

Official ARMY Full Power Score Sheet

HAZEBROUCK BARRACKS										ARMY POWER					Date of comp		22-Jul-15												
P	U	Name	Wt cat.	Body wt	Age Cat	Age	DIV	RR	Nat	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	3	Craig Spicer	56 kg	56.00	OPEN	30				100.0 kg	115.0 kg	125.0 kg	115.0 kg	75.0 kg	85.0 kg	87.5 kg	200.0 kg	150.0 kg	170.0 kg	0.0 kg	350.0 kg	0.8748	306.1800	FP	306.1800				
FP	3	Aaron Black	60 kg	59.20	JNR	21				100.0 kg	100.0 kg	100.0 kg	100.0 kg	60.0 kg	70.0 kg	70.0 kg	160.0 kg	162.5 kg	162.5 kg	170.0 kg	226.0 kg	0.8242	265.8045	FP	265.8045				
FP	3	Daniel Gomez	60 kg	59.30	JNR	22				60.0 kg	80.0 kg	90.0 kg	90.0 kg	60.0 kg	70.0 kg	80.0 kg	150.0 kg	110.0 kg	135.0 kg	155.0 kg	305.0 kg	0.8242	251.3810	FP	251.3810				
FP	3	Greig Murray	67.5 kg	66.20	M1	43				115.0 kg	110.0 kg	130.0 kg	130.0 kg	110.0 kg	115.0 kg	130.0 kg	245.0 kg	200.0 kg	210.0 kg	217.5 kg	462.5 kg	0.7387	341.6488	FP	341.6488				
FP	3	David Whitworth	67.5 kg	66.90	JNR	20				140.0 kg	150.0 kg	155.0 kg	150.0 kg	115.0 kg	120.0 kg	122.5 kg	272.5 kg	170.0 kg	180.0 kg	190.0 kg	462.5 kg	0.7317	338.4113	FP	338.4113				
FP	3	Phil Bayford	67.5 kg	67.20	JNR	23				100.0 kg	115.0 kg	125.0 kg	125.0 kg	100.0 kg	105.0 kg	107.5 kg	230.0 kg	175.0 kg	190.0 kg	190.0 kg	420.0 kg	0.7287	306.0540	FP	306.0540				
FP	3	Mike Hedworth	67.5 kg	66.90	OPEN	24				145.0 kg	150.0 kg	146.0 kg	150.0 kg	70.0 kg	75.0 kg	80.0 kg	230.0 kg	170.0 kg	180.0 kg	190.0 kg	410.0 kg	0.7317	299.9970	FP	299.9970				
FP	3	James Hory	67.5 kg	66.10	JNR	21				100.0 kg	110.0 kg	120.0 kg	110.0 kg	85.0 kg	95.0 kg	100.0 kg	205.0 kg	155.0 kg	180.0 kg	180.0 kg	385.0 kg	0.7408	285.2080	FP	285.2080				
FP	3	Anthony Horrocks	67.5 kg	64.20	JNR	23				100.0 kg	110.0 kg	110.0 kg	110.0 kg	100.0 kg	100.0 kg	107.5 kg	210.0 kg	135.0 kg	145.0 kg	157.5 kg	355.0 kg	0.7602	269.8710	FP	269.8710				
FP	3	Zachary Aisthorpe	67.5 kg	62.80	JNR	23				115.0 kg	120.0 kg	125.0 kg	120.0 kg	90.0 kg	90.0 kg	90.0 kg	30.0 kg	160.0 kg	165.0 kg	172.5 kg	202.5 kg	0.7777	157.4843	FP	157.4843				
FP	4	Jordan Fern	75 kg	72.50	OPEN	24				150.0 kg	157.5 kg	165.0 kg	165.0 kg	120.0 kg	125.0 kg	125.0 kg	285.0 kg	200.0 kg	215.0 kg	220.0 kg	505.0 kg	0.6828	344.8140	FP	344.8140				
FP	4	Richard Palmer	75 kg	69.50	OPEN	27				150.0 kg	157.5 kg	165.0 kg	165.0 kg	95.0 kg	100.0 kg	110.0 kg	267.5 kg	210.0 kg	215.0 kg	217.0 kg	484.5 kg	0.7074	342.7353	FP	342.7353				
