Official Royal Navy Score Sheet — **VENUE - PLYMOUTH** — **Royal Navy** — **Date of comp** 09-Dec-15

Lot	Flight	Platform	E/UE	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	Place W/C	Best Lifter
												1st Lift	2nd Lift	3rd Lift	4th Lift			1st Lift	2nd Lift	3rd Lift	4th Lift		1st Lift	2nd Lift	3rd Lift	4th Lift							
	1	A		Catherine Quinn	55.50	54.1	Jnr	23	F		7	90.0 kg	95.0 kg	100.0 kg		100.0 kg		55.0 kg	60.0 kg	60.0 kg		60.0 kg	140.0 kg	145.0 kg	150.0 kg		150.0 kg	310.0 kg	0.9376	290.6560	1 - FP	1	Female Best Lifter
	1	A		Natasha Elford	58.50	57.1	Jnr	20	F		7	80.0 kg	85.0 kg	85.0 kg		85.0 kg		55.0 kg	60.0 kg	62.5 kg		60.0 kg	105.0 kg	110.0 kg	115.0 kg		115.0 kg	260.0 kg	0.8967	233.1420	1 - FP	1	3
	1	A		Collette Simpson-Smith	63.00	61.9	OPEN	26	F		8	70.0 kg	72.5 kg	75.0 kg		75.0 kg		45.0 kg	47.5 kg	52.5 kg		52.5 kg	105.0 kg	115.0 kg	120.0 kg		120.0 kg	247.5 kg	0.8381	207.4298	1 - FP	1	5
	1	A		Lauren Webber	63.00	61	Jnr	23	F		7	80.0 kg	82.5 kg	85.0 kg		85.0 kg		35.0 kg	40.0 kg	40.0 kg		35.0 kg	100.0 kg	105.0 kg	107.5 kg		107.5 kg	227.5 kg	0.8485	193.0338	1 - FP	2	6
	1	A		Sherridan Lucas	70.00	64.4	OPEN	29	F		8	80.0 kg	90.0 kg	90.0 kg		90.0 kg		60.0 kg	65.0 kg	70.0 kg		70.0 kg	120.0 kg	130.0 kg	135.0 kg		135.0 kg	295.0 kg	0.8105	239.0975	1 - FP	1	2
	1	A		Lucy Owen	70.00	64.9	Jnr	22	F		8	70.0 kg	75.0 kg	80.0 kg		80.0 kg		52.5 kg	57.5 kg	60.0 kg		60.0 kg	122.5 kg	130.0 kg	135.0 kg		130.0 kg	270.0 kg	0.8052	217.4040	1 - FP	1	4
	1	A		Joesph Cox	67.50	67.2	Jnr	20	M		9	115.0 kg	125.0 kg	130.0 kg		130.0 kg		75.0 kg	80.0 kg	85.0 kg		85.0 kg	145.0 kg	160.0 kg	165.0 kg		165.0 kg	380.0 kg	0.7287	276.9060	1 - FP	1	17
	1	A		Ben Jones	75.00	74.2	OPEN	26	M		8	170.0 kg	185.0 kg	190.0 kg		190.0 kg		130.0 kg	140.0 kg	147.5 kg		147.5 kg	195.0 kg	215.0 kg	227.5 kg		227.5 kg	565.0 kg	0.6701	378.6065	1 - FP	1	Male Best Lifter
	1	A		Mike Carrigan	75.00	73.3	Jnr	23	M		8	180.0 kg	185.0 kg	187.5 kg		185.0 kg		95.0 kg	100.0 kg	102.5 kg		102.5 kg	190.0 kg	195.0 kg	197.5 kg		197.5 kg	485.0 kg	0.6767	328.1995	1 - FP	2	10
	1	A		Lee Robinson	75.00	72.1	T3	19	M		8	135.0 kg	140.0 kg	145.0 kg		145.0 kg		95.0 kg	105.0 kg	107.5 kg		105.0 kg	155.0 kg	165.0 kg	175.0 kg		175.0 kg	425.0 kg	0.6859	291.5075	1 - FP	3	15
	2	A		Wesley Mcguiness	82.50	81	OPEN	26	M		8	210.0 kg	220.0 kg	-		220.0 kg		145.0 kg	150.0 kg	-		150.0 kg	230.0 kg	245.0 kg	245.0 kg		230.0 kg	600.0 kg	0.6273	376.3800	1 - FP	1	3
	2	A		Ashley Crabtree	82.50	79.8	OPEN	31	M		8	190.0 kg	200.0 kg	205.0 kg		205.0 kg		130.0 kg	135.0 kg	140.0 kg		140.0 kg	220.0 kg	250.0 kg	255.0 kg		250.0 kg	595.0 kg	0.6341	377.2895	1 - FP	2	2
