

Official BDFPA Score Sheet (V13.1)

Division		British Record		Competition		European Record		World Record		MPP World Record		Divisional Record		Drug Tested		Calibrated Scales and Weights Used YES/NO										
FLT	Age Cat	Wt Class	Age	Body Weight	UNI EQ	FM	DIV	Name	SQUAT				BENCH				DEADLIFT				Total	Co eff.	Points	Best Lift		
									1st L/R	2nd L/R	3rd L/R	4th L/R	1st L/R	2nd L/R	3rd L/R	4th L/R	1st L/R	2nd L/R	3rd L/R	4th L/R						
1	Open	82.50	37	81.0	UN	M	ARMY	Dave Heath	205.0 kg	215.0 kg	222.5 kg	-231.00											222.5 kg	0.62730	139.5743	
1	Open	75.00	32	74.6	UN	M	ARMY	Luke Russell	180.0 kg	200.0 kg	207.5 kg	-212.50											207.5 kg	0.66730	138.4648	
1	Open	67.50	29	66.4	UN	M	RAF	Ben Poole	165.0 kg	172.5 kg	177.5 kg												177.5 kg	0.71670	130.7643	
1	Open	82.50	31	79.8	UN	M	NAVY	Ash Crabtree	190.0 kg	195.0 kg	200.0 kg												200.0 kg	0.64340	126.8200	
1	Open	110.00	39	102.0	UN	M	ARMY	Sean Smithson	210.0 kg	220.0 kg	227.5 kg												227.5 kg	0.54950	125.0113	
1	Open	82.50	29	81.6	UN	M	RAF	Kash Brown	200.0 kg	210.0 kg	210.0 kg												200.0 kg	0.62410	124.8200	
1	Open	100.00	27	90.2	UN	M	RAF	Shane Seward	195.0 kg	200.0 kg	200.0 kg												200.0 kg	0.58460	116.9200	
1	Open	80.00	32	72.4	UN	F	RAF	Susan Gale	110.0 kg	115.0 kg	122.5 kg												122.5 kg	0.74010	90.6623	
1	Open	63.00	26	61.6	UN	F	ARMY	Aishlen Taylor	80.0 kg	85.0 kg	90.0 kg												90.0 kg	0.84150	75.7350	
1	Open	58.50	37	57.6	UN	F	NAVY	Emma Grant	90.0 kg	90.0 kg	92.0 kg												90.0 kg	0.80020	71.2160	
1	Open	70.00	27	68.2	UN	F	RAF	Abi Newey	90.0 kg	90.0 kg	92.5 kg												90.0 kg	0.77210	69.4890	
2	Open	90.00	33	88.4	UN	M	ARMY	Si Robb	220.0 kg	230.0 kg	240.0 kg		150.0 kg	160.0 kg	165.0 kg		270.0 kg	285.0 kg	285.0 kg				655.0 kg	0.59180	387.6290	
2	Open	100.00	35	98.2	UN	M	RAF	Nathan Harvey	240.0 kg	232.5 kg			150.0 kg	155.0 kg			300.0 kg	312.5 kg	312.5 kg				687.5 kg	0.55860	384.0375	
2	Open	100.00	34	94.4	UN	M	NAVY	Mike Carly	205.0 kg	215.0 kg	222.5 kg		150.0 kg	160.0 kg	167.5 kg		245.0 kg	255.0 kg	260.0 kg				650.0 kg	0.56070	370.3050	
2	Jnr	100.00	23	91.0	UN	M	RAF	Ben Marsden	205.0 kg	212.5 kg	217.5 kg		150.0 kg	161.0 kg	167.5 kg		250.0 kg	260.0 kg	265.0 kg	270.0 kg			627.5 kg	0.58110	364.8913	
2	Open	100.00	33	98.4	UN	M	NAVY	Andrew Davey	185.0 kg	197.5 kg	207.5 kg		167.5 kg	175.0 kg	182.5 kg		252.5 kg	272.5 kg	274.0 kg				642.5 kg	0.55410	358.5703	
2	Open	60.00	33	58.6	UN	M	RAF	JK Usoro-Brown	180.0 kg	190.0 kg	200.0 kg		135.0 kg	140.0 kg	140.0 kg		250.0 kg	260.0 kg	260.0 kg				590.0 kg	0.59950	353.7050	
2	Open	62.50	33	60.8	UN	M	ARMY	Andre Masters	185.0 kg	190.0 kg	190.0 kg		125.0 kg	130.0 kg	130.0 kg		210.0 kg	220.0 kg	224.0 kg				535.0 kg	0.62240	338.1940	
2	Open	62.50	28	60.4	UN	M	NAVY	Scott Collinson	147.5 kg	155.0 kg	162.5 kg		95.0 kg	105.0 kg	110.0 kg		180.0 kg	184.0 kg	195.0 kg				467.5 kg	0.63070	284.8523	
2	Open	65.00	24	54.6	UN	F	ARMY	Catherine Quinn	85.0 kg	95.0 kg	100.0 kg		60.0 kg	60.0 kg	60.0 kg		120.0 kg	130.0 kg	135.0 kg				295.0 kg	0.93050	274.4975	
2	Open	47.50	26	47.4	UN	F	RAF	Lyndsey Hallam	80.0 kg	85.0 kg	90.0 kg		45.0 kg	47.5 kg	50.0 kg		107.5 kg	112.5 kg	117.5 kg	120.0 kg			257.5 kg	1.04410	268.8558	
2	Jnr	60.00	21	78.0	UN	F	RAF	Natalie Marsh	115.0 kg	120.0 kg	122.5 kg		82.5 kg	85.0 kg	87.4 kg		160.0 kg	167.5 kg	174.0 kg				375.0 kg	0.70140	263.0250	