FP	4	Nathanael Lucas	75 kg	70.10	OPEN	26				150.0 kg	157.5 kg	160.0 kg	160.0 kg	100.0 kg	110.0 kg	110.0 kg	260.0 kg	205.0 kg	215.0 kg	220.0 kg	475.0 kg	0.7031	333.9725	FP	333.9725				
FP	4	Michael Carrigan	75 kg	73.40	JNR	23				180.0 kg	185.0 kg	185.0 kg	185.0 kg	90.0 kg	95.0 kg	102.0 kg	280.0 kg	205.0 kg	215.0 kg	210.0 kg	485.0 kg	0.6776	327.8600	FP	327.8600				
FP	5	Alex Newham	75 kg	74.30	OPEN	25				130.0 kg	150.0 kg	160.0 kg	160.0 kg	130.0 kg	135.0 kg	137.5 kg	297.5 kg	190.0 kg	175.0 kg	185.0 kg	482.5 kg	0.6701	323.3233	FP	323.3233				
FP	5	Joshua Finch	75 kg	73.70	OPEN	24				140.0 kg	147.5 kg	155.0 kg	155.0 kg	100.0 kg	110.0 kg	115.0 kg	270.0 kg	170.0 kg	180.0 kg	190.0 kg	460.0 kg	0.6737	308.9020	FP	308.9020				
FP	5	Pradip Rai	75 kg	73.50	OPEN	31				140.0 kg	145.0 kg	150.0 kg	145.0 kg	120.0 kg	122.5 kg	125.0 kg	267.5 kg	182.5 kg	182.5 kg	185.0 kg	450.0 kg	0.6752	303.8400	FP	303.8400				
FP	4	Matthew Hayes	75 kg	73.40	OPEN	30				130.0 kg	140.0 kg	145.0 kg	145.0 kg	120.0 kg	130.0 kg	130.0 kg	265.0 kg	170.0 kg	180.0 kg	185.0 kg	445.0 kg	0.6776	300.8200	FP	300.8200				
FP	5	Colin Deakin	75 kg	75.00	OPEN	29				135.0 kg	147.5 kg	152.5 kg	147.5 kg	115.0 kg	120.0 kg	120.0 kg	262.5 kg	190.0 kg	202.5 kg	202.5 kg	452.5 kg	0.6645	300.6863	FP	300.6863				
FP	5	Adam Burke	75 kg	75.00	JNR	21				110.0 kg	130.0 kg	144.0 kg	130.0 kg	100.0 kg	110.0 kg	115.0 kg	240.0 kg	160.0 kg	200.0 kg	218.5 kg	440.0 kg	0.6645	292.3800	FP	292.3800				
FP	5	Ed Weetman	75 kg	75.00	OPEN	24				120.0 kg	132.5 kg	150.0 kg	132.5 kg	120.0 kg	127.5 kg	127.5 kg	260.0 kg	150.0 kg	165.0 kg	175.0 kg	425.0 kg	0.6645	282.4125	FP	282.4125				
FP	5	Miles Caswell	75 kg	74.00	OPEN	28				110.0 kg	120.0 kg	130.0 kg	130.0 kg	90.0 kg	102.5 kg	105.0 kg	235.0 kg	160.0 kg	170.0 kg	175.0 kg	405.0 kg	0.6716	271.9980	FP	271.9980				
FP	5	Thomas Roberts	75 kg	75.00	OPEN	26				120.0 kg	130.0 kg	140.0 kg	140.0 kg	90.0 kg	100.0 kg	110.0 kg	240.0 kg	150.0 kg	160.0 kg	170.0 kg	400.0 kg	0.6645	265.8000	FP	265.8000				
FP	4	Daniel Coombs	75 kg	71.20	JNR	23				110.0 kg	115.0 kg	120.0 kg	120.0 kg	80.0 kg	82.5 kg	85.0 kg	205.0 kg	150.0 kg	160.0 kg	165.0 kg	370.0 kg	0.6931	256.4470	FP	256.4470				
FP	5	Newberry	75 kg	73.60	OPEN	34				100.0 kg	120.0 kg	120.0 kg	120.0 kg	60.0 kg	70.0 kg	70.0 kg	200.0 kg	150.0 kg	170.0 kg	180.0 kg	370.0 kg	0.6752	249.8240	FP	249.8240				
