

Official RAF Bench Press Score Sheet										VENUE										RAF Bench Press										Date of comp			21-Jan-16		
S	E	EU	E	Name	Wt cat.	Body wt	Age cat	Age	M / F	Division	RkHt	Squat				Sub Total	RkHt	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									
BN	1	1		Lyndsey Hallam	50.50	48.20	OPEN	25	F			70.0 kg			70.0 kg	47.5 kg	50.0 kg	52.5 kg	55.0 kg	52.5 kg	90.0 kg					0.0 kg	52.5 kg	1.0301	54.0803	BN	54.0803				
BN	4	1		Siobhan Wasylyw	58.50	56.00	OPEN	25	F			0.0 kg			0.0 kg	42.5 kg	45.0 kg	47.5 kg		45.0 kg					0.0 kg	45.0 kg	0.8851	39.8295	BN	39.8295					
BN	5	1		Ann Thomas	58.50	57.80	OPEN	36	F			0.0 kg			0.0 kg	50.0 kg	50.0 kg	50.0 kg		50.0 kg					0.0 kg	50.0 kg	0.8869	49.8895	BN	49.8895					
BN	12	1		Vicky Hardwick	63.00	62.30	OPEN	31	F			0.0 kg			0.0 kg	25.0 kg	25.0 kg	35.0 kg		35.0 kg					0.0 kg	35.0 kg	0.8347	29.2145	BN	29.2145					
BN	3	1		Emma Honebrist	63.00	59.50	Elite Age		F			0.0 kg			0.0 kg	40.0 kg	45.0 kg	60.0 kg		45.0 kg					0.0 kg	45.0 kg	0.8628	38.8260	BN	38.8260					
BN	6	1		Naomi Handley	63.00	62.80	OPEN	30	F			0.0 kg			0.0 kg	50.0 kg	52.5 kg	52.5 kg		52.5 kg					0.0 kg	52.5 kg	0.9291	43.5278	BN	43.5278					
BN	9	1		Nicola Shutt	70.00	68.50	OPEN	26	F			0.0 kg			0.0 kg	50.0 kg	55.0 kg	57.5 kg		55.0 kg					0.0 kg	55.0 kg	0.7697	42.3335	BN	42.3335					
BN	7	1		Lily Owen	70.00	67.10	Jr	22	F			0.0 kg			0.0 kg	55.0 kg	57.5 kg	60.0 kg		60.0 kg					0.0 kg	60.0 kg	0.7637	47.0220	BN	47.0220					
BN	11	1		Sally Ash	70.00	68.10	OPEN	28	F			0.0 kg			0.0 kg	60.0 kg	62.5 kg	67.5 kg		62.5 kg					0.0 kg	62.5 kg	0.7658	47.8625	BN	47.8625					
BN	8	1		Sheridan Lucas	70.00	64.00	OPEN	29	F			0.0 kg			0.0 kg	65.0 kg	70.0 kg	75.0 kg		75.0 kg					0.0 kg	75.0 kg	0.8148	61.1100	BN	61.1100					
BN	10	1		Stuart Gale	80.00	73.00	OPEN	32	F			0.0 kg			0.0 kg	52.5 kg	57.5 kg	60.0 kg		60.0 kg					0.0 kg	60.0 kg	0.7389	44.1480	BN	44.1480					
BN	13	1		Natalie Marsh	80.00	74.80	Jr	29	F			0.0 kg			0.0 kg	65.0 kg	75.0 kg	80.0 kg		75.0 kg					0.0 kg	75.0 kg	0.7237	54.2775	BN	54.2775					
BN	15	2		Zac Ashborne	67.50	64.80	OPEN	24	M			0.0 kg			0.0 kg	85.0 kg	90.0 kg	100.0 kg		90.0 kg					0.0 kg	90.0 kg	0.7546	67.9140	BN	67.9140					
BN	20	2		Maria Donovon	75.00	73.50	OPEN	26	M			0.0 kg			0.0 kg	105.0 kg	110.0 kg	117.5 kg		110.0 kg					0.0 kg	110.0 kg	0.6774	74.5140	BN	74.5140					
BN	19	2		Sam Fletcher	75.00	73.90	OPEN	28	M			0.0 kg			0.0 kg	110.0 kg	115.0 kg	115.0 kg		115.0 kg					0.0 kg	115.0 kg	0.6723	77.3145	BN	77.3145					
BN	17	2		Ben Poole	75.00	70.90	OPEN	28	M			0.0 kg			0.0 kg	102.5 kg	110.0 kg	117.5 kg		117.5 kg					0.0 kg	117.5 kg	0.6955	81.7213	BN	81.7213					
BN	18	2		Lloyd Moore	75.00	74.60	OPEN	29	M			0.0 kg			0.0 kg	120.0 kg	125.0 kg	130.0 kg		125.0 kg					0.0 kg	125.0 kg	0.666	83.5000	BN	83.5000					
