Official Full Power Score Sheet												VENUE RAF Cosford												FULL POWER AND S/L								Date of comp 10/04/2019					
Flight	E/UE	Rank	Service	Name	Wt cat.	Body wt	Age Cat	Age	M / F	Division	RkHt	Squat				Sub Total	SQ Points	RkHt	Bench Press				Sub Total	BN Points	Dead Lift				Sub Total	DL Points	Total	Co eff.	Points	EVENT	B/F
												1st Lift	2nd Lift	3rd Lift	4th Lift				1st Lift	2nd Lift	3rd Lift	4th Lift			1st Lift	2nd Lift	3rd Lift	4th Lift							
3				Duncan Colf	125.00	112.40	OPEN	26	M		12	220.0 kg	232.5 kg	237.5 kg		237.5 kg	126.7775	12	165.0 kg	172.5 kg	177.5 kg		172.5 kg	92.0805	280.0 kg	300.0 kg	312.5 kg		300.0 kg	160.1400	710.0 kg	0.5338	378.9980	FP	378.9980
3				James Benson	110.00	109.00	OPEN	28	M		12	195.0 kg	207.5 kg	217.5 kg		217.5 kg	116.9498	10	160.0 kg	172.5 kg	180.0 kg		180.0 kg	96.7860	237.5 kg	250.0 kg	260.0 kg		260.0 kg	139.8020	657.5 kg	0.5377	353.5378	FP	353.5378
3				Sam Burgess	125.00	114.80	OPEN	26	M		13	190.0 kg	207.5 kg	220.0 kg		220.0 kg	116.9520	13	150.0 kg	160.0 kg	170.0 kg		170.0 kg	90.3720	250.0 kg	265.0 kg	275.0 kg		275.0 kg	146.1900	665.0 kg	0.5316	353.5140	FP	353.5140
3				Louis Tucker	100.00	96.00	Jnr	23	M		10	190.0 kg	200.0 kg	205.0 kg		205.0 kg	115.7840	11	140.0 kg	147.5 kg	150.0 kg		150.0 kg	84.7200	222.5 kg	235.0 kg	245.0 kg		245.0 kg	138.3760	600.0 kg	0.5648	338.8800	FP	338.8800
2				Cameron Beckingham	90.00	84.40	Jnr	21	M		10	175.0 kg	185.0 kg	195.0 kg		195.0 kg	118.9110	11	132.5 kg	140.0 kg	142.5 kg		142.5 kg	86.8965	192.5 kg	207.5 kg	215.0 kg		215.0 kg	131.1070	552.5 kg	0.6098	336.9145	FP	336.9145
2				Taylor Floyd	90.00	85.60	Jnr	22	M		11	162.5 kg	172.5 kg	182.5 kg		182.5 kg	110.2483	10	117.5 kg	125.0 kg	132.5 kg		125.0 kg	75.5125	220.0 kg	235.0 kg	250.0 kg		235.0 kg	141.9635	542.5 kg	0.6041	327.7243	FP	327.7243
2				Oliver Davies	82.50	81.60	Jnr	23	M		10	150.0 kg	157.5 kg	165.0 kg		165.0 kg	102.9765	11	110.0 kg	120.0 kg	127.5 kg		127.5 kg	79.5728	195.0 kg	207.5 kg	220.0 kg		220.0 kg	137.3020	512.5 kg	0.6241	319.8513	FP	319.8513
2				Geoff Davies	90.00	89.80	OPEN	33	M		10	162.5 kg	170.0 kg	177.5 kg		177.5 kg	104.0328	10	117.5 kg	125.0 kg	130.0 kg		130.0 kg	76.1930	215.0 kg	225.0 kg	235.0 kg		235.0 kg	137.7335	542.5 kg	0.5861	317.9593	FP	317.9593
2				Luke Pritchard	82.50	75.80	OPEN	27	M		9	140.0 kg	140.0 kg	150.0 kg		150.0 kg	98.8500	11	100.0 kg	120.0 kg	130.0 kg		120.0 kg	79.0800	190.0 kg	200.0 kg	210.0 kg		210.0 kg	138.3900	480.0 kg	0.659	316.3200	FP	316.3200
