Official Royal Navy Full Power and S/L Score Sheet					VENUE												Royal Navy POWER AND S/L									Date of comp					07-Dec-16		
lot	Flight	E/UE	BDFPA	Name	Wt cat.	Body wt	Age Cat	Age	M / F	RkHt	Squat				Sub Total	SQ Points	RkHt	Bench Press				Sub Total	BN Points	Dead Lift				Sub Total	DL Points	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							
	3		Y	Sean Gaffney	125.00	114.60	M2	45	M							0.0000	12	170.0 kg	181.0 kg	182.5 kg		180.0 kg	95.7060						0.0000	180.0 kg	0.5317	95.7060	BN	95.7060	
	3		Y	Joe O'Neil	90.00	87.50	Jnr	23	M							0.0000	10	110.0 kg	115.0 kg	117.5 kg		117.5 kg	69.9830						0.0000	117.5 kg	0.5956	69.9830	BN	69.9830	
	3			Simon Mansell	100.00	97.60	M4	56	M							0.0000							0.0000	222.5 kg	227.5 kg	230.0 kg		227.5 kg	127.4455	227.5 kg	0.5602	127.4455	DL	127.4455	
	2			Nick Stevenson	67.50	67.40	OPEN	28	M							0.0000							0.0000	130.0 kg	150.0 kg	165.0 kg		165.0 kg	119.9220	165.0 kg	0.7268	119.9220	DL	119.9220	
	1		Y	Melanie Haslam	70.00	69.90	OPEN	28	F	9	100.0 kg	107.5 kg	110.0 kg		110.0 kg	83.4680	10	75.0 kg	75.0 kg	80.0 kg		75.0 kg	56.9100	160.0 kg	170.0 kg	175.0 kg	182.5 kg	175.0 kg	132.7900	360.0 kg	0.7588	273.1680	FP	273.1680	
	1		Y	Kate Nesbitt	58.50	57.60	OPEN	28	F	7	107.5 kg	115.0 kg	120.0 kg		115.0 kg	102.3730	10	42.5 kg	47.5 kg	50.0 kg		47.5 kg	42.2845	110.0 kg	120.0 kg	132.5 kg		132.5 kg	117.9515	295.0 kg	0.8902	262.6090	FP	262.6090	
	1		Y	Jasmine Isoyama	70.00	66.00	Jnr	23	F	9	80.0 kg	90.0 kg	100.0 kg		100.0 kg	79.3800	10	60.0 kg	65.0 kg	72.5 kg		65.0 kg	51.5970	130.0 kg	140.0 kg	150.0 kg	168.5 kg	150.0 kg	119.0700	315.0 kg	0.7938	250.0470	FP	250.0470	
	1		Y	Lucy Massey	63.00	62.50	Jnr	23	F	8	80.0 kg	90.0 kg	100.0 kg		100.0 kg	83.1300	10	50.0 kg	55.0 kg	60.0 kg		55.0 kg	45.7215	110.0 kg	120.0 kg	132.5 kg	135.0 kg	132.5 kg	110.1473	287.5 kg	0.8313	238.9988	FP	238.9988	
	1		Y	Emma Grant	55.50	55.40	OPEN	37	F	6	75.0 kg	80.0 kg	82.5 kg		82.5 kg	75.8505	9	42.5 kg	45.0 kg	47.5 kg		45.0 kg	41.3730	95.0 kg	102.5 kg	102.5 kg		102.5 kg	94.2385	230.0 kg	0.9194	211.4620	FP	211.4620	
	1			Zara Holland	80.00	77.60	OPEN	31	F	9	70.0 kg	75.0 kg	82.5 kg		82.5 kg	58.0800	9	50.0 kg	57.5 kg	60.0 kg		57.5 kg	40.4800	110.0 kg	117.5 kg	125.0 kg		125.0 kg	88.0000	265.0 kg	0.704	186.5600	FP	186.5600	
	1		Y	Annabel Sykes	70.00	65.40	OPEN	26	F	8	70.0 kg	75.0 kg	80.0 kg		80.0 kg	64.0000	10	45.0 kg	50.0 kg	50.0 kg		45.0 kg	36.0000	95.0 kg	105.0 kg	110.0 kg		105.0 kg	84.0000	230.0 kg	0.8	184.0000	FP	184.0000	
	1			Bianca Di Resta	53.00	51.60	OPEN	31	F	6	40.0 kg	45.0 kg	50.0 kg		50.0 kg	48.7350	9	35.0 kg	40.0 kg	40.0 kg		35.0 kg	34.1145	70.0 kg	75.0 kg	80.0 kg	85.0 kg	80.0 kg	77.9760	165.0 kg	0.9747	160.8255	FP	160.8255	
