

RAF Championships - Cosford - 19th July 2008

E/UE	Cat.	Name	B Wgt	Age	Squat	Bench	D/Lift	Total	Points	Place
UE	90	Jon Moore	87.5	Snr	115	130	215	460		
	100	Dave Hall	97	Snr	180	115	220	515		
	110	Scott Simon	102.5	Snr	190	160	230	580		
E	75	Andy Bamford	74.8	Snr	180	125	235	540		
	90	Ryan Wheal	86	Jnr	80	80	265.5	425		

Single Lifts

E/UE	Cat.	Name	B Wgt	Age	Squat	Bench	D/Lift	Total	Points	Place
UE	110	Scott Simon	102.5	Snr	190					
E	75	Andy Bamford	74.8	Snr	180					
UE	75	Chris Alexander	70	Snr		100				
	75	Kev Mason	71	Snr		100				
	75	Rob Denner	72.5	Jnr		100				
	82.5	Phil Tempest	80.5	Snr		147.5				
	90	Del McDonagh	87	M1		92.5				
	90	Phil Denner	89	M3		100				
	90	Paul Storey	88	Snr		120				
	90	Jon Moore	87.5	Snr		130				
	90	Michael Yule	87.5	Snr		160				
	100	Guy Sumner	94.5	Snr		95				
110	Scott Simon	102.5	Snr		160					
E	75	Andy Bamford	74.8	Snr		125				
UE	67.5	Daniel Baldwin	65	Jnr			180			
	90	Paul Storey	88	Snr			195			
E	75	Andy Bamford	74.8	Snr			235			
	90	Ryan Wheal	86	Jnr			265.5			