

Official APU Championship Score Sheet  
NATIONAL SINGLE LIFT CHAMPIONSHIPS 2014

Date of Comp - 01 MARCH 14

UE/E	Name	Wt cat.	Body wt	Age Cat	Single Lift - SQUAT				Sub Total	Co eff.	Points	MAM	Masters PN	PLACING	QUALIFIED FOR INTERNATIONALS	BEST LIFTER
					1st Lift	2nd Lift	3rd Lift	4th Lift								
U	GEORGIE HODSON	50.50	48.80	Open	65.0 kg	70.0 kg	75.0 kg		75.0 kg	1.01990	76.4925		0.0000	1	Yes	
U	DANIELLE PEART	53.00	52.50	JNR	65.0 kg	75.0 kg	85.0 kg		75.0 kg	0.96100	72.0750		0.0000	1	Yes	
U	MILI LEITNER	58.50	57.20	Open	95.0 kg	105.0 kg	110.0 kg		105.0 kg	0.89540	94.0170		0.0000	1	Yes	Best unequipped female squat
U	SUE BETHELL	58.50	55.30	M3	75.0 kg	75.0 kg	85.0 kg		85.0 kg	0.92080	78.2680	1.2070	94.4695	1	Yes	
U	HELEN CATHERINE WALTER	58.50	57.80	M6	75.0 kg	77.5 kg	77.5 kg		77.5 kg	0.88760	68.7890	1.5970	109.8560	1	Yes	Best Masters unequipped female squat
U	IWONA LANGE	58.50	58.30	JNR	90.0 kg	90.0 kg	95.0 kg							BOMB OUT	No	
U	LUCIE SPRAGGON	90.00	83.20	JNR	90.0 kg	110.0 kg	115.0 kg		110.0 kg	0.66890	73.5790		0.0000	1	Yes	
U	NATHANIEL FLETCHER	60.00	59.10	T2	120.0 kg	130.0 kg	135.0 kg		130.0 kg	0.82570	107.3410		0.0000	1	Yes	
U	NATHAN LEACH	67.50	66.00	Open/MPF	150.0 kg	160.0 kg	165.0 kg		160.0 kg	0.74080	118.5280		0.0000	1 (MPF)	Yes	
U	ROBERT FERGUSON	67.50	61.20	T1	125.0 kg	130.0 kg	130.0 kg		125.0 kg	0.66520	83.1500		0.0000	1	Yes	
U	OLIVER GILBERT	75.00	74.50	Open/MPF	180.0 kg	190.0 kg	197.5 kg		197.5 kg	0.66800	131.9300		0.0000	1	Yes	
U	MAXWELL HERD	75.00	74.50	Open/MPF	190.0 kg	195.0 kg	197.5 kg		190.0 kg	0.66800	126.9200		0.0000	2 / 1 MPF	Yes	
U	DAVID FREEMAN	75.00	74.60	M5	135.0 kg	145.0 kg	145.0 kg		145.0 kg	0.66730	96.7585	1.4700	142.2350	1	Yes	
U	COLIN DEAKIN	75.00	69.90	Open/MPF	120.0 kg	130.0 kg	130.0 kg		120.0 kg	0.70400	84.4800		0.0000	3 / 2 MPF	No	
U	DAVE HEATH	82.50	80.70	Open/MPF	190.0 kg	205.0 kg	212.5 kg	216.0 kg	212.5 kg	0.62900	133.6625		0.0000	1	Yes	Best MPF Unequipped Squat
U	GLEN DANBURY	82.50	80.80	Open	190.0 kg	200.0 kg	210.0 kg		200.0 kg	0.63840	127.6800		0.0000	2	Yes	
U	NICOLAS MAY	82.50	80.50	Open	150.0 kg	165.0 kg	175.0 kg		175.0 kg	0.63010	110.2675		0.0000	1	Yes	
U	MICHAEL ROUND	82.50	81.50	M4	165.0 kg	170.0 kg	175.0 kg	180.0 kg	175.0 kg	0.62450	109.2875	1.2500	136.6094	1	Yes	
U	MARTIN PARRY	82.50	81.20	M1/MPF	157.5 kg	160.0 kg	170.0 kg		160.0 kg	0.62620	100.1920	1.0000	100.1920	2	No	
