Official RAF Push Pull Score Sheet — **RAF PUSH PULL** — **Date of comp** 14-Oct-15

lot	Flight	Platform	E/U/E	Name	Wt cat.	Body wt	Age Cat	Age	M / F	Division	RkHt	Squat	SQ TOTAL	RkHt	Bench Press				BN TOTAL	Dead Lift				DL TOTAL	Total	Co eff.	Points	EVENT	Best Lifter
												1st Lift			1st Lift	2nd Lift	3rd Lift	4th Lift		1st Lift	2nd Lift	3rd Lift	4th Lift						
27	3	A		Nat Lucas	75.00	71.1	OPEN	25	M				0.0 kg		100.0 kg	110.0 kg	~~115.0 kg~~		110.0 kg	220.0 kg	230.0 kg	237.5 kg		237.5 kg	347.5 kg	0.6947	241.4083	Push / Pull	1
26	3	A		Raymond Thompson	75.00	73.7	OPEN	34	M				0.0 kg		120.0 kg	127.5 kg	~~135.0 kg~~		127.5 kg	210.0 kg	220.0 kg	230.0 kg		230.0 kg	357.5 kg	0.6737	240.8478	Push / Pull	2
23	3	A		Lloyd Moore	75.00	73.5	OPEN	28	M				0.0 kg		115.0 kg	120.0 kg	~~125.0 kg~~		120.0 kg	210.0 kg	220.0 kg	225.0 kg		225.0 kg	345.0 kg	0.6752	232.9440	Push / Pull	3
30	5	B		Adam Woodhouse	90.00	84.6	OPEN	25	M				0.0 kg		120.0 kg	125.0 kg	~~130.0 kg~~		125.0 kg	235.0 kg	245.0 kg	~~250.0 kg~~		245.0 kg	370.0 kg	0.6093	225.4410	Push / Pull	4
37	4	B		Mel Reynolds	90.00	83	M1	41	M				0.0 kg		115.0 kg	120.0 kg	125.0 kg		125.0 kg	220.0 kg	230.0 kg	240.0 kg		240.0 kg	365.0 kg	0.6167	225.0955	Push / Pull	5
42	5	A		Tom Cocking	90.00	88.7	OPEN	35	M				0.0 kg		125.0 kg	135.0 kg	140.0 kg		140.0 kg	220.0 kg	230.0 kg	240.0 kg		240.0 kg	380.0 kg	0.5905	224.3900	Push / Pull	6
56	6	B		Christopher Booth	110.00	106.8	OPEN	35	M				0.0 kg		140.0 kg	150.0 kg	160.0 kg	162.5 kg	160.0 kg	225.0 kg	240.0 kg	250.0 kg	~~270.5 kg~~	250.0 kg	410.0 kg	0.541	221.8100	Push / Pull	7
33	4	B		Kash Brown	82.50	80.5	OPEN	27	M			150.0 kg	150.0 kg		120.0 kg	130.0 kg	~~135.0 kg~~		130.0 kg	220.0 kg	~~235.0 kg~~			220.0 kg	350.0 kg	0.6301	220.5350	Push / Pull	8
51	6	B		Obie Ezie	100.00	98.5	OPEN	27	M				0.0 kg		120.0 kg	135.0 kg	~~145.0 kg~~		135.0 kg	210.0 kg	240.0 kg	260.0 kg		260.0 kg	395.0 kg	0.5578	220.3310	Push / Pull	9
36	4	B		Will Young	90.00	87	Jnr	23	M				0.0 kg		100.0 kg	110.0 kg	115.0 kg		115.0 kg	230.0 kg	245.0 kg	252.5 kg	~~266.0 kg~~	252.5 kg	367.5 kg	0.5978	219.6915	Push / Pull	GUEST
28	3	A		Craig Dodsley	82.50	76	OPEN	33	M				0.0 kg		100.0 kg	110.0 kg	~~117.5 kg~~		110.0 kg	200.0 kg	210.0 kg	222.5 kg		222.5 kg	332.5 kg	0.6577	218.6853	Push / Pull	GUEST
45	5	A		Kyle Young	90.00	87.9	OPEN	29	M				0.0 kg		125.0 kg	~~135.0 kg~~	~~135.0 kg~~		125.0 kg	~~220.0 kg~~	240.0 kg	~~245.0 kg~~		240.0 kg	365.0 kg	0.5939	216.7735	Push / Pull	10
