

Official RAF Full Power and S/L Score Sheet

RAF Cosford										RAF POWER AND S/L										Date of comp										
																				24-Jun-15										
Ref	U	Name	Wt cat.	Body wt	Age Cat	Age	Div	Nat	RR	Squat				Sub Total	Bench Press				Sub Total	Dead Lift				Total	Co eff.	Points	EVENT	B/F	Place	
										1st Lift	2nd Lift	3rd Lift	4th Lift		1st Lift	2nd Lift	3rd Lift	4th Lift		1st Lift	2nd Lift	3rd Lift	4th Lift							
FP	5	Nathan Harvey	100 kg	98.90	OPEN	34			9	210.0 kg	220.0 kg	227.5 kg		227.5 kg	152.5 kg	157.5 kg	160.0 kg		387.5 kg	265.0 kg	270.0 kg	277.5 kg		665.0 kg	0.5568	370.2720	FP	370.2720	1.0000	
FP	3	Nathan Leach	67.5 kg	65.40	OPEN	26			6	165.0 kg	175.0 kg	177.5 kg	180.0 kg	177.5 kg	115.0 kg	117.5 kg	120.0 kg		297.5 kg	180.0 kg	190.0 kg	197.5 kg	200.0 kg	495.0 kg	0.7471	369.8145	FP	369.8145	2.0000	
FP	3	Matthew Easter	75 kg	72.00	OPEN	28			6	165.0 kg	175.0 kg	185.0 kg	190.0 kg	185.0 kg	115.0 kg	120.0 kg	125.0 kg		310.0 kg	205.0 kg	215.0 kg	222.5 kg	225.0 kg	532.5 kg	0.6867	365.6678	FP	365.6678	3.0000	
FP	4	Paul Bamber	90 kg	90.00	OPEN	35			9	205.0 kg	212.5 kg	220.0 kg		220.0 kg	135.0 kg	142.5 kg	150.0 kg		362.5 kg	235.0 kg	245.0 kg	255.0 kg		607.5 kg	0.5853	355.5698	FP	355.5698	4.0000	
FP	4	Shane Seward	90 kg	89.40	OPEN	26			9	175.0 kg	185.0 kg	190.0 kg		190.0 kg	152.5 kg	160.0 kg	165.0 kg		350.0 kg	235.0 kg	245.0 kg	250.0 kg		600.0 kg	0.5877	352.6200	FP	352.6200	5.0000	
FP	4	JK Usoro-Brown	90 kg	88.60	OPEN	32			9	180.0 kg	185.0 kg	190.0 kg		190.0 kg	130.0 kg	140.0 kg	150.0 kg		330.0 kg	250.0 kg	260.0 kg	260.0 kg		580.0 kg	0.5914	343.0120	FP	343.0120	6.0000	
FP	3	Ray Thompson	75 kg	73.30	OPEN	34			7	155.0 kg	165.0 kg	170.0 kg		165.0 kg	120.0 kg	122.5 kg	125.0 kg		290.0 kg	200.0 kg	210.0 kg	215.0 kg		500.0 kg	0.6774	338.7000	FP	338.7000	7.0000	
FP	3	Claypole	75 kg	74.60	OPEN	25			9	170.0 kg	177.5 kg	177.5 kg		175.0 kg	120.0 kg	122.5 kg	125.0 kg		300.0 kg	200.0 kg	205.0 kg	205.0 kg		505.0 kg	0.6668	337.3400	FP	337.3400	8.0000	
FP	3	Nathanael Lucas	75 kg	70.60	OPEN	26			8	140.0 kg	150.0 kg	157.5 kg		157.5 kg	100.0 kg	105.0 kg	110.0 kg		267.5 kg	190.0 kg	205.0 kg	212.5 kg		480.0 kg	0.6989	335.4720	FP	335.4720	9.0000	
FP	5	Chris Booth	110 kg	106.70	OPEN	34			11	175.0 kg	195.0 kg	210.0 kg		210.0 kg	145.0 kg	155.0 kg	162.5 kg		365.0 kg	210.0 kg	230.0 kg	245.0 kg		610.0 kg	0.541	330.0100	FP	330.0100	10.0000	
FP	4	Glenn Priestley	82.5 kg	81.40	OPEN	35			10	160.0 kg	175.0 kg	182.5 kg		182.5 kg	115.0 kg	120.0 kg	125.0 kg		307.5 kg	200.0 kg	215.0 kg	220.0 kg		527.5 kg	0.6251	329.7403	FP	329.7403	11.0000	
FP	4	Conor Brown	90 kg	85.40	OPEN	30			10	160.0 kg	170.0 kg	175.0 kg		175.0 kg	125.0 kg	130.0 kg	132.5 kg		307.5 kg	200.0 kg	220.0 kg	225.0 kg		532.5 kg	0.605	322.1625	FP	322.1625	12.0000	