	1			Katherine Butler	80.00	74.40	Jnr	21	F	10	50.0 kg	57.5 kg	62.5 kg		62.5 kg	45.3625	10	40.0 kg	42.5 kg	45.0 kg		42.5 kg	30.8465	95.0 kg	105.0 kg	115.0 kg		105.0 kg	76.2090	210.0 kg	0.7258	152.4180	FP	152.4180	
	2	E - Squat Only		Wesley McGuinness	100.00	92.60	OPEN	27	M	9	220.0 kg	235.0 kg	250.0 kg		250.0 kg	143.9500	9	155.0 kg	165.0 kg	170.0 kg		170.0 kg	97.8860	237.5 kg	250.0 kg	260.0 kg		260.0 kg	149.7080	680.0 kg	0.5758	391.5440	S/L	391.5440	
	3		Y	Andrew Davey	100.00	98.60	OPEN	33	M	10	195.0 kg	210.0 kg	220.0 kg		220.0 kg	122.6500	10	172.5 kg	187.5 kg	196.0 kg		195.0 kg	108.7125	252.5 kg	275.0 kg	282.5 kg		282.5 kg	157.4938	697.5 kg	0.5575	388.8563	FP	388.8563	
	3			Mike Carty	100.00	93.70	OPEN	34	M	10	215.0 kg	225.0 kg	235.0 kg		235.0 kg	134.4200	10	155.0 kg	165.0 kg	172.5 kg		172.5 kg	98.6700	235.0 kg	250.0 kg	262.5 kg		262.5 kg	150.1500	670.0 kg	0.572	383.2400	FP	383.2400	
	3			Josh Walton	90.00	87.30	Jnr	23	M	9	207.5 kg	215.0 kg	220.0 kg		220.0 kg	131.2300	12	140.0 kg	147.5 kg	150.0 kg		147.5 kg	87.9838	250.0 kg	262.5 kg	265.0 kg		262.5 kg	156.5813	630.0 kg	0.5965	375.7950	FP	375.7950	
	2		Y	Kyle Peacock	82.50	79.30	OPEN	26	M	9	180.0 kg	187.5 kg	187.5 kg		187.5 kg	119.4375	10	130.0 kg	140.0 kg	150.0 kg		140.0 kg	89.1800	200.0 kg	220.0 kg	232.5 kg		232.5 kg	148.1025	560.0 kg	0.637	356.7200	FP	356.7200	
	2		Y	Ash Crabtree	82.50	80.40	OPEN	30	M	9	200.0 kg	202.5 kg	205.0 kg		202.5 kg	127.7168	10	130.0 kg	137.5 kg	142.5 kg		142.5 kg	89.8748	220.0 kg	245.0 kg	245.0 kg		220.0 kg	138.7540	565.0 kg	0.6307	356.3455	FP	356.3455	
	2			Joe Kane	67.50	65.50	OPEN	24	M	9	125.0 kg	140.0 kg	152.5 kg		152.5 kg	113.7650	10	110.0 kg	117.5 kg	120.0 kg		120.0 kg	89.5200	170.0 kg	195.0 kg	205.0 kg		205.0 kg	152.9300	477.5 kg	0.746	356.2150	FP	356.2150	
	3			Kris Bryan	100.00	94.60	OPEN	28	M	12	200.0 kg	210.0 kg	215.0 kg		215.0 kg	122.3565	12	135.0 kg	145.0 kg	147.5 kg		147.5 kg	83.9423	255.0 kg	265.0 kg	265.0 kg		255.0 kg	145.1205	617.5 kg	0.5691	351.4193	FP	351.4193	
	3		Y	Jack Williams	100.00	97.90	Jnr	22	M	12	160.0 kg	172.5 kg	180.0 kg		180.0 kg	120.4920	11	120.0 kg	130.0 kg	130.0 kg		120.0 kg	80.3280	210.0 kg	220.0 kg	235.0 kg		220.0 kg	147.2680	520.0 kg	0.6694	348.0880	FP	348.0880	
	3		Y	James Cox	110.00	102.70	OPEN	34	M	11	180.0 kg	200.0 kg	220.0 kg		220.0 kg	120.5820	11	130.0 kg	140.0 kg	147.5 kg		140.0 kg	76.7340	240.0 kg	260.0 kg	270.0 kg		260.0 kg	142.5060	620.0 kg	0.5481	339.8220	FP	339.8220	
	3		Y	Joe Rowlands	100.00	94.50	OPEN	26	M	11	177.5 kg	190.0 kg	200.0 kg		200.0 kg	113.8800	11	135.0 kg	142.5 kg	147.5 kg		147.5 kg	83.9865	225.0 kg	240.0 kg	245.0 kg		245.0 kg	139.5030	592.5 kg	0.5694	337.3695	FP	337.3695	
