

Official UK Armed Forces Score Sheet										VENUE RAF Cosford										FULL POWER AND S/L										Date of comp 12/05/2022			
Service	Name	Wt cat.	Body wt	Age Cat	Age	M / F	Squat 1st Lift	Squat 2nd Lift	Squat 3rd Lift	Sub Total	SQ Points	Bench 1st Lift	Bench 2nd Lift	Bench 3rd Lift	Sub Total	BN Points	Deadlift 1st Lift	Deadlift 2nd Lift	Deadlift 3rd Lift	Sub Total	DL Points	Total	Co eff.	Points	U/E	B/F							
FP	RAF	James Benson	125.00	116.00	OPEN	29	M	230.0 kg	242.5 kg	250.0 kg	250.0 kg	132.6250	185.0 kg	195.0 kg	200.0 kg	195.0 kg	103.4475	260.0 kg	275.0 kg	285.0 kg	285.0 kg	151.1925	730.0 kg	0.5305	387.2650	U	387.2650						
FP	RAF	Will Strickland-Miller	75.00	74.60	OPEN	35	M	175.0 kg	185.0 kg	190.0 kg	190.0 kg	126.7870	120.0 kg	125.0 kg	130.0 kg	130.0 kg	86.7490	220.0 kg	230.0 kg	235.0 kg	235.0 kg	156.8155	555.0 kg	0.6673	370.3515	U	370.3515						
FP	RAF	Sam Carlyle	60.00	58.60	OPEN	25	M	130.0 kg	137.5 kg	142.5 kg	142.5 kg	118.7025	85.0 kg	90.0 kg	95.0 kg	95.0 kg	79.1350	180.0 kg	200.0 kg	200.0 kg	212.5 kg	200.0 kg	166.6000	437.5 kg	0.833	364.4375	U	364.4375					
FP	RAF	Luke Pritchard	75.00	72.40	OPEN	27	M	150.0 kg	165.0 kg	172.5 kg	172.5 kg	117.9038	120.0 kg	130.0 kg	130.0 kg	130.0 kg	88.8550	210.0 kg	220.0 kg	230.0 kg	230.0 kg	157.2050	537.5 kg	0.6835	363.9638	U	363.9638						
FP	RAF	Bill Dunn	100.00	94.20	OPEN	27	M	195.0 kg	205.0 kg	210.0 kg	210.0 kg	119.7840	145.0 kg	152.5 kg	155.0 kg	155.0 kg	88.4120	237.5 kg	247.5 kg	255.0 kg	255.0 kg	145.4520	620.0 kg	0.5704	353.6480	U	353.6480						
FP	RAF	Gorey Paves	75.00	68.80	OPEN	25	M	147.5 kg	152.5 kg	157.5 kg	157.5 kg	109.8393	105.0 kg	110.0 kg	112.5 kg	112.5 kg	80.2913	210.0 kg	220.0 kg	225.0 kg	225.0 kg	160.5925	480.0 kg	0.7137	349.7130	U	349.7130						
FP	RAF	Will Arnold	100.00	90.80	OPEN	28	M	190.0 kg	205.0 kg	215.0 kg	205.0 kg	119.3715	122.5 kg	130.0 kg	135.0 kg	135.0 kg	75.6990	225.0 kg	237.5 kg	245.0 kg	245.0 kg	142.8635	580.0 kg	0.5823	337.7340	U	337.7340						
FP	RAF	Ben Childs	82.50	80.60	Jnr	22	M	170.0 kg	180.0 kg	187.5 kg	187.5 kg	118.0313	120.0 kg	120.0 kg	125.0 kg	125.0 kg	78.6875	210.0 kg	217.5 kg	222.5 kg	217.5 kg	136.9163	530.0 kg	0.6295	333.6350	U	333.6350						
FP	RAF	James Greenwood	110.00	107.80	OPEN	24	M	185.0 kg	192.5 kg	200.0 kg	192.5 kg	103.8153	145.0 kg	152.5 kg	152.5 kg	145.0 kg	78.1985	235.0 kg	247.5 kg	260.0 kg	260.0 kg	140.2180	597.5 kg	0.5393	322.2318	U	322.2318						
FP	RAF	Tom Priest	100.00	98.80	Jnr	23	M	180.0 kg	195.0 kg	202.5 kg	195.0 kg	108.6150	135.0 kg	145.0 kg	152.5 kg	145.0 kg	80.7650	225.0 kg	237.5 kg	245.0 kg	237.5 kg	132.2875	577.5 kg	0.557	321.6675	U	321.6675						
FP	RAF	Jacob Relph	100.00	96.40	OPEN	31	M	165.0 kg	177.5 kg	200.0 kg	200.0 kg	112.7200	130.0 kg	145.0 kg	145.0 kg	145.0 kg	81.7220	190.0 kg	210.0 kg	225.0 kg	225.0 kg	126.8100	570.0 kg	0.5636	321.2520	U	321.2520						