55.5	6	B		Jim Oldfield	100.00	96.7	OPEN	33	M				0.0 kg		130.0 kg	140.0 kg	145.0 kg		145.0 kg	210.0 kg	220.0 kg	230.0 kg		230.0 kg	375.0 kg	0.5627	211.0125	Push / Pull	11
57	6	B		Christopher Marshall	110.00	106	M1	44	M				0.0 kg		147.5 kg	155.0 kg	157.5 kg		157.5 kg	210.0 kg	220.0 kg	230.0 kg		230.0 kg	387.5 kg	0.5421	210.0638	Push / Pull	12
44	5	A		Robin Wilkins	82.50	81.9	OPEN	25	M				0.0 kg		100.0 kg	110.0 kg	~~117.5 kg~~		110.0 kg	200.0 kg	215.0 kg	222.5 kg		222.5 kg	332.5 kg	0.6224	206.9480	Push / Pull	GUEST
21	3	A		Zachary Ainsthorpe	67.50	63.6	OPEN	24	M				0.0 kg		85.0 kg	90.0 kg	~~97.5 kg~~		90.0 kg	160.0 kg	170.0 kg	177.5 kg		177.5 kg	267.5 kg	0.7671	205.1993	Push / Pull	13
19	3	A		Glen Walcuch	67.50	65.4	OPEN	34	M				0.0 kg		75.0 kg	80.0 kg	~~90.0 kg~~		80.0 kg	175.0 kg	185.0 kg	192.5 kg		192.5 kg	272.5 kg	0.7471	203.5848	Push / Pull	14
22	3	A		Robert McDonnell	67.50	64.2	Jnr	20	M				0.0 kg		70.0 kg	75.0 kg	~~82.5 kg~~		75.0 kg	170.0 kg	180.0 kg	191.5 kg	~~201.0 kg~~	191.5 kg	266.5 kg	0.7602	202.5933	Push / Pull	15
20	3	A		Christopher Thikell	67.50	65.6	OPEN	30	M				0.0 kg		75.0 kg	~~80.0 kg~~	85.0 kg		85.0 kg	165.0 kg	172.5 kg	180.0 kg		180.0 kg	265.0 kg	0.746	197.6900	Push / Pull	16
29	3	A		Liam Louth	75.00	74.6	OPEN	27	M				0.0 kg		~~90.0 kg~~	100.0 kg	~~110.0 kg~~		100.0 kg	140.0 kg	165.0 kg	185.0 kg		185.0 kg	285.0 kg	0.668	190.3800	Push / Pull	17
47	5	A		Matthew Walker	90.00	88.1	OPEN	25	M				0.0 kg		100.0 kg	110.0 kg	115.0 kg		115.0 kg	190.0 kg	205.0 kg	~~210.0 kg~~		205.0 kg	320.0 kg	0.5935	189.9200	Push / Pull	GUEST
29.8	3	A		James Green	75.00	73.2	OPEN	26	M				0.0 kg		100.0 kg	110.0 kg	~~120.0 kg~~		110.0 kg	170.0 kg	~~180.0 kg~~	~~180.0 kg~~		170.0 kg	280.0 kg	0.6774	189.6720	Push / Pull	GUEST
46	5	A		Barry Midgley	82.50	81.8	OPEN	29	M				0.0 kg		100.0 kg	110.0 kg	~~125.0 kg~~		110.0 kg	170.0 kg	180.0 kg	192.5 kg		192.5 kg	302.5 kg	0.6235	188.6088	Push / Pull	18
39.5	4	B		Rob Farquhar	82.50	80.5	OPEN	36	M				0.0 kg		100.0 kg	105.0 kg	~~107.5 kg~~		105.0 kg	180.0 kg	190.0 kg	~~192.5 kg~~		190.0 kg	295.0 kg	0.6301	185.8795	Push / Pull	19
58	6	B		James Rocke	110.00	107.4	Jnr	20	M				0.0 kg		105.0 kg	112.5 kg	~~117.5 kg~~		112.5 kg	200.0 kg	215.0 kg	220.0 kg	226.0 kg	220.0 kg	332.5 kg	0.5399	179.5168	Push / Pull	GUEST
40	5	A		James Stuart	90.00	86.1	Jnr	23	M				0.0 kg		80.0 kg	85.0 kg	95.0 kg		95.0 kg	185.0 kg	195.0 kg	201.0 kg	210.0 kg	201.0 kg	296.0 kg	0.6022	178.2512	Push / Pull	20
