

Official BDFPA Score Sheet

Date of Comp - 19/11/16

Organiser:- Paul Bamber c/o Merseyside Police Powlifting

| Divisional Record | | European Record | | World Record | | MPF World Record | | Drug Tested | | Calibrated Scales and Weights Used YES | | | | | | | | | | | | | | | |
|--|---------|-----------------|-------|---------------|----------------------|--|----------|-------------|----------|--|----------|----------|----------|----------|----------|----------|----------|----------|----------|---------|-------------|-----------|-------------|------------------------------|--|
| Refs Mike Leadbetter, Steve Thomas, Pat Reeves, Les Pilling & Neil Ratcliffe | | | | | | Scorekeepers - James Preston and Les Pilling | | | | | | | | | | | | | | | | | | | |
| FLT | Wt cat. | Body wt | UN/EQ | DIV | Name | RH SQUAT | | | | RH BENCH | | | | DEADLIFT | | | | Total | 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 | | | | | | | | |
| 1 | 53.00 | 51.80 | UN | PSNI | Laura Swandel | 7 | 55.0 kg | 60.0 kg | 65.0 kg | | 45.0 kg | 47.5 kg | 50.0 kg | | 100.0 kg | 97.5 kg | 105.0 kg | | 220.0 kg | 0.97160 | 213.7520 | | | Paul Bamber (M/size) | |
| 1 | 55.50 | 55.10 | UN | SCOTLAND | Angela Macleod | 7 | 75.0 kg | 80.0 kg | 85.0 kg | | 52.5 kg | 55.0 kg | 55.0 kg | | 105.0 kg | 110.0 kg | 117.5 kg | 122.5 kg | 252.5 kg | 0.92350 | 233.1838 | | | | |
| 1 | 58.50 | 57.00 | UN | MERSEYSIDE | Kerry Hughes | 5 | 80.0 kg | 82.5 kg | 85.0 kg | | 40.0 kg | 45.0 kg | 47.5 kg | | 90.0 kg | 95.0 kg | 102.5 kg | | 232.5 kg | 0.89000 | 206.9250 | | | | |
| 1 | 58.50 | 58.50 | UN | LANCS | Laura Livesey | 6 | 85.0 kg | 90.0 kg | 100.0 kg | | 52.5 kg | 57.5 kg | 60.0 kg | | 105.0 kg | 110.0 kg | 115.0 kg | | 260.0 kg | 0.87880 | 228.4880 | | | Bernie Cunningham (Scotland) | |
| 1 | 63.00 | 61.20 | UN | SCOTLAND | Karen Dalziel | 6 | 100.0 kg | 105.0 kg | 107.5 kg | | 67.5 kg | 70.5 kg | 70.5 kg | | 145.0 kg | 150.0 kg | 155.0 kg | | 327.5 kg | 0.84620 | 277.1305 | | | | |
| 1 | 70.00 | 68.00 | EQ | PSNI | Laura Lowry | 8 | 90.0 kg | 97.5 kg | 100.0 kg | | 55.0 kg | 57.5 kg | 60.0 kg | | 100.0 kg | 105.0 kg | 110.0 kg | | 270.0 kg | 0.77370 | 208.8990 | | | | |
| 1 | 70.00 | 80.00 | UN | GMP | Angela Taylor | NA | x | x | x | | 75.0 kg | 77.5 kg | 80.0 kg | | 110.0 kg | 120.0 kg | 130.0 kg | | 197.5 kg | 0.68850 | 135.9788 | | | | |
| 1 | 80.00 | 80.00 | UN | GUEST | Diane Helsby | 10 | 85.0 kg | 90.0 kg | 90.0 kg | | 45.0 kg | 50.0 kg | 55.0 kg | | 120.0 kg | 132.5 kg | 140.0 kg | | 285.0 kg | 0.68850 | 196.2225 | | | | |
| 1 | 80.00 | 74.50 | UN | MERSEYSIDE | Rachel Gregory | 7 | 60.0 kg | 70.0 kg | 75.0 kg | | x | x | x | | 80.0 kg | 90.0 kg | 110.0 kg | | 185.0 kg | 0.72510 | 134.1435 | | | | |
