

Official BDFPA Score Sheet (V9)										Date of Comp - 9th November 2014				Organiser Simon Mansell & Russell Martin																	
Competition South West Single Lift Championships										World Record				MPF World Record				Drug Tested				Calibrated Scales and Weights Used YES									
Divisional Record			British Record			European Record			SQUAT				BENCH				DEADLIFT				Total	Co eff.	Points	MAM	Masters PN	Place Class	Place Cat	Best Lifter			
FLT	Wt Class	Body wt	Age Cat	Age	UN/ EQ	F/M	DIV	Name	RH	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	53.40	Open	27	UNS	F	SW	Holly Harrison	9	55.0 kg	60.0 kg	62.5 kg		3									60.0 kg	0.94920	56.9520	1.000	56.9520	1	0	Best Unequipped Female Squat	
1	75.00	72.60	Open	25	UNS	M	SW	Thomas Oakley	8	145.0 kg	150.0 kg	150.0 kg		3									150.0 kg	0.68280	102.4200	1.000	102.4200	1	0		
1	80.00	80.00	Open	31	UNS	F	SW	Angela Jago	11	80.0 kg	80.0 kg	90.0 kg		3									80.0 kg	0.68850	55.0800	1.000	55.0800	1	0		
1	82.50	80.50	Open	24	UNS	M	SW	Ryan McMillan	9	180.0 kg	187.5 kg	190.0 kg		3									190.0 kg	0.63010	119.7190	1.000	119.7190	2	0		
1	82.50	81.40	Open	25	UNS	M	SW	Wes McGuinness	8	190.0 kg	200.0 kg	210.0 kg		3									210.0 kg	0.62510	131.2710	1.000	131.2710	1	0	Best Unequipped Male Squat	
1	82.50	82.50	Open	25	UNS	M	SW	Luke Michell	9	135.0 kg	145.0 kg	150.0 kg		3									150.0 kg	0.61930	92.8950	1.000	92.8950	3	0		
2	100.00	99.50	Open	27	UNS	M	SW	Rob Sivell	8	185.0 kg	200.0 kg	205.0 kg		13									205.0 kg	0.55530	113.8365	1.000	113.8365	1	0		
1	55.50	53.40	Open	27	UND	F	SW	Holly Harrison	3					3				85.0 kg	92.5 kg	100.0 kg			92.5 kg	0.94920	87.8010	1.000	87.8010	1	0		
1	75.00	74.50	Open	27	UND	M	WM	Matt Jepson	3					3				200.0 kg	220.0 kg	240.0 kg			220.0 kg	0.66800	146.9600	1.000	146.9600	1	0		
1	80.00	80.00	Open	31	UND	F	SW	Angela Jago	3					3				135.0 kg	145.0 kg	150.0 kg			150.0 kg	0.68850	103.2750	1.000	103.2750	1	0	Best Unequipped Female Deadlift	
1	82.50	80.50	Open	24	UND	M	SW	Ryan McMillan	3					3				200.0 kg	210.0 kg	220.0 kg			210.0 kg	0.63010	132.3210	1.000	132.3210	3	0		
1	82.50	81.30	M3	51	UND	M	SW	Neal Collinson	3					3				220.0 kg	230.0 kg	235.0 kg			235.0 kg	0.62620	147.1570	1.168	171.8794	2	1		
1	82.50	81.40	Open	25	UND	M	SW	Wes McGuinness	3					3				230.0 kg	240.0 kg	245.0 kg			245.0 kg	0.62510	153.1495	1.000	153.1495	1	0		
2	90.00	88.00	M4	58	UND	M	SW	Charles Buchanan	3					3				260.0 kg	280.0 kg	301.0 kg			280.0 kg	0.59350	166.1800	1.322	219.6900	1	1	Best Unequipped Male Deadlift Best Unequipped Male Deadlift (Masters)	
2	90.00	89.00	Jnr	23	UND	M	SW	John Duffy	3					3				210.0 kg	225.0 kg	235.0 kg			225.0 kg	0.59830	134.6175	1.000	134.6175	2	1		
2	100.00	91.90	Open	27	UND	M	SW	Paul Farrington	3					3				170.0 kg	185.0 kg	200.0 kg			200.0 kg	0.57820	115.6400	1.000	115.6400	1	0		
2	125.00	112.10	M1	41	UND	M	SW	Graham Always	3					3				140.0 kg	172.5 kg	175.0 kg			172.5 kg	0.53420	92.1495	1.005	92.6102	3	1		
2	125.00	114.70	Open	28	UND	M	SW	Richard Bremner	3					3				225.0 kg	232.5 kg	245.0 kg			245.0 kg	0.53160	130.2420	1.000	130.2420	2	0		
2	125.00	118.50	Open	25	UND	M	SW	Mark Williams	3					3				250.0 kg	275.0 kg	300.0 kg			300.0 kg	0.52830	158.4900	1.000	158.4900	1	0		
2	145.00	133.30	Open	25	UND	M	SW	Ryan Hough	3					3				290.0 kg	302.5 kg	310.0 kg			302.5 kg	0.51100	154.5775	1.000	154.5775	1	0		
