

| Official BDFPA Score Sheet | | | | | | | | Date of Comp - 16-11-2013 | | | | | | | | Organiser- Pete Sparks | | | | | | | | | | | | |
|------------------------------------------------|---------|----------------|---------|-----------------|--------|--------------|------------------|----------------------------|----------|-------------|----------|-------------------------------------------|----------|----------|----------|------------------------|----------|----------|----------|----------|----------|----------|---------|-------------|-----------|-------------|--|--|
| British Police Powerlifting Championships 2013 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Divisional Record | | British Record | | European Record | | World Record | | MPF Record | | Drug Tested | | Calibrated Scales and Weights Used YES/NO | | | | | | | | | | | | | | | | |
| Refs Pat Reeves, Eric West, Glen Danbury | | | | | | | | Scorekeepers - Neil Thomas | | | | | | | | | | | | | | | | | | | | |
| FLT | Wt cat. | Body wt | Age Cat | Age | UN/ EQ | F/ M | DIV | Name | SQUAT | | | | RH BENCH | | | | DEADLIFT | | | | Total | 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 | | | | | | | | |
| 1 | 58.50 | 56.10 | Open | 0 | UN | F | MPS | Julie Pope | 65.0 kg | 75.0 kg | 80.0 kg | | 3 | 45.0 kg | 50.0 kg | 52.5 kg | | 100.0 kg | 110.0 kg | 115.0 kg | | 245.0 kg | 0.90990 | 222.9255 | | | | |
| 1 | 58.50 | 57.90 | Open | 34 | UN | F | PS | Karen Dalziel | 60.0 kg | 70.0 kg | 82.5 kg | | 3 | 55.0 kg | 60.0 kg | 65.0 kg | | 100.0 kg | 120.0 kg | 130.0 kg | | 272.5 kg | 0.88630 | 241.5168 | | | | |
| 1 | 58.50 | 56.00 | Open | 0 | UN | F | WMP | Liz Street | 77.5 kg | 85.0 kg | 85.0 kg | | 3 | 45.0 kg | 47.5 kg | 50.0 kg | | 87.5 kg | 95.0 kg | 100.0 kg | | 225.0 kg | 0.91220 | 205.2450 | | | | |
| 1 | 63.00 | 62.20 | Open | 38 | UN | F | Mersey | Rachel Gregory | 62.5 kg | 70.0 kg | 81.0 kg | | 3 | 37.5 kg | 40.0 kg | 42.5 kg | | 90.0 kg | 105.0 kg | 120.0 kg | | 240.0 kg | 0.83470 | 200.3280 | | | | |
| 1 | 63.00 | 62.10 | Open | 39 | UN | F | Herts | Tess Barrow | | | | | 3 | 50.0 kg | 55.0 kg | 57.5 kg | | | | | | 57.5 kg | 0.83580 | 48.0585 | | | | |
| 1 | 70.00 | 68.80 | M1 | 41 | UN | F | GMP | Angela Taylor | 85.0 kg | 95.0 kg | 100.0 kg | | 3 | 72.5 kg | 77.5 kg | 80.0 kg | | 112.5 kg | 117.5 kg | 117.5 kg | | 287.5 kg | 0.76740 | 220.6275 | | | | |