FP	RAF	Chris Giles	125.00	120.80	OPEN	27	M	170.0 kg	180.0 kg	185.0 kg	185.0 kg	97.3470	152.5 kg	160.0 kg	162.5 kg	160.0 kg	84.1920	250.0 kg	265.0 kg	270.0 kg	265.0 kg	139.4430	610.0 kg	0.5262	320.9820	U	320.9820						
FP	RAF	James Kippax	82.50	80.80	OPEN	27	M	155.0 kg	160.0 kg	165.0 kg	160.0 kg	102.1440	110.0 kg	115.0 kg	120.0 kg	120.0 kg	79.8000	195.0 kg	205.0 kg	215.0 kg	215.0 kg	137.2560	500.0 kg	0.6384	319.2000	U	319.2000						
FP	RAF	Will Jacka	82.50	79.80	OPEN	27	M	150.0 kg	160.0 kg	170.0 kg	170.0 kg	107.7370	115.0 kg	120.0 kg	125.0 kg	125.0 kg	79.2625	190.0 kg	200.0 kg	205.0 kg	205.0 kg	129.9905	500.0 kg	0.6341	317.0500	U	317.0500						
FP	RAF	Ethan Green	100.00	94.00	Jnr	21	M	180.0 kg	200.0 kg	205.0 kg	200.0 kg	114.2000	120.0 kg	135.0 kg	140.0 kg	135.0 kg	77.0950	190.0 kg	210.0 kg	220.0 kg	220.0 kg	125.6200	555.0 kg	0.571	316.9050	U	316.9050						
FP	RAF	Lee Teasdale	125.00	113.80	OPEN	24	M	182.5 kg	192.5 kg	202.5 kg	192.5 kg	102.5063	152.5 kg	160.0 kg	165.0 kg	165.0 kg	87.8625	207.5 kg	225.0 kg	237.5 kg	237.5 kg	126.4688	595.0 kg	0.5325	316.8375	U	316.8375						
FP	RAF	Will Noble	75.00	74.20	T3	18	M	145.0 kg	162.5 kg	175.0 kg	162.5 kg	108.8913	100.0 kg	107.5 kg	115.0 kg	115.0 kg	77.0615	160.0 kg	180.0 kg	192.5 kg	192.5 kg	128.9943	475.0 kg	0.6701	314.9470	U	314.9470						
FP	RAF	Danny Evans	90.00	87.80	OPEN	24	M	170.0 kg	180.0 kg	187.5 kg	187.5 kg	111.4313	115.0 kg	125.0 kg	132.5 kg	125.0 kg	74.2875	190.0 kg	200.0 kg	210.0 kg	210.0 kg	124.8030	520.0 kg	0.5943	310.5218	U	310.5218						
FP	RAF	Tom Hutchinson	82.50	78.40	OPEN	24	M	160.0 kg	170.0 kg	175.0 kg	175.0 kg	112.4200	95.0 kg	102.5 kg	107.5 kg	102.5 kg	65.8460	185.0 kg	197.5 kg	205.0 kg	205.0 kg	131.6920	482.5 kg	0.6424	309.5880	U	309.5880						
FP	RAF	Glenn Abland	100.00	97.00	OPEN	37	M	180.0 kg	190.0 kg	200.0 kg	200.0 kg	112.3800	115.0 kg	122.5 kg	122.5 kg	122.5 kg	68.8328	200.0 kg	215.0 kg	225.0 kg	225.0 kg	126.4275	547.5 kg	0.5619	307.6403	U	307.6403						
FP	RAF	Dan Brown	90.00	87.40	OPEN	24	M	165.0 kg	180.0 kg	180.0 kg	180.0 kg	107.2300	100.0 kg	107.5 kg	112.5 kg	107.5 kg	64.0700	205.0 kg	220.0 kg	230.0 kg	230.0 kg	131.1200	507.5 kg	0.598	302.4700	U	302.4700						
FP	RAF	Ryan Sperry	110.00	105.80	OPEN	39	M	190.0 kg	195.0 kg	200.0 kg	200.0 kg	108.4800	110.0 kg	120.0 kg	130.0 kg	120.0 kg	65.0880	200.0 kg	220.0 kg	230.0 kg	230.0 kg	131.7520	550.0 kg	0.6024	298.2000	U	298.2000						
FP	RAF	Avnish Thaleswar	75.00	71.20	OPEN	27	M	100.0 kg	130.0 kg	130.0 kg	130.0 kg	90.1030	80.0 kg	90.0 kg	100.0 kg	100.0 kg	69.3100	160.0 kg	190.0 kg	200.0 kg	200.0 kg	138.6200	430.0 kg	0.6931	298.0330	U	298.0330						
FP	RAF	Josh Burrows	82.50	80.20	OPEN	26	M	142.5 kg	150.0 kg	157.5 kg	157.5 kg	99.5085	117.5 kg	120.0 kg	130.0 kg	120.0 kg	75.8160	175.0 kg	185.0 kg	190.0 kg	190.0 kg	120.0420	467.5 kg	0.6318	295.3665	U	295.3665						
FP	RAF	Samuel Smith	82.50	81.80	Jnr	23	M	150.0 kg	160.0 kg	170.0 kg	170.0 kg	105.9100	100.0 kg	110.0 kg	115.0 kg	110.0 kg	68.5300	190.0 kg	200.0 kg	200.0 kg	200.0 kg	118.3700	470.0 kg	0.623	292.8100	U	292.8100						