FP	4	Alistir Gowing	75 kg	69.90	OPEN	24				70.0 kg	90.0 kg	105.0 kg	90.0 kg	60.0 kg	75.0 kg	80.0 kg	170.0 kg	140.0 kg	160.0 kg	160.0 kg	330.0 kg	0.704	232.3200	FP	232.3200				
FP	4	Harinder Singh	75 kg	70.10	JNR	23				75.0 kg	85.0 kg	100.0 kg	85.0 kg	70.0 kg	80.0 kg	85.0 kg	165.0 kg	115.0 kg	120.0 kg	130.0 kg	295.0 kg	0.7031	207.4145	FP	207.4145				
FP	5	Patrick Molloy	75 kg	74.90	OPEN	26				100.0 kg	110.0 kg	120.0 kg	120.0 kg	80.0 kg	80.0 kg	80.0 kg	40.0 kg	140.0 kg	150.0 kg	155.0 kg	195.0 kg	0.6652	129.7140	FP	129.7140				
FP	4	Ben Jones	75 kg	72.90	OPEN	26				175.0 kg	182.5 kg	185.0 kg	185.0 kg	132.5 kg	140.0 kg	142.5 kg	327.5 kg	215.0 kg	215.0 kg	215.0 kg	112.5 kg	0.6797	76.4663	FP	76.4663				
FP	6	Luke Russell	82.5 kg	76.00	OPEN	31				175.0 kg	185.0 kg	190.0 kg	190.0 kg	140.0 kg	147.5 kg	155.0 kg	345.0 kg	210.0 kg	220.0 kg	222.5 kg	567.5 kg	0.6577	373.2448	FP	373.2448				
FP	6	Ash Crabtree	82.5 kg	80.10	OPEN	30				160.0 kg	170.0 kg	180.0 kg	180.0 kg	110.0 kg	120.0 kg	125.0 kg	305.0 kg	220.0 kg	260.0 kg	265.0 kg	650.0 kg	0.6238	357.5885	FP	357.5885				
FP	6	Callum Green	82.5 kg	78.80	OPEN	25				160.0 kg	165.0 kg	170.0 kg	170.0 kg	145.0 kg	150.0 kg	150.0 kg	320.0 kg	215.0 kg	220.0 kg	225.0 kg	545.0 kg	0.6405	348.0725	FP	348.0725				
FP	6	Andre Masters	82.5 kg	78.60	OPEN	30				170.0 kg	177.5 kg	180.0 kg	177.5 kg	130.0 kg	120.0 kg	125.0 kg	302.5 kg	210.0 kg	220.0 kg	225.0 kg	527.5 kg	0.6418	338.5495	FP	338.5495				
FP	7	Glenn Priestley	82.5 kg	81.80	OPEN	35				170.0 kg	182.5 kg	190.0 kg	190.0 kg	115.0 kg	122.5 kg	127.5 kg	317.5 kg	205.0 kg	215.0 kg	227.5 kg	532.5 kg	0.6235	332.0138	FP	332.0138				
FP	7	Adam Woodhouse	82.5 kg	82.30	OPEN	25				155.0 kg	165.0 kg	175.0 kg	175.0 kg	110.0 kg	115.0 kg	120.0 kg	290.0 kg	215.0 kg	225.0 kg	232.5 kg	522.5 kg	0.6209	324.4203	FP	324.4203				
FP	7	Benjamin Gilbert	82.5 kg	82.00	OPEN	24				130.0 kg	150.0 kg	155.0 kg	155.0 kg	130.0 kg	135.0 kg	140.0 kg	290.0 kg	175.0 kg	190.0 kg	200.0 kg	490.0 kg	0.6319	308.6310	FP	308.6310				
FP	7	Daniel Best	82.5 kg	81.30	OPEN	25				155.0 kg	165.0 kg	175.0 kg	165.0 kg	115.0 kg	122.5 kg	127.5 kg	287.5 kg	195.0 kg	205.0 kg	215.0 kg	492.5 kg	0.6262	308.4035	FP	308.4035				
