

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

Venue & division of Competition - Interserv

Date of comp 16/02/12

Loc	Cat	Name	Mem No.	Wt cat	Body wt	Age Cat	Age	Div/Nat	Rk	Squat								Bench Press				Sub Total	Dead Lift				Total	Co eff.	Points	Place	Team
										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							
1	UE	Example		82.50	81.50		30	SC	2	120.0 kg	130.0 kg	135.0 kg	0.0 kg	160.0 kg	150.5 kg	170.0 kg	172.5 kg	305.0 kg	150.0 kg	200.0 kg	235.0 kg	0.0 kg	540.0 kg	0.6193	334.4220						
		Matt Rowe	BU1	82.50	82.40				4	165.0 kg	177.5 kg	185.0 kg	0.0 kg	122.5 kg	130.0 kg	135.0 kg	0.0 kg	320.0 kg	215.0 kg	232.5 kg	237.5 kg	0.0 kg	552.5 kg	0.6198	342.4395					1038.2255	
		Nick Spencer	BU1	90.00	88.60				4	200.0 kg	210.0 kg	215.0 kg	0.0 kg	107.5 kg	115.0 kg	117.5 kg	0.0 kg	325.0 kg	210.0 kg	220.0 kg	227.5 kg	0.0 kg	545.0 kg	0.591	322.0950						
		Martin Smith	BU1	82.50	80.90				5	170.0 kg	175.0 kg	182.5 kg	0.0 kg	140.0 kg	145.0 kg	145.0 kg	0.0 kg	315.0 kg	225.0 kg	235.0 kg	235.0 kg	0.0 kg	540.0 kg	0.6279	339.0660						
		Alistair Cannings	BU1	82.50	79.30				4	187.5 kg	200.0 kg	205.0 kg	0.0 kg	135.0 kg	140.0 kg	142.5 kg	0.0 kg	340.0 kg	200.0 kg	220.0 kg	227.5 kg	0.0 kg	560.0 kg	0.637	356.7200						
		Jamal Djamel	BU2	75.00	74.00				4	100.0 kg	120.0 kg	125.0 kg	0.0 kg	90.0 kg	95.0 kg	100.0 kg	0.0 kg	220.0 kg	180.0 kg	195.0 kg	207.5 kg	0.0 kg	427.5 kg	0.6716	287.1090					784.5413	
		Lisa Hicks	BU2	F	72.40				4	92.5 kg	97.5 kg	102.5 kg	0.0 kg	57.5 kg	62.5 kg	67.5 kg	0.0 kg	165.0 kg	105.0 kg	112.5 kg	117.5 kg	0.0 kg	282.5 kg	0.7401	209.0783						
		Rosie Lima	BU2	F	58.90				5	100.0 kg	110.0 kg	120.0 kg	0.0 kg	65.0 kg	70.0 kg	70.0 kg	0.0 kg	180.0 kg	145.0 kg	150.0 kg	155.0 kg	0.0 kg	330.0 kg	0.8738	288.3540						
		Rachel Hayes	BU2	F	79.90				5	60.0 kg	65.0 kg	75.0 kg	0.0 kg	35.0 kg	40.0 kg	45.0 kg	0.0 kg	115.0 kg	100.0 kg	110.0 kg	115.0 kg	0.0 kg	230.0 kg	0.6892	158.5160						
		Paul Hooker	Pol	110.00	101.70				3	220.0 kg	230.0 kg	240.0 kg	0.0 kg	150.0 kg	160.0 kg	165.0 kg	0.0 kg	395.0 kg	250.0 kg	260.0 kg	270.0 kg	0.0 kg	665.0 kg	0.5502	365.8830					1063.9593	
		Colin Harrison	Pol	90.00	89.30				4	210.0 kg	220.0 kg	222.5 kg	0.0 kg	140.0 kg	145.0 kg	145.0 kg	0.0 kg	360.0 kg	265.0 kg	275.0 kg	275.0 kg	0.0 kg	625.0 kg	0.5881	367.5625						
		John East	Pol	67.50	63.70				5	130.0 kg	140.0 kg	140.0 kg	0.0 kg	80.0 kg	85.0 kg	87.5 kg	0.0 kg	215.0 kg	185.0 kg	195.0 kg	205.0 kg	0.0 kg	420.0 kg	0.7659	321.6780						