| 1 | 70.00 | 66.80 | Open | 0 | UN | F | MPS | Lee-Ann Doubell | 100.0 kg | 105.0 kg | 105.0 kg | | 3 | 55.0 kg | 57.5 kg | 60.0 kg | | 130.0 kg | 135.0 kg | 140.0 kg | | 302.5 kg | 0.78570 | 237.6743 | | | | |
| 1 | 80.00 | 75.70 | Open | 0 | UN | F | MPS | Tara Johnson | 90.0 kg | 100.0 kg | 105.0 kg | | 3 | 60.0 kg | 70.0 kg | 80.0 kg | | 130.0 kg | 140.0 kg | 150.0 kg | 160.0 kg | 320.0 kg | 0.71680 | 229.3760 | | | | |
| 1 | 90.00 | 82.20 | Open | 34 | UN | F | NWP | Chelsea Symonds-Roberts | 85.0 kg | 95.0 kg | 105.0 kg | | 3 | 55.0 kg | 57.5 kg | 62.5 kg | | 135.0 kg | 145.0 kg | 145.0 kg | | 287.5 kg | 0.67490 | 194.0338 | | | | |
| 1 | 90.00 | 88.60 | Open | 34 | UN | F | PS | Bernie Cunninghame | 125.0 kg | 135.0 kg | 145.0 kg | | 8 | 90.0 kg | 97.5 kg | 105.0 kg | | 155.0 kg | 165.0 kg | 175.0 kg | | 407.5 kg | 0.63820 | 260.0665 | | | | |
| 1 | 67.50 | 65.30 | Open | 29 | EQ | M | Gloucs | John East | 175.0 kg | 185.0 kg | 190.0 kg | | 7 | 120.0 kg | 125.0 kg | 132.5 kg | | 200.0 kg | 210.0 kg | 222.5 kg | | 532.5 kg | 0.74810 | 398.3633 | | | | |
| 1 | 75.00 | 70.20 | T2 | 16 | UN | M | Guest | Ben Sparks | 60.0 kg | 55.0 kg | 75.0 kg | | 3 | 40.0 kg | 47.5 kg | 47.5 kg | | 90.0 kg | 105.0 kg | 125.0 kg | | 247.5 kg | 0.70140 | 173.5965 | | | | |
| 1 | 75.00 | 73.20 | Open | 35 | UN | M | Lancs | Tim Brown | 140.0 kg | 150.0 kg | 157.5 kg | | 3 | 90.0 kg | 100.0 kg | 107.5 kg | | 190.0 kg | 200.0 kg | 205.0 kg | | 462.5 kg | 0.67740 | 313.2975 | | | | |
| 1 | 75.00 | 74.10 | Open | 32 | UN | M | MPS | Maxwell Herd | 180.0 kg | 190.0 kg | 195.0 kg | | 3 | 135.0 kg | 140.0 kg | 145.0 kg | | 190.0 kg | 202.5 kg | 222.5 kg | | 532.5 kg | 0.67080 | 357.2010 | | | | |
| 1 | 75.00 | 74.40 | M2 | 45 | EQ | M | PS | Bernie McGurk | 220.0 kg | 230.0 kg | 235.0 kg | | 3 | 140.0 kg | 145.0 kg | 150.0 kg | | 245.0 kg | 255.0 kg | 260.0 kg | | 640.0 kg | 0.66870 | 427.9680 | | | | |
| 1 | 75.00 | 74.50 | Open | 30 | UN | M | SYP | Dil Singh | 180.0 kg | 190.0 kg | 190.0 kg | | 3 | 110.0 kg | 115.0 kg | 117.5 kg | | 235.0 kg | 253.0 kg | 253.0 kg | | 550.5 kg | 0.66800 | 367.7340 | | | | |
| 2 | 82.50 | 80.40 | Open | 30 | EQ | M | TVP | Kevin Smith | 230.0 kg | 255.0 kg | 255.0 kg | | 3 | 160.0 kg | 170.0 kg | 170.0 kg | | 220.0 kg | 230.0 kg | 237.5 kg | | 637.5 kg | 0.63070 | 402.0713 | | | | |
| 2 | 90.00 | 89.40 | M1 | 43 | UN | M | Dyfed Powys | Richard Banner | 195.0 kg | 200.0 kg | 205.0 kg | | 3 | 135.0 kg | 140.0 kg | 142.5 kg | | 220.0 kg | 230.0 kg | 240.0 kg | | 572.5 kg | 0.58770 | 336.4583 | | | | |
