

Eastern Counties Divisional Championships - Bow Po

Bow Power Gym, Brentwood

21/01/2012

U E	Name	Wt cat.	Body wt	Age Cat	Age	Div/ Nat	Squat				Bench Press				Sub Total	Dead Lift				Total	Co eff.	Points	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				
U	Claire Bailey	53.00	51.50	O	36	EC	-	-	-	-	42.5 kg	45.0 kg	47.5 kg	-	47.5 kg	-	-	-	-	47.5 kg	0.9762	46.3695	
U	Louise Fox	55.50	53.80	O	39	EC	80.0 kg	90.0 kg	-	-	60.0 kg	65.0 kg	-	-	155.0 kg	130.0 kg	140.0 kg	150.0 kg	-	305.0 kg	0.9419	287.2795	1
U	Tom Nixon	67.50	66.70	J	20	EC	95.0 kg	100.0 kg	105.0 kg	-	80.0 kg	85.0 kg	90.0 kg	-	195.0 kg	120.0 kg	130.0 kg	140.0 kg	-	335.0 kg	0.7337	245.7895	1
U	David Thompson	75.00	74.90	O	28	EC	170.0 kg	185.0 kg	200.0 kg	-	90.0 kg	105.0 kg	115.0 kg	-	290.0 kg	185.0 kg	202.5 kg	212.5 kg	-	502.5 kg	0.6652	334.2630	1
U	Mike Joseph	75.00	74.20	M1	40	EC	-	-	-	-	140.0 kg	160.0 kg	170.0 kg	-	170.0 kg	-	-	-	-	170.0 kg	0.6701	113.9170	
E	Lee Meachen	75.00	75.00	M2	46	EC	-	-	-	-	120.0 kg	175.0 kg	180.0 kg	-	180.0 kg	-	-	-	-	180.0 kg	0.7216	129.8880	
U	Cliff Haynes	75.00	69.80	m3	51	EC	135.0 kg	150.0 kg	160.0 kg	-	-	-	-	-	160.0 kg	190.0 kg	220.0 kg	-	380.0 kg	0.7048	267.8240	2	
U	Grant Sugarman	82.50	79.20	M3	50	EC	135.0 kg	145.0 kg	157.5 kg	-	100.0 kg	100.0 kg	100.0 kg	-	257.5 kg	170.0 kg	180.0 kg	190.0 kg	-	447.5 kg	0.6376	285.3260	1
U	Mick Amey	82.50	77.10	M5	62	EC	60.0 kg	120.0 kg	140.0 kg	-	60.0 kg	80.0 kg	85.0 kg	-	225.0 kg	155.0 kg	180.0 kg	200.0 kg	-	425.0 kg	0.6505	276.4625	2
U	Ben Roberts	100.00	94.65	J	21	SE	180.0 kg	205.0 kg	215.0 kg	-	105.0 kg	112.5 kg	120.0 kg	-	327.5 kg	180.0 kg	200.0 kg	220.0 kg	-	527.5 kg	0.569	300.1475	2
E	Josh Gray-Reid	100.00	98.75	O	27	EC	205.0 kg	205.0 kg	217.5 kg	-	137.5 kg	145.0 kg	152.5 kg	-	370.0 kg	230.0 kg	237.5 kg	245.0 kg	-	615.0 kg	0.5572	342.6780	1
U	Darren Greville	100.00	99.50	M1	41	SE	-	-	-	-	140.0 kg	157.5 kg	157.5 kg	-	157.5 kg	200.0 kg	240.0 kg	245.0 kg	-	397.5 kg	0.5553	220.7318	3
U	Barry Gordge	100.00	98.15	M3	50	SE	180.0 kg	200.0 kg	-	-	120.0 kg	130.0 kg	140.0 kg	-	310.0 kg	180.0 kg	200.0 kg	220.0 kg	-	530.0 kg	0.5593	296.4290	1
U	James Cooper	110.00	109.60	O	33	SE	170.0 kg	180.0 kg	190.0 kg	-	140.0 kg	150.0 kg	157.5 kg	-	347.5 kg	220.0 kg	235.0 kg	245.0 kg	-	592.5 kg	0.537	318.1725	2
U	Alistair Murdoch	110.00	107.30	M1	44	SE	210.0 kg	230.0 kg	250.0 kg	-	205.0 kg	220.0 kg	227.5 kg	-	477.5 kg	230.0 kg	250.0 kg	265.0 kg	-	742.5 kg	0.5401	401.0243	1
U	Steve van Kempen	110.00	101.25	M2	45	EC	-	-	-	-	-	-	-	-	-	190.0 kg	202.5 kg	210.0 kg	-	210.0 kg	0.5514	115.7940	
E	David Hodgson	110.00	101.70	M3	53	EC	180.0 kg	200.0 kg	210.0 kg	-	150.0 kg	160.0 kg	170.0 kg	-	370.0 kg	200.0 kg	220.0 kg	230.0 kg	-	600.0 kg	0.5502	330.1200	1
U	Jim Burden	110.00	104.05	M6	65	EC	140.0 kg	155.0 kg	165.0 kg	-	120.0 kg	130.0 kg	135.0 kg	-	295.0 kg	180.0 kg	200.0 kg	210.0 kg	-	505.0 kg	0.5514	278.4570	3
E	Andy Dare	125.00	118.50	M2	49	EC	160.0 kg	180.0 kg	200.0 kg	-	150.0 kg	160.0 kg	170.0 kg	-	370.0 kg	250.0 kg	260.0 kg	270.0 kg	-	630.0 kg	0.5283	332.8290	1
															0.0 kg					0.0 kg			
															0.0 kg					0.0 kg			
															0.0 kg					0.0 kg			
															0.0 kg					0.0 kg			

This result sheet must be signed & printed by all referees who adj udicated in the above competition

Ref's Signed

Ref's in Block Caps - Pete Sparks