

Official Inter-Service Full Power and S/L Score Sheet		RAF Cosford											INTER-SERVICE POWER AND S/L								Date of comp								
U	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	2	Si Robb	90 kg	89.50	OPEN	32		8	220.0 kg	230.0 kg	240.0 kg		230.0 kg	160.0 kg	165.0 kg	167.5 kg		397.5 kg	270.0 kg	280.0 kg		677.5 kg	0.5873	397.8958	FP	397.8958	1.0000		
FP	2	Jason Thomson	75 kg	72.60	OPEN	30		8	185.0 kg	190.0 kg	200.0 kg		190.0 kg	145.0 kg	142.5 kg	152.5 kg		335.0 kg	220.0 kg	235.0 kg	242.5 kg	577.5 kg	0.682	393.8550	FP	393.8550	2.0000		
FP	2	Nathan Harvey	100 kg	97.20	OPEN	34		10	220.0 kg	230.0 kg	237.5 kg		230.0 kg	160.0 kg	155.0 kg	160.0 kg		390.0 kg	280.0 kg	290.0 kg	300.0 kg	690.0 kg	0.5613	387.2970	FP	387.2970	3.0000		
FP	2	Doug Callard	110 kg	105.60	OPEN	30		9	210.0 kg	230.0 kg	235.0 kg		235.0 kg	160.0 kg	180.0 kg	190.0 kg	192.5 kg	425.0 kg	230.0 kg	260.0 kg	275.0 kg	685.0 kg	0.5427	371.7495	FP	371.7495	4.0000		
FP	2	Shane Seward	90 kg	89.90	Enter Age			10	190.0 kg	195.0 kg	200.0 kg		195.0 kg	155.0 kg	165.0 kg	167.5 kg		360.0 kg	240.0 kg	250.0 kg	255.0 kg	610.0 kg	0.5857	357.2770	FP	357.2770	5.0000		
FP	2	Craig McIvor	75 kg	74.70	OPEN	26		8	160.0 kg	170.0 kg	177.5 kg		177.5 kg	125.0 kg	135.0 kg	137.5 kg		312.5 kg	190.0 kg	202.5 kg	212.5 kg	525.0 kg	0.6666	349.9650	FP	349.9650	6.0000		
FP	2	Jordan Fern	75 kg	72.00	OPEN	24		8	160.0 kg	160.0 kg	160.0 kg		160.0 kg	120.0 kg	125.0 kg	127.5 kg		285.0 kg	210.0 kg	220.0 kg	220.0 kg	495.0 kg	0.6867	339.9165	FP	339.9165	7.0000		
FP	2	Adam Woodhouse	90 kg	84.50	OPEN	25		10	165.0 kg	175.0 kg	190.0 kg		175.0 kg	115.0 kg	120.0 kg	125.0 kg		300.0 kg	220.0 kg	232.5 kg	245.0 kg	545.0 kg	0.6093	332.0685	FP	332.0685	8.0000		
FP	2	Rachael Armstrong	80 kg	74.10	OPEN	29		7	125.0 kg	133.0 kg	133.0 kg		133.0 kg	65.0 kg	70.0 kg	72.5 kg	75.0 kg	205.5 kg	165.0 kg	175.0 kg	180.0 kg	385.5 kg	0.7279	280.6055	FP	280.6055	1.0000		
FP	2	Hannah Thomas	58.5 kg	57.30	Enter Age			6	90.0 kg	95.0 kg	100.0 kg		95.0 kg	50.0 kg	57.5 kg	62.5 kg		157.5 kg	130.0 kg	140.0 kg	152.5 kg	297.5 kg	0.8941	265.9948	FP	265.9948	2.0000		
FP	2	Brajshori	58.5 kg	56.30	Enter Age			6	90.0 kg	100.0 kg	102.5 kg		100.0 kg	55.0 kg	60.0 kg	60.0 kg		155.0 kg	120.0 kg	130.0 kg	135.0 kg	285.0 kg	0.9072	258.5520	FP	258.5520	3.0000		
FP	2	Natalie Marsh	80 kg	74.90	Enter Age			7	110.0 kg	120.0 kg	125.0 kg		120.0 kg	65.0 kg	65.0 kg	70.0 kg		185.0 kg	145.0 kg	155.0 kg	160.0 kg	162.5 kg	0.7223	249.1935	FP	249.1935	4.0000		
FP	2	Yvonne Allenby	63 kg	61.70	Enter Age			7	80.0 kg	90.0 kg	97.5 kg		90.0 kg	47.5 kg	52.5 kg	55.0 kg		142.5 kg	125.0 kg	135.0 kg	140.0 kg	282.5 kg	0.8404	237.4130	FP	237.4130	5.0000		