| 2 | 90.00 | 88.60 | M1 | 43 | UN | M | Lancs | Kevin Kavanagh | 180.0 kg | 190.0 kg | 200.0 kg | | 3 | 120.0 kg | 130.0 kg | 135.0 kg | | 210.0 kg | 225.0 kg | 235.0 kg | | 545.0 kg | 0.59100 | 322.0950 | | | | |
| 2 | 90.00 | 88.50 | Open | 31 | UN | M | Leics | Andy Gunn | 155.0 kg | 170.0 kg | 182.5 kg | | 3 | 120.0 kg | 135.0 kg | 142.5 kg | | 210.0 kg | 230.0 kg | 240.0 kg | | 557.5 kg | 0.59140 | 329.7055 | | | | |
| 2 | 90.00 | 89.50 | Open | 34 | UN | M | Mersey | Paul Bamber | 195.0 kg | 202.5 kg | 210.0 kg | | 3 | 135.0 kg | 142.5 kg | 147.5 kg | | 230.0 kg | 237.5 kg | 245.0 kg | | 597.5 kg | 0.58730 | 350.9118 | | | | |
| 2 | 90.00 | 86.10 | M3 | 51 | UN | M | Mersey | Giuseppe Garzia | 70.0 kg | 85.0 kg | 100.0 kg | | 3 | 70.0 kg | 85.0 kg | 90.0 kg | | 160.0 kg | 180.0 kg | 200.0 kg | | 390.0 kg | 0.60180 | 234.7020 | | | | |
| 2 | 100.00 | 99.50 | M2 | 46 | UN | M | Herts | Steve Traxton | | | | | 3 | 115.0 kg | 120.0 kg | 122.5 kg | | 200.0 kg | 210.0 kg | 217.5 kg | | 332.5 kg | 0.55530 | 184.6373 | | | | |
| 2 | 100.00 | 97.60 | Open | 33 | UN | M | N Yorks | Gareth Vaughan | 190.0 kg | 190.0 kg | 200.0 kg | | 3 | 125.0 kg | 132.5 kg | 137.5 kg | | 225.0 kg | 242.5 kg | 252.5 kg | | 590.0 kg | 0.56020 | 330.5180 | | | | |
| 2 | 100.00 | 93.70 | Open | 30 | UN | M | MPS | Dunstan Blay | | | | | 3 | 130.0 kg | 140.0 kg | 145.0 kg | | | | | | 145.0 kg | 0.57200 | 82.9400 | | | | |
| 2 | 100.00 | 98.00 | Open | 31 | UN | M | MPS | Matt Smets | 210.0 kg | 210.0 kg | 220.0 kg | | 3 | 140.0 kg | 147.5 kg | 152.5 kg | | 250.0 kg | 270.0 kg | 300.0 kg | | 627.5 kg | 0.55910 | 350.8353 | | | | |
| 2 | 100.00 | 97.90 | M2 | 47 | EQ | M | MPS | Pete Sparks | 140.0 kg | 155.0 kg | 155.0 kg | | 3 | 85.0 kg | 95.0 kg | 100.0 kg | | 170.0 kg | 190.0 kg | 200.0 kg | | 450.0 kg | 0.66940 | 301.2300 | | | | |
| 3 | 110.00 | | Open | | UN | M | Lancs | Pete Haslam | 182.5 kg | 190.0 kg | 200.0 kg | | | 125.0 kg | 130.0 kg | 135.0 kg | | 225.0 kg | 240.0 kg | 250.0 kg | | 570.0 kg | #REF! | #REF! | | | | |
| 3 | 110.00 | 104.30 | M3 | 50 | EQ | M | PS | Gary Fudge | 170.0 kg | 190.0 kg | 190.0 kg | | 3 | 120.0 kg | 135.0 kg | 142.5 kg | | 170.0 kg | 170.0 kg | 170.0 kg | | 155.0 kg | 0.54500 | 84.4750 | | | | |
