

Official Royal Air Force Bench Press Score Sheet Royal Air Force Bench Press Championship Date of comp: 25-01-1

ID	Flight	E/UE	BDFPA	Name	Wt cat.	Body wt	Age Cat	Age	M / F	RkHt	Bench Press				Sub Total	BN Points	Dead Lift				Sub Total	DL Points	Total
											1st Lift	2nd Lift	3rd Lift	4th Lift			1st Lift	2nd Lift	3rd Lift	4th Lift			
24	3		Yes	Andy Rigby	100.00	95.00	M3	54	M	11	175.0 kg	185.0 kg	195.0 kg	200.0 kg	195.0 kg	110.7210						0.0000	195.0 kg
19		E	Yes	Phil Tempest	82.50	81.60	M2	45	M		160.0 kg				160.0 kg	99.8560						0.0000	160.0 kg
27	3		Yes	James Benson	110.00	102.20	Jnr	23	M	11	165.0 kg	175.0 kg	180.0 kg	183.0 kg	180.0 kg	98.8380						0.0000	180.0 kg
13	2		Yes	Michael Applegate	75.00	72.80	OPEN	31	M	10	135.0 kg	140.0 kg	145.0 kg		145.0 kg	98.6725						0.0000	145.0 kg
25	3		Yes	Shane Seward	100.00	97.60	OPEN	27	M		160.0 kg	167.5 kg	172.5 kg	176.0 kg	172.5 kg	96.6345						0.0000	172.5 kg
26	3		Yes	Nathan Harvey	100.00	99.40	OPEN	35	M		150.0 kg	160.0 kg	162.5 kg		162.5 kg	90.2688						0.0000	162.5 kg
14	2		Yes	Ray Thompson	75.00	75.00	OPEN	35	M		125.0 kg	132.5 kg	132.5 kg		125.0 kg	83.0625						0.0000	125.0 kg
15	2		Yes	Lloyd Moore	82.50	75.20	OPEN	30	M	9	125.0 kg	130.0 kg	130.0 kg		125.0 kg	82.8875						0.0000	125.0 kg
12	2		Yes	Nat Lucas	75.00	72.60	OPEN	28	M	10	110.0 kg	115.0 kg	120.0 kg		115.0 kg	78.4300	190.0 kg				190.0 kg	129.5800	305.0 kg
11	2		Yes	Ashley Copping	75.00	71.60	OPEN	25	M		90.0 kg	100.0 kg	102.5 kg		100.0 kg	68.9800						0.0000	100.0 kg
9	2		Yes	Robbie McDonnell	67.50	66.40	Jnr	21	M		82.5 kg	90.0 kg	97.5 kg		90.0 kg	66.3030						0.0000	90.0 kg
22	3		Yes	Greig Stensland	90.00	86.00	OPEN	27	M		85.0 kg	95.0 kg	95.0 kg		95.0 kg	57.2090						0.0000	95.0 kg
5	1		Yes	Natalie Marsh	80.00	77.00	Jnr	21	F	8	77.5 kg	80.0 kg	80.0 kg		80.0 kg	56.6400						0.0000	80.0 kg
1	1		Yes	Lyndsey Hallam	50.50	48.20	OPEN	27	F	8	45.0 kg	47.5 kg	50.0 kg		50.0 kg	51.5050						0.0000	50.0 kg
7	1		Yes	Victoria Radcliffe	90.00	80.40	OPEN	33	F	8	55.0 kg	62.5 kg	70.0 kg		62.5 kg	42.8750	135.0 kg				135.0 kg	92.6100	197.5 kg
31	3		Yes	JK Usoro Brown	90.00	89.20	OPEN	33	M							0.0000	215.0 kg				215.0 kg	126.5275	215.0 kg

Referees:  
 One Platform - Nathan Leach, Phil Tempest, Ann Thomas