 kg | 170.0 kg | 185      | 390.0 kg |          | 0.0000 | 1      |   |
| UE  | DAVID AIKMAN      |      |         | 60.00   | 59.10   | T2      |     |          |       |          |          |          |          |             | 120.0 kg | 125.0 kg | 130      | 80.0 kg   | 85.0 kg   | 90       | 210.0 kg | 150.0 kg | 160.0 kg | 170      | 370.0 kg |          | 0.0000 | 1      |   |
| UE  | PAUL RUTHERFORD   |      |         | 67.50   | 67.40   | M1      |     |          |       |          |          |          |          |             | 140.0 kg | 150.0 kg | 156.0 kg | 95.0 kg   | 102.5     | 102.5    | 251.0 kg | 167.5 kg | 175.0 kg | 185.0 kg | 201.5 kg | 435.0 kg |        | 0.0000 | 1 |
| UE  | GARY STONE        |      |         |         | 67.50   | OP      |     |          |       |          |          |          |          |             | 140      | 140.0 kg | 150      | 110.0 kg  | 115       | 115      | 250.0 kg | 160.0 kg | 170.0 kg | 185.0 kg | 435.0 kg |          | 0.0000 | 2/1    |   |
| UE  | CALLUM IDE        |      |         | 75.00   | 72.30   | T2      |     |          |       |          |          |          |          |             | 155.0 kg | 165      | 170.0 kg | 115.0 kg  | 125       | 125.0 kg | 295.0 kg | 150.0 kg | 180.0 kg | 200.0 kg | 495.0 kg |          | 0.0000 | 1      |   |
| UE  | ALEX HUGHES       |      |         |         | 75.00   | T1      |     |          |       |          |          |          |          |             | 60.0 kg  | 70.0 kg  | 77.5 kg  | 30.0 kg   | 37.5 kg   | 42.5     | 115.0 kg | 65.0 kg  | 77.5 kg  | 87.5 kg  | 202.5 kg |          | 0.0000 | 2/1    |   |
| UE  | GORDON JAMIESON   |      |         | 82.50   | 79.30   | JR      |     |          |       |          |          |          |          |             | 140.0 kg | 150.0 kg | 160.0 kg | 100       | 105.0 kg  | 115      | 265.0 kg | 220.0 kg | 235.0 kg | 245.0 kg | 510.0 kg |          | 0.0000 | 1      |   |
| UE  | MIKE YULE         |      |         |         | 83.40   | OP      |     |          |       |          |          |          |          |             | 140.0 kg | 150.0 kg | 160      | 150.0 kg  | 160.0 kg  | 162.5 kg | 312.5 kg | 200.0 kg | 210.0 kg | 215.0 kg | 527.5 kg |          | 0.0000 | 1      |   |
| UE  | GORDON GREENHORN  |      |         |         | 86.90   | OP      |     |          |       |          |          |          |          |             | 150.0 kg | 167.5 kg | 170.0 kg | 100.0 kg  | 115.0 kg  | 125.0 kg | 295.0 kg | 185.0 kg | 210.0 kg | 220.0 kg | 515.0 kg |          | 0.0000 | 2      |   |
| UE  | LIAM ARMSTRONG    |      |         |         | 98.60   | OP      |     |          |       |          |          |          |          |             | 210.0 kg | 225.0 kg | 230      | 145.0 kg  | 160       | 160      | 370.0 kg | 220.0 kg | 240.0 kg | 250.0 kg | 620.0 kg |          | 0.0000 | 1      |   |
| UE  | CHRIS MARTIN      |      |         |         | 94.70   | OP      |     |          |       |          |          |          |          |             | 170.0 kg | 180.0 kg | 185.0 kg | 110.0 kg  | 115.0 kg  | 117.5    | 300.0 kg | 200.0 kg | 210.0 kg | 215.0 kg | 515.0 kg |          | 0.0000 | 2      |   |
| UE  | STEVEN VAN KEMPEN |      |         |         | 97.00   | M1      |     |          |       |          |          |          |          |             | 140.0 kg | 150.0 kg | 160      | 90.0 kg   | 100.0 kg  | 105      | 250.0 kg | 190.0 kg | 205.0 kg | 210.0 kg | 460.0 kg |          | 0.0000 | 3/1    |   |
| UE  | THOMAS GRAHAM     |      |         |         | 96.30   | JR      |     |          |       |          |          |          |          |             | 150.0 kg | 160.0 kg | 170.0 kg | 110       | 110       | 110      | #NUM!    | 190.0 kg | 205.0 kg | 220      | #NUM!    | #NUM!    | n/a    |        |   |