		Paul Richards	Pol	75.00	70.90				5	150.0 kg	155.0 kg	160.0 kg	0.0 kg	100.0 kg	105.0 kg	107.5 kg	0.0 kg	262.5 kg	200.0 kg	210.0 kg	215.0 kg	0.0 kg	472.5 kg	0.6995	330.5138						
		Steve Walsh	RAF1	90.00	84.10				5	190.0 kg	205.0 kg	205.0 kg	0.0 kg	130.0 kg	140.0 kg	140.0 kg	0.0 kg	320.0 kg	190.0 kg	200.0 kg	220.0 kg	0.0 kg	540.0 kg	0.6112	330.0480					1039.9618	
		Jordan Harris	RAF1	67.50	65.10				5	135.0 kg	142.5 kg	150.0 kg	0.0 kg	90.0 kg	95.0 kg	100.0 kg	0.0 kg	245.0 kg	195.0 kg	210.0 kg	217.5 kg	0.0 kg	462.5 kg	0.7503	347.0138						
		Jim Roberts	RAF1	67.50	67.50				5	150.0 kg	160.0 kg	165.0 kg	0.0 kg	120.0 kg	125.0 kg	130.0 kg	0.0 kg	285.0 kg	180.0 kg	200.0 kg	215.0 kg	0.0 kg	500.0 kg	0.7258	362.9000						
		Karl Malarky	RAF1	90.00	88.60				4	150.0 kg	170.0 kg	180.0 kg	0.0 kg	120.0 kg	125.0 kg	132.5 kg	0.0 kg	295.0 kg	200.0 kg	220.0 kg	235.0 kg	0.0 kg	530.0 kg	0.591	313.2300						
		Chris Phillips	RAF2	100.00	92.10				4	170.0 kg	180.0 kg	190.0 kg	0.0 kg	130.0 kg	135.0 kg	135.0 kg	0.0 kg	325.0 kg	210.0 kg	215.0 kg	220.0 kg	0.0 kg	545.0 kg	0.5775	314.7375					885.3233	
		Gareth Tibbs	RAF2	100.00	92.80				4	140.0 kg	145.0 kg	152.5 kg	0.0 kg	125.0 kg	130.0 kg	130.0 kg	0.0 kg	282.5 kg	190.0 kg	205.0 kg	205.0 kg	0.0 kg	472.5 kg	0.5751	271.7348						
		Jim Oldfield	RAF2	100.00	98.20				3	150.0 kg	165.0 kg	185.0 kg	0.0 kg	135.0 kg	140.0 kg	140.0 kg	0.0 kg	305.0 kg	215.0 kg	230.0 kg	240.0 kg	0.0 kg	535.0 kg	0.5586	298.8510						
		Ann Thomas	RAF2	F	59.20				5	70.0 kg	80.0 kg	85.0 kg	0.0 kg	40.0 kg	45.0 kg	50.0 kg	0.0 kg	125.0 kg	130.0 kg	140.0 kg	0.0 kg	265.0 kg	0.8701	230.5765							
		Aaron Hull	A1	100.00	98.00				5	220.0 kg	230.0 kg	240.0 kg	0.0 kg	170.0 kg	180.0 kg	190.0 kg	0.0 kg	420.0 kg	220.0 kg	230.0 kg	240.0 kg	0.0 kg	660.0 kg	0.5591	369.0060					1030.2445	
		Juan Santos	A1	90.00	87.30				4	195.0 kg	195.0 kg	205.0 kg	0.0 kg	130.0 kg	135.0 kg	135.0 kg	0.0 kg	335.0 kg	230.0 kg	240.0 kg	240.0 kg	0.0 kg	565.0 kg	0.5965	337.0225						
		Dave Heath	A1	90.00	86.40				3	175.0 kg	175.0 kg	175.0 kg	0.0 kg	135.0 kg	140.0 kg	145.0 kg	0.0 kg	315.0 kg	220.0 kg	225.0 kg	230.0 kg	0.0 kg	540.0 kg	0.6004	324.2160						
		Ross McFarlane	A1	90.00	87.50				4	140.0 kg	150.0 kg	155.0 kg	0.0 kg	125.0 kg	130.0 kg	135.0 kg	0.0 kg	285.0 kg	220.0 kg	230.0 kg	235.0 kg	0.0 kg	520.0 kg	0.5956	309.7120						
		Oilly Hardy	A2	82.50	80.50				4	160.0 kg	170.0 kg	180.0 kg	0.0 kg	120.0 kg	130.0 kg	135.0 kg	0.0 kg	300.0 kg	220.0 kg	230.0 kg	240.0 kg	0.0 kg	540.0 kg	0.6301	340.2540					980.1115	