FP	RAF	Callum Marston	75.00	74.00	Jnr	20	M	137.5 kg	142.5 kg	147.5 kg	147.5 kg	99.0610	100.0 kg	105.0 kg	107.5 kg	107.5 kg	72.1970	162.5 kg	172.5 kg	180.0 kg	180.0 kg	120.8880	435.0 kg	0.6716	292.1460	U	292.1460						
FP	RAF	Flynn Mackie	100.00	95.20	Jnr	20	M	155.0 kg	170.0 kg	180.0 kg	180.0 kg	102.0960	100.0 kg	110.0 kg	115.0 kg	115.0 kg	65.2280	190.0 kg	207.5 kg	220.0 kg	220.0 kg	124.7840	515.0 kg	0.5672	292.1080	U	292.1080						
FP	RAF	James Hopkins	90.00	88.40	OPEN	32	M	135.0 kg	142.5 kg	155.0 kg	155.0 kg	91.7290	110.0 kg	120.0 kg	130.0 kg	120.0 kg	71.0160	190.0 kg	210.0 kg	222.5 kg	210.0 kg	124.2780	485.0 kg	0.5918	287.0230	U	287.0230						
FP	RAF	Isaac Medley	82.50	79.60	T3	19	M	140.0 kg	152.5 kg	160.0 kg	160.0 kg	96.8680	92.5 kg	102.5 kg	115.0 kg	102.5 kg	65.1080	185.0 kg	185.0 kg	200.0 kg	185.0 kg	117.5120	440.0 kg	0.6352	279.4880	U	279.4880						
FP	RAF	Cameron Brown	100.00	93.00	T3	19	M	140.0 kg	160.0 kg	170.0 kg	170.0 kg	97.6480	110.0 kg	115.0 kg	125.0 kg	115.0 kg	66.0560	180.0 kg	200.0 kg	200.0 kg	200.0 kg	114.8800	485.0 kg	0.5744	278.5840	U	278.5840						
FP	RAF	Jevan Maddox	90.00	89.20	Jnr	23	M	140.0 kg	150.0 kg	162.5 kg	162.5 kg	95.6313	105.0 kg	110.0 kg	110.0 kg	110.0 kg	64.7350	170.0 kg	185.0 kg	200.0 kg	200.0 kg	117.7000	472.0 kg	0.5885	278.0663	U	278.0663						
FP	RAF	Lee Pearce	100.00	90.80	OPEN	32	M	125.0 kg	135.0 kg	150.0 kg	150.0 kg	87.3450	110.0 kg	117.5 kg	117.5 kg	110.0 kg	64.0530	190.0 kg	205.0 kg	210.0 kg	210.0 kg	122.2830	470.0 kg	0.5823	273.6810	U	273.6810						
FP	RAF	Mike Smith	100.00	94.60	OPEN	26	M	150.0 kg	160.0 kg	170.0 kg	170.0 kg	96.7470	110.0 kg	120.0 kg	125.0 kg	125.0 kg	71.1375	160.0 kg	170.0 kg	180.0 kg	180.0 kg	96.7470	465.0 kg	0.5691	264.6315	U	264.6315						
FP	RAF	Connor McDonnell	75.00	68.60	Jnr	21	M	125.0 kg	135.0 kg	140.0 kg	140.0 kg	100.1700	67.5 kg	72.5 kg	75.0 kg	72.5 kg	51.8738	140.0 kg	155.0 kg	170.0 kg	155.0 kg	110.9025	367.5 kg	0.7155	262.9463	U	262.9463						
SO & BN	RAF	Chris Marshall	125.00	116.80	M3	51	M	195.0 kg	205.0 kg	215.0 kg	215.0 kg	114.1005	155.0 kg	165.0 kg	172.5 kg	165.0 kg	87.5655	0.0000	380.0 kg	0.5307	201.6660	U	201.6660										
SO & BN	RAF	Lewis Gollick	100.00	100.00	OPEN	29	M	140.0 kg	140.0 kg	150.0 kg	150.0 kg	83.1000	90.0 kg	100.0 kg	115.0 kg	100.0 kg	55.4000	0.0000	250.0 kg	0.554	138.5000	U	138.5000										
BN	RAF	Mark Porter	90.00	83.80	M1	43	M	0.0000	100.0 kg	105.0 kg	110.0 kg	110.0 kg	110.0 kg	110.0 kg	67.3970	0.0000	110.0 kg	0.6127	67.3970	U	67.3970												
FP	RAF	James Murphy	110.00	104.80	M5	63	M	120.0 kg	120.0 kg	120.0 kg	120.0 kg	-65.2920	80.0 kg	90.0 kg	100.0 kg	90.0 kg	48.9690	120.0 kg	135.0 kg	150.0 kg	150.0 kg	81.6150	120.0 kg	0.5441	65.2920	U	65.2920						
BN	RAF	Phil Denner	100.00	93.80	M5	64	M	0.0000	85.0 kg	90.0 kg	90.0 kg	90.0 kg	90.0 kg	92.5 kg																			