Official BDFPA Score Sheet (V13.1)

Competition - Welsh Single Lifts 2016 - Cardiff

Date of Comp - 25th September 2016 **Organiser - Dean Roberts**

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 1st Lift	SQUAT 2nd Lift	SQUAT 3rd Lift	SQUAT 4th Lift	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	QUALIFY REQ	Co eff.	Points	Place Class	Place Cat	Best Lifter
T1	53.00	15	52.3	UND	F	Wales	Rhiannon Harries									**80.0 kg**	**90.0 kg**	**100.0 kg**		**90.0 kg**	57.5	0.96400	86.7600	1	1	
M2	63.00	45	60.7	UNB	F	Wales	Catherine Charlton					50.0 kg	52.5 kg	55.0 kg						**55.0 kg**	42.5	0.85200	46.8600	1	1	Best Unequipped Femals Bench
M2	63.00	45	60.7	UND	F	Wales	Catherine Charlton									130.0 kg	135.0 kg	140.0 kg		**140.0 kg**	90	0.85200	119.2800	1	1	Best Unequipped Female Deadlift
M1	70.00	43	64.7	UNB	F	Wales	Sam Heighway					47.5 kg	50.0 kg	52.5 kg						**52.5 kg**	47.5	0.80730	42.3833	1	1	
M1	70.00	43	64.7	UND	F	Wales	Sam Heighway									117.5 kg	122.5 kg	130.0 kg		**130.0 kg**	105	0.80730	104.9490	1	1	
Open	70.00	27	65.3	UNS	F	Wales	Gemma Stimpson	125.0 kg	135.0 kg	142.5 kg										**135.0 kg**	90	0.80100	108.1350	1	1	Best Unequipped Femals Squat
M1	70.00	43	64.7	UNS	F	Wales	Sam Heighway	87.5 kg	95.0 kg	95.0 kg										**95.0 kg**	85	0.80730	76.6935	2	1	
T1	80.00	14	76.0	EQS	F	Wales	Taylor Addicott	80.0 kg	90.0 kg	100.0 kg	110.0 kg									**100.0 kg**	75	0.71480	71.4800	1	1	
T1	80.00	14	76.0	UND	F	Wales	Taylor Addicott									75.0 kg	85.0 kg	95.0 kg		**95.0 kg**	80	0.71480	67.9060	1	1	
Open	75.00	33	74.7	EQB	M	Wales	Phil Webley Parry					160.0 kg	165.0 kg	170.0 kg						**165.0 kg**	122.5	0.66660	109.9890	1	1	Best Equipped Male Bench
Open	75.00	33	74.7	EQD	M	Wales	Phil Webley Parry									230.0 kg	252.5 kg	252.5 kg		**230.0 kg**	187.5	0.66660	153.3180	1	1	Best Equipped Male Deadlift
M3	75.00	53	74.9	EQD	M	EM	Dave Thomas									**200.0 kg**	**200.0 kg**	**215.0 kg**		**215.0 kg**	160	0.66520	143.0180	2	1	
Open	75.00	33	74.7	EQS	M	Wales	Phil Webley Parry	**215.0 kg**	**225.0 kg**	**227.5 kg**										**225.0 kg**	177.5	0.66660	149.9850	1	1	Best Equipped Male Squat
Open	75.00	25	74.6	UNB	M	Wales	Luke Phillips					120.0 kg	130.0 kg	132.5 kg						**130.0 kg**	112.5	0.66730	86.7490	1	1	
M2	75.00	45	73.5	UNB	M	Wales	Jonathan Davies					110.0 kg	115.0 kg	115.0 kg						**110.0 kg**	102.5	0.67520	74.2720	2	1	
Open	75.00	25	74.6	UND	M	Wales	Luke Phillips									220.0 kg	230.0 kg	237.5 kg		**237.5 kg**	180	0.66730	158.4838	1	1	