FP	7	Robin Wilkins	82.5 kg	80.70	OPEN	25				145.0 kg	160.0 kg	167.5 kg	160.0 kg	110.0 kg	112.5 kg	112.5 kg	272.5 kg	200.0 kg	215.0 kg	225.0 kg	487.5 kg	0.629	306.6375	FP	306.6375				
FP	7	Will Young	82.5 kg	81.00	JNR	23				120.0 kg	145.0 kg	150.0 kg	150.0 kg	95.0 kg	105.0 kg	110.0 kg	255.0 kg	200.0 kg	225.0 kg	232.5 kg	487.5 kg	0.6273	305.8088	FP	305.8088				
FP	6	Michael Tatton	82.5 kg	78.70	OPEN	28				130.0 kg	140.0 kg	150.0 kg	140.0 kg	110.0 kg	120.0 kg	125.0 kg	260.0 kg	180.0 kg	200.0 kg	210.0 kg	470.0 kg	0.6405	301.0350	FP	301.0350				
FP	7	Gary Ward	82.5 kg	80.50	OPEN	35				145.0 kg	150.0 kg	160.0 kg	160.0 kg	95.0 kg	105.0 kg	107.5 kg	255.0 kg	190.0 kg	205.0 kg	215.0 kg	470.0 kg	0.6301	296.1470	FP	296.1470				

FP	1	Haley Hamilton	55.5 kg	54.80	OPEN	30	80.0 kg	90.0 kg	95.0 kg	90.0 kg	60.0 kg	67.5 kg	67.5 kg	157.5 kg	120.0 kg	132.5 kg	135.0 kg	292.5 kg	0.9291	271.7618	FP	271.7618
FP	1	Leonora Brajshori	55.5 kg	55.20	OPEN	30	100.0 kg	100.0 kg	105.0 kg	100.0 kg	60.0 kg	62.5 kg	62.5 kg	160.0 kg	130.0 kg	135.0 kg	135.0 kg	290.0 kg	0.9222	267.4380	FP	267.4380
FP	1	Georgina Ladley	55.5 kg	55.50	JNR	20	40.0 kg	40.0 kg	45.0 kg	45.0 kg	32.5 kg	35.0 kg	37.5 kg	82.5 kg	80.0 kg	85.0 kg	90.0 kg	167.5 kg	0.918	153.7650	FP	153.7650
FP	1	Hannah Thomas	58.5 kg	58.10	OPEN	27	80.0 kg	85.0 kg	95.0 kg	95.0 kg	45.0 kg	50.0 kg	57.5 kg	152.5 kg	120.0 kg	130.0 kg	137.5 kg	282.5 kg	0.8838	249.6735	FP	249.6735
FP	1	Zoe Leeming	63 kg	60.50	OPEN	33	60.0 kg	70.0 kg	80.0 kg	80.0 kg	50.0 kg	55.0 kg	60.0 kg	135.0 kg	125.0 kg	130.0 kg	137.5 kg	265.0 kg	0.8544	226.4160	FP	226.4160
FP	1	Erica Roberts	63 kg	61.40	OPEN	33	80.0 kg	85.0 kg	85.0 kg	85.0 kg	45.0 kg	50.0 kg	55.0 kg	135.0 kg	120.0 kg	125.0 kg	127.5 kg	260.0 kg	0.845	219.7000	FP	219.7000
FP	1	Lydia Murdoch	63 kg	62.80	OPEN	28	87.5 kg	90.0 kg	90.0 kg	87.5 kg	47.5 kg	50.0 kg	52.5 kg	140.0 kg	90.0 kg	95.0 kg	100.0 kg	235.0 kg	0.8291	194.8385	FP	194.8385
FP	1	Gorgina Frey	63 kg	61.40	OPEN	26	70.0 kg	75.0 kg	80.0 kg	75.0 kg	45.0 kg	47.5 kg	50.0 kg	122.5 kg	90.0 kg	100.0 kg	105.0 kg	227.5 kg	0.845	192.2375	FP	192.2375
FP	1	Sammie Evans	63 kg	63.00	OPEN	37	70.0 kg	72.5 kg	77.5 kg	77.5 kg	40.0 kg	42.5 kg	42.5 kg	120.0 kg	70.0 kg	75.0 kg	82.5 kg	195.0 kg	0.8267	161.0115	FP	161.0115
FP	1	Emily Scott	63 kg	60.90	JNR	23	55.0 kg	60.0 kg	60.0 kg	55.0 kg				55.0 kg	70.0 kg	80.0 kg	95.0 kg	135.0 kg	0.8598	114.8590	FP	114.8590
