

Official Royal Air Force Full Power and S/L Score Sheet

VENUE RAF COSFORD

RAF POWER AND S/L

Date of comp

28-Jun-17

Flight	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	Place
								1st Lift	2nd Lift	3rd Lift				1st Lift	2nd Lift	3rd Lift			1st Lift	2nd Lift	3rd Lift							
4	Kash Brown	82.50	82.40	OPEN	29	M	6	200.0 kg	210.0 kg	220.0 kg	220.0 kg	136.3560	9	180.0 kg	190.0 kg	160.0 kg	160.0 kg	99.1680	240.0 kg	250.0 kg	260.0 kg	260.0 kg	161.1480	640.0 kg	0.6198	396.6720	FP	1
3	Ray Thompson	75.00	74.80	OPEN	36	M	9	180.0 kg	190.0 kg	195.0 kg	195.0 kg	129.8505		122.5 kg	127.5 kg	130.0 kg	130.0 kg	86.5670	240.0 kg	250.0 kg	250.0 kg	250.0 kg	169.8045	580.0 kg	0.6659	386.2220	FP	2
2	Ben Poole	67.50	67.50	OPEN	30	M	7	175.0 kg	185.0 kg	185.0 kg	185.0 kg	134.2730		110.0 kg	117.5 kg	120.0 kg	117.5 kg	85.2815	200.0 kg	210.0 kg	215.0 kg	215.0 kg	156.0470	517.5 kg	0.7256	375.8015	FP	3
5	Ben Marsden	90.00	89.60	OPEN	24	M	10	195.0 kg	210.0 kg	215.0 kg	215.0 kg	126.1835		155.0 kg	160.0 kg	160.0 kg	90.9695	250.0 kg	260.0 kg	265.0 kg	265.0 kg	155.5285	635.0 kg	0.5869	372.8515	FP	4	
6	Dugal Williams	110.00	107.80	OPEN	38	M	11	240.0 kg	260.0 kg	265.0 kg	260.0 kg	140.2180		140.0 kg	150.0 kg	160.0 kg	80.8950	260.0 kg	280.0 kg	300.0 kg	280.0 kg	151.0040	690.0 kg	0.5393	372.1170	FP	5	
6	James Benson	110.00	106.40	OPEN	24	M	12	215.0 kg	225.0 kg	230.0 kg	230.0 kg	124.5220		170.0 kg	185.0 kg	195.0 kg	100.1590	240.0 kg	262.0 kg	265.0 kg	265.0 kg	143.4710	680.0 kg	0.5414	368.1520	FP	6	
6	Shane Seward	100.00	92.80	OPEN	28	M	9	200.0 kg	210.0 kg	215.0 kg	215.0 kg	123.6465		160.0 kg	165.0 kg	160.0 kg	92.0160	250.0 kg	260.0 kg	265.0 kg	265.0 kg	152.4015	640.0 kg	0.5751	368.0640	FP	7	
4	Luke Toner	82.50	80.60	OPEN	29	M	10	185.0 kg	195.0 kg	202.5 kg	202.5 kg	127.4738		140.0 kg	145.0 kg	140.0 kg	81.8350	240.0 kg	250.0 kg	257.5 kg	250.0 kg	157.3750	582.5 kg	0.6295	366.6838	FP	8	
6	Seth Williams	100.00	99.00	OPEN	25	M	11	190.0 kg	210.0 kg	220.0 kg	210.0 kg	116.8650		150.0 kg	142.5 kg	152.5 kg	84.8663	250.0 kg	270.0 kg	285.0 kg	285.0 kg	158.6025	647.5 kg	0.5565	360.8580	FP	9	
3	Nathaniel Lucas	75.00	73.60	OPEN	28	M	9	152.5 kg	160.0 kg	167.5 kg	167.5 kg	112.9788		112.5 kg	117.5 kg	122.5 kg	82.6263	230.0 kg	240.0 kg	245.0 kg	240.0 kg	161.8900	530.0 kg	0.6745	357.4850	FP	10	
5	JK Usoro-Brown	90.00	88.60	OPEN	34	M	11	195.0 kg	207.5 kg	207.5 kg	195.0 kg	115.2450		140.0 kg	145.0 kg	147.5 kg	85.6950	250.0 kg	260.0 kg	260.0 kg	250.0 kg	147.7500	590.0 kg	0.591	348.6900	FP	11	
3	Liam Lynch	75.00	75.00	OPEN	24	M	8	152.5 kg	160.0 kg	165.0 kg	165.0 kg	109.6425		122.5 kg	125.0 kg	125.0 kg	93.0300	205.0 kg	217.5 kg	227.5 kg	217.5 kg	144.5288	522.5 kg	0.6645	347.2013	FP	12	