| 1 | 80.00 | 75.90 | EQ | PSNI | Catherine McTaggart | 8 | 100.0 kg | 105.0 kg | 112.5 kg | | 60.0 kg | 62.5 kg | 65.0 kg | | 125.0 kg | 130.0 kg | 135.0 kg | | 305.0 kg | 0.71540 | 218.1970 | | | | |
| 2 | 90.00 | 87.30 | UN | SCOTLAND | Bernie Cunningham | 8 | 140.0 kg | 150.0 kg | 155.5 kg | | 102.5 kg | 107.5 kg | 112.5 kg | | 170.0 kg | 180.0 kg | 190.0 kg | | 437.5 kg | 0.64530 | | | | | |
| 2 | 90.00 | 81.70 | UN | PSNI | Noreen Wall | 7 | 75.0 kg | 80.0 kg | 85.0 kg | | 50.0 kg | 55.0 kg | 60.0 kg | | 90.0 kg | 102.5 kg | 115.0 kg | | 260.0 kg | 0.67800 | 176.2800 | | | | |
| 2 | 90.00 | 83.80 | UN | PSNI | Jess McAvoy | NA | x | x | x | | 62.5 kg | 65.0 kg | 67.5 kg | | 120.0 kg | 130.0 kg | 140.0 kg | | 207.5 kg | 0.66530 | 138.0498 | | | | |
| 2 | 90.00+ | 97.70 | UN | GUEST | Michelle Beales-Shaw | NA | x | x | x | | 40.0 kg | 42.5 kg | 45.0 kg | | 90.0 kg | 100.0 kg | 107.5 kg | | 152.5 kg | 0.60580 | 92.3845 | | | | |
| 2 | 90.00+ | 133.70 | UN | PSNI | Lisa Bell | 10 | 85.0 kg | 95.0 kg | 105.0 kg | | 67.5 kg | 72.5 kg | 77.5 kg | | 120.0 kg | 127.5 kg | 135.0 kg | | 305.0 kg | 0.59650 | 181.9325 | | | | |
| 2 | 67.50 | | UN | GLOUCESTER | John East | NA | x | x | x | | | | | | | | | | | | 0.0000 | | | | |
| 2 | 67.50 | 67.30 | UN | LANCS | Tim Brown | 8 | 130.0 kg | 140.0 kg | 150.0 kg | | 90.0 kg | 97.5 kg | 102.5 kg | | 180.0 kg | 190.0 kg | 200.0 kg | | 437.5 kg | 0.78070 | 341.5563 | | | | |
| 2 | 75.00 | 73.80 | EQ | SCOTLAND | Bernie McGurk | 8 | 215.0 kg | 225.0 kg | 232.5 kg | | 132.5 kg | 137.5 kg | 137.5 kg | | 240.0 kg | 255.0 kg | 265.0 kg | | 630.0 kg | 0.73010 | 459.9630 | | | | |
| 2 | 75.00 | 72.50 | UN | PSNI | Edward Longwill | 11 | 110.0 kg | 125.0 kg | 130.0 kg | | 80.0 kg | 90.0 kg | 95.0 kg | | 150.0 kg | 170.0 kg | 180.0 kg | | 400.0 kg | 0.73940 | 295.7600 | | | | |
| 2 | 75.00 | 74.40 | UN | PSNI | Adam Wilson | 11 | 120.0 kg | 130.0 kg | 140.0 kg | | 80.0 kg | 100.0 kg | 100.0 kg | | 140.0 kg | 160.0 kg | 172.5 kg | | 392.5 kg | 0.72580 | 284.8765 | | | | |
| 3 | 82.50 | 81.40 | UN | SCOTLAND | Jamie Dunlop | 11 | 170.0 kg | 175.0 kg | 180.0 kg | | 125.0 kg | 130.0 kg | 135.0 kg | | 220.0 kg | 225.0 kg | 225.0 kg | | 535.0 kg | 0.67980 | 363.6930 | | | | |
| 3 | 82.50 | 80.50 | UN | SCOTLAND | Jack Calvert | 11 | 175.0 kg | 182.5 kg | 182.5 kg | | 110.0 kg | 115.0 kg | 115.0 kg | | 220.0 kg | 230.0 kg | 242.5 kg | 245 PR | 537.5 kg | 0.68540 | 368.4025 | | | | |
| 3 | 90.00 | 84.80 | UN | LANCS | Kevin Kavanagh | 12 | 150.0 kg | 165.0 kg | 170.0 kg | | 105.0 kg | 110.0 kg | 115.0 kg | | 190.0 kg | 200.0 kg | 205.0 kg | | 480.0 kg | 0.65590 | 316.5600 | | | | |