	2			Adam Gunningham	82.50	80.20	OPEN	28	M	12	155.0 kg	165.0 kg	170.0 kg		170.0 kg	107.4060	12	130.0 kg	135.0 kg	140.0 kg		140.0 kg	88.4520	200.0 kg	210.0 kg	215.0 kg		215.0 kg	135.8370	525.0 kg	0.6318	331.6950	FP	331.6950	
	2		Y	Calum Morell	60.00	59.50	Jnr	22	M	8	90.0 kg	95.0 kg	100.0 kg		100.0 kg	81.9900	10	95.0 kg	100.0 kg	102.5 kg	105.0 kg	102.5 kg	84.0398	160.0 kg	162.5 kg	165.0 kg		165.0 kg	135.2835	367.5 kg	0.8199	301.3133	FP	301.3133	
	2		Y	Harry Aylward	82.50	78.80	Jnr	23	M	11	145.0 kg	157.5 kg	160.0 kg		160.0 kg	102.3840	10	110.0 kg	125.0 kg	130.0 kg		125.0 kg	79.9875	185.0 kg	200.0 kg	200.0 kg		185.0 kg	118.3815	470.0 kg	0.6399	300.7530	FP	300.7530	
	2		Y	Sam Fowler	75.00	73.50	OPEN	29	M	11	120.0 kg	125.0 kg	130.0 kg		130.0 kg	87.7760	11	90.0 kg	95.0 kg	95.0 kg		90.0 kg	60.7680	210.0 kg	225.0 kg	230.0 kg		225.0 kg	151.9200	445.0 kg	0.6752	300.4640	FP	300.4640	
	3		Y	Steven McAllister	90.00	89.90	M1	44	M	9	140.0 kg	150.0 kg	160.0 kg		160.0 kg	93.7120	11	90.0 kg	100.0 kg	105.0 kg		100.0 kg	58.5700	200.0 kg	215.0 kg	225.0 kg		225.0 kg	131.7825	485.0 kg	0.5857	284.0645	FP	284.0645	
	2			Ash Nickless	75.00	74.90	OPEN	28	M	9	100.0 kg	100.0 kg	120.0 kg		100.0 kg	66.5200	9	90.0 kg	110.0 kg	130.0 kg		110.0 kg	73.1720	160.0 kg	170.0 kg	190.0 kg		190.0 kg	126.3880	400.0 kg	0.6652	266.0800	FP	266.0800	
	3			Steve Saleh	100.00	94.00	OPEN	26	M	11	140.0 kg	155.0 kg	165.0 kg		155.0 kg	88.5050	11	80.0 kg	90.0 kg	100.0 kg		90.0 kg	51.3900	180.0 kg	195.0 kg	205.0 kg		205.0 kg	117.0550	450.0 kg	0.571	256.9500	FP	256.9500	
	2			James Knox	82.50	76.20	Jnr	23	M	11	90.0 kg	100.0 kg	110.0 kg		110.0 kg	72.1930	10	65.0 kg	70.0 kg	75.0 kg		75.0 kg	49.2225	130.0 kg	150.0 kg	160.0 kg		160.0 kg	105.0080	345.0 kg	0.6563	226.4235	FP	226.4235	
	2			Josh Llewellyn	75.00	71.60	OPEN	25	M	10	50.0 kg	70.0 kg	100.0 kg		100.0 kg	68.9800	10	60.0 kg	80.0 kg	95.0 kg		80.0 kg	55.1840	120.0 kg	130.0 kg	135.0 kg		135.0 kg	93.1230	315.0 kg	0.6898	217.2870	FP	217.2870	
	3		Y	Mark Jones	110.00	100.10	OPEN	35	M	11	120.0 kg	145.0 kg	155.0 kg		145.0 kg	80.3010	11	80.0 kg	87.5 kg	92.5 kg		80.0 kg	44.3040	150.0 kg	160.0 kg	165.0 kg		165.0 kg	91.3770	390.0 kg	0.5538	215.9820	FP	215.9820	
	2		Y	Paul Collinson	82.50	80.70	M3	52	M							0.0000	9	145.0 kg	155.0 kg	160.0 kg		155.0 kg	97.4950	180.0 kg	200.0 kg	220.0 kg		220.0 kg	138.3800	375.0 kg	0.629	235.8750	P/P	235.8750	

Referees

Flight 1 & 2 Paul Collinson (Squat)
Flight 3 Simon Mansell (Squat)
Flight 1 & 2 Simon Mansell (Bench)
Flight 3 Mike Hawkins (Bench)
Flight 1 & 2 Mike Hawkins (Deadlift)
Flight 3 Emma Grant (Deadlift)

Additional Refs: Nathan Leach, Andrew Davey, Wes McGuiness, Shachar Head