	2	A		Sam Dew	82.50	81.8	OPEN	29	M		7	210.0 kg	220.0 kg	230.0 kg		230.0 kg		130.0 kg	140.0 kg	150.0 kg		140.0 kg	220.0 kg	235.0 kg	240.0 kg		220.0 kg	590.0 kg	0.623	367.5700	1 - FP	3	5
	2	A		Pete Timpson	82.50	80.5	Jnr	23	M		8	212.5 kg	220.0 kg	225.0 kg		225.0 kg		115.0 kg	120.0 kg	125.0 kg		125.0 kg	200.0 kg	220.0 kg	230.0 kg		230.0 kg	580.0 kg	0.6301	365.4580	1 - FP	4	6
	2	A		Alex Carruthers	82.50	80.6	OPEN	27	M		8	175.0 kg	185.0 kg	190.0 kg		190.0 kg		120.0 kg	125.0 kg	130.0 kg		125.0 kg	210.0 kg	230.0 kg	235.0 kg		230.0 kg	545.0 kg	0.6295	343.0775	1 - FP	5	8
	1	A		David Heath	82.50	81.7	OPEN	36	M		8	205.0 kg	215.0 kg	222.5 kg		222.5 kg		120.0 kg	125.0 kg	125.0 kg		120.0 kg	200.0 kg	-	-		200.0 kg	542.5 kg	0.6235	338.2488	1 - FP	6	9
	3	A		John Hall	90.00	87.9	OPEN	26	M		8	200.0 kg	220.0 kg	225.0 kg		220.0 kg		120.0 kg	130.0 kg	140.0 kg		140.0 kg	240.0 kg	250.0 kg	260.0 kg		260.0 kg	620.0 kg	0.5939	368.2180	1 - FP	1	4
	2	A		Will Young	90.00	89.8	Jnr	23	M		9	150.0 kg	165.0 kg	175.0 kg		175.0 kg		115.0 kg	120.0 kg	126.0 kg		120.0 kg	245.0 kg	260.0 kg	265.0 kg	272.5 kg	265.0 kg	560.0 kg	0.5861	328.2160	1 - FP	2	11
	3	A		Joe Rowlands	90.00	88.7	OPEN	25	M		9	165.0 kg	172.5 kg	180.0 kg		180.0 kg		120.0 kg	127.5 kg	127.5 kg		127.5 kg	215.0 kg	225.0 kg	235.0 kg		235.0 kg	542.5 kg	0.5905	320.3463	1 - FP	3	12
	2	A		Steve Congreve	90.00	89.7	M2	45	M		9	150.0 kg	160.0 kg	170.0 kg		170.0 kg		120.0 kg	130.0 kg	140.0 kg		130.0 kg	220.0 kg	230.0 kg	240.0 kg	250.0 kg	240.0 kg	540.0 kg	0.5865	316.7100	1 - FP	4	14
	2	A		Luke Auckland	90.00	86.2	Jnr	21	M		9	150.0 kg	150.0 kg	160.0 kg		160.0 kg		120.0 kg	130.0 kg	130.0 kg		120.0 kg	180.0 kg	190.0 kg	200.0 kg		200.0 kg	480.0 kg	0.6013	288.6240	1 - FP	5	16
	3	A		Christian Samuels	100.00	99.3	OPEN	28	M		9	200.0 kg	215.0 kg	225.0 kg	235.0 kg	225.0 kg		130.0 kg	145.0 kg	160.0 kg		160.0 kg	240.0 kg	250.0 kg	265.0 kg		265.0 kg	650.0 kg	0.5556	361.2700	1 - FP	1	7
	3	A		Jovin Harper	110.00	107	OPEN	29	M		9	200.0 kg	210.0 kg	215.0 kg		215.0 kg		115.0 kg	120.0 kg	125.0 kg		125.0 kg	230.0 kg	240.0 kg	250.0 kg		250.0 kg	590.0 kg	0.5405	318.8950	1 - FP	1	13
	3	A		James Rocke	110.00	108.2	Jnr	20	M		10	130.0 kg	140.0 kg	145.0 kg		140.0 kg		115.0 kg	117.5 kg	120.0 kg		120.0 kg	200.0 kg	220.0 kg	227.5 kg	230.0 kg	227.5 kg	487.5 kg	0.5388	262.6650	1 - FP	2	18
	3	A	E	Brad Smith	100.00	97.9	Jnr	22	M		9	220.0 kg	230.0 kg	235.0 kg		220.0 kg		130.0 kg	140.0 kg	145.0 kg		145.0 kg	205.0 kg	220.0 kg	-		220.0 kg	585.0 kg	0.6694	391.5990	1 - FP EQ	1	Male Best Equipped
