

Official APU Championship Score Sheet

Date of comp **06/06/2012**

lot	R H	Name	Wt cat.	Body wt	Age Cat	Age	unit	corps	Squat				Sub Total	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		1st Lift	2nd Lift	3rd Lift	4th Lift				
		Sewards	82.5	79.6	Jnr				120.0 kg	130.0 kg	160.0 kg		130.0 kg	120.0 kg	120.0 kg	127.5 kg	127.5 kg	180.0 kg	200.0 kg	220.0 kg	200.0 kg	457.5 kg	0.6352	290.60	
		Wakeford	82.5	79.7	Snr				90.0 kg	90.0 kg	90.0 kg		90.0 kg	70.0 kg	80.0 kg	90.0 kg	80.0 kg	130.0 kg	140.0 kg	160.0 kg	140.0 kg	310.0 kg	0.6347	196.76	
		Smith 89	82.5	79.9	Snr				130.0 kg	135.0 kg	145.0 kg		135.0 kg	90.0 kg	90.0 kg	100.0 kg	90.0 kg	150.0 kg	160.0 kg	170.0 kg	170.0 kg	395.0 kg	0.6335	250.23	
		Russell	82.5	78.6	Snr		RE		125.0 kg	135.0 kg	140.0 kg		140.0 kg	90.0 kg	100.0 kg	105.0 kg	100.0 kg	150.0 kg	160.0 kg	170.0 kg	170.0 kg	410.0 kg	0.6412	262.89	
		Hastings	82.5	75.9	Snr		DCPG		150.0 kg	162.5 kg	165.0 kg		162.5 kg	100.0 kg	110.0 kg	115.0 kg	115.0 kg	170.0 kg	185.0 kg	195.0 kg	195.0 kg	472.5 kg	0.6583	311.05	
		Bucknole	82.5	81.8	Jnr		22 Engr		110.0 kg	120.0 kg	130.0 kg		130.0 kg	105.0 kg	110.0 kg	115.0 kg	110.0 kg	150.0 kg	160.0 kg	180.0 kg	180.0 kg	420.0 kg	0.623	261.66	
		Bennet	90.00	88.70	Snr		39 Engr	RE	125.0 kg	125.0 kg	135.0 kg		125.0 kg	125.0 kg	127.5 kg	127.5 kg	127.5 kg	180.0 kg	200.0 kg	210.0 kg	210.0 kg	462.5 kg	0.5905	273.11	
		Durham	82.5	80.4	Snr		RE		125.0 kg	135.0 kg	140.0 kg		135.0 kg	80.0 kg	90.0 kg	100.0 kg	90.0 kg	170.0 kg	180.0 kg	187.5 kg	187.5 kg	412.5 kg	0.6307	260.16	
		Taber	82.5	75.6	Snr		39 Engr		120.0 kg	130.0 kg	132.5 kg		132.5 kg	90.0 kg	95.0 kg	100.0 kg	100.0 kg	140.0 kg	150.0 kg	160.0 kg	160.0 kg	392.5 kg	0.6603	259.17	
		Smith 52	82.5	80.7	Snr		22 Engr		150.0 kg	160.0 kg	165.0 kg		165.0 kg	105.0 kg	110.0 kg	115.0 kg	115.0 kg	200.0 kg	210.0 kg	220.0 kg	220.0 kg	500.0 kg	0.629	314.50	
		Newland	82.5	76.2	Jnr				125.0 kg	135.0 kg	140.0 kg		140.0 kg	110.0 kg	115.0 kg	122.5 kg	115.0 kg	160.0 kg	185.0 kg	200.0 kg	200.0 kg	455.0 kg	0.6563	298.62	
		Hicks	82.5	81.5	Snr		19 RA		140.0 kg	150.0 kg	160.0 kg		150.0 kg	125.0 kg	130.0 kg	132.5 kg	132.5 kg	170.0 kg	185.0 kg	195.0 kg	185.0 kg	467.5 kg	0.6245	291.95	
		Gyabach	82.5	82.5	Snr				130.0 kg	150.0 kg	165.0 kg		165.0 kg	120.0 kg	130.0 kg	132.5 kg	120.0 kg	150.0 kg	170.0 kg	200.0 kg	200.0 kg	485.0 kg	0.6193	300.36	
		Heath	90.00	85.30	Snr				175.0 kg	180.0 kg	185.0 kg		185.0 kg	130.0 kg	135.0 kg	140.0 kg	140.0 kg	210.0 kg	215.0 kg	220.0 kg	220.0 kg	545.0 kg	0.6055	330.00	

DR = Divisional Record

BR = British Record

ER = European Record

WR = World Record

A copy of the results should be sent to:

The BDFPA General Secretary. The Records Registrars. Raw Power Editor

Ref's in Block Caps