

Official BDFPA Score Sheet (V13.6)

Date of Comp: 27 Jul 22 Organiser: Royal Navy Powerlifting Association

UKAF Powerlifting Championships 2022 - HMS Raleigh, Torpoint

Division			British Record	European Record	World Record	MPF World Record	Divisional Record	Drug Tested	Calibrated Scales and Weights Used YES/NO																													
SQ FLT	B FLT	DL FLT	Age Cat	Wt Class	Age	Body Weight	LVN EO	F/M	DIV	Name	RH	SQUAT				BENCH				DEADLIFT				Best Deadlift	Total	QUALITY REQ	Co eff.	Points	MAM	Masters PN	Place Class	Place Cat	Best Lifter					
												1st Lift	2nd Lift	3rd Lift	4th Lift	Best Squat	1st Lift	2nd Lift	3rd Lift	4th Lift	Best Bench	1st Lift	2nd Lift	3rd Lift	4th Lift													
1	3	5	135	Jnr	63.00	20	62.6	UN	F	RAF	LUCY ROBINSON	10	135.0 kg	142.5 kg	150.0 kg	150.0 kg	6	67.5 kg	72.5 kg	77.5 kg	77.5 kg	172.5 kg	180.0 kg	187.5 kg	187.5 kg	415.0 kg	212.5	0.83020	344.5330	1.000	344.5330	1	1	Best Unequipped Female Powerlifter				
1	3	5	135	Jnr	58.50	22	56.0	UN	F	ARMY	LARA KEMP	10	92.5 kg	97.5 kg	102.5 kg	97.5 kg	5B	62.5 kg	65.0 kg	67.5 kg	65.0 kg	125.0 kg	135.0 kg	142.5 kg	135.0 kg	297.5 kg	197.5	0.91220	271.3795	1.000	271.3795	1	1					
1	3	5	135	Open	80.00	26	76.2	UN	F	ARMY	RACHEL SHAW	13	125.0 kg	135.0 kg	145.0 kg	135.0 kg	7	62.5 kg	67.5 kg	72.5 kg	72.5 kg	140.0 kg	155.0 kg	170.0 kg	170.0 kg	377.5 kg	282.5	0.71340	269.3085	1.000	269.3085	1	1					
1	3	5	135	Jnr	80.00	23	79.6	UN	F	RAF	HANNAH NOCK	15	125.0 kg	135.0 kg	137.5 kg	137.5 kg	6	65.0 kg	70.0 kg	75.0 kg	75.0 kg	155.0 kg	165.0 kg	170.0 kg	165.0 kg	377.5 kg	255	0.69110	260.8903	1.000	260.8903	2	1					
1	3	5	135	Open	80.00	36	74.0	UN	F	NAVY	LUCY MORRIS	13	125.0 kg	132.5 kg	132.5 kg	132.5 kg	8	65.0 kg	70.0 kg	72.5 kg	70.0 kg	140.0 kg	150.0 kg	155.0 kg	155.0 kg	357.5 kg	282.5	0.72860	260.4745	1.000	260.4745	3	3					
1	3	5	135	Open	80.00	30	73.6	UN	F	NAVY	SYRA PEARSON	10	105.0 kg	110.0 kg	115.0 kg	110.0 kg	5	77.5 kg	82.5 kg	87.5 kg	82.5 kg	140.0 kg	150.0 kg	157.5 kg	157.5 kg	350.0 kg	282.5	0.73150	256.0250	1.000	256.0250	4	4					
1	3	5	135	Open	80.00	35	77.0	UN	F	ARMY	REBECCA CRAGGS	11	100.0 kg	110.0 kg	115.0 kg	110.0 kg	5	65.0 kg	70.0 kg	75.0 kg	70.0 kg	120.0 kg	130.0 kg	140.0 kg	140.0 kg	320.0 kg	282.5	0.70800	226.5600	1.000	226.5600	5	5					
1	3	5	135	Open	80.00	27	73.6	UN	F	RAF	LISA SHAW	13	90.0 kg	100.0 kg	105.0 kg	105.0 kg	6	55.0 kg	57.5 kg	60.0 kg	57.5 kg	125.0 kg	135.0 kg	145.0 kg	145.0 kg	307.5 kg	282.5	0.73150	224.9363	1.000	224.9363	6	6					
1	3	5	135	Open	70.00	36	69.8	UN	F	NAVY	CHERYL MORE	13	105.0 kg	107.5 kg	110.0 kg	110.0 kg	7	55.0 kg	57.5 kg	60.0 kg	60.0 kg	112.5 kg	117.5 kg	120.0 kg	120.0 kg	290.0 kg	257.5	0.75960	220.2840	1.000	220.2840	1	1					