FP	4	Lloyd Moore	82.5 kg	77.00	OPEN	28			9	140.0 kg	145.0 kg	152.5 kg		145.0 kg	117.5 kg	122.5 kg	127.5 kg		272.5 kg	205.0 kg	215.0 kg	220.0 kg		492.5 kg	0.6511	320.6668	FP	320.6668	13.0000	
FP	4	Adam Woodhouse	82.5 kg	80.40	OPEN	25			10	150.0 kg	160.0 kg	165.0 kg		165.0 kg	110.0 kg	115.0 kg	120.0 kg		280.0 kg	210.0 kg	220.0 kg	227.5 kg	230.0 kg	507.5 kg	0.6307	320.0803	FP	320.0803	14.0000	
FP	3	Hayden Carr	75 kg	69.30	OPEN	24			8	140.0 kg	145.0 kg	150.0 kg		145.0 kg	100.0 kg	110.0 kg	115.0 kg		255.0 kg	170.0 kg	180.0 kg	190.0 kg		445.0 kg	0.7101	315.9945	FP	315.9945	15.0000	
FP	4	Nathan Maxwell	90 kg	85.50	OPEN	26			10	150.0 kg	160.0 kg	167.5 kg		167.5 kg	130.0 kg	135.0 kg	135.0 kg		302.5 kg	200.0 kg	205.0 kg	212.5 kg		515.0 kg	0.6045	311.3175	FP	311.3175	16.0000	
FP	3	Nicholas Davies	75 kg	74.00	OPEN	36			8	125.0 kg	130.0 kg	140.0 kg		140.0 kg	105.0 kg	110.0 kg	112.5 kg		252.5 kg	190.0 kg	200.0 kg	210.0 kg		462.5 kg	0.6716	310.6150	FP	310.6150	17.0000	
FP	4	Tom Cocking	90 kg	90.00	OPEN	35			10	150.0 kg	160.0 kg	170.0 kg		170.0 kg	125.0 kg	132.5 kg	140.0 kg		302.5 kg	190.0 kg	200.0 kg	210.0 kg		512.5 kg	0.5853	299.9663	FP	299.9663	18.0000	
FP	4	Mike Donovan	82.5 kg	77.40	OPEN	25			10	130.0 kg	140.0 kg	150.0 kg		150.0 kg	105.0 kg	112.5 kg	117.5 kg		267.5 kg	160.0 kg	180.0 kg	190.0 kg		457.5 kg	0.6486	296.7345	FP	296.7345	19.0000	
FP	3	Zac Aisthorpe	67.5 kg	64.30	JNR	23			7	115.0 kg	120.0 kg	125.0 kg		120.0 kg	90.0 kg	95.0 kg	100.0 kg		210.0 kg	160.0 kg	165.0 kg	170.0 kg		380.0 kg	0.7602	288.8760	FP	288.8760	20.0000	
FP	4	Danny Hanks	82.5 kg	79.90	OPEN	25			9	120.0 kg	132.5 kg	140.0 kg		140.0 kg	110.0 kg	120.0 kg	125.0 kg		260.0 kg	170.0 kg	180.0 kg	190.0 kg		450.0 kg	0.6335	285.0750	FP	285.0750	21.0000	
FP	3	Jamie Wills	75 kg	73.80	OPEN	24			8	110.0 kg	125.0 kg	135.0 kg		135.0 kg	105.0 kg	110.0 kg	117.5 kg		252.5 kg	140.0 kg	155.0 kg	170.0 kg		422.5 kg	0.6737	284.6383	FP	284.6383	22.0000	
FP	5	Dan Budge	100 kg	99.00	OPEN	29			11	160.0 kg	170.0 kg	170.0 kg		170.0 kg	110.0 kg	120.0 kg	125.0 kg		290.0 kg	215.0 kg	215.0 kg	220.0 kg		510.0 kg	0.5665	283.8150	FP	283.8150	23.0000	
FP	4	Jonathan Skinner	82.5 kg	76.20	OPEN	31			10	125.0 kg	132.5 kg	135.0 kg		135.0 kg	95.0 kg	102.5 kg	107.5 kg		242.5 kg	150.0 kg	165.0 kg	180.0 kg		422.5 kg	0.6663	277.2868	FP	277.2868	24.0000	
FP	5	Henry Rampley-Sturgeon	110 kg	102.00	T3	18			10	170.0 kg	177.5 kg	182.5 kg		182.5 kg	90.0 kg	100.0 kg	105.0 kg		282.5 kg	195.0 kg	210.0 kg	217.5 kg		500.0 kg	0.5495	274.7500	FP	274.7500	25.0000	
