

Official BDFPA Score Sheet										Date of Comp -				Organiser																								
Competition										Divisional Record				British Record				European Record				World Record				MPF World Record				Drug Tested				Calibrated Scales and Weights Used YES/NO				
FLT	PLT	Morning Afternoon	DAY	Wt Class	Body wt	Age Cat	Age	UN/ EQ	Cmp t No	FM	DIV	Name	RH	SQUAT				SQ Total	BENCH				BN Total	DEADLIFT				DL Total	Total	Co eff.	Points	MAM	Masters PN	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										
	A	Morn	SUN	70.00	68.90	Open	32	UN	1	F	Welsh	Heledd Evans	5	87.5 kg	92.5 kg	95.0 kg		95.0 kg				0.0 kg	105.0 kg	112.5 kg	120.0 kg		120.0 kg	215.0 kg	0.7666	164.819	0	0						
	A	Morn	SUN	80.00	73.80	Jnr	21	UN	2	F	Welsh	Bethan Hall	3					95.0 kg				0.0 kg	85.0 kg	95.0 kg	105.0 kg		105.0 kg	105.0 kg	0.7308	76.734	0	0						
	A	Morn	SUN	63.00	62.90	Jnr	20	UN	3	F	Welsh	Emily Burns	6	85.0 kg	92.5 kg	95.0 kg					52.5 kg	60.0 kg	60.0 kg		110.0 kg	110.0 kg	115.0 kg		115.0 kg	270.0 kg	0.828	223.56	0	0				
	A	Morn	SUN	70.00	70.00	Jnr	21	UN	4	F	Welsh	Rebecca Jones	6	110.0 kg	120.0 kg	125.0 kg		125.0 kg				50.0 kg	35.0 kg	40.0 kg	50.0 kg		155.0 kg	330.0 kg	0.7581	250.173	0	0						
	A	Morn	SUN	58.50	55.90	Open	25	UN	5	F	Welsh	Stella Higgins	7	85.0 kg	90.0 kg	97.5 kg		97.5 kg				62.5 kg	55.0 kg	55.0 kg		100.0 kg	110.0 kg	115.0 kg		115.0 kg	267.5 kg	0.914	244.495	0	0			
	A	Morn	SUN	55.50	53.90	Jnr	20	UN	6	F	Manch	Ffion Ankers	3					0.0 kg					0.0 kg	110.0 kg	115.0 kg	122.5 kg		122.5 kg	122.5 kg	0.9419	115.3828	0	0					
	A	Morn	SUN	67.50	66.90	Jnr	20	UN	7	F	Manch	Sarah Kahn	3					0.0 kg				55.0 kg	60.0 kg	62.5 kg			62.5 kg	0.7847	49.04375	0	0							
	A	Morn	SUN	53.00	52.50	Open	35	UN	8	F	Welsh	Louise Brookwell	3					0.0 kg				52.5 kg	55.0 kg	60.0 kg		107.5 kg	167.5 kg	0.961	160.9675	0	0							
	A	Morn	SUN	100.00	99.90	Open	24	UN	9	M	Welsh	Aaron Lewis	4	180.0 kg	210.0 kg	232.5 kg		232.5 kg				0.0 kg	230.0 kg	245.0 kg	260.0 kg		260.0 kg	492.5 kg	0.5543	272.9928	0	0						
	A	Morn	SUN	110.00	101.70	Open	25	UN	10	M	Welsh	Daniel Yuill	3	170.0 kg	200.0 kg	200.0 kg		200.0 kg				130.0 kg	142.5 kg	150.0 kg		150.0 kg	610.0 kg	0.5502	335.622	0	0							
	A	Morn	SUN	100.00	92.70	Open	36	UN	11	M	Welsh	Leighton Jones	5	170.0 kg	180.0 kg	180.0 kg		180.0 kg				0.0 kg	200.0 kg	210.0 kg	215.0 kg		215.0 kg	395.0 kg	0.5754	227.283	0	0						
	A	Morn	SUN	100.00	96.00	Open	26	UN	12	M	Welsh	Huw Williams	3					0.0 kg				0.0 kg	200.0 kg	210.0 kg	220.0 kg		220.0 kg	220.0 kg	0.5648	124.256	0	0						
	A	Morn	SUN	67.50	65.90	Jnr	20	UN	13	M	Welsh	Aled Thomas	5					157.5 kg				0.0 kg	180.0 kg	190.0 kg	200.0 kg		200.0 kg	357.5 kg	0.7418	265.1935	0	0						
	A	Morn	SUN	125.00	112.00	Open	25	UN	14	M	Manch	Gareth Conolon	3	140.0 kg	152.5 kg	157.5 kg						130.0 kg	142.5 kg	142.5 kg		142.5 kg	142.5 kg	0.5342	76.1235	0	0							
	A	Morn	SUN	145.00	131.60	Jnr	23	UN	15	M	Manch	Williams O'Neill	3					0.0 kg				0.0 kg	220.0 kg	235.0 kg	250.0 kg		250.0 kg	250.0 kg	0.5132	128.3	0	0						
	A	Morn	SUN	82.50	81.40	Open	24	UN	16	M	Welsh	Dave Jones	3					0.0 kg				90.0 kg	105.0 kg	120.0 kg		120.0 kg	312.5 kg	0.6251	195.3438	0	0							
	A	Morn	SUN	90.00	85.00	Jnr	19	UN	17	M	Welsh	Darren Williams	3					0.0 kg				115.0 kg	120.0 kg	125.0 kg		125.0 kg	375.0 kg	0.6069	227.5875	0	0							
	A	Morn	SUN	110.00	101.20	Open	30	UN	18	M	Welsh	Joe Zan Smith	3					0.0 kg				145.0 kg	155.0 kg	165.0 kg		165.0 kg	390.0 kg	0.5513	215.007	0	0							
	A	Morn	SUN	145.00	134.90	Open	33	UN	19	M	Welsh	Chris Holme	3					0.0 kg				65.0 kg	75.0 kg	80.0 kg		80.0 kg	220.0 kg	0.5091	112.002	0	0							
	A	Morn	SUN	75.00	73.90	Open	34	UN	20	M	Welsh	Dan Richards	3					0.0 kg				0.0 kg	165.0 kg	200.0 kg	207.5 kg		207.5 kg	207.5 kg	0.6223	139.5023	0	0						

Refs... Pat Reeves
Sue Bethell
Wendy Evans
Aaron Lewis
Louise Brookwell