3				Andy Hodby	100.00	91.20	OPEN	31	M		10	185.0 kg	195.0 kg	205.0 kg		195.0 kg	113.2560	10	110.0 kg	115.0 kg	117.5 kg		115.0 kg	66.7920	220.0 kg	232.5 kg	242.5 kg		232.5 kg	135.0360	542.5 kg	0.5808	315.0840	FP	315.0840
2				Daniel Rollston	82.50	80.60	OPEN	27	M		10	160.0 kg	160.0 kg	170.0 kg		160.0 kg	100.7200	10	112.5 kg	120.0 kg	125.0 kg		125.0 kg	78.6875	195.0 kg	205.0 kg	215.0 kg		215.0 kg	135.3425	500.0 kg	0.6295	314.7500	FP	314.7500
2				William Schofield	90.00	88.20	Jnr	21	M		10	155.0 kg	165.0 kg	172.5 kg		172.5 kg	102.2235	11	110.0 kg	117.5 kg	117.5 kg		110.0 kg	65.1860	210.0 kg	222.5 kg	245.0 kg		245.0 kg	145.1870	527.5 kg	0.5926	312.5965	FP	312.5965
3				Jon Rastrick	110.00	105.00	Jnr	23	M		11	165.0 kg	175.0 kg	190.0 kg		190.0 kg	103.3030	11	120.0 kg	130.0 kg	140.0 kg		140.0 kg	76.1180	205.0 kg	220.0 kg	240.0 kg		240.0 kg	130.4880	570.0 kg	0.5437	309.9090	FP	309.9090
2				Dylan Green	90.00	86.20	Jnr	23	M		10	160.0 kg	170.0 kg	175.0 kg		175.0 kg	105.2275	11	120.0 kg	120.0 kg	130.0 kg		130.0 kg	78.1690	190.0 kg	200.0 kg	210.0 kg		210.0 kg	126.2730	515.0 kg	0.6013	309.6695	FP	309.6695
3				Tom Priest (Cardinal)	100.00	96.80	Jnr	23	M		11	165.0 kg	172.5 kg	180.0 kg		172.5 kg	97.0140	11	122.5 kg	130.0 kg	132.5 kg		132.5 kg	74.5180	220.0 kg	235.0 kg	240.0 kg		235.0 kg	132.1640	540.0 kg	0.5624	303.6960	FP	303.6960
3				Matthew Lamb	100.00	93.40	OPEN	27	M		11	155.0 kg	165.0 kg	170.0 kg		170.0 kg	97.4100	11	125.0 kg	135.0 kg	142.5 kg		142.5 kg	81.6525	195.0 kg	210.0 kg	215.0 kg		215.0 kg	123.1950	527.5 kg	0.573	302.2575	FP	302.2575
2				Tom Peacock	90.00	85.60	OPEN	33	M		12	160.0 kg	165.0 kg	170.0 kg		170.0 kg	102.6970	11	110.0 kg	120.0 kg	130.0 kg		130.0 kg	78.5330	175.0 kg	195.0 kg	210.0 kg		195.0 kg	117.7995	495.0 kg	0.6041	299.0295	FP	299.0295
3				Scott Fisher	125.00	122.60	OPEN	37	M		10	190.0 kg	200.0 kg	207.5 kg		200.0 kg	104.8400	10	115.0 kg	125.0 kg	125.0 kg		115.0 kg	60.2830	235.0 kg	250.0 kg	260.0 kg		250.0 kg	131.0500	565.0 kg	0.5242	296.1730	FP	296.1730
2				Thomas Hutchinson	82.50	75.80	Jnr	23	M		10	150.0 kg	160.0 kg	170.0 kg		170.0 kg	112.0300	11	90.0 kg	97.5 kg	105.0 kg		97.5 kg	64.2525	170.0 kg	180.0 kg	195.0 kg		180.0 kg	118.6200	447.5 kg	0.659	294.9025	FP	294.9025
3				Lee Teasdale	125.00	114.00		24	M		11	165.0 kg	180.0 kg	185.0 kg		185.0 kg	98.4755	10	135.0 kg	145.0 kg	150.0 kg		150.0 kg	79.8450	205.0 kg	215.0 kg	222.5 kg		215.0 kg	114.4445	550.0 kg	0.5323	292.7650	FP	292.7650