FP	2	Emma Grant	63 kg	58.90	Enter Age			5	70.0 kg	80.0 kg	82.5 kg		80.0 kg	40.0 kg	45.0 kg	45.0 kg		120.0 kg	90.0 kg	95.0 kg	95.0 kg	215.0 kg	0.8738	187.8670	FP	187.8670	6.0000		
SQ	1	Peter Timson	82.5 kg	80.20	JNR	23		9	200.0 kg	212.5 kg	218.0 kg		218.0 kg					218.0 kg				218.0 kg	0.6318	137.7324	SQ	137.7324	1.0000		
SQ	1	Nathan Leach	67.5 kg	67.50	OPEN	27		7	185.0 kg	192.5 kg	192.5 kg		185.0 kg					185.0 kg				185.0 kg	0.7258	134.2730	SQ	134.2730	2.0000		
SQ	1	Bob Palmer	100 kg	91.30	OPEN	24		9	205.0 kg	220.0 kg	225.0 kg		225.0 kg					225.0 kg				225.0 kg	0.5804	130.5900	SQ	130.5900	3.0000		
SQ	1	Ian Cox	90 kg	83.20	OPEN	35		9	190.0 kg	200.0 kg	210.0 kg		210.0 kg					210.0 kg				210.0 kg	0.6157	129.2970	SQ	129.2970	4.0000		
SQ	1	Brad Smith	110 kg	101.50	JNR	22		10	200.0 kg	215.0 kg	222.5 kg		222.5 kg					222.5 kg				222.5 kg	0.5506	122.5085	SQ	122.5085	5.0000		
SQ	1	Glenn Priestley	90 kg	83.30	OPEN	36		10	170.0 kg	180.0 kg	187.5 kg		187.5 kg					187.5 kg				187.5 kg	0.6152	115.3500	SQ	115.3500	6.0000		
SQ	1	Mike Hedworth	75 kg	69.40	OPEN	24		7	140.0 kg	150.0 kg	155.0 kg		155.0 kg					155.0 kg				155.0 kg	0.7083	109.7865	SQ	109.7865	7.0000		
SQ	1	Conor Brown	90 kg	85.30	OPEN	30		10	170.0 kg	180.0 kg	185.0 kg		180.0 kg					180.0 kg				180.0 kg	0.6055	108.9900	SQ	108.9900	8.0000		
SQ	1	Becky Jones	70 kg	67.00	Enter Age			7	122.5 kg	127.5 kg	132.5 kg		132.5 kg					132.5 kg				132.5 kg	0.7837	103.8403	SQ	103.8403	1.0000		
SQ	1	Sophie Tyrrell	53 kg	51.90	OPEN	28		6	92.5 kg	95.0 kg	97.5 kg	100.0 kg	97.5 kg					97.5 kg				97.5 kg	0.9701	94.5848	SQ	94.5848	3.0000		
SQ	1	Susan Gale	80 kg	70.10	Enter Age			6	105.0 kg	115.0 kg	120.0 kg		120.0 kg					120.0 kg				120.0 kg	0.7573	90.8760	SQ	90.8760	2.0000		
SQ	1	Kat Mason	80 kg	70.20	Enter Age			8	105.0 kg	112.5 kg	117.5 kg		112.5 kg					112.5 kg				112.5 kg	0.7565	85.1063	SQ	85.1063	4.0000		
SQ	1	Erica Roberts	63 kg	61.20	Enter Age			8	82.5 kg	87.5 kg	92.5 kg		87.5 kg					87.5 kg				87.5 kg	0.8462	74.0425	SQ	74.0425	5.0000		
SQ	1	Michelle Crolla	70 kg	64.70	Enter Age			7	80.0 kg	90.0 kg	102.5 kg		90.0 kg					90.0 kg				90.0 kg	0.8073	72.6570	SQ	72.6570	6.0000		
BN	3	Neil Thomas	110 kg	110.00	M1	43							170.0 kg	180.0 kg	185.0 kg		185.0 kg				185.0 kg	0.5365	99.2525	BN	99.2525	1.0000			
BN	3	Ben Jones	75 kg	73.50	OPEN	26							137.5 kg	142.5 kg	145.0 kg		145.0 kg				145.0 kg	0.6752	97.9040	BN	97.9040	2.0000			
BN	3	Andrew Davey	100 kg	91.00	OPEN	32							155.0 kg	165.0 kg	165.0 kg		165.0 kg				165.0 kg	0.5815	95.9475	BN	95.9475	3.0000			
BN	3	Alex Thomson	90 kg	89.80	OPEN	30							160.0 kg	162.5 kg	167.5 kg		162.5 kg				162.5 kg	0.5881	95.2413	BN	95.2413	4.0000			
BN	3	Bill Bradley	82.5 kg	80.20	OPEN	31							135.0 kg	140.0 kg	145.0 kg		145.0 kg				145.0 kg	0.6318	91.6110	BN	91.6110	5.0000			