FP	5	Tom Bacon	100 kg	98.10	OPEN	26			10	150.0 kg	160.0 kg	165.0 kg		165.0 kg	100.0 kg	105.0 kg	110.0 kg		275.0 kg	185.0 kg	195.0 kg	205.0 kg		480.0 kg	0.5591	268.3680	FP	268.3680	26.0000	
FP	4	Zak Revell	82.5 kg	78.10	JNR	20			9	110.0 kg	120.0 kg	130.0 kg	140.0 kg	130.0 kg	90.0 kg	100.0 kg	100.0 kg		220.0 kg	170.0 kg	180.0 kg	190.0 kg	198.0 kg	410.0 kg	0.6448	264.3680	FP	264.3680	27.0000	
FP	4	Neil Wharton	82.5 kg	80.10	OPEN	35			9	130.0 kg	140.0 kg	145.0 kg		145.0 kg	85.0 kg	92.5 kg	97.5 kg		242.5 kg	150.0 kg	165.0 kg	175.0 kg		417.5 kg	0.6329	264.2358	FP	264.2358	28.0000	
FP	5	Dave Coyte	100 kg	96.30	OPEN	31			10	135.0 kg	142.5 kg	150.0 kg		142.5 kg	90.0 kg	97.5 kg	105.0 kg		247.5 kg	185.0 kg	200.0 kg	205.0 kg		452.5 kg	0.5942	255.3005	FP	255.3005	29.0000	
FP	4	Rob Farquhar	82.5 kg	79.90	OPEN	36			10	100.0 kg	110.0 kg	120.0 kg		110.0 kg	100.0 kg	105.0 kg	107.5 kg		215.0 kg	170.0 kg	175.0 kg	180.0 kg		395.0 kg	0.6335	250.2325	FP	250.2325	30.0000	
FP	4	Stefan Wurwal	82.5 kg	82.10	OPEN	33			10	110.0 kg	124.0 kg	125.0 kg		125.0 kg	75.0 kg	85.0 kg	92.5 kg		217.5 kg	140.0 kg	160.0 kg	175.0 kg		392.5 kg	0.6319	248.0208	FP	248.0208	31.0000	
FP	4	Jack Johnson	82.5 kg	80.20	JNR	20			9	100.0 kg	110.0 kg	115.0 kg		115.0 kg	80.0 kg	90.0 kg	100.0 kg		205.0 kg	170.0 kg	180.0 kg	185.0 kg	197.5 kg	390.0 kg	0.6318	246.4020	FP	246.4020	32.0000	
FP	2	Freya Lees	70 kg	65.40	OPEN	28			7	105.0 kg	110.0 kg	115.0 kg		110.0 kg	60.0 kg	65.0 kg	68.0 kg		175.0 kg	157.5 kg	165.0 kg	172.5 kg		347.5 kg	0.8	278.0000	FP	278.0000	1.0000	
FP	2	Rachael Armstrong	80 kg	74.10	OPEN	29			7	115.0 kg	125.0 kg	133.0 kg		125.0 kg	65.0 kg	68.0 kg	72.5 kg		193.0 kg	155.0 kg	165.0 kg	170.0 kg	172.5 kg	363.0 kg	0.7286	264.4818	FP	264.4818	2.0000	
FP	2	Lyndsey Hallam	50.5 kg	47.90	OPEN	25			4	80.0 kg	87.5 kg	92.5 kg		87.5 kg	45.0 kg	50.0 kg	52.5 kg		140.0 kg	105.0 kg	110.0 kg	112.5 kg	115.0 kg	252.5 kg	1.037	261.8425	FP	261.8425	3.0000	
FP	2	Yvonne Allenby	63 kg	60.50	OPEN	24			4	80.0 kg	87.5 kg	92.5 kg		87.5 kg	47.5 kg	50.0 kg	52.5 kg		140.0 kg	125.0 kg	130.0 kg	132.5 kg	140.0 kg	280.0 kg	0.8544	239.2320	FP	239.2320	4.0000	
FP	2	Natalie Marsh	80 kg	77.30	JNR	20			7	120.0 kg	120.0 kg	125.0 kg		120.0 kg	60.0 kg	65.0 kg	70.0 kg		185.0 kg	140.0 kg	145.0 kg	152.5 kg	157.5 kg	337.5 kg	0.7067	238.5113	FP	238.5113	5.0000	
FP	2	Debs MacDonald	55.5 kg	53.30	M1	43			6	80.0 kg	85.0 kg	85.0 kg		80.0 kg	47.5 kg	52.5 kg	52.5 kg		127.5 kg	107.5 kg	117.5 kg	122.5 kg		245.0 kg	0.9506	232.8970	FP	232.8970	6.0000	
FP	2	Linda Wood	53 kg	52.80	OPEN	27			6	70.0 kg	72.5 kg	72.5 kg	75.0 kg	72.5 kg	45.0 kg	50.0 kg	52.5 kg	55.0 kg		125.0 kg	90.0 kg	100.0 kg	105.0 kg		230.0 kg	0.958	220.3400	FP	220.3400	7.0000
FP	2	Naomi Handley	63 kg	6																										