

Official BDFPA Score Sheet (V13.7)

Date of Comp: 19/01/2019 Organiser: Neil Abery & Rick Meldon

Dean Mikosz Memorial and South East Qualifier

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								
M2	67.50	48	67.4	EQ	M		Paul Rutherford	185.0 kg	200.0 kg	210.0 kg		110.0 kg	120.0 kg	130.0 kg		185.0 kg	200.0 kg	210.0 kg		530.0 kg	412.5	0.72680	385.2040	1	1	Best Equipped Male Powerlifter (Masters)	
Jnr	82.50	21	79.0	EQ	M		Ryan Rutherford	210.0 kg	225.0 kg	237.5 kg		130.0 kg	140.0 kg	140.0 kg	150.0 kg	210.0 kg	225.0 kg	235.0 kg		590.0 kg	485	0.63880	376.8920	1	1		
M1	100.00	44	98.1	EQ	M		Richard John	275.0 kg	295.0 kg	305.0 kg		140.0 kg	150.0 kg	150.0 kg		245.0 kg	255.0 kg	pass		700.0 kg	577.5	0.55890	391.2300	1	1	Best Equipped Male Powerlifter	
M5	90.00	63	89.6	EQD	M		Andy Bonner									pass	pass	255.0 kg		255.0 kg	167.5	0.58690	149.6595	1	1	Best Equipped Male Deadlift (Masters)	
M5	90.00	63	89.6	EQS	M		Andy Bonner	pass	pass	210.0 kg										210.0 kg	155	0.58690	123.2490	1	1	Best Equipped Male Squat (Masters)	
M2	80.00	49	77.8	GUEST	F	GUEST	Kirsty Walker	80.0 kg	80.0 kg	85.0 kg		45.0 kg	45.0 kg	50.0 kg		95.0 kg	100.0 kg	115.0 kg		250.0 kg	#N/A	0.70270	175.6750	1	1		
Open	100.00	39	96.5	GUEST	M	GUEST	James Gregory	210.0 kg	230.0 kg	250.0 kg		120.0 kg	130.0 kg	140.0 kg		220.0 kg	235.0 kg	250.0 kg		610.0 kg	#N/A	0.56330	343.6130	1	1		
M2	110.00	46	105.0	GUEST	M	GUEST	Simon Marshall	220.0 kg	250.0 kg	pass		180.0 kg	190.0 kg	pass		250.0 kg	270.0 kg	pass		700.0 kg	#N/A	0.54370	380.5900	1	1		
Open	125.00	34	125.0	GUEST	M	GUEST	Ian Barnard	240.0 kg	250.0 kg	260.0 kg	266.0 kg	110.0 kg	115.0 kg	120.0 kg		225.0 kg	240.0 kg	250.0 kg		630.0 kg	#N/A	0.52100	328.2300	1	1		
Open	63.00	38	61.2	UN	F		Sonia Perez	40.0 kg	50.0 kg			60.0 kg	65.0 kg	70.0 kg		110.0 kg	120.0 kg	130.0 kg		250.0 kg	235	0.84620	211.5500	1	1	Best Unequipped Female Powerlifter	
T1	70.00	15	69.7	un	F		Orla Manchester	65.0 kg	75.0 kg	85.0 kg		37.5 kg	40.0 kg	40.0 kg		100.0 kg	115.0 kg	115.0 kg	121.0 kg	240.0 kg	170	0.76040	182.4960	1	1		
T3	75.00	19	74.3	UN	M		Ben Sugarman	180.0 kg	190.0 kg	200.0 kg		85.0 kg	95.0 kg	95.0 kg		210.0 kg	225.0 kg	237.5 kg	247.5 kg	512.5 kg	372.5	0.66940	343.0675	1	1	Best Unequipped Male Powerlifter	
T2	75.00	17	72.2	UN	M		Luca Weissbeck	130.0 kg	135.0 kg	140.0 kg		80.0 kg	87.5 kg	90.0 kg		142.5 kg	150.0 kg	155.0 kg		377.5 kg	335	0.68510	258.6253	2	1		
Open	80.00	27	77.0	UN	F		Cara Bennet	85.0 kg	92.5 kg	100.0 kg		50.0 kg	52.5 kg	52.5 kg		100.0 kg	115.0 kg	117.5 kg		260.0 kg	282.5	0.70800	184.0800	1	1		
M4	82.50	56	79.5	UN	M		Grant Sugarman	165.0 kg	175.0 kg	180.0 kg		105.0 kg	110.0 kg	115.0 kg		220.0 kg	230.0 kg	240.0 kg	250.5 kg	530.0 kg	400	0.63580	336.9740	1	1		
Open	82.50	30	81.0	UN	M		Ed Hughes	160.0 kg	170.0 kg	182.5 kg		100.0 kg	115.0 kg	115.0 kg		190.0 kg	210.0 kg	230.0 kg		512.5 kg	490	0.62730	321.4913	2	2		
M5	90.00	63	89.6	UN	M		Andy Bonner	185.0 kg	pass	pass		120.0 kg	pass	pass		pass	255.0 kg	pass		560.0 kg	405	0.58690	328.6640	1	1	Best Unequipped Male Powerlifter (Masters)	
M3	90.00	54	89.9	UN	M		Mark Tucker	175.0 kg	190.0 kg	200.0 kg		110.0 kg	120.0 kg	127.5 kg		210.0 kg	225.0 kg	pass		535.0 kg	447.5	0.58570	313.3495	2	1		