BN	3	David Whitworth	67.5 kg	67.50	JNR	20							120.0 kg	125.0 kg	130.0 kg		125.0 kg				125.0 kg	0.7258	90.7250	BN	90.7250	6.0000			
BN	3	Phil Tempest	82.5 kg	81.40	M1	44							140.0 kg	145.0 kg	150.0 kg		145.0 kg				145.0 kg	0.6251	90.6395	BN	90.6395	7.0000			
BN	3	Emma Williams	70 kg	69.70	OPEN	26							67.5 kg	75.0 kg	75.0 kg		75.0 kg				75.0 kg	0.7604	57.0300	BN	57.0300	1.0000			
BN	3	Katherine Quinn	55.5 kg	53.30	Enter Age								55.0 kg	60.0 kg	62.5 kg		55.0 kg				55.0 kg	0.9492	52.2060	BN	52.2060	2.0000			
BN	3	Linda Wood	53 kg	51.90	Enter Age								45.0 kg	52.5 kg	55.0 kg		52.5 kg				52.5 kg	0.9701	50.9303	BN	50.9303	3.0000			
BN	3	Val Crozier-Davies	70 kg	69	OPEN	31							57.5 kg	62.5 kg	62.5 kg		62.5 kg				62.5 kg	0.7658	47.8625	BN	47.8625	4.0000			
BN	3	Naomi Handley	63 kg	62.60	Enter Age								50.0 kg	52.5 kg	55.0 kg		52.5 kg				52.5 kg	0.8302	43.5855	BN	43.5855	5.0000			
BN	3	Polly Manning	+90 kg	91.50	Enter Age								45.0 kg	50.0 kg	55.0 kg		50.0 kg				50.0 kg	0.6259	31.2950	BN	31.2950	6.0000			
DL	4	Greig Murray	67.5 kg	66.00	M1	43											200.0 kg	210.0 kg	217.5 kg		217.5 kg	0.7408	161.1240	DL	161.1240	1.0000			
DL	4	Nathanael Lucas	75 kg	70.50	OPEN	26											210.0 kg	220.0 kg	230.0 kg		230.0 kg	0.6989	160.7470	DL	160.7470	2.0000			
DL	4	Matt Easter	75 kg	71.00	OPEN	28											210.0 kg	220.0 kg	230.0 kg		220.0 kg	0.6947	152.8340	DL	152.8340	3.0000			
DL	4	JK Usoro-Brown	90 kg	87.40	OPEN	32											250.0 kg	260.0 kg	260.0 kg		260.0 kg	0.596	149.0000	DL	149.0000	4.0000			
DL	4	Ben Williams	125 kg	116.10	JNR	23											260.0 kg	280.0 kg	300.0 kg		280.0 kg	0.5304	148.5120	DL	148.5120	5.0000			
DL	4	Sean Smithson	100 kg	98.70	OPEN	38											240.0 kg	250.0 kg	255.0 kg		250.0 kg	0.5573	139.3250	DL	139.3250	6.0000			
DL	4	Lloyd Moore	75 kg	73.50	OPEN	28											205.0 kg				205.0 kg	0.6752	138.4160	DL	138.4160	7.0000			
DL	4	Alex Carruthers	82.5 kg	75.90	OPEN	27											210.0 kg	220.0 kg	220.0 kg		210.0 kg	0.6583	138.2430	DL	138.2430	8.0000			
DL	4	Colin Deakin	75 kg	74.50	OPEN	29											185.0 kg	205.0 kg	205.0 kg		185.0 kg	0.668	123.5800	DL	123.5800	9.0000			
DL	4	Hamilton	55.5 kg	54.30	Enter Age												130.0 kg	140.0 kg	147.5 kg		147.5 kg	0.9348	137.8830	DL	137.8830	1.0000			
DL	4	Freya Lees	70 kg	65.60	Enter Age												150.0 kg	165.0 kg	172.5 kg		165.0 kg	0.7979	131.6535	DL	131.6535	2.0000			
DL	4	Ann Thomas	63 kg	60.30	Enter Age												135.0 kg	145.0 kg	152.5 kg		152.5 kg	0.8568	130.6620	DL	130.6620	3.0000			
DL	4	Debbie Macdonald	53 kg	52.70	Enter Age												122.5 kg				122.5 kg	0.958	117.3550	DL	117.3550	4.0000			

REFEREES: NEIL THOMAS, ANN THOMAS, PHIL TEMPEST, SEB MADRONAL