Open	75.00	24	74.5	UND	M	Wales	Matthew Jones									**195.0 kg**	**207.5 kg**	212.5 kg		**207.5 kg**	180	0.66800	138.6100	2	2	
Open	75.00	25	74.6	UNS	M	Wales	Luke Phillips	**180.0 kg**	**195.0 kg**	203.0 kg										**195.0 kg**	162.5	0.66730	130.1235	1	1	
M4	90.00	58	83.0	EQB	M	Wales	Brad Culverwell					65.0 kg	75.0 kg	77.5 kg						**77.5 kg**	115	0.61670	47.7943	1	1	
Open	90.00	28	89.1	EQD	M	Wales	Ceri Jones									**240.0 kg**	267.5 kg	267.5 kg		**240.0 kg**	215	0.58890	141.3360	1	1	
M4	90.00	58	83.0	EQD	M	Wales	Brad Culverwell									215.0 kg	227.5 kg	235.0 kg		**235.0 kg**	175	0.61670	144.9245	2	1	
M4	90.00	58	83.0	EQS	M	Wales	Brad Culverwell	**165.0 kg**	185.0 kg	**190.0 kg**										**190.0 kg**	162.5	0.61670	117.1730	1	1	
Open	90.00	38	90.0	UNB	M	Wales	Jonathan Mogford					140.0 kg	150.0 kg	152.5 kg						**150.0 kg**	127.5	0.58530	87.7950	1	1	
Open	90.00	24	89.2	UNB	M	Wales	Jameslee Brittan					120.0 kg	127.5 kg	135.0 kg						**135.0 kg**	127.5	0.58850	79.4475	2	2	
Open	90.00	30	90.0	UNB	M	Wales	Dean Roberts					122.5 kg	130.0 kg	135.0 kg						**130.0 kg**	127.5	0.58530	76.0890	3	3	
Jnr	90.00	23	88.3	UNB	M	Wales	Jonathon Brittan					130.0 kg	130.0 kg	140.0 kg						**130.0 kg**	115	0.59220	76.9860	3	1	
Open	90.00	33	87.0	UNB	M	Wales	Michael Odriscoll					110.0 kg	120.0 kg	127.5 kg						**127.5 kg**	127.5	0.59780	76.2195	5	5	
Open	90.00	32	86.5	UNB	M	Wales	Brett Davies					115.0 kg	122.5 kg	125.0 kg						**122.5 kg**	127.5	0.60000	73.5000	6	6	
M6	90.00	69	89.5	UNB	M	Wales	Stuart James					**112.5 kg**	**117.5 kg**	**120.0 kg**						**120.0 kg**	90	0.58730	70.4760	7	1	
Open	90.00	28	89.1	UND	M	Wales	Ceri Jones									240.0 kg	255.0 kg	272.5 kg		**272.5 kg**	205	0.58890	160.4753	1	1	
Open	90.00	30	90.0	UND	M	Wales	Dean Roberts									245.0 kg	255.0 kg	260.0 kg		**255.0 kg**	205	0.58530	149.2515	2	2	
Open	90.00	33	87.0	UND	M	Wales	Michael Odriscoll									180.0 kg	190.0 kg	205.0 kg		**205.0 kg**	205	0.59780	122.5490	3	3	
M1	90.00	40	89.3	UND	M	Wales	Neil Harries									205.0 kg	205.0 kg	205.0 kg		**205.0 kg**	195	0.58810	120.5605	3	1	
Open	90.00	32	86.5	UND	M	Wales	Brett Davies									200.0 kg	222.5 kg	222.5 kg		**200.0 kg**	205	0.60000	120.0000	5	5	
Open	90.00	30	90.0	UNS	M	Wales	Dean Roberts	**210.0 kg**	222.5 kg	222.5 kg										**210.0 kg**	185	0.58530	122.9130	1	1	