34	4	B		Ryan Mcguire	90.00	84.5	Jnr	23	M				0.0 kg		95.0 kg	~~107.5 kg~~	115.0 kg		95.0 kg	175.0 kg	190.0 kg	195.0 kg	200.0 kg	195.0 kg	290.0 kg	0.6093	176.6970	Push / Pull	21
48.5	5	A		Jack Becket	90.00	87.4	OPEN	28	M				0.0 kg		100.0 kg	110.0 kg	~~125.0 kg~~		110.0 kg	165.0 kg	180.0 kg	~~200.0 kg~~		180.0 kg	290.0 kg	0.596	172.8400	Push / Pull	22
52	6	B		Dean Harkess	100.00	97.1	OPEN	26	M				0.0 kg		~~100.0 kg~~	100.0 kg	110.0 kg		100.0 kg	185.0 kg	200.0 kg	207.5 kg		207.5 kg	307.5 kg	0.5619	172.7843	Push / Pull	23
38	4	B		Simon Morris	82.50	81.3	OPEN	27	M				0.0 kg		85.0 kg	87.5 kg	92.5 kg		92.5 kg	150.0 kg	180.0 kg	~~190.0 kg~~		180.0 kg	272.5 kg	0.6262	170.6395	Push / Pull	GUEST
32	4	B		Robert Bowes	90.00	84.6	OPEN	24	M				0.0 kg		100.0 kg	~~145.0 kg~~	107.5 kg		107.5 kg	140.0 kg	160.0 kg	~~175.0 kg~~		160.0 kg	267.5 kg	0.6093	162.9878	Push / Pull	24
54	6	B		Llyod Harker	100.00	97.6	Jnr	23	M				0.0 kg		80.0 kg	85.0 kg	~~92.5 kg~~		85.0 kg	170.0 kg	190.0 kg	~~200.0 kg~~		190.0 kg	275.0 kg	0.5605	154.1375	Push / Pull	25
59	6	B		Benjamin Gilpin	125.00	116.5	OPEN	30	M				0.0 kg						0.0 kg	220.0 kg	240.0 kg	250.0 kg		250.0 kg	250.0 kg	0.5301	132.5250	Push / Pull	26
41	5	A		Brian Hopkin	90.00	88.3	M3	51	M				0.0 kg		152.5 kg	157.5 kg	160.0 kg	162.5 kg	160.0 kg					0.0 kg	160.0 kg	0.5926	94.8160	Push / Pull	27
25	3	A		Michael Applegate	75.00	73.4	OPEN	30	M				0.0 kg		125.0 kg	130.0 kg	135.0 kg		135.0 kg					0.0 kg	135.0 kg	0.676	91.2600	Push / Pull	28
29.5	3	A		Jamie Bolam	75.00	75	OPEN	36	M				0.0 kg		~~125.0 kg~~	~~125.0 kg~~	125.0 kg		125.0 kg					0.0 kg	125.0 kg	0.6645	83.0625	Push / Pull	29
1	1	A		Catherine Quinn	55.50	54.4	Jnr	23	F				0.0 kg		55.0 kg	60.0 kg	62.5 kg	~~65.0 kg~~	62.5 kg	120.0 kg	125.0 kg	130.0 kg	135.0 kg	130.0 kg	192.5 kg	0.9348	179.9490	Push / Pull	GUEST
3	1	A		Debbie Macdonald	53.00	52.6	M1	43	F				0.0 kg		47.5 kg	50.0 kg	52.5 kg	~~55.0 kg~~	52.5 kg	107.5 kg	117.5 kg	122.5 kg		122.5 kg	175.0 kg	0.9595	167.9125	Push / Pull	1
11	2	B		Natalie Marsh	80.00	77.7	Jnr	20	F				0.0 kg		60.0 kg	65.0 kg	67.5 kg	70.0 kg	67.5 kg	140.0 kg	157.5 kg	160.0 kg	165.0 kg	160.0 kg	227.5 kg	0.7034	160.0235	Push / Pull	2
7	1	A		Rachel Tedford	70.00	69.3	OPEN	30	F				0.0 kg		55.0 kg	~~57.5 kg~~	60.0 kg		60.0 kg	125.0 kg	135.0 kg	145.0 kg		145.0 kg	205.0 kg	0.7642	156.6610	Push / Pull	3
