Official BDFPA Score Sheet (V9.2) Date of Comp - 18th October 2015 Organiser Simon Mansell & Russell Martin

Competition South West Single Lifts

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

Wt Class	Body wt	Age Cat	Age	UN/ EQ	F/M	DIV	Name	RH	SQUAT 1st Lift	SQUAT 2nd Lift	SQUAT 3rd Lift	SQUAT 4th Lift	RH	BENCH 1st Lift	BENCH 2nd Lift	BENCH 3rd Lift	BENCH 4th Lift	DEADLIFT 1st Lift	DEADLIFT 2nd Lift	DEADLIFT 3rd Lift	DEADLIFT 4th Lift	Total	Co eff.	Points	MAM	Masters PN	Place Class	Place Cat	Best Lifter
90.00	88.40	M5	62	EQB	m	SW	David Williams							180.0 kg	180.0 kg	185.0 kg						185.0 kg	0.59180	109.4830	1.440	157.6555	1	1	
100.00	98.40	Open	33	EQB	m	SW	Russell Martin							182.5 kg	190.0 kg	pass						182.5 kg	0.55810	101.8533	1.000	101.8533	1	0	
100.00	97.50	Open	32	EQB	m	SW	James Reeman							140.0 kg	150.0 kg	150.0 kg						150.0 kg	0.56050	84.0750	1.000	84.0750	2	0	
110.00	110.00	M1	40	EQB	m	SW	Graham Always							107.5 kg	107.5 kg	170.0 kg						107.5 kg	0.53650	57.6738	1.000	57.6738	1	1	
125.00	117.50	Open	29	EQB	m	SW	Richard Bremner							160.0 kg	160.0 kg	167.5 kg						160.0 kg	0.52920	84.6720	1.000	84.6720	1	0	
82.50	82.10	Open	27	EQD	m	SE	Sam Hardy											270.0 kg	283.0 kg	283.0 kg		270.0 kg	0.62140	167.7780	1.000	167.7780	1	0	Best Equipped Male Deadlift
100.00	98.40	Open	33	EQD	m	SW	Russell Martin						3					250.0 kg	260.0 kg	270.0 kg		260.0 kg	0.55810	145.1060	1.000	145.1060	1	0	
100.00	98.10	M4	55	EQD	m	SW	Simon Mansell											212.5 kg	220.0 kg	225.0 kg		225.0 kg	0.55890	125.7525	1.250	157.1906	2	1	
67.50	67.20	M2	45	UN	m	SW	Richard Rowe	9	145.0 kg	155.0 kg	162.5 kg			85.0 kg	87.5 kg	90.0 kg		185.0 kg	195.0 kg	205.0 kg		457.5 kg	0.72870	333.3803	1.060	353.3831	1	1	Best Unequipped Male Powerlifter Best Unequipped Male Powerlifter (Masters)
82.50	80.60	Open	36	UN	m	SW	Adam Watt	11	120.0 kg	130.0 kg	135.0 kg			95.0 kg	100.0 kg	102.5 kg		180.0 kg	192.5 kg	195.0 kg		425.0 kg	0.62950	267.5375	1.000	267.5375	1	0	
90.00	90.00	Open	25	UN	m	SC	Lee Macconnachie	11	170.0 kg	180.0 kg	190.0 kg			130.0 kg	140.0 kg	150.0 kg		210.0 kg	220.0 kg	220.0 kg		540.0 kg	0.58530	316.0620	1.000	316.0620	1	0	
55.50	55.50	Jnr	23	UNB	f	SE	Silvia Costa							50.0 kg	55.0 kg	pass						50.0 kg	0.91800	45.9000	1.000	45.9000	1	1	
63.00	59.20	Open	29	UNB	f	SW	Jade Farrington							67.5 kg	73.0 kg	75.5 kg	-76.50					75.5 kg	0.87010	65.6926	1.000	65.6926	1	0	Best Unequipped Female Bench
82.50	82.50	M1	40	UNB	m	SW	Dave Parkin							160.0 kg	165.0 kg	167.5 kg						160.0 kg	0.61930	99.0880	1.000	99.0880	1	1	Best Unequipped Male Bench