Open	90.00	32	86.5	UNS	M	Wales	Brett Davies	**165.0 kg**	**172.5 kg**	**175.0 kg**										**175.0 kg**	185	0.60000	105.0000	2	2	
Open	90.00	33	87.0	UNS	M	Wales	Michael Odriscoll	**145.0 kg**	**160.0 kg**	**170.0 kg**										**170.0 kg**	185	0.59780	101.6260	3	3	
Open	100.00	26	97.9	UNB	M	Wales	Aaron Lewis					160.0 kg	167.5 kg	172.5 kg						**172.5 kg**	135	0.55940	96.4965	1	1	Best Unequipped Male Bench
Open	100.00	27	98.3	UNB	M	Wales	Thomas Keeble					160.0 kg	165.0 kg							**160.0 kg**	135	0.55830	89.3280	2	2	
Open	100.00	25	95.5	UNB	M	Wales	Indy Singh					120.0 kg	130.0 kg							**130.0 kg**	135	0.56630	73.6190	3	3	
M4	100.00	58	98.6	UNB	M	Wales	Christopher Warren					120.0 kg	120.0 kg							**120.0 kg**	110	0.55750	66.9000	4	1	
Jnr	100.00	23	97.6	UNB	M	Wales	Aarron Stenner					97.5 kg	105.0 kg	10.0 kg						**105.0 kg**	122.5	0.56020	58.8210	5	1	
M3	100.00	53	99.9	UNB	M	Wales	Roberts Jones					**90.0 kg**	**92.5 kg**	**95.0 kg**						**95.0 kg**	115	0.55430	52.6585	6	1	
Open	100.00	26	97.9	UND	M	Wales	Aaron Lewis									275.0 kg	287.5 kg	300.0 kg		**287.5 kg**	215	0.55940	160.8275	1	1	Best Unequipped Male Deadlift

Open	100.00	25	98.5	UND	M	Wales	Simon Church									250.0 kg	275.0 kg	285.0 kg		**285.0 kg**	215	0.55780	158.9730	2	2	
Open	100.00	25	95.5	UND	M	Wales	Indy Singh									240.0 kg	250.0 kg	260.0 kg		**260.0 kg**	215	0.56630	147.2380	3	3	
Jnr	100.00	23	97.6	UND	M	Wales	Aarron Stenner									185.0 kg	200.0 kg	210.0 kg		**210.0 kg**	192.5	0.56020	117.6420	4	1	
Open	100.00	26	97.9	UNS	M	Wales	Aaron Lewis	**250.0 kg**	**260.0 kg**											**260.0 kg**	192.5	0.55940	145.4440	1	1	Best Unequipped Male Squat
Open	100.00	25	95.5	UNS	M	Wales	Indy Singh	**200.0 kg**	**210.0 kg**	**215.0 kg**										**215.0 kg**	192.5	0.56630	121.7545	2	2	
Jnr	100.00	23	97.6	UNS	M	Wales	Aarron Stenner	**165.0 kg**	**175.0 kg**	**180.0 kg**										**180.0 kg**	172.5	0.56020	100.8360	3	1	
Open	110.00	27	108.5	UNB	M	Wales	Dan Yuill					147.5 kg	155.0 kg	162.5 kg						**155.0 kg**	140	0.53840	83.4520	1	1	
M2	110.00	45	110.0	UNB	M	Wales	Jason Johnson					117.5 kg	125.0 kg	130.0 kg						**125.0 kg**	125	0.53650	67.0625	2	1	
Open	110.00	31	109.9	UNB	M	Wales	Huw Williams					105.0 kg	110.0 kg	112.5 kg						**110.0 kg**	140	0.53600	58.9600	3	3	
Open	110.00	27	108.5	UND	M	Wales	Dan Yuill									237.5 kg	245.0 kg	257.5 kg		**245.0 kg**	222.5	0.53840	131.9080	1	1	
M2	110.00	45	110.0	UND	M	Wales	Jason Johnson									207.5 kg	212.5 kg	220.0 kg		**220.0 kg**	202.5	0.53650	118.0300	2	1	
