

Official BDFPA Score Sheet (V13.1)

Date of Comp - 6th August 2016 Organiser - Dean Roberts

Competition - 4 Nations 2016 - Cardiff

British Record		European Record					World Record				MPF World Record				Divisional Record				Drug Tested				Calibrated Scales and Weights Used YES			
Age Cat	Wt Class	Age	Body Weight	UN/EQ	F/M	DIV	Name	SQUAT				BENCH				DEADLIFT				Total	QUALIFY REQ	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							
Open	75.00	33	73.0	EQ	M	Wales	Phil Webley Parry	215.0 kg	225.0 kg	230.0 kg		162.5 kg	162.5 kg	162.5 kg	168.0 kg	220.0 kg	240.0 kg	250.0 kg		637.5 kg	502.5	0.67890	432.7988	1	1	
Open	75.00	30	74.5	EQ	M	Scotland	Chris Empson	200.0 kg	210.0 kg	215.0 kg		150.0 kg	160.0 kg	160.0 kg		215.0 kg	230.0 kg	232.5 kg		602.5 kg	502.5	0.66800	402.4700	2	2	
M1	90.00	42	88.5	EQ	M	Scotland	Wullie Brown	275.0 kg	285.0 kg	295.0 kg		140.0 kg	175.0 kg	190.0 kg		265.0 kg	275.0 kg	282.5 kg		760.0 kg	545	0.59140	449.4640	1	1	Best Equipped Male Powerlifter Best Equipped Male Powerlifter (Masters)
Open	110.00	27	103.2	EQ	M	England	Matthew Gibson	285.0 kg	300.0 kg	307.5 kg		200.0 kg	210.0 kg	217.5 kg		255.0 kg	270.0 kg	282.5 kg		800.0 kg	627.5	0.54710	437.6800	1	1	
Jnr	50.50	23	48.9	UN	F	England	Jen Cassar	90.0 kg	95.0 kg	97.5 kg		52.5 kg	57.5 kg	62.5 kg		105.0 kg	110.0 kg	115.0 kg		267.5 kg	172.5	1.01820	272.3685	1	1	
Open	50.50	25	49.5	UN	F	Scotland	Laura Moran	77.5 kg	82.5 kg	85.0 kg		45.0 kg	47.5 kg	50.0 kg		115.0 kg	117.5 kg	120.0 kg		252.5 kg	192.5	1.00820	254.5705	2	2	
M4	53.00	56	51.4	UN	F	Wales	Sue Bethell	70.0 kg	80.0 kg	85.0 kg		45.0 kg	50.0 kg	52.5 kg		130.0 kg	140.0 kg	145.0 kg		280.0 kg	165	0.97780	273.7840	1	1	Best Unequipped Female Powerlifter (Masters)
Open	58.50	34	57.8	UN	F	Wales	Amanda Gisby	125.0 kg	130.0 kg	130.0 kg		60.0 kg	65.0 kg	65.0 kg		155.0 kg	160.0 kg	165.0 kg		350.0 kg	220	0.88760	310.6600	1	1	
Open	58.50	27	57.0	UN	F	England	Jodie Cook	112.5 kg	120.0 kg	125.0 kg		65.0 kg	67.5 kg	72.5 kg		135.0 kg	142.5 kg	147.5 kg		330.0 kg	220	0.89800	296.3400	2	2	
Open	63.00	26	59.5	UN	F	England	Habee Folami	125.0 kg	132.5 kg	135.0 kg		57.5 kg	65.0 kg	65.0 kg		172.5 kg	182.5 kg	195.0 kg		387.5 kg	235	0.86640	335.7300	1	1	Best Unequipped Female Powerlifter
Open	58.50	37	58.2	UN	F	Scotland	Karen Dalziel	102.5 kg	107.5 kg	107.5 kg		70.0 kg	72.5 kg	75.0 kg		150.0 kg	157.5 kg	157.5 kg		327.5 kg	220	0.88250	289.0188	3	3	
Open	70.00	32	69.9	UN	F	England	Joanne Stanger	115.0 kg	122.5 kg	122.5 kg		70.0 kg	75.0 kg	75.0 kg		150.0 kg	160.0 kg	175.0 kg		372.5 kg	257.5	0.75880	282.6530	1	1	
Open	70.00	27	63.2	UN	F	Wales	Gemma Stimpson	125.0 kg	132.5 kg	140.0 kg		62.5 kg	67.5 kg	70.0 kg		150.0 kg	160.0 kg	167.5 kg		367.5 kg	257.5	0.82350	302.6363	2	2	
Jnr	70.00	23	65.2	UN	F	Wales	Becky Jones	130.0 kg	140.0 kg	142.5 kg		60.0 kg	65.0 kg	65.0 kg		160.0 kg	170.0 kg	170.0 kg		365.0 kg	232.5	0.80210	292.7665	3	1	
Open	75.00	36	73.3	UN	M	Wales	Dan Richards	180.0 kg	190.0 kg	190.0 kg		110.0 kg	115.0 kg	120.0 kg		210.0 kg	220.0 kg	225.0 kg		535.0 kg	457.5	0.67670	362.0345	1	1	
Open	75.00	25	68.8	UN	M	Scotland	Brodie Cluness	150.0 kg	160.0 kg	160.0 kg		95.0 kg	100.0 kg	105.0 kg		210.0 kg	210.0 kg	220.0 kg		485.0 kg	457.5	0.71370	346.1445	2	2	