82.50	81.90	M4	55	UNB	m	SW	Mark Edwards							135.0 kg	140.0 kg	143.0 kg						140.0 kg	0.62240	87.1360	1.250	108.9200	2	1	Best Unequipped Male Bench (Masters)
90.00	88.60	M1	43	UNB	m	SW	Jan Maksymczuk							145.0 kg	152.5 kg	157.5 kg						157.5 kg	0.59100	93.0825	1.028	95.6888	1	1	
100.00	97.60	Open	38	UNB	m	SW	Peter Head							150.0 kg	155.0 kg	162.5 kg						155.0 kg	0.56020	86.8310	1.000	86.8310	1	0	
75.00	72.90	Open	26	UND	m	SW	Anthony Jones											185.0 kg	197.5 kg	205.0 kg		197.5 kg	0.67970	134.2408	1.000	134.2408	1	0	
82.50	82.30	M4	58	UND	m	SW	Charles Buchanan											270.0 kg	280.0 kg	285.0 kg		270.0 kg	0.62030	167.4810	1.322	221.4099	1	1	Best Unequipped Male Deadlift Best Unequipped Male Deadlift (Masters)
90.00	84.60	M1	40	UND	m	SW	Stefan Shelsher											200.0 kg	210.0 kg	220.0 kg	220.0 kg	210.0 kg	0.60880	127.8480	1.000	127.8480	1	1	
90.00	87.90	Open	24	UND	m	SW	John Duffy											205.0 kg	pass	pass		205.0 kg	0.59390	121.7495	1.000	121.7495	2	0	
110.00	109.50	T2	17	UND	m	SW	Allen Davis											210.0 kg	220.0 kg	230.0 kg	240.0 kg	230.0 kg	0.53710	123.5330	1.000	123.5330	1	1	
125.00	119.60	Open	26	UND	m	SW	Mark Williams											280.0 kg	300.0 kg	320.0 kg		300.0 kg	0.52740	158.2200	1.000	158.2200	1	0	
125.00	111.70	Open	25	UND	m	SC	Iain Macconnachie											260.0 kg	280.0 kg	290.0 kg		280.0 kg	0.53460	149.6880	1.000	149.6880	2	0	
55.50	55.50	Jnr	23	UNS	f	SE	Silvia Costa	6	85.0 kg	95.0 kg	100.0 kg											95.0 kg	0.91800	87.2100	1.000	87.2100	1	1	Best Unequipped Female Squat
90.00	84.60	M1	40	UNS	m	SW	Stefan Shelsher	9	170.0 kg	180.0 kg	190.0 kg	-201.00										190.0 kg	0.60880	115.6720	1.000	115.6720	1	1	
125.00	111.70	Open	25	UNS	m	SC	Iain Macconnachie	10	280.0 kg	302.5 kg	pass											302.5 kg	0.53460	161.7165	1.000	161.7165	1	0	Best Unequipped Male Squat
0.00						Ref	**Andrew Davy (div)**																#REF!	0.0000	1.000	0.0000	0	0	
0.00						Ref	**Brad Smith (div)**																#REF!	0.0000	1.000	0.0000	0	0	
0.00						Ref	**Jame Minear (int)**																#REF!	0.0000	1.000	0.0000	0	0	
0.00						Ref	**Patt Reeves (int)**																#REF!	0.0000	1.000	0.0000	0	0	
0.00						Ref	**Paul Collinson (div)**																#REF!	0.0000	1.000	0.0000	0	0	
0.00						Ref	**Russell Martin (int)**																#REF!	0.0000	1.000	0.0000	0	0	
0.00						Ref	**Sean Stupples (div)**																#REF!	0.0000	1.000	0.0000	0	0	
0.00						Ref	**Simon Mansell (div)**																#REF!	0.0000	1.000	0.0000	0	0	