| 3 | 110.00 | 100.10 | M1 | 43 | UN | M | PS | Ally Donaldson | 170.0 kg | 170.0 kg | 170.0 kg | | 3 | 140.0 kg | 147.5 kg | 152.5 kg | | 230.0 kg | 245.0 kg | 250.0 kg | | 572.5 kg | 0.55380 | 317.0505 | | | | |
| 3 | 110.00 | 104.60 | M2 | 49 | UN | M | Devon & Cornwall | Dave Criddle | 165.0 kg | 185.0 kg | 205.0 kg | | 3 | 120.0 kg | 130.0 kg | 140.0 kg | | 180.0 kg | 205.0 kg | 215.0 kg | | 560.0 kg | 0.54440 | 304.8640 | | | | |
| 3 | 110.00 | 105.10 | Open | 0 | UN | M | NYP | Sean Daly | 180.0 kg | 190.0 kg | 190.0 kg | | 3 | 110.0 kg | 115.0 kg | 120.0 kg | | 235.0 kg | 245.0 kg | 250.0 kg | | 545.0 kg | 0.54360 | 296.2620 | | | | |
| 3 | 110.00 | 109.20 | Open | 0 | UN | M | NYP | Paul Sutton | 165.0 kg | 180.0 kg | 190.0 kg | | 3 | 100.0 kg | 107.5 kg | 112.5 kg | | 220.0 kg | 240.0 kg | 245.0 kg | | 537.5 kg | 0.53760 | 288.9600 | | | | |
| 3 | 110.00 | 100.60 | M1 | 44 | UN | M | Mersey | Jason Ennis | 135.0 kg | 150.0 kg | 165.0 kg | | 3 | 115.0 kg | 122.5 kg | 130.0 kg | | 185.0 kg | 195.0 kg | 210.0 kg | | 505.0 kg | 0.55260 | 279.0630 | | | | |
| 3 | 125.00 | 111.10 | M1 | 0 | UN | M | Hants | Simon Lythgoe | 220.0 kg | 240.0 kg | | | 3 | 200.0 kg | 215.0 kg | 220.0 kg | | 240.0 kg | 260.0 kg | 270.0 kg | | 725.0 kg | 0.53520 | 388.0200 | | | | |
| 3 | 125.00 | 117.20 | Open | 0 | UN | M | Herts | Paul Smith | | | | | 3 | 132.5 kg | 137.5 kg | 142.5 kg | | | | | | 142.5 kg | 0.52950 | 75.4538 | | | | |
| 3 | 125.00 | 117.30 | M3 | 0 | UN | M | MPS | Andy Dare | 170.0 kg | 190.0 kg | 200.0 kg | | 3 | 140.0 kg | 150.0 kg | 160.0 kg | | 250.0 kg | 260.0 kg | 270.0 kg | | 630.0 kg | 0.52940 | 333.5220 | | | | |
| 3 | 125.00 | 120.10 | Open | 0 | UN | M | MPS | Dean Miller | 200.0 kg | 220.0 kg | 240.0 kg | | 3 | 165.0 kg | 175.0 kg | 175.0 kg | | 260.0 kg | 275.0 kg | 282.5 kg | | 697.5 kg | 0.52690 | 367.5128 | | | | |
| 3 | 125.00 | 122.60 | M2 | 45 | EQ | M | NWP | Tim Willsdon | 215.0 kg | 215.0 kg | 230.0 kg | | 3 | 140.0 kg | 180.0 kg | 180.0 kg | | 260.0 kg | 275.0 kg | 285.0 kg | | 645.0 kg | 0.52420 | 338.1090 | | | | |
| 3 | 125.00 | 120.00 | M2 | 48 | UN | M | Surrey | Ian Scott | 180.0 kg | 180.0 kg | 180.0 kg | | 3 | 160.0 kg | 160.0 kg | 160.0 kg | | | | | | | 0.52700 | 0.0000 | | | | |
| 3 | 145.00 | 125.40 | M1 | 42 | UN | M | NWP | Andrew Symonds-Roberts | 170.0 kg | 180.0 kg | 180.0 kg | | 3 | 140.0 kg | 145.0 kg | 145.0 kg | | 210.0 kg | 230.0 kg | 240.0 kg | | 550.0 kg | 0.52050 | 286.2750 | | | | |