			5	5	Open	58.50	24	56.0	UDL	F	RAF	CHARLIE ELSON									160.0 kg	167.5 kg	177.5 kg	167.5 kg	167.5 kg	#N/A	0.91220	152.7935	1.000	152.7935	1	1						
			5	5	Open	80.00	38	79.8	UDL	F	RAF	VICTORIA RADCLIFFE										190.0 kg	-	-	190.0 kg	190.0 kg	#N/A	0.68980	131.0620	1.000	131.0620	1	1					
			5	5	Open	53.00	28	52.2	UDL	F	ARMY	ALBA PLATTS										112.5 kg	120.0 kg	127.5 kg	132.5 kg	127.5 kg	#N/A	0.96550	123.1013	1.000	123.1013	1	1					
			5	5	Open	58.50	26	56.6	UDL	F	RAF	JODIE THACKER										115.0 kg	125.0 kg	130.0 kg	130.0 kg	130.0 kg	#N/A	0.90320	117.4160	1.000	117.4160	2	2					
			5	5	Open	70.00	26	66.8	UDL	F	ARMY	BETH DUGGLEBY-CANTRELL										130.0 kg	145.0 kg	157.5 kg	145.0 kg	145.0 kg	#N/A	0.78570	113.9265	1.000	113.9265	1	1					
1			1	Open	63.00	29	60.2	USQ	F	RAF	NATASHA TEW	10	120.0 kg	127.5 kg	130.0 kg	130.0 kg						130.0 kg				130.0 kg	#N/A	0.85790	111.5270	1.000	111.5270	1	1					
1			1	Jnr	70.00	23	64.6	USQ	F	NAVY	FAYE GARDINER	12	100.0 kg	115.0 kg	125.0 kg	125.0 kg										125.0 kg	#N/A	0.80840	101.0500	1.000	101.0500	1	1					
1			1	Jnr	90.00	20	83.2	USQ	F	RAF	ELLIE SWANKIE	16	140.0 kg	145.0 kg	145.0 kg	140.0 kg										140.0 kg	#N/A	0.66890	93.6460	1.000	93.6460	1	1					
			5	5	Jnr	80.00	21	75.4	UDL	F	ARMY	CHLOE WILEMAN														112.5 kg	122.5 kg	130.0 kg	130.0 kg	130.0 kg	#N/A	0.71890	93.4570	1.000	93.4570	2	1	
			5	5	Open	70.00	28	68.2	UDL	F	NAVY	EMMA SMITH														100.0 kg	110.0 kg	117.5 kg	117.5 kg	117.5 kg	#N/A	0.77210	90.7218	1.000	90.7218	2	2	
1			1	Jnr	58.50	22	56.6	USQ	F	RAF	JASMINE LISNEY	10	90.0 kg	95.0 kg	100.0 kg	100.0 kg										100.0 kg	#N/A	0.90320	90.3200	1.000	90.3200	1	1					
1			1	Open	70.00	34	66.6	USQ	F	ARMY	NATALIE BROOK	10	107.5 kg	107.5 kg	115.0 kg	107.5 kg										107.5 kg	#N/A	0.78770	84.6778	1.000	84.6778	2	2					
1			1	Open	63.00	33	62.4	USQ	F	NAVY	RACHEL ORMSTON	12	92.5 kg	97.5 kg	100.0 kg	100.0 kg										100.0 kg	#N/A	0.83240	83.2400	1.000	83.2400	2	2					
1			1	Open	90+	24	92.8	USQ	F	ARMY	JESSICA RAINSDEN	15	110.0 kg	110.0 kg	125.0 kg	125.0 kg										125.0 kg	#N/A	0.62160	77.7000	1.000	77.7000	1	1					
1			1	Open	90.00	26	80.6	USQ	F	ARMY	AMY MARTIN	14	100.0 kg	100.0 kg	110.0 kg	110.0 kg										110.0 kg	#N/A	0.68480	75.3280	1.000	75.3280	2	2					
			3	Open	63.00	35	61.2	UBP	F	ARMY	ALISON BOOKER															85.0 kg	#N/A	0.84620	71.9270	1.000	71.9270	1	1					
			5	5	T3	90+	19	106.0	UDL	F	NAVY	KAITLIN BARK													115.0 kg	#N/A	0.58080	66.7920	1.000	66.7920	1	1						
			3	3	M1	80.00	42	75.4	UBP	F	ARMY	MICHELLE MARGRIE													80.0 kg	#N/A	0.71890	57.5120	1.014	58.3172	1	1						