5	Tom Cocking	90.00	89.80	OPEN	36	M	11	170.0 kg	180.0 kg	190.0 kg	180.0 kg	105.4980		135.0 kg	140.0 kg	145.0 kg	84.9845	230.0 kg	240.0 kg	250.0 kg	250.0 kg	146.5250	575.0 kg	0.5861	347.0075	FP	13	
5	Nathan Maxwell	90.00	84.80	OPEN	28	M	11	155.0 kg	162.5 kg	170.0 kg	170.0 kg	103.3260		130.0 kg	135.0 kg	140.0 kg	82.0530	205.0 kg	220.0 kg	227.5 kg	227.5 kg	138.2745	532.5 kg	0.6078	345.6535	FP	14	
4	Geoff Davies	82.50	82.20	OPEN	29	M	10	160.0 kg	167.5 kg	170.0 kg	170.0 kg	105.5530	11	110.0 kg	120.0 kg	120.0 kg	74.5980	200.0 kg	220.0 kg	230.0 kg	230.0 kg	142.8070	520.0 kg	0.6209	322.8880	FP	15	
5	Bob Carroll	90.00	90.00	M2	49	M	9	185.0 kg	195.0 kg	200.0 kg	200.0 kg	117.0600		125.0 kg	127.5 kg	127.5 kg	74.6258	210.0 kg	220.0 kg	232.5 kg	220.0 kg	128.7680	547.5 kg	0.5853	320.4518	FP	16	
5	Matt Taitan	90.00	85.00	OPEN	30	M	11	175.0 kg	185.0 kg	190.0 kg	190.0 kg	115.3110		115.0 kg	120.0 kg	120.0 kg	72.8280	195.0 kg	205.0 kg	215.0 kg	215.0 kg	130.4835	525.0 kg	0.6069	318.6225	FP	17	
5	Chris Nance	90.00	86.60	OPEN	29	M	11	130.0 kg	140.0 kg	152.5 kg	152.5 kg	92.1253		125.0 kg	135.0 kg	140.0 kg	81.5535	200.0 kg	215.0 kg	227.5 kg	227.5 kg	137.4328	515.0 kg	0.6041	311.1115	FP	18	
4	Daniel Driver	82.50	80.20	OPEN	26	M	9	150.0 kg	160.0 kg	170.0 kg	170.0 kg	107.4060		105.0 kg	115.0 kg	115.0 kg	72.6570	190.0 kg	205.0 kg	210.0 kg	205.0 kg	129.5190	490.0 kg	0.6318	309.5820	FP	19	
2	Joshua Simpson	67.50	63.20	Jnr	22	M	8	120.0 kg	127.5 kg	132.5 kg	127.5 kg	98.3918		85.0 kg	90.0 kg	95.0 kg	65.5945	170.0 kg	182.5 kg	190.0 kg	182.5 kg	124.6170	430.0 kg	0.7717	304.8215	FP	20	
3	Brian McKeenan	125.00	118.00	OPEN	34	M	11	170.0 kg	180.0 kg	185.0 kg	185.0 kg	97.8280		150.0 kg	172.5 kg	180.0 kg	84.6080	200.0 kg	220.0 kg	230.0 kg	230.0 kg	121.6240	595.0 kg	0.6288	300.0880	FP	21	
5	Tom Mathews	90.00	86.30	OPEN	29	M	11	160.0 kg	165.0 kg	170.0 kg	165.0 kg	99.1485		110.0 kg	115.0 kg	120.0 kg	69.1035	205.0 kg	215.0 kg	225.0 kg	225.0 kg	135.2025	505.0 kg	0.6009	303.4545	FP	22	
4	Andrew Hodby	82.50	82.30	OPEN	27	M	10	172.5 kg	185.0 kg	185.0 kg	172.5 kg	107.0018	10	97.5 kg	105.0 kg	105.0 kg	64.4793	200.0 kg	210.0 kg	215.0 kg	215.0 kg	133.3645	485.0 kg	0.6203	303.8455	FP	23	
4	James Jones	82.50	76.80	OPEN	24	M	10	130.0 kg	137.5 kg	145.0 kg	145.0 kg	94.5980		90.0 kg	95.0 kg	97.5 kg	61.9780	210.0 kg	215.0 kg	220.0 kg	220.0 kg	143.5280	460.0 kg	0.6524	300.1040	FP	24	
2	Zac Alsthorpe	67.50	65.60	OPEN	25	M	7	120.0 kg	130.0 kg	140.0 kg	130.0 kg	98.8500		90.0 kg	95.0 kg	100.0 kg	70.7750	160.0 kg	175.0 kg	182.5 kg	175.0 kg	130.3750	400.0 kg	0.745	298.0000	FP	25	