5	1	A		Lydia Murdoch	63.00	62.6	OPEN	29	F				0.0 kg		57.5 kg	60.0 kg	62.5 kg		62.5 kg	115.0 kg	120.0 kg	125.0 kg		125.0 kg	187.5 kg	0.8302	155.6625	Push / Pull	GUEST
8	1	A		Susan Gale	70.00	68.8	OPEN	31	F			110.0 kg	110.0 kg		45.0 kg	52.5 kg	~~57.5 kg~~		52.5 kg	120.0 kg	130.0 kg	~~140.0 kg~~		130.0 kg	182.5 kg	0.7682	140.1965	Push / Pull	4
4	1	A		Joanna Belgrau	70.00	65.9	OPEN	24	F				0.0 kg		55.0 kg	~~60.0 kg~~	~~60.0 kg~~		55.0 kg	100.0 kg	110.0 kg	120.0 kg		120.0 kg	175.0 kg	0.7948	139.0900	Push / Pull	5
13	2	B		Sophie Trotter	80.00	77.6	OPEN	25	F				0.0 kg		57.5 kg	65.0 kg	~~70.0 kg~~		65.0 kg	120.0 kg	125.0 kg	~~127.5 kg~~		125.0 kg	190.0 kg	0.7047	133.8930	Push / Pull	6
9	1	A		Stacey Stewart-Denyer	70.00	66.1	OPEN	29	F				0.0 kg		~~50.0 kg~~	50.0 kg	52.5 kg		52.5 kg	100.0 kg	105.0 kg	115.0 kg		115.0 kg	167.5 kg	0.7938	132.9615	Push / Pull	7
10	1	A		Chelsea Mcmillan	70.00	66	T3	19	F				0.0 kg		35.0 kg	40.0 kg	47.5 kg	~~52.5 kg~~	47.5 kg	100.0 kg	115.0 kg	~~120.0 kg~~		115.0 kg	162.5 kg	0.7938	128.9925	Push / Pull	8
10.5	1	A		Sherry Flanagan	80.00	70.4	OPEN	31	F				0.0 kg		45.0 kg	50.0 kg	57.5 kg		57.5 kg	85.0 kg	95.0 kg	107.5 kg		107.5 kg	165.0 kg	0.755	124.5750	Push / Pull	9
14	2	B		Maria Waghorn	90.00	85.5	OPEN	25	F				0.0 kg		50.0 kg	~~55.0 kg~~	~~55.0 kg~~		50.0 kg	110.0 kg	115.0 kg	122.5 kg		122.5 kg	172.5 kg	0.6555	113.0738	Push / Pull	10
6	1	A		Stacey Barlow	58.50	57.2	OPEN	31	F				0.0 kg		35.0 kg	~~40.0 kg~~	40.0 kg		35.0 kg	75.0 kg	80.0 kg	87.5 kg		87.5 kg	122.5 kg	0.8954	109.6865	Push / Pull	11
2	1	A		Claire Neville	53.00	51.4	OPEN	32	F				0.0 kg		30.0 kg	~~32.5 kg~~	~~32.5 kg~~		30.0 kg	60.0 kg	70.0 kg	80.0 kg		80.0 kg	110.0 kg	0.9793	107.7230	Push / Pull	12
15	2	B		Danielle Frew	80.00	73.2	OPEN	29	F				0.0 kg		40.0 kg	45.0 kg	~~52.5 kg~~		45.0 kg	80.0 kg	90.0 kg	97.5 kg		97.5 kg	142.5 kg	0.7343	104.6378	Push / Pull	13
16	2	B		Polly Manning	90+	91	OPEN	30	F				0.0 kg		45.0 kg	50.0 kg	~~52.5 kg~~		50.0 kg	95.0 kg	105.0 kg	110.0 kg	112.5 kg	110.0 kg	160.0 kg	0.6276	100.4160	Push / Pull	14
15.5	2	B		Charlotte Franks	80.00	75.50	OPEN	24	F				0.0 kg		30.0 kg	35.0 kg	~~40.0 kg~~		35.0 kg	90.0 kg	100.0 kg	~~110.0 kg~~		100.0 kg	135.0 kg	0.7182	96.9570	Push / Pull	15

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

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

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

PLATFORM A - PHIL TEMPEST

PLATFORM B - RACHAEL ARMSTRONG