			3	3	Jnr	70.00	23	67.0	UBP	F	RAF	APRIL HENDERSON														72.5 kg	#N/A	0.78370	56.8183	1.000	56.8183	1	1					
			3	3	Open	70.00	30	67.2	UBP	F	RAF	RACHAEL ROBERTSON														72.5 kg	#N/A	0.78170	56.6733	1.000	56.6733	2	2					
			3	3	Open	55.50	27	54.6	UBP	F	ARMY	ALICE GRAHAM														57.5 kg	#N/A	0.93050	53.5038	1.000	53.5038	1	1					
			3	3	Jnr	70.00	21	63.8	UBP	F	NAVY	AMBER DONALDSON														62.5 kg	#N/A	0.81700	51.0625	1.000	51.0625	3	2					
			3	3	Open	80.00	28	77.0	UBP	F	NAVY	SHANIE JONES														50.0 kg	#N/A	0.70800	35.4000	1.000	35.4000	2	2					
			3	3	Open	47.50	26	46.8	UBP	F	RAF	ROWEN PEARCE														32.5 kg	#N/A	1.05480	34.2810	1.000	34.2810	1	1					
2	4	6	246	Open	75.00	35	74.5	UN	M	NAVY	SAM DEW	11	235.0 kg	245.0 kg	-	245.0 kg	5	155.0 kg	162.5 kg	167.5 kg	162.5 kg	240.0 kg	252.5 kg	265.5 kg	252.5 kg	660.0 kg	457.5	0.66800	440.8800	1.000	440.8800	1	1	Best Unequipped Male Powerlifter				
2	4	6	246	Open	100.00	30	99.4	UN	M	RAF	LUKE COOK	19	220.0 kg	235.0 kg	242.5 kg	242.5 kg	10	165.0 kg	172.5 kg	180.0 kg	172.5 kg	280.0 kg	292.5 kg	300.0 kg	300.0 kg	715.0 kg	552.5	0.55550	397.1825	1.000	397.1825	1	1					
2	4	6	246	Open	75.00	35	74.3	UN	M	RAF	WILL MILLER	14	190.0 kg	197.5 kg	202.5 kg	202.5 kg	5	130.0 kg	135.0 kg	135.0 kg	135.0 kg	230.0 kg	240.0 kg	245.0 kg	245.0 kg	582.5 kg	457.5	0.66940	389.9255	1.000	389.9255	2	2					
2	4	6	246	Open	82.50	28	80.6	UN	M	ARMY	TOM BEALL	11	180.0 kg	197.5 kg	210.0 kg	210.0 kg	7	127.5 kg	135.0 kg	142.5 kg	142.5 kg	220.0 kg	245.0 kg	262.5 kg	245.0 kg	597.5 kg	490	0.62950	376.1263	1.000	376.1263	1	1					
2	4	6	246	Open	100.00	31	94.8	UN	M	ARMY	NTI OSEI	16	220.0 kg	230.0 kg	235.0 kg	230.0 kg	7	140.0 kg	150.0 kg	150.0 kg	140.0 kg	260.0 kg	280.0 kg	300.0 kg	280.0 kg	650.0 kg	552.5	0.56850	369.5250	1.000	369.5250	2	2					
2	4	6	246	Open	90.00	32	86.0	UN	M	NAVY	JAMES BEST	14	200.0 kg	210.0 kg	220.0 kg	220.0 kg	6	140.0 kg	140.0 kg	-	140.0 kg	230.0 kg	240.0 kg	250.0 kg	250.0 kg	610.0 kg	520	0.60220	367.3420	1.000	367.3420	1	1					
2	4	6	246	Open	67.50	24	66.1	UN	M	ARMY	EDRICK VELICARIA	10	140.0 kg	150.0 kg	160.0 kg	160.0 kg	6	100.0 kg	107.5 kg	110.0 kg	110.0 kg	190.0 kg	205.0 kg	217.5 kg	205.0 kg	475.0 kg	417.5	0.73980	351.4050	1.000	351.4050	1	1					
2	4	6	246	Open	110.00	35	104.0	UN	M	NAVY	BEN JONES	17	200.0 kg	210.0 kg	220.0 kg	220.0 kg	9	130.0 kg	140.0 kg	145.0 kg	130.0 kg	230.0 kg	240.0 kg	250.0 kg	250.0 kg	600.0 kg	570	0.54550	327.3000	1.000	327.3000	1	1					
			6	6	M3	67.50	50	67.4	UDL	M	ARMY	GREIG MURRAY														210.0 kg	#N/A	0.72680	176.2490	1.150	202.6864	1	1					
			6	6	Open	82.50	27	77.1	UDL	M	ARMY	BINOD GURUNG														230.0 kg	#N/A	0.65050	172.3825									