| 3 | 90.00 | 89.30 | UN | MERSEYSIDE | Paul Bamber | 11 | 205.0 kg | 215.0 kg | 220.0 kg | | 145.0 kg | 150.0 kg | 150.0 kg | | 250.0 kg | 265.0 kg | 275.0 kg | | 635.0 kg | 0.63440 | 402.8440 | | | | |
| 3 | 90.00 | 88.30 | UN | WEST MIDS | Andy Gunn | 8 | 180.0 kg | 200.0 kg | 200.0 kg | | 125.0 kg | 135.0 kg | 135.0 kg | | 250.0 kg | 265.0 kg | 275.0 kg | | 590.0 kg | 0.63980 | 377.4820 | | | | |
| 3 | 100.00 | 91.50 | UN | GLOUCESTER | Matt Salmon | 12 | 170.0 kg | 190.0 kg | 190.0 kg | | 135.0 kg | 145.0 kg | 150.0 kg | | 230.0 kg | 245.0 kg | 255.0 kg | | 595.0 kg | 0.62590 | 372.4105 | | | | |
| 3 | 100.00 | 99.20 | UN | METROPOLITAN | Dean Moody | 9 | 190.0 kg | 195.0 kg | 200.0 kg | | 130.0 kg | 140.0 kg | 145.0 kg | | 220.0 kg | 230.0 kg | 230.0 kg | | 560.0 kg | 0.60110 | 336.6160 | | | | |
| 3 | 100.00 | 97.50 | UN | CHESHIRE | Stuart Basford | 12 | 180.0 kg | 190.0 kg | 205.0 kg | | 120.0 kg | 130.0 kg | 140.0 kg | | 220.0 kg | 250.0 kg | 265.0 kg | | 600.0 kg | 0.60640 | 363.8400 | | | | |
| 4 | 90.00 | 88.30 | UN | SCOTLAND | Alistair Donaldson | NA | x | x | x | | 120.0 kg | 127.5 kg | 132.5 kg | | 180.0 kg | 190.0 kg | 205.0 kg | | 332.5 kg | 0.63980 | | | | | |
| 4 | 90.00 | 90.00 | UN | GUEST | William Ian King | NA | x | x | x | | 80.0 kg | 85.0 kg | 90.0 kg | | 150.0 kg | 160.0 kg | 165.0 kg | | 245.0 kg | 0.63100 | 154.5950 | | | | |
| 4 | 100.00 | 99.50 | UN | MERSEYSIDE | Tony Shields | NA | x | x | x | | 130.0 kg | 140.0 kg | 145.0 kg | | 170.0 kg | 180.0 kg | 200.0 kg | | 340.0 kg | 0.60020 | 204.0680 | | | | |
| 4 | 110.00 | 108.70 | UN | THAMES VALLEY | Julian Collinson | 12 | 180.0 kg | 190.0 kg | 200.0 kg | | 125.0 kg | 130.0 kg | 135.0 kg | | 230.0 kg | 240.0 kg | 250.0 kg | | 580.0 kg | 0.59900 | 347.4200 | | | | |
| 4 | 110.00 | 103.70 | UN | PSNI | Michael McDonald | 13 | 140.0 kg | 140.0 kg | 145.0 kg | | 90.0 kg | 100.0 kg | 110.0 kg | | 170.0 kg | 190.0 kg | 210.0 kg | | 455.0 kg | 0.59900 | 272.5450 | | | | |
| 4 | 125.00 | 114.00 | UN | MERSEYSIDE | Sean Harrison | 12 | 135.0 kg | 140.0 kg | 150.0 kg | | 97.5 kg | 105.0 kg | 110.0 kg | | 195.0 kg | 205.0 kg | 220.0 kg | | 465.0 kg | 0.59900 | 278.5350 | | | | |
| 4 | 125.00 | 111.60 | UN | LANCS | Jack Ford | 15 | 140.0 kg | 160.0 kg | 180.0 kg | | 125.0 kg | 135.0 kg | 135.0 kg | | 230.0 kg | 240.0 kg | 250.0 kg | | 525.0 kg | 0.59900 | 314.4750 | | | | |
| 4 | 145.00 | 128.60 | UN | LANCS | Stu Roberts | 13 | 200.0 kg | 215.0 kg | 230.0 kg | | 145.0 kg | 145.0 kg | 160.0 kg | | 235.0 kg | 245.0 kg | 255.0 kg | | 620.0 kg | 0.59900 | 371.3800 | | | | |
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