Open	110.00	31	109.9	UND	M	Wales	Huw Williams									190.0 kg	200.0 kg	200.0 kg		**190.0 kg**	222.5	0.53600	101.8400	3	3	
Open	110.00	27	108.5	UNS	M	Wales	Dan Yuill	187.5 kg	197.5 kg	205.0 kg										**205.0 kg**	200	0.53840	110.3720	1	1	
M2	110.00	45	110.0	UNS	M	Wales	Jason Johnson	150.0 kg	167.5 kg	172.5 kg										**172.5 kg**	180	0.53650	92.5463	2	1	
Open	110.00	31	109.9	UNS	M	Wales	Huw Williams	**160.0 kg**	**170.0 kg**	**175.0 kg**										**170.0 kg**	200	0.53600	91.1200	3	3	
Open	125.00	32	112.2	UNB	M	Wales	James Edmunds					130.0 kg	140.0 kg	150.0 kg						**140.0 kg**	142.5	0.53400	74.7600	1	1	
Jnr	125.00	23	116.6	UND	M	Wales	Mathew Kidner									**220.0 kg**	**240.0 kg**	257.5 kg		**240.0 kg**	210	0.53000	127.2000	1	1	
Open	125.00	32	112.2	UND	M	Wales	James Edmunds									200.0 kg	220.0 kg	230.0 kg		**220.0 kg**	232.5	0.53400	117.4800	2	2	
M1	145.00	43	125.5	EQS	M	Wales	David Williams	250.0 kg	**250.0 kg**	272.5 kg										**250.0 kg**	222.5	0.52040	130.1000	1	1	
Open	145.00	37	131.2	UNB	M	Wales	Rhichard Morris					**195.0 kg**	**202.5 kg**	**207.5 kg**						**202.5 kg**	150	0.51360	104.0040	1	1	Best Unequipped Male Bench
Open	145.00	38	141.8	UNB	M	Wales	Mark Searle					117.5 kg	125.0 kg	130.0 kg						**125.0 kg**	150	0.50140	62.6750	2	2	
M1	145.00	43	129.8	UNB	M	Wales	Mark Day					80.0 kg	90.0 kg	97.5 kg						**90.0 kg**	142.5	0.51520	46.3680	3	1	
M1	145.00	43	129.8	UND	M	Wales	Mark Day									190.0 kg	200.0 kg	215.0 kg		**215.0 kg**	227.5	0.51520	110.7680	1	1	
Open	145.00	38	141.8	UND	M	Wales	Mark Searle									200.0 kg	207.5 kg	210.0 kg		**210.0 kg**	240	0.50140	105.2940	2	2	
Open	145.00	38	141.8	UNS	M	Wales	Mark Searle	165.0 kg	180.0 kg	190.0 kg										**190.0 kg**	217.5	0.50140	95.2660	1	1	
M1	145.00	43	129.8	UNS	M	Wales	Mark Day	160.0 kg	165.0 kg	172.5 kg										**165.0 kg**	207.5	0.51520	85.0080	2	1	
	0.00						Referees													**0.0 kg**	#N/A	#REF!	0.0000	0	0	
	0.00						Dean Roberts (Int)													**0.0 kg**	#N/A	#REF!	0.0000	0	0	
	0.00						Phil Webley-Parry (Int)													**0.0 kg**	#N/A	#REF!	0.0000	0	0	
	0.00						Ian Chaffey (Nat)													**0.0 kg**	#N/A	#REF!	0.0000	0	0	
	0.00						Nicky May (Div)													**0.0 kg**	#N/A	#REF!	0.0000	0	0	
	0.00						Chris Bell (Div)													**0.0 kg**	#N/A	#REF!	0.0000	0	0	
	0.00						Mathew Kidner (Div)													**0.0 kg**	#N/A	#REF!	0.0000	0	0	