2				Avnish Thaleshwar	75.00	67.60	OPEN	27	M		10	100.0 kg	120.0 kg	130.0 kg		120.0 kg	86.9880	11	80.0 kg	90.0 kg	100.0 kg		90.0 kg	65.2410	140.0 kg	160.0 kg	180.0 kg		180.0 kg	130.4820	390.0 kg	0.7249	282.7110	FP	282.7110
3				George Mosey	125.00	110.40	Jnr	23	M		11	160.0 kg	175.0 kg	185.0 kg		185.0 kg	99.1600	11	110.0 kg	115.0 kg	120.0 kg		120.0 kg	64.3200	190.0 kg	205.0 kg	220.0 kg		220.0 kg	117.9200	525.0 kg	0.536	281.4000	FP	281.4000
3				Ryan Scarry	110.00	106.00	OPEN	38	M		10	180.0 kg	180.0 kg	190.0 kg		190.0 kg	102.9990	11	110.0 kg	120.0 kg	130.0 kg		110.0 kg	59.6310	200.0 kg	210.0 kg	215.0 kg		215.0 kg	116.5515	515.0 kg	0.5421	279.1815	FP	279.1815
3				Matt Lunt	100.00	97.00	OPEN	34	M		14	150.0 kg	155.0 kg	160.0 kg		160.0 kg	89.9040	12	122.5 kg	125.0 kg	127.5 kg		127.5 kg	71.6423	185.0 kg	190.0 kg	195.0 kg		195.0 kg	109.5705	482.5 kg	0.5619	271.1168	FP	271.1168
3				Chris Giles	110.00	106.00	OPEN	26	M		13	100.0 kg	120.0 kg	140.0 kg		140.0 kg	75.8940	11	120.0 kg	135.0 kg	135.0 kg		120.0 kg	65.0520	220.0 kg	240.0 kg	260.0 kg		240.0 kg	130.1040	500.0 kg	0.5421	271.0500	FP	271.0500
2				Harry Fulbrook	82.50	79.20	Jnr	20	M		10	120.0 kg	135.0 kg	145.0 kg		145.0 kg	92.4520	10	107.5 kg	115.0 kg	115.0 kg		107.5 kg	68.5420	130.0 kg	155.0 kg	165.0 kg		165.0 kg	105.2040	417.5 kg	0.6376	266.1980	FP	266.1980
2				Thomas Butler	75.00	71.40	Jnr	22	M		10	117.5 kg	127.5 kg	140.0 kg		127.5 kg	88.1535	11	80.0 kg	85.0 kg	90.0 kg		90.0 kg	62.2260	140.0 kg	150.0 kg	160.0 kg		160.0 kg	110.6240	377.5 kg	0.6914	261.0035	FP	261.0035
2				Lawrence Turner	82.50	81.80	OPEN	34	M		10	110.0 kg	110.0 kg	130.0 kg		130.0 kg	80.9900	10	70.0 kg	82.5 kg	95.0 kg		82.5 kg	51.3975	130.0 kg	150.0 kg	165.0 kg		165.0 kg	102.7950	377.5 kg	0.623	235.1825	FP	235.1825
3				Chris Marshall	125.00	113.60	M3	50	M		10	185.0 kg	195.0 kg	205.0 kg		205.0 kg	109.2035	9	150.0 kg	160.0 kg	165.0 kg		165.0 kg	87.8955	0.0 kg					0.0000	370.0 kg	0.5327	197.0990	SQ & BN	197.0990
2				Daniel Brown	82.50	82.00	Jnr	23	M		10	150.0 kg	155.0 kg	155.0 kg		[illegible]	-94.7850	11	95.0 kg	102.5 kg	110.0 kg		102.5 kg	64.7698	180.0 kg	190.0 kg	200.0 kg		200.0 kg	126.3800	152.5 kg	0.6319	96.3648	FP	96.3648
1				Jacob Howe	75.00	74.80	Jnr	22	M			[redacted]					0.0000	9	110.0 kg	117.5 kg	125.0 kg		117.5 kg	78.2433	0.0 kg					0.0000	117.5 kg	0.6659	78.2433	BN	78.2433
1				Phil Denner	100.00	93.20	M5	63	M								0.0000	13	80.0 kg	85.0 kg	90.0 kg		90.0 kg	51.6330	0.0 kg					0.0000	90.0 kg	0.5737	51.6330	BN	51.6330
