

Official BDFPA Score Sheet Date of Comp - 13th July 2014 Organiser Simon Mansell & Russell Martin

Competition South West Mid Year Championships

Divisional Record British Record European Record World Record MPF World Record Drug Tested Calibrated Scales and Weights Used YES

FLT	Wt Class	Body wt	Age Cat	UN/EQ	F/M	DIV	Name	SQUAT				BENCH				DEADLIFT				Total	Co eff.	Points	MAM	Masters PN	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	55.50	53.10	Open	UN	F	SW	Holly Harrison	45.0 kg	52.5 kg	52.5 kg		30.0 kg	35.0 kg	40.0 kg	-42.50	70.0 kg	80.0 kg	95.0 kg		172.5 kg	0.95210	164.2373	#REF!	#REF!			
1	67.50	66.70	M1	UN	M	SW	Richard Rowe	135.0 kg	140.0 kg	145.0 kg		85.0 kg	90.0 kg	90.0 kg		165.0 kg	180.0 kg	185.0 kg		415.0 kg	0.73370	304.4855	1.044	317.8829			
1	67.50	67.00	Open	UN	M	SW	Matthew Smallacombe	110.0 kg	125.0 kg	132.5 kg		90.0 kg	100.0 kg	105.0 kg		150.0 kg	170.0 kg	177.5 kg		410.0 kg	0.73070	299.5870	#REF!	#REF!			
1	67.50	65.90	Jnr	UN	M	SW	Thomas Jeffcott	110.0 kg	120.0 kg	125.0 kg		75.0 kg	80.0 kg	85.0 kg		165.0 kg	170.0 kg	175.0 kg		385.0 kg	0.74180	285.5930	#REF!	#REF!			
1	75.00	72.70	Open	UN	M	SW	James Oswald	155.0 kg	160.0 kg	165.0 kg		115.0 kg	120.0 kg	125.0 kg		170.0 kg	180.0 kg	185.0 kg		465.0 kg	0.68120	316.7580	#REF!	#REF!			
1	75.00	74.80	T1	UN	M	SW	Jevan Cockbain	125.0 kg	132.5 kg	137.5 kg	-142.50	70.0 kg	77.5 kg	82.5 kg		167.5 kg	177.5 kg	182.5 kg		392.5 kg	0.66590	261.3658	#REF!	#REF!			
1	80.00	79.90	T3	UN	F	SW	Shachar Head	130.0 kg	135.0 kg	142.5 kg	147.50	77.5 kg	80.0 kg	82.5 kg		155.0 kg	162.5 kg	pass		387.5 kg	0.68920	267.0650	#REF!	#REF!			Best Female Overall
1	82.50	79.40	Open	UN	M	SW	Ryan McMillan	170.0 kg	175.0 kg	185.0 kg		105.0 kg	112.5 kg	120.0 kg		190.0 kg	202.5 kg	210.0 kg		507.5 kg	0.63640	322.9730	#REF!	#REF!			
1	82.50	71.70	M5	UN	M	SW	Tommy Meredith	160.0 kg	170.0 kg	175.0 kg	-177.50	110.0 kg	115.0 kg	pass		180.0 kg	190.0 kg	195.0 kg		485.0 kg	0.68900	334.1650	1.297	433.4120			Best Male Masters Lifter
1	82.50	79.40	M1	UN	M	SW	Stefan Shelsher	165.0 kg	175.0 kg	175.0 kg		105.0 kg	110.0 kg	115.0 kg		200.0 kg	210.0 kg	215.0 kg		485.0 kg	0.63640	308.6540	1.000	308.6540			
1	82.50	81.10	M4	UN	M	SW	Graham Edwards	160.0 kg	165.0 kg	165.0 kg		130.0 kg	135.0 kg	137.5 kg		170.0 kg	180.0 kg	185.0 kg		475.0 kg	0.62680	297.7300	1.250	372.1625			
2	90.00	87.00	M4	UN	M	SW	Charles Buchanan	160.0 kg	165.0 kg	165.0 kg		130.0 kg	135.0 kg	137.5 kg		260.0 kg	280.0 kg	300.0 kg		300.0 kg	0.59780	179.3400	1.250	224.1750			Best Male Deadlifter
1B	90.00	86.40	M5	EQ	M	SW	David Williams					175.0 kg	180.0 kg	182.5 kg	185.00					182.5 kg	0.60040	109.5730	1.297	142.1162			Best Equipped Bench
2	90.00	86.50	M1	UN	M	SW	Mark Lowe	190.0 kg	205.0 kg	215.0 kg		150.0 kg	160.0 kg	165.0 kg		210.0 kg	225.0 kg	237.5 kg		617.5 kg	0.60000	370.5000	1.014	375.6870			Best Male Overall
2	90.00	86.10	Open	UN	M	SW	Justin Jewel	170.0 kg	180.0 kg	195.0 kg		125.0 kg	125.0 kg	125.0 kg		210.0 kg	220.0 kg	230.0 kg		550.0 kg	0.60180	330.9900	0.000	0.0000			
2	90.00	89.60	Jnr	UN	M	SW	Brad Westall	170.0 kg	180.0 kg	190.0 kg	-195.00	110.0 kg	115.0 kg	120.0 kg		180.0 kg	190.0 kg	200.0 kg		510.0 kg	0.58690	299.3190	#REF!	#REF!			
2	90.00	89.40	Jnr	UN	M	SW	John Duffy	160.0 kg	170.0 kg	180.0 kg		110.0 kg	115.0 kg	120.0 kg		200.0 kg	pass	pass		495.0 kg	0.58770	290.9115	#REF!	#REF!			
2	90.00	84.50	Open	UN	M	SC	Lee Machonnachie	140.0 kg	155.0 kg	160.0 kg		120.0 kg	127.5 kg	130.0 kg		180.0 kg	205.0 kg	pass		490.0 kg	0.60930	298.5570	#REF!	#REF!			
2B	90.00	89.10	M1	EQ	M	SW	Jan Maksymczuk					182.5 kg	187.5 kg	187.5 kg						182.5 kg	0.58890	107.4743	1.005	108.0116			
2	90.00	87.00	Open	UN	M	SW	Daniel Geach	200.0 kg	215.0 kg	215.0 kg		130.0 kg	130.0 kg	130.0 kg			pass	pass		70.0 kg	0.59780	41.8460	#REF!	#REF!			
2	100.00	97.50	Open	UN	M	SW	Sean Stupples	170.0 kg	185.0 kg	192.5 kg		120.0 kg	130.0 kg	135.0 kg		205.0 kg	220.0 kg	232.5 kg		540.0 kg	0.56050	302.6700	#REF!	#REF!			
2	125.00	123.80	Jnr	UN	M	SC	Mitchal Flowers	225.0 kg	235.0 kg	235.0 kg		135.0 kg	145.0 kg	150.0 kg		255.0 kg	265.0 kg	270.0 kg		645.0 kg	0.52270	337.1415	#REF!	#REF!			
2	125.00	114.20	M1	UN	M	SW	Graham Atway									140.0 kg	162.5 kg	170.0 kg		170.0 kg	0.53210	90.4570	#REF!	#REF!			
2	140.00	126.60	Open	UN	M	SW	Adam Taylor	200.0 kg	210.0 kg	210.0 kg		190.0 kg	190.0 kg	190.0 kg		pass	pass	pass		#NUM!	0.51910	#NUM!	#REF!	#NUM!			

Refs  
R Martin  
J Minear  
M Rattenberry