| UE  | ALEX FARQUHARSON  |      |         | 110.00  | 108.10  | M2      |     |          |       |          |          |          |          |             | 190.0 kg | 201.0 kg | 210.0 kg | 110.0 kg  | 116.0 kg  | 120.0 kg | 330.0 kg | 190.0 kg | 200.0 kg | 212.5    | 530.0 kg |          | 0.0000 | 1      |   |
| UE  | TONY FRASER       |      |         |         | 106.00  | OP      |     |          |       |          |          |          |          |             | 150.0 kg | 160.0 kg | 170      | 105.0 kg  | 110.0 kg  | 116.0 kg | 276.0 kg | 200      | 220.0 kg | 227.5    | 496.0 kg |          | 0.0000 | 2/1    |   |
| UE  | KEVIN SMITH       |      |         |         | 101.50  | JR      |     |          |       |          |          |          |          |             | 150.0 kg | 160      | 170      | 90.0 kg   | 100.0 kg  | 110.0 kg | 260.0 kg | 190.0 kg | 200.0 kg | 210.0 kg | 470.0 kg |          | 0.0000 | 3/1    |   |
| UE  | MARK HOLDENBY     |      |         | 145.00  | 155.10  | OP      |     |          |       |          |          |          |          |             | 200.0 kg | 220      | 220      | 145.0 kg  | 155       | 155      | 345.0 kg | 215.0 kg | 230.0 kg | 240      | 575.0 kg |          | 0.0000 | 1      |   |
| E   | MARY ANDERSON     |      |         | 80.00   | 78.60   | M1      |     |          |       |          |          |          |          |             | 170.0 kg | 180.0 kg | 190.0 kg | 105.0 kg  | 110.0 kg  | 115      | 300.0 kg | 180.0 kg | 200.0 kg | 210.0 kg | 510.0 kg |          | 0.0000 | 1      |   |
| E   | BERNIE MCKINLAY   |      |         | 90.00   | 84.10   | OP      |     |          |       |          |          |          |          |             | 170.0 kg | 185      | 195      | 115.0 kg  | 122.5     | 122.5    | 285.0 kg | 170.0 kg | 180.0 kg | 190.0 kg | 475.0 kg |          | 0.0000 | 1      |   |
| E   | WILLIE BROWN      |      |         |         | 84.70   | OP      |     |          |       |          |          |          |          |             | 240      | 240.0 kg | 265      | 100.0 kg  | 150.0 kg  | 175      | 390.0 kg | 265.0 kg | 275.0 kg | 287.5    | 665.0 kg |          | 0.0000 | 1      |   |
| E   | TOM MOFFAT        |      |         | 90.00   | 90.00   | OP      |     |          |       |          |          |          |          |             | 250      | 250.0 kg | 286      | 250.0 kg  | 250.0 kg  |          | 250.0 kg | 240.0 kg | 250.0 kg | 257.5    | 500.0 kg |          | 0.0000 | 2      |   |
| E   | NICK STEVENS      |      |         |         | 86.00   | JR      |     |          |       |          |          |          |          |             | 220      | 220.0 kg | 240.0 kg | 90        | 100       | 100      | #NUM!    | 270.0 kg | 285.0 kg | 300.0 kg | #NUM!    | #NUM!    | n/a    |        |   |
|     |                   |      |         |         |         |         |     |          |       |          |          |          |          |             |          |          | 0.0 kg   |           |           |          |          |          |          |          | 0.0 kg   |          | 0.0000 |        |   |
|     |                   |      |         |         |         |         |     |          |       |          |          |          |          |             |          |          | 0.0 kg   |           |           |          |          |          |          |          | 0.0 kg   |          | 0.0000 |        |   |

DR = Divisional Record

BR = British Record

ER = European Record

WR = World Record

A copy of the results should be sent to:

The BDFPA General Secretary, The Records Registrars, Raw Power Editor

This result sheet must be signed & printed by all referees who adjudicated in the above competition

Ref's Signed

Ref's in Block Caps