FP	2	Becky Jones	70 kg	67.90	JNR	22	120.0 kg	120.0 kg	130.0 kg	120.0 kg	50.0 kg	55.0 kg	60.0 kg	175.0 kg	140.0 kg	150.0 kg	150.0 kg	315.0 kg	0.7745	243.9675	FP	243.9675
FP	2	Tamsin Sharp	70 kg	69.30	OPEN	26	100.0 kg	107.5 kg	107.5 kg	100.0 kg	55.0 kg	62.5 kg	65.0 kg	165.0 kg	120.0 kg	130.0 kg	137.5 kg	302.5 kg	0.7642	231.1705	FP	231.1705
FP	2	Lauren Evans	70 kg	68.70	OPEN	25	80.0 kg	90.0 kg	110.0 kg	90.0 kg	50.0 kg	60.0 kg	60.0 kg	150.0 kg	120.0 kg	135.0 kg	150.0 kg	300.0 kg	0.7682	230.4600	FP	230.4600
FP	2	Val Crozier-Davies	70 kg	68.40	OPEN	31	40.0 kg	50.0 kg	70.0 kg	70.0 kg	55.0 kg	60.0 kg	60.0 kg	125.0 kg	90.0 kg	100.0 kg	112.5 kg	237.5 kg	0.7705	182.9938	FP	182.9938
FP	2	Amy Handley	70 kg	66.50	OPEN	24	45.0 kg	50.0 kg	55.0 kg	55.0 kg	40.0 kg	42.5 kg	47.5 kg	102.5 kg	90.0 kg	95.0 kg	100.0 kg	202.5 kg	0.7887	159.7118	FP	159.7118
FP	2	Erica Turner	70 kg	69.90	JNR	23	65.0 kg	65.0 kg	70.0 kg	70.0 kg	40.0 kg	40.0 kg	45.0 kg	110.0 kg	80.0 kg	85.0 kg	90.0 kg	200.0 kg	0.7588	151.7600	FP	151.7600
FP	2	Jessica Denton	70 kg	63.90	OPEN	24	60.0 kg	60.0 kg	70.0 kg	60.0 kg	30.0 kg	32.5 kg	37.5 kg	97.5 kg	70.0 kg	80.0 kg	87.5 kg	177.5 kg	0.817	145.0175	FP	145.0175
FP	2	Cori Dunkley	70 kg	63.90	JNR	23	40.0 kg	42.5 kg	47.5 kg	47.5 kg	30.0 kg	35.0 kg	37.5 kg	85.0 kg	75.0 kg	80.0 kg	90.0 kg	175.0 kg	0.817	142.9750	FP	142.9750
FP	2	Emma Wright	70 kg	64.00	OPEN	29	80.0 kg	80.0 kg	80.0 kg	80.0 kg				80.0 kg				80.0 kg	0.8148	65.1840	FP	65.1840
FP	2	Charlie Morgan	80 kg	71.50	JNR	20	90.0 kg	90.0 kg	95.0 kg	95.0 kg	50.0 kg	52.5 kg	57.5 kg	147.5 kg	110.0 kg	120.0 kg	120.0 kg	267.5 kg	0.7468	199.7690	FP	199.7690
FP	2	Sarah Grey	80 kg	71.70	OPEN	24	50.0 kg	50.0 kg	50.0 kg	50.0 kg				50.0 kg	70.0 kg	80.0 kg	95.0 kg	130.0 kg	0.7453	96.8890	FP	96.8890
FP	2	Jade Roycroft	80 kg	72.10	JNR	21	55.0 kg	65.0 kg	70.0 kg	65.0 kg	40.0 kg	50.0 kg	50.0 kg	25.0 kg	70.0 kg	90.0 kg	100.0 kg	115.0 kg	0.7431	85.4565	FP	85.4565
FP	2	Jessica Bartlett	90 kg	89.10	JNR	21	60.0 kg	62.5 kg	70.0 kg	70.0 kg	50.0 kg	55.0 kg	57.5 kg	125.0 kg	115.0 kg	125.0 kg	137.5 kg	262.5 kg	0.636	166.9500	FP	166.9500

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): MIKE BENNET, DAVE ELSON, SEAN SMITHSON, DAVE HEATH, LAWRENCE HARRINGTON, TONY EDWARDS, STEPHEN MADEN, JORDAN FERN AND MIKE HEDWORTH

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