BN	16	2		Michael Applegate	75.00	73.00	OPEN	30	M			0.0 kg			0.0 kg	130.0 kg	135.0 kg	137.5 kg		137.5 kg					0.0 kg	137.5 kg	0.6789	93.3488	BN	93.3488					
BN	37	2		Jacob Beasley	62.50	61.3	OPEN	30	M			0.0 kg			0.0 kg	120.0 kg	130.0 kg	135.0 kg		130.0 kg					0.0 kg	130.0 kg	0.6262	81.4060	BN	81.4060					
BN	21	2		Kash Brown	62.50	62.50	OPEN	28	M			0.0 kg			0.0 kg	130.0 kg	135.0 kg	140.0 kg		140.0 kg					0.0 kg	140.0 kg	0.6153	86.7020	BN	86.7020					
BN	36	2		Phil Tempest	62.50	61.3	M1	44	M			0.0 kg			0.0 kg	140.0 kg	147.5 kg	150.0 kg		150.0 kg					0.0 kg	150.0 kg	0.6262	93.9300	BN	93.9300					
BN	27	2		Chris Carr	90.00	89.30	OPEN	28	M			0.0 kg			0.0 kg	105.0 kg	105.0 kg	120.0 kg		120.0 kg					0.0 kg	120.0 kg	0.5885	70.6200	BN	70.6200					
BN	25	2		JK Upton-Brown	90.00	89.60	OPEN	30	M			0.0 kg			0.0 kg	130.0 kg	140.0 kg	140.0 kg		130.0 kg					0.0 kg	130.0 kg	0.5885	76.5050	BN	76.5050					
BN	23	2		Pete Woodward	90.00	87.60	M3	53	M			0.0 kg			0.0 kg	110.0 kg	135.0 kg	135.0 kg		135.0 kg					0.0 kg	135.0 kg	0.5666	80.4060	BN	80.4060					
BN	24	2		Tom Cocking	90.00	89.40	OPEN	36	M			0.0 kg			0.0 kg	130.0 kg	140.0 kg	145.0 kg		140.0 kg					0.0 kg	140.0 kg	0.5877	82.2780	BN	82.2780					
BN	32	3		Phil Denton	100.00	94.6	Elite Age		M			0.0 kg			0.0 kg	90.0 kg	95.0 kg	97.5 kg		97.5 kg					0.0 kg	97.5 kg	0.5684	55.5185	BN	55.5185					
BN	22	3		Michael Tracey	100.00	91.40	OPEN	28	M			0.0 kg			0.0 kg	100.0 kg	107.5 kg	107.5 kg		107.5 kg					0.0 kg	107.5 kg	0.5811	62.2608	BN	62.2608					
BN	31	3		Obie Ezze	100.00	100.00	OPEN	27	M			0.0 kg			0.0 kg	140.0 kg	145.0 kg	145.0 kg		145.0 kg	215.0 kg					0.0 kg	145.0 kg	0.554	80.3300	BN	80.3300				
BN	33	3		Jim Oatfield	100.00	97.9	OPEN	33	M			0.0 kg			0.0 kg	135.0 kg	145.0 kg	150.0 kg		145.0 kg					0.0 kg	145.0 kg	0.5584	81.1130	BN	81.1130					
BN	30	3		Stephen Birchall	100.00	98.00	OPEN	28	M			0.0 kg			0.0 kg	150.0 kg	160.0 kg	150.0 kg		160.0 kg					0.0 kg	160.0 kg	0.5553	89.8480	BN	89.8480					
BN	28	3		Shane Seward	100.00	95.10	OPEN	26	M			0.0 kg			0.0 kg	160.0 kg	165.0 kg	167.5 kg		165.0 kg					0.0 kg	165.0 kg	0.5678	93.6870	BN	93.6870					
BN	29	3		James Benson	100.00	98.50	Jr	22	M			0.0 kg			0.0 kg	150.0 kg	160.0 kg	172.5 kg	180.0 kg	172.5 kg					0.0 kg	172.5 kg	0.5578	96.2205	BN	96.2205					
BN	34	3		Chris Booth	110.00	109	OPEN	35	M			0.0 kg			0.0 kg	160.0 kg	160.0 kg	165.0 kg		165.0 kg					0.0 kg	165.0 kg	0.5377	89.7205	BN	89.7205					
BN	35	3		Nell Thomas	110.00	108.9	M1	43	M			0.0 kg			0.0 kg	155.0 kg	165.0 kg	175.0 kg	195.0 kg	175.0 kg					0.0 kg	175.0 kg	0.5378	94.1150	BN	94.1150					

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):

PLATFORM A - RACHAEL ARMSTRONG, PHIL TEMPEST, ANN THOMAS, ADAM WOODHOUSE, NATHAN LEACH

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