Open	90.00	29	86.4	un	M		Ben Greenlaw	140.0 kg	155.0 kg	165.0 kg		85.0 kg	97.5 kg	102.5 kg		165.0 kg	177.5 kg	195.0 kg		457.5 kg	520	0.60040	274.6830	3	3		
Open	100.00	37	96.9	UN	M		Jacek Szast	200.0 kg	210.0 kg	pass		127.5 kg	132.5 kg	140.0 kg		225.0 kg	240.0 kg	252.5 kg		585.0 kg	552.5	0.56220	328.8870	1	1		
M5	100.00	63	94.2	UN	M		Terry Jex	175.0 kg	190.0 kg	200.0 kg		90.0 kg	100.0 kg	pass		245.0 kg	257.5 kg	270.0 kg		570.0 kg	430	0.57040	325.1280	2	1		
Open	110.00	32	107.3	UN	M		Scott Lomas	190.0 kg	200.0 kg	207.5 kg		130.0 kg	140.0 kg	140.0 kg		235.0 kg	252.5 kg	267.5 kg		615.0 kg	570	0.54010	332.1615	1	1		
M8	82.50	79	79.8	UNB	M		Bill Legg					62.5 kg	70.0 kg	PASS						70.0 kg	70	0.63410	44.3870	1	1		
M5	90.00	63	89.6	UNB	M		Andy Bonner					pass	135.0 kg	pass						135.0 kg	100	0.58690	79.2315	1	1	Best Unequipped Male Bench (Masters)	
Open	90.00	35	87.1	UNB	M		Maxwell Herd					127.5 kg	pass	pass						127.5 kg	127.5	0.59730	76.1558	2	2		
M2	44.00	45	44.0	UND	F	SE	Michelle Ryder									110.0 kg	120.0 kg	125.0 kg		125.0 kg	67.5	1.10790	138.4875	1	1		
Jnr	90.00	23	85.5	UND	F		Bethan Ashton	112.5 kg	120.0 kg	125.0 kg		57.5 kg	62.5 kg	67.5 kg		140.0 kg	150.0 kg	160.0 kg		342.5 kg	120	0.65550	224.5088	1	1	Best Unequipped Female Deadlift	
M5	90.00	63	89.6	UND	M		Andy Bonner									220.0 kg	pass	pass		220.0 kg	160	0.58690	129.1180	1	1	Best Unequipped Male Deadlift (Masters)	
Open	110.00	30	104.0	UND	M		Bret Le Cras									225.0 kg	pass	pass		225.0 kg	222.5	0.54550	122.7375	1	1		
Open	125.00	28	113.3	UND	M		Daniel Le Cras									232.5 kg	pass	pass		232.5 kg	232.5	0.53290	123.8993	1	1		
M8	82.50	79	79.8	UNS	M		Bill Legg	92.5 kg	102.5 kg	102.5 kg										92.5 kg	102.5	0.63410	58.6543	1	1		
M5	90.00	63	89.6	UNS	M		Andy Bonner	pass	210.0 kg	pass										210.0 kg	145	0.58690	123.2490	1	1	Best Unequipped Male Squat (Masters)	
Open	110.00	30	104.0	UNS	M		Bret Le Cras	200.0 kg	pass	pass										200.0 kg	200	0.54550	109.1000	1	1		
Open	125.00	28	113.3	UNS	M		Daniel Le Cras	207.5 kg	pass	pass										207.5 kg	207.5	0.53290	110.5768	1	1		
	0.00			X2D			Tandem Deadlift	1st Lift	2nd Lift	3rd Lift	4th Lift									0.0 kg	#N/A	#REF!	0.0000	0	0		
Open	70.00	30	69.5	X2D	F		Orla and Carla	200.0 kg	240.0 kg											240.0 kg	#N/A	0.76190	182.8560	1	1	Best Tandem Female e Deadlift	
Open	82.50	30	76.5	X2D	M		Sugarmens	405.0 kg	445.0 kg											405.0 kg	#N/A	0.65430	264.9915	1	1		
Open	82.50	30	80.0	X2D	M		Meldon&Abery	240.0 kg	305.0 kg	405.0 kg										305.0 kg	#N/A	0.63290	193.0345	2	2		
Open	100.00	30	97.0	X2D	M		Russ and Andy	450.0 kg	501.0 kg	520.5 kg										500.0 kg	#N/A	0.56190	280.9500	1	1	Best Tandem Male Deadlift	
Open	100.00	30	96.0	X2D	M		Terry Jex & Richard John	445.0 kg	475.0 kg	500.0 kg										475.0 kg	#N/A	0.56480	268.2800	2	2		
Open	110.00	30	108.5	X2D	M		Les Cras Brothers	445.0 kg	500.0 kg	520.0 kg										520.0 kg	#N/A	0.53840	279.9680	1	1		
Open	110.00	30	100.5	X2D	M		Jacek & Scott	405.0 kg	445.0 kg	478.0 kg										445.0 kg	#N/A	0.55290	246.0405	2	2		

Referees

Russell Martin
Bret Le Cras
Andy Bonner
Terry Jex

Score Desk

Rick Meldon
Hanna Vacova

Loaders

Neil Abery
Andy Lyng