1	55.50	53.40	Open	27	UNB	F	SW	Holly Harrison	3					3	35.0 kg	37.5 kg	40.0 kg						37.5 kg	0.94920	35.5950	1.000	35.5950	1	0		
1	75.00	68.20	Open	0	UNB	M	???	Jon Monk	3					3	92.5 kg	95.0 kg	95.0 kg							0.71920	0.0000	1.000	0.0000	0	0		
1	75.00	72.60	Open	25	UNB	M	SW	Thomas Oakley	3					3	125.0 kg	130.0 kg	132.5 kg						130.0 kg	0.68280	88.7640	1.000	88.7640	1	0		
1	80.00	80.00	Open	31	UNB	F	SW	Angela Jago	3					3	65.0 kg	75.0 kg	77.5 kg						65.0 kg	0.68850	44.7525	1.000	44.7525	1	0	Best Unequipped Female Bench	
1	82.50	81.30	M3	50	UNB	M	SW	Neal Collinson	3					3	152.5 kg	157.5 kg	161.0 kg						161.0 kg	0.62620	100.8182	1.150	115.9409	1	1	Best Unequipped Male Bench Best Unequipped Male Bench (Masters)	
1	82.50	81.40	Open	25	UNB	M	SW	Wes McGuinness	3					3	145.0 kg	150.0 kg	pass						145.0 kg	0.62510	90.6395	1.000	90.6395	2	0		
1	82.50	81.50	M3	54	UNB	M	SW	Mark Edwards	3					3	130.0 kg	135.0 kg	140.0 kg						140.0 kg	0.62450	87.4300	1.228	107.3640	3	2		
1	82.50	82.50	Open	25	UNB	M	SW	Luke Michell	3					3	110.0 kg	110.0 kg	115.0 kg						115.0 kg	0.61930	71.2195	1.000	71.2195	4	0		
1	90.00	87.70	M5	61	UNB	M	SW	David Williams	3					3	130.0 kg	140.0 kg	pass						130.0 kg	0.59470	77.3110	1.410	109.0085	1	1		
1	90.00	89.00	Jnr	23	UNB	M	SW	John Duffy	3					3	115.0 kg	120.0 kg	122.5 kg						120.0 kg	0.59830	71.7960	1.000	71.7960	2	1		
2	125.00	112.10	M1	41	UNB	M	SW	Graham Always	3					3	100.0 kg	110.0 kg	120.0 kg						120.0 kg	0.53420	64.1040	1.005	64.4245	1	1		
1	75.00	71.40	M4	58	UN	M	SW	Tommy Meredith	7	160.0 kg	170.0 kg	170.0 kg		3	110.0 kg	Pass	Pass	180.0 kg	pass	pass			450.0 kg	0.69140	311.1300	1.322	411.3139	1	1	Best Unequipped Male Powerlifter (Masters)	
1	80.00	76.50	Open	27	UN	F	SW	Laura Barfi	11	100.0 kg	100.0 kg	105.0 kg		3	45.0 kg	50.0 kg	55.0 kg	122.5 kg	130.0 kg	140.0 kg			295.0 kg	0.71140	209.8630	1.000	209.8630	1	0	Best Unequipped Female Powerlifter	
2	82.50	80.50	Jnr	20	UN	M	SW	Joe Milton	9	150.0 kg	160.0 kg	170.0 kg		3	130.0 kg	140.0 kg	145.0 kg	200.0 kg	220.0 kg	230.0 kg			530.0 kg	0.63010	333.9530	1.000	333.9530	1	1		
2	90.00	85.30	Open	32	UN	M	SC	Lee Macconnachie	10	150.0 kg	150.0 kg	160.0 kg		3	120.0 kg	130.0 kg	135.0 kg	190.0 kg	207.5 kg	210.0 kg			500.0 kg	0.60590	302.9500	1.000	302.9500	1	0		
2	90.00	87.60	Jnr	21	UN	M	SW	Leon Rawlings	10	140.0 kg	140.0 kg	150.0 kg		3	90.0 kg	100.0 kg	110.0 kg	200.0 kg	217.5 kg	230.0 kg			467.5 kg	0.59560	278.4430	1.000	278.4430	2	1		
2	100.00	99.10	Open	25	UN	M	SC	Matt Gibson	8	235.0 kg	245.0 kg	245.0 kg		3	155.0 kg	165.0 kg	172.5 kg	245.0 kg	255.0 kg	pass			635.0 kg	0.55650	353.3775	1.000	353.3775	1	0		
2	110.00	109.20	Open	29	UN	M	SW	Ian Macconnachie	9	270.0 kg	280.0 kg	290.0 kg		3	180.0 kg	190.0 kg	190.0 kg	255.0 kg	265.0 kg	275.0 kg			745.0 kg	0.53760	400.5120	1.000	400.5120	1	0	Best Unequipped Male Powerlifter	
2	125.00	120.10	Open	26	UN	M	EC	Jonathan Broadhead	10	170.0 kg	185.0 kg	200.0 kg		3	110.0 kg	pass	pass	210.0 kg	232.5 kg	252.5 kg			562.5 kg	0.52700	296.4375	1.000	296.4375	1	0		
2	90.00	84.20	Jnr	20	EQS	M	SW	James Minear	10	180.0 kg	pass	pass		3									180.0 kg	0.61070	109.9260	1.000	109.9260	1	1	Best Equipped Male Squat	
1	90.00	84.20	Jnr	20	EQD	M	SW	James Minear	3					3				175.0 kg	190.0 kg	205.0 kg			205.0 kg	0.61070	125.1935	1.000	125.1935	1	1	Best Equipped Male Deadlift	

- Ref Chris Morgan (Int)
- Ref Sean Stupples (Div)
- Ref Graham Edwards (Div)
- Ref James Minear (Nat)
- Ref Russell Martin (Int)