U	DALJIEET SINGH	82.50	75.70	Open/MPF	175.0 kg	180.0 kg	190.0 kg						0.0000	BOMB OUT	No	
U	DANIEL GEACH	90.00	87.40	Open	200.0 kg	210.0 kg	217.5 kg		210.0 kg	0.59600	125.1600		0.0000	1	Yes	
U	WILL YOUNG	90.00	87.60	JNR	182.5 kg	192.5 kg	197.5 kg		197.5 kg	0.59520	117.5520		0.0000	1	Yes	
U	MARK HESKETH	90.00	86.50	M3	175.0 kg	185.0 kg	190.0 kg		185.0 kg	0.60000	111.0000	1.1870	131.7570	1	Yes	
U	JAMES COX	100.00	95.90	Open/MPF	200.0 kg	215.0 kg	220.0 kg		215.0 kg	0.56510	121.4965		0.0000	1	Yes	
U	MICHAL MAKOVIC	100.00	95.70	Open	190.0 kg	200.0 kg	210.0 kg		210.0 kg	0.56570	118.7970		0.0000	2	Yes	
U	PHIL JONES	100.00	99.30	M2/MPF	185.0 kg	202.5 kg			202.5 kg	0.55580	112.5495	1.0600	119.3025	1	Yes	
U	YANNIS VERENAKIS	100.00	96.70	JNR	182.5 kg	190.0 kg	195.0 kg		195.0 kg	0.56270	109.7265		0.0000	1	Yes	
U	ROBYN JONES	110.00	107.70	Open	225.0 kg	240.0 kg	255.0 kg		255.0 kg	0.53950	137.5725		0.0000	1	Yes	Best male unequipped squat
U	STEVEN LAMBERT	110.00	107.40	M3	200.0 kg	210.0 kg	220.0 kg		220.0 kg	0.53990	118.7780	1.2070	143.3650	1	Yes	
U	JOHN WALKER	110.00	102.20	M7	177.5 kg	187.5 kg	193.0 kg		192.5 kg	0.54910	105.9763	1.8600	197.1159	1	Yes	Best Masters Unequipped Squat
U	RHYS CALLAND	110.00	104.90	T3	160.0 kg	170.0 kg	170.0 kg		170.0 kg	0.54390	92.4630		0.0000	1	Yes	
E	MARY ANDERSON	80.00	75.30	M2	160.0 kg	175.0 kg	185.0 kg		175.0 kg	0.71960	125.9300	1.0780	135.7525	1	Yes	Best Equipped female squat
E	NEIL RATCLIFFE	82.50	79.00	M1	205.0 kg	220.0 kg			220.0 kg	0.63880	140.5360	1.0050	141.2387	1	Yes	
E	JAMES MINEAR	82.50	81.70	T3	200.0 kg	207.5 kg			200.0 kg	0.62350	124.7000		0.0000	1	Yes	
E	JAGIR SINGH	100.00	99.90	M4	160.0 kg	180.0 kg	180.0 kg		180.0 kg	0.55430	99.7740	1.2500	124.7175	1	Yes	
E	IAN HAWKINS	125.00	116.30	Open	295.0 kg	305.0 kg	315.0 kg		305.0 kg	0.53020	161.7110			1	Yes	Best male equipped squat

\* Denotes a "light lifter". Only qualified at a higher weight class, therefore moved up a category and exempt from records.

MPF Record  
British Record  
European Record  
World Record  
Drug Tested  
A copy of the results

This result sheet must be signed by all referees who adjudicated in the above competition Refs signed (in block caps):

Refs Neil Thomas, Andy Davies, Mike Davies, Mike Leadbetter, Eric West, Nicola Elding, Les Pilling, Russ Martin, Pete Sparks, Pete Hudson, Ann Thomas, Glen Danbury, James Minear, Pat Reeves