		Steve Cook	A2	90.00	89.80				5	200.0 kg	210.0 kg	220.0 kg	0.0 kg	135.0 kg	140.0 kg	145.0 kg	0.0 kg	350.0 kg	225.0 kg	235.0 kg	235.0 kg	0.0 kg	575.0 kg	0.5861	337.0075						
		Mike Hill	A2	75.00	71.30				5	135.0 kg	140.0 kg	140.0 kg	0.0 kg	127.5 kg	127.5 kg	127.5 kg	0.0 kg	7.5 kg	175.0 kg	185.0 kg	195.0 kg	0.0 kg	192.5 kg	0.6923	133.2678						
		Luke Russel	A2	75.00	73.80				5	130.0 kg	140.0 kg	145.0 kg	0.0 kg	125.0 kg	125.0 kg	127.5 kg	0.0 kg	265.0 kg	170.0 kg	185.0 kg	205.0 kg	0.0 kg	450.0 kg	0.673	302.8500						
		Chidumije Chidumije	A2	100.00	93.20				2	165.0 kg	172.5 kg	177.5 kg	0.0 kg	125.0 kg	132.5 kg	135.0 kg	0.0 kg	305.0 kg	220.0 kg	230.0 kg	237.5 kg	0.0 kg	542.5 kg	0.5772	313.1310						
		Ariane Kidd	A(F)	F	71.20				5	60.0 kg	65.0 kg	70.0 kg	0.0 kg	40.0 kg	45.0 kg	50.0 kg	0.0 kg	115.0 kg	100.0 kg	110.0 kg	120.0 kg	0.0 kg	235.0 kg	0.749	176.0150					530.1240	
		Catie Ade	A(F)	F	72.20				5	75.0 kg	80.0 kg	85.0 kg	0.0 kg	60.0 kg	62.5 kg	62.5 kg	0.0 kg	145.0 kg	90.0 kg	95.0 kg	102.5 kg	0.0 kg	247.5 kg	0.7416	183.5460						
		Helen Jones	A(F)	F	74.40				4	65.0 kg	70.0 kg	80.0 kg	0.0 kg	40.0 kg	42.5 kg	45.0 kg	0.0 kg	125.0 kg	90.0 kg	100.0 kg	110.0 kg	0.0 kg	235.0 kg	0.7258	170.5630						
		Antonia Taylor	A(F)	F	72.60				4	65.0 kg	75.0 kg	80.0 kg	0.0 kg	55.0 kg	55.0 kg	55.0 kg	0.0 kg	20.0 kg	80.0 kg	90.0 kg	100.0 kg	0.0 kg	110.0 kg	0.7387	81.2570						
		Sam Dew	RM	75.00	75.00				5	190.0 kg	200.0 kg	205.0 kg	0.0 kg	145.0 kg	150.0 kg	155.0 kg	0.0 kg	340.0 kg	210.0 kg	240.0 kg	240.0 kg	0.0 kg	550.0 kg	0.6645	365.4750					1062.4043	
		Rob Cooper	RM	100.00	99.90				3	180.0 kg	195.0 kg	205.0 kg	0.0 kg	120.0 kg	127.5 kg	132.5 kg	0.0 kg	332.5 kg	250.0 kg	275.0 kg	292.5 kg	0.0 kg	607.5 kg	0.5543	336.7373						
		Steve Congreve	RM	100.00	94.30				3	170.0 kg	180.0 kg	185.0 kg	0.0 kg	140.0 kg	145.0 kg	0.0 kg	320.0 kg	230.0 kg	240.0 kg	245.0 kg	0.0 kg	560.0 kg	0.5701	319.2560							
		Shiner Wright	RM	110.00	109.20				4	220.0 kg	230.0 kg	230.0 kg	0.0 kg	130.0 kg	160.0 kg	165.0 kg	0.0 kg	395.0 kg	260.0 kg	265.0 kg	275.0 kg	0.0 kg	670.0 kg	0.5376	360.1920						
		Ginge Merriman	RN	82.50	82.00				5	170.0 kg	170.0 kg	170.0 kg	0.0 kg	140.0 kg	145.0 kg	145.0 kg	0.0 kg	310.0 kg	200.0 kg	210.0 kg	220.0 kg	0.0 kg	530.0 kg	0.6319	334.9070					863.7235	
		Callum Mackay	RN	82.50	81.60				4	140.0 kg	150.0 kg	152.5 kg	0.0 kg	130.0 kg	130.0 kg	130.0 kg	0.0 kg	20.0 kg	180.0 kg	190.0 kg	200.0 kg	0.0 kg	220.0 kg	0.6241	137.3020						
		Doc Martin	RN	90.00	87.80				5	180.0 kg	190.0 kg	190.0 kg	0.0 kg	120.0 kg	125.0 kg	127.5 kg	0.0 kg	305.0 kg													