3	Sharna Ridley	75.00	71.30	OPEN	27	M	8	140.0 kg	145.0 kg	150.0 kg	145.0 kg	100.3835		105.0 kg	105.0 kg	105.0 kg	72.8915	160.0 kg	170.0 kg	180.0 kg	180.0 kg	124.6170	430.0 kg	0.6923	297.6880	FP	26	
6	Jim Oldfield	110.00	102.40	OPEN	35	M	11	150.0 kg	160.0 kg	170.0 kg	160.0 kg	87.7320		135.0 kg	145.0 kg	150.0 kg	75.9815	220.0 kg	235.0 kg	250.0 kg	235.0 kg	128.9445	540.0 kg	0.5497	296.2980	FP	27	
5	Adam Laverton	90.00	88.00	Jnr	23	M	10	160.0 kg	167.5 kg	172.5 kg	172.5 kg	92.3788		95.0 kg	102.5 kg	110.0 kg	80.2338	185.0 kg	195.0 kg	210.0 kg	210.0 kg	124.6350	485.0 kg	0.5935	287.8475	FP	28	
3	Glen Waluch	75.00	71.60	OPEN	35	M	10	130.0 kg	130.0 kg	135.0 kg	130.0 kg	89.6740		85.0 kg	87.5 kg	92.5 kg	60.3575	175.0 kg	185.0 kg	190.0 kg	190.0 kg	131.0620	407.5 kg	0.6888	281.0935	FP	29	
6	Dan Foster	100.00	92.40	OPEN	27	M	11	130.0 kg	140.0 kg	150.0 kg	140.0 kg	80.7100		125.0 kg	130.0 kg	140.0 kg	74.9450	180.0 kg	202.5 kg	210.0 kg	210.0 kg	121.0650	480.0 kg	0.5765	276.7200	FP	30	
5	James Crew	90.00	87.60	OPEN	34	M	8	155.0 kg	160.0 kg	165.0 kg	165.0 kg	98.2080		110.0 kg	115.0 kg	120.0 kg	68.4480	160.0 kg	170.0 kg	180.0 kg	180.0 kg	107.1360	460.0 kg	0.5952	273.7920	FP	31	
3	Matthew Williams	75.00	74.00	OPEN	25	M	10	122.5 kg	132.5 kg	137.5 kg	132.5 kg	88.9870		92.5 kg	92.5 kg	100.0 kg	62.1230	167.5 kg	175.0 kg	182.5 kg	182.5 kg	122.5670	407.5 kg	0.6716	273.6770	FP	32	
5	Liam Archer	90.00	84.80	OPEN	25	M	10	125.0 kg	135.0 kg	145.0 kg	145.0 kg	88.1310		90.0 kg	100.0 kg	100.0 kg	60.7800	180.0 kg	190.0 kg	200.0 kg	200.0 kg	121.5600	445.0 kg	0.6076	270.4710	FP	33	
6	Michael Dart	100.00	94.60	OPEN	31	M	12	140.0 kg	150.0 kg	160.0 kg	160.0 kg	91.0560	11	115.0 kg	120.0 kg	125.0 kg	71.1375	180.0 kg	190.0 kg	200.0 kg	190.0 kg	108.1290	475.0 kg	0.5691	270.3225	FP	34	
4	Kris Smithson	82.50	78.40	OPEN	32	M	10	120.0 kg	130.0 kg	130.0 kg	130.0 kg	83.5120		75.0 kg	85.0 kg	95.0 kg	54.6040	182.5 kg	195.0 kg	200.0 kg	200.0 kg	128.4800	415.0 kg	0.6424	266.5960	FP	35	
2	Ben Hedley	67.50	64.20	OPEN	27	M	10	90.0 kg	100.0 kg	110.0 kg	110.0 kg	83.6220		75.0 kg	80.0 kg	85.0 kg	64.6170	140.0 kg	155.0 kg	165.0 kg	155.0 kg	117.8310	350.0 kg	0.7602	266.0700	FP	36	
5	Phil Bennett	90.00	87.80	MT	41	M	11	105.0 kg	115.0 kg	125.0 kg	115.0 kg	68.3445		105.0 kg	110.0 kg	115.0 kg	65.3730	195.0 kg	205.0 kg	210.0 kg	205.0 kg	121.8315	430.0 kg	0.5943	255.5490	FP	37	
3	Nigel Howain	82.50	77.00	OPEN	34	M	9	122.5 kg	130.0 kg	135.0 kg	135.0 kg	87.6985		95.0 kg	95.0 kg	100.0 kg	61.8345	150.0 kg	160.0 kg	165.0 kg	160.0 kg	104.1760	390.0 kg	0.6511	253.9290	FP	38	
5	Graig Stensland	90.00	86.20	OPEN	27	M	11	100.0 kg	110.0 kg	120.0 kg	120.0 kg	72.1560		90.0 kg	95.0 kg	100.0 kg	57.1235	135.0 kg										