2	Open	80.00	27	71.8	UN	F	NAVY	Emma Williams	110.0 kg	115.0 kg	118.0 kg		75.0 kg	80.0 kg	85.0 kg		150.0 kg	155.0 kg	160.0 kg				350.0 kg	0.74450	260.5750	
2	Jnr	70.00	23	64.0	UN	F	ARMY	Lu Owen	80.0 kg	85.0 kg	90.0 kg		60.0 kg	64.0 kg	64.4 kg		130.0 kg	140.0 kg	142.5 kg				292.5 kg	0.81480	238.3290	
3	Open	110.00	31	101.8	UN	M	ARMY	Dougie Callard	160.0 kg	180.0 kg	187.5 kg		160.0 kg	180.0 kg	187.5 kg		195.0 kg						387.5 kg	0.54900	102.3563	
3	Open	100.00	31	91.2	UN	M	NAVY	Alex Thomson					162.5 kg	170.0 kg	172.5 kg								170.0 kg	0.58080	98.7360	
3	Jnr	110.00	23	100.2	UN	M	RAF	James Benson					165.0 kg	172.5 kg	175.0 kg								175.0 kg	0.55360	96.8800	
3	M2	125.00	45	115.2	UN	M	NAVY	Sean Gaffney					165.0 kg	175.0 kg	180.0 kg								180.0 kg	0.53120	95.6160	
3	Open	75.00	31	74.0	UN	M	RAF	Micky Applegate					135.0 kg	140.0 kg	140.0 kg								140.0 kg	0.67160	94.0240	
3	Open	90.00	36	89.8	UN	M	ARMY	Cox					155.0 kg	160.0 kg	160.0 kg								160.0 kg	0.58610	93.7760	
3	Jnr	75.00	21	73.6	UN	M	ARMY	Joe Charity					122.5 kg	127.5 kg	130.0 kg								127.5 kg	0.67450	85.9988	
3	Open	90.00	26	84.2	UN	M	NAVY	Mike Hawkins					135.0 kg	140.0 kg	140.0 kg								140.0 kg	0.61070	85.4980	
3	Open	135.00	34	126.0	UN	M	RAF	Brian McMeekan					140.0 kg	150.0 kg	160.0 kg								160.0 kg	0.51900	84.8800	
3	Open	70.00	28	66.2	UN	F	NAVY	Melanie Haslam					70.0 kg	75.0 kg	75.0 kg								75.0 kg	0.79180	59.3850	
3	Open	53.00	28	51.6	UN	F	RAF	Linda Wood					47.5 kg	52.5 kg	55.0 kg								55.0 kg	0.97470	53.6085	
3	Jnr	58.50	20	57.6	UN	F	NAVY	Tasha Eiford					60.0 kg	55.0 kg	60.0 kg								60.0 kg	0.89000	53.4120	
3	Open	80.00	27	72.0	UN	F	ARMY	Paula Robinson					60.0 kg	65.0 kg	67.5 kg								67.5 kg	0.74310	50.1593	
3	Open	80.00	27	72.4	UN	F	RAF	Sally Ash					60.0 kg	65.0 kg	65.0 kg								60.0 kg	0.74010	44.4060	
3	Open	70.00	30	64.4	UN	F	ARMY	Sheri Lucas					75.4 kg	74.0 kg	75.4 kg								0.0 kg	0.81050	0.0000	
4	Open	75.00	35	71.0	UN	M	RAF	Ray Thompson									230.0 kg	240.0 kg	247.5 kg	260.0 kg			247.5 kg	0.67890	168.0278	
4	M1	67.50	44	65.6	UN	M	ARMY	Greig Murray									200.0 kg	215.0 kg	227.5 kg				215.0 kg	0.74500	160.1750	
4	Open	100.00	24	90.8	UN	M	ARMY	Will Young									265.0 kg	272.5 kg	277.5 kg				272.5 kg	0.58230	158.6768	
4	Open	75.00	27	69.8	UN	M	RAF	Scott Edmed									215.0 kg	225.0 kg	228.0 kg				215.0 kg	0.70480	151.5300	
4	Jnr	67.50	21	66.2	UN	M	RAF	Robbie McDonnell									190.0 kg	205.0 kg	215.0 kg				205.0 kg	0.73870	151.4335	
4	Open	75.00	29	73.0	UN	M	NAVY	Sam Fowler									200.0 kg	215.0 kg	220.0 kg				215.0 kg	0.67890	145.9635	
4	Open	100.00	25	94.6	UN	M	NAVY	Joe Rowlands									225.0 kg	242.5 kg	250.0 kg				250.0 kg	0.56910	142.2750	
4	Open	100.00	34	95.8	UN	M	NAVY	James Cox									230.0 kg	240.0 kg	250.0 kg				250.0 kg	0.56540	141.3500	
4	Open	63.00	28	59.2	UN	F	ARMY	Hannah Thomas									110.0 kg	130.0 kg	150.0 kg				150.0 kg	0.87010	130.5150	
4	Open	58.50	26	56.2	UN	F	RAF	Siobhan Wasyliw									135.0 kg	142.5 kg	146.0 kg				142.5 kg	0.90860	129.4755	
4	Open	70.00	26	64.8	UN	F	NAVY	Dominique Howells									125.0 kg	132.5 kg	140.0 kg				140.0 kg	0.80630	112.8820	
4	Jnr	70.00	23	66.8	UN	F	ARMY	Jasmine Isoyama									130.0 kg	135.0 kg	136.0 kg				130.0 kg	0.76570	102.1410	
4	Open	63.00	35	62.8	UN	F	RAF	Sam Vale									80.0 kg	87.5 kg	92.5 kg				92.5 kg	0.82800	76.5990	

Refs

Scorekeepers

Drug Testing

Discipline	RAF		Army		Navy	
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