1				Charlie Elson	55.50	55.00	Jnr	23	F		7	92.5 kg	100.0 kg	107.5 kg		100.0 kg	92.4900	9	50.0 kg	57.5 kg	62.5 kg		57.5 kg	53.1818	142.5 kg	147.5 kg	155.0 kg		147.5 kg	136.4228	305.0 kg	0.9249	282.0945	FP	282.0945
1				Rachael Robertson	63.00	63.00	OPEN	29	F		7	105.0 kg	112.5 kg	115.0 kg		115.0 kg	94.9555	8	62.5 kg	67.5 kg	70.0 kg		67.5 kg	55.7348	125.0 kg	135.0 kg	140.0 kg		140.0 kg	115.5980	322.5 kg	0.8257	266.2883	FP	266.2883
1				Natasha Tew	63.00	61.40	OPEN	28	F		8	90.0 kg	100.0 kg	100.0 kg		100.0 kg	84.3800	8	55.0 kg	57.5 kg	60.0 kg		60.0 kg	50.6280	120.0 kg	130.0 kg	140.0 kg		140.0 kg	118.1320	300.0 kg	0.8438	253.1400	FP	253.1400
1				Maddie Elliott	70.00	68.20	OPEN	25	F		9	115.0 kg	120.0 kg	120.0 kg		115.0 kg	88.7915	8	77.5 kg	77.5 kg	82.5 kg		77.5 kg	59.8378	120.0 kg	127.5 kg	135.0 kg		135.0 kg	104.2335	327.5 kg	0.7721	252.8628	FP	252.8628
1				Elli Swankie	90.00	85.40	T3	19	F		10	130.0 kg	135.0 kg	137.5 kg		137.5 kg	90.2000	11	57.5 kg	62.5 kg	67.5 kg		67.5 kg	44.2800	140.0 kg	150.0 kg	160.0 kg		160.0 kg	104.9600	365.0 kg	0.656	239.4400	FP	239.4400
1				Charlotte Adams	63.00	60.80	OPEN	26	F		7	90.0 kg	100.0 kg	100.0 kg		90.0 kg	76.5720	7	55.0 kg	62.5 kg	62.5 kg		55.0 kg	46.7940	115.0 kg	122.5 kg	127.5 kg		127.5 kg	108.4770	272.5 kg	0.8508	231.8430	FP	231.8430
1				Katy Gibson	80.00	75.20	M1	41	F		9	100.0 kg	105.0 kg	105.0 kg		105.0 kg	75.6210	11	57.5 kg	62.5 kg	67.5 kg		67.5 kg	48.6135	117.5 kg	125.0 kg	132.5 kg		132.5 kg	95.4265	305.0 kg	0.7202	219.6610	FP	219.6610
1				April Henderson	70.00	67.20	Jnr	23	F		9	85.0 kg	95.0 kg	102.5 kg		95.0 kg	74.2615	10	55.0 kg	60.0 kg	60.0 kg		60.0 kg	46.9020	105.0 kg	115.0 kg	120.0 kg		120.0 kg	93.8040	275.0 kg	0.7817	214.9675	FP	214.9675
1				Hannah Nock	80.00	75.80	Jnr	22	F		9	105.0 kg	112.5 kg	120.0 kg		112.5 kg	80.5613	11	55.0 kg	60.0 kg	62.5 kg		62.5 kg	44.7563	110.0 kg	115.0 kg	120.0 kg		120.0 kg	85.9320	295.0 kg	0.7161	211.2495	FP	211.2495
1				Lisa Shaw	80.00	74.20	OPEN	26	F		9	90.0 kg	100.0 kg	105.0 kg		90.0 kg	65.4480	11	57.5 kg	60.0 kg	62.5 kg		62.5 kg	45.4500	120.0 kg	125.0 kg	132.5 kg		132.5 kg	96.3540	285.0 kg	0.7272	207.2520	FP	207.2520
1				Megan Neville	70.00	68.40	OPEN	24	F		5	70.0 kg	80.0 kg	90.0 kg		90.0 kg	69.3450	8	47.5 kg	52.5 kg	57.5 kg		57.5 kg	44.3038	90.0 kg	100.0 kg	110.0 kg		110.0 kg	84.7550	257.5 kg	0.7705	198.4038	FP	198.4038

Platform Referees: Vicky Radcliffe, Phil Tempest, Nathan Leach & Chris Marshall

Total of 42 lifters