M2	80.00	48	78.6	UN	F	Scotland	Mary Anderson	125.0 kg	135.0 kg	145.0 kg		82.5 kg	87.5 kg	90.0 kg		165.0 kg	175.0 kg	180.0 kg		410.0 kg	255	0.69750	285.9750	1	1	
Open	80.00	27	72.0	UN	F	Scotland	Emma Williams	105.0 kg	115.0 kg	115.0 kg		75.0 kg	82.5 kg	82.5 kg		140.0 kg	150.0 kg	155.0 kg		352.5 kg	282.5	0.74310	261.9428	2	2	
Open	82.50	29	82.3	UN	M	Wales	Sam Dew	235.0 kg	250.0 kg	255.0 kg		160.0 kg	170.0 kg	175.0 kg		245.0 kg	255.0 kg	265.0 kg		675.0 kg	490	0.62030	418.7025	1	1	Best Unequipped Male Powerlifter
Open	82.50	26	82.0	UN	M	England	Tom Hamilton	217.5 kg	230.0 kg	237.5 kg		142.5 kg	147.5 kg	155.0 kg		240.0 kg	252.5 kg	262.5 kg		647.5 kg	490	0.63190	409.1553	2	2	
Open	82.50	29	80.4	UN	M	England	Lewis Brian	212.5 kg	220.0 kg	225.0 kg		145.0 kg	150.0 kg	155.0 kg		242.5 kg	252.5 kg	257.5 kg		637.5 kg	490	0.63070	402.0713	3	3	
Open	90.00	37	86.0	UN	F	Scotland	Bernie Cunningham	140.0 kg	150.0 kg	162.5 kg		100.0 kg	100.0 kg	105.0 kg		150.0 kg	162.5 kg	175.0 kg		430.0 kg	305	0.65260	280.6180	1	1	
Open	90.00	27	88.7	UN	M	England	Wesley McGuinness	207.5 kg	220.0 kg	230.0 kg		152.5 kg	160.0 kg	167.5 kg		240.0 kg	255.0 kg	265.0 kg		645.0 kg	520	0.59050	380.8725	1	1	
Jnr	90.00	21	87.0	UN	M	Wales	Owain Tobais	175.0 kg	185.0 kg	190.0 kg		115.0 kg	125.0 kg	130.0 kg		250.0 kg	265.0 kg	275.0 kg		590.0 kg	467.5	0.59780	352.7020	2	1	
Open	90.00	25	83.7	UN	M	Scotland	Dave McWilliams	180.0 kg	190.0 kg	200.0 kg		120.0 kg	127.5 kg	135.0 kg		220.0 kg	240.0 kg	245.0 kg		580.0 kg	520	0.61320	355.6560	3	3	
Open	100.00	31	93.4	UN	M	England	Hendrick Famutimi	230.0 kg	240.0 kg	247.5 kg		155.0 kg	162.5 kg	167.5 kg		290.0 kg	305.0 kg	315.0 kg		730.0 kg	552.5	0.57300	418.2900	1	1	
Jnr	100.00	22	98.5	UN	M	Wales	Josh Edwards	222.5 kg	235.0 kg	242.5 kg		142.5 kg	147.5 kg	152.5 kg		280.0 kg	300.0 kg	310.0 kg	320.0 kg	705.0 kg	497.5	0.55780	393.2490	2	1	
Open	100.00	29	99.1	UN	M	Scotland	Liam Curran	215.0 kg	225.0 kg	235.0 kg		160.0 kg	170.0 kg	175.0 kg		260.0 kg	275.0 kg	280.0 kg		680.0 kg	552.5	0.55630	378.2840	3	3	
Open	110.00	35	109.3	UN	M	England	Steve Haswell	220.0 kg	230.0 kg	235.0 kg		185.0 kg	192.5 kg	200.0 kg		280.0 kg	305.0 kg	305.0 kg		732.5 kg	570	0.53730	393.5723	1	1	
Open	110.00	26	103.5	UN	M	Wales	Aaron Lewis	255.0 kg	267.5 kg	270.0 kg		160.0 kg	165.0 kg	170.0 kg		275.0 kg	290.0 kg	290.0 kg		715.0 kg	570	0.54650	390.7475	2	2	
M4	110.00	57	100.8	UN	M	Scotland	Arthur Cowley	200.0 kg	210.0 kg	215.0 kg		132.5 kg	140.0 kg	145.0 kg		230.0 kg	240.0 kg	245.0 kg		605.0 kg	465	0.55220	334.0810	3	1	
M7	110.00	70	103.2	UN	M	England	Ron Burden	150.0 kg	157.5 kg	162.5 kg		127.5 kg	135.0 kg	137.5 kg		210.0 kg	225.0 kg	232.5 kg		530.0 kg	377.5	0.54710	289.9630	4	1	
M7	110.00	74	106.2	UN	M	Ireland	John West	140.0 kg	155.0 kg	162.5 kg		125.0 kg	130.0 kg	130.0 kg		220.0 kg	230.0 kg	240.0 kg		517.5 kg	377.5	0.54170	280.3298	5	2	Best Unequipped Male Powerlifter (Masters)
Jnr	110.00	20	102.2	UN	M	Scotland	Chris Charnely	165.0 kg	175.0 kg	182.5 kg		112.5 kg	117.5 kg	125.0 kg		165.0 kg	175.0 kg	190.0 kg		490.0 kg	512.5	0.54910	269.0590	6	1	
Open	125.00	32	116.7	UN	M	Wales	Mariusz Arendacz	220.0 kg	230.0 kg	240.0 kg		200.0 kg	210.0 kg	215.0 kg		280.0 kg	290.0 kg	305.0 kg		760.0 kg	585	0.53990	410.3240	1	1	

Refs

Louise Brookwell

Ian Chaffey

Nicky May

Kat Zlamalova-Brown

James Minear

Richard Bremner

Shaca Harding