

Official RAF Marham Score Sheet

MILITARY DIVISIONAL AT RAF MARHAM

RAF MARHAM POWER AND S/L

Date of comp

01-Dec-14

Sex	U/E	Name	Wt cat.	Body wt	Age Cat	Age	Div/Nat	Rk Ht	Squat				Sub Total	Bench Press				Sub Total	Dead Lift				Total	Co eff.	Points	EVENT	B/F	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						
FP	U	Nathan Leach	67.50	65.40	OPEN	26		6	160.0 kg	170.0 kg	180.0 kg		170.0 kg	110.0 kg	115.0 kg	120.0 kg		290.0 kg	165.0 kg	180.0 kg	190.0 kg		480.0 kg	0.7471	358.6080	FP	358.6080	
FP	U	Chris Middlehurst	90.00	87.40	OPEN	33		7	160.0 kg	170.0 kg	175.0 kg		170.0 kg	135.0 kg	145.0 kg	150.0 kg		315.0 kg	205.0 kg	220.0 kg	230.0 kg		545.0 kg	0.596	324.8200	FP	324.8200	
SQ	U	James Kendal	80.00	77.80	OPEN	25		7	125.0 kg	130.0 kg	135.0 kg		135.0 kg					135.0 kg					135.0 kg	0.6461	87.2235	SQ	87.2235	
SQ	U	James Oldfield	100.00	96.30	OPEN	32		8	150.0 kg	160.0 kg	165.0 kg		160.0 kg					160.0 kg					160.0 kg	0.5639	90.2240	SQ	90.2240	
BN	U	Michelle Crolla	70.00	69.30	OPEN	39								52.5 kg	57.5 kg	62.5 kg		62.5 kg					62.5 kg	0.7635	47.7188	BN	47.7188	
BN	U	Michael Applegate	75.00	74.20	OPEN	29								115.0 kg				115.0 kg					115.0 kg	0.6701	77.0615	BN	77.0615	
BN	E	James Oldfield	100.00	96.30	OPEN	32								147.5 kg	150.0 kg	150.0 kg		147.5 kg					147.5 kg	0.5639	83.1753	BN	83.1753	
DL	U	James Kendal	80.00	77.80	OPEN	25												185.0 kg	192.5 kg	200.0 kg		192.5 kg	0.6461	124.3743	DL	124.3743		
DL	U	James Oldfield	100.00	96.30	OPEN	32												210.0 kg	220.0 kg	230.0 kg		220.0 kg	0.5639	124.0580	DL	124.0580		

DR = Divisional Record BR = British Record ER = European Record WR = World Record

This result sheet must be signed by all referees who adjudicated in the above competition Refs signed (in block caps):
 JIM OLDFIELD, NATHAN LEACH, SHANE SEWARD.

A copy of the results sheet should be sent to
 The BDFPA General
 Secretary, The Records Registrar, Raw Power Editor