Squat S/L																																	
	1	A		Laura Hodgson	80.00	75.5	OPEN	24	F		8	75.0 kg	75.0 kg	75.0 kg		75.0 kg						0.0 kg					0.0 kg	75.0 kg	0.7182	-53.8650	2 - SQ	-	-
	1	A		Scott Collinson	75.00	74.9	OPEN	26	M		7	155.0 kg	165.0 kg	155.0 kg		155.0 kg						0.0 kg					0.0 kg	155.0 kg	0.6652	-103.1060	2 - SQ	-	-
	3	A		Paul Foran	100.00	98.3	M3	52	M		9	100.0 kg	110.0 kg	120.0 kg		120.0 kg						0.0 kg					0.0 kg	120.0 kg	0.5583	66.9960	2 - SQ	1	1
	3	A		Billy Brooke	100.00	100	OPEN	31	M		9	200.0 kg	200.0 kg	200.0 kg		200.0 kg						0.0 kg					0.0 kg	200.0 kg	0.554	-110.8000	2 - SQ	-	-
	1	A	E	James Minear	90.00	89.8	Jnr	20	M		8	167.5 kg	-	-		167.5 kg						0.0 kg					0.0 kg	167.5 kg	0.5861	98.1718	2 - SQ EQ	1	1
Bench S/L																																	
	1	A		Laura Hodgson	80.00	75.5	OPEN	24	F							0.0 kg		45.0 kg	50.0 kg	52.5 kg		50.0 kg					0.0 kg	50.0 kg	0.7182	35.9100	3 - BN	1	1
	1	A		Scott Collinson	75.00	74.9	OPEN	26	M							0.0 kg		85.0 kg	95.0 kg	100.0 kg		100.0 kg					0.0 kg	100.0 kg	0.6652	66.5200	3 - BN	1	2
	2	A		Paul Collinson	82.50	81.8	M3	51	M							0.0 kg		135.0 kg	150.0 kg	157.5 kg		157.5 kg					0.0 kg	157.5 kg	0.623	98.1225	3 - BN	1	1
	3	A		Billy Brooke	100.00	100	OPEN	31	M							0.0 kg		130.0 kg	140.0 kg	145.0 kg		130.0 kg					0.0 kg	130.0 kg	0.554	-72.0200	3 - BN	-	-
Deadlift S/L																																	
	1	A		Laura Hodgson	80.00	75.5	OPEN	24	F							0.0 kg						0.0 kg	115.0 kg	116.0 kg	117.5 kg		117.5 kg	117.5 kg	0.7182	84.3885	4 - DL	1	1
	1	A		Scott Collinson	75.00	74.9	OPEN	26	M							0.0 kg						0.0 kg	180.0 kg	195.0 kg	202.5 kg		202.5 kg	202.5 kg	0.6652	134.7030	4 - DL	1	3
	2	A		Paul Collinson	82.50	81.8	M3	51	M							0.0 kg						0.0 kg	220.0 kg	235.0 kg	245.0 kg		245.0 kg	245.0 kg	0.623	152.6350	4 - DL	1	1
	3	A		Billy Brooke	100.00	100	OPEN	31	M							0.0 kg						0.0 kg	240.0 kg	240.0 kg	260.0 kg		260.0 kg	260.0 kg	0.554	138.5000	4 - DL	1	2
	3	A		Jim Cox	100.00	98.4	OPEN	33	M							0.0 kg						0.0 kg	215.0 kg	225.0 kg	235.0 kg		235.0 kg	235.0 kg	0.5581	131.1535	4 - DL	2	3
	3	A		Paul Foran	100.00	98.3	M3	52	M							0.0 kg						0.0 kg	140.0 kg	150.0 kg	160.0 kg		160.0 kg	160.0 kg	0.5583	89.3280	4 - DL	3	4
	1	A	E	James Minear	90.00	89.8	Jnr	20	M							0.0 kg						0.0 kg	185.0 kg	-	-		185.0 kg	185.0 kg	0.5861	108.4285	4 - DL EQ	1	1

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 - NATHAN LEACH, PAUL COLLINSON, JAMES MINEAR, ANDREW DAVEY, BRAD SMITH, STEVE CONGREVE AND SIMON CATALDO