

MIDLANDS ALL ROUND COMPETITION HELD IN GRIMSBY ON 2nd MARCH 2019

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	2H Zercher KILOS	Rev Grip Bench Press KILOS	2H Hacklift KILOS	TOTAL KILOS	TOTAL POINTS
Mollie Redfern-Smith	51.0	1.3194	11	66	13&U	55	40▲ (4th=42.5▲)	20▲	60.0	120.0	134.9
Max Ell	46.3	1.4357	22	33	Open	50	65.0	35.0	87.5	187.5	186.6
Maddy Ell	47.0	1.4163	23	33	Open	50	70.0	35 ^{BR}	82.5	187.5	184.8
Nicola Thornhill	71.3	1.0326	49	43	45+	75	80.0	45▲	85.0	210.0	165.5
Selina Dorn	72.0	1.0262	42	36	40+	75	75.0	37.5▲	115.0	227.5	162.6
Karen Gardner	74.1	1.0076	60	54	60+	75	60▲	37.5▲	65▲	162.5	135.8
Steve Andrews	65.6	1.0914	59	20	55+	70	120.0	65▲	135.0	320.0	221.8
Steve Sherwood	79.7	0.9634	67	30	65+	80	146▲	85▲	160.0	390.0	261.0
Paul Barette	80.3	0.9591	43	4	40+	85	150.0	85.0	235▲	470.0	242.4
Pete Tryner	91.7	0.8882	46	7	45+	95	195▲	125▲	260▲	580.0	292.5
Paul Hallam	93.2	0.8802	40	1	40+	95	150.0	60.0	170.0	380.0	173.9
Craig Cassie	102.7	0.8352	25	0	Open	105	150.0	110 ^{BR}	170.0	430.0	196.1
Richard Metcalf	109.0	0.8097	34	0	Open	110	175.0	105.0	240.0	520.0	221.4
Graham Saxton	113.7	0.7925	57	18	55+	115	145▲	80▲ (4th=82.5▲)	172.5▲	397.5	196.2
Steve Gardner	141.8	0.7120	62	23	60+	125+	65.0	60▲	105.0	230.0	109.3

▲ = Junior, masters World Record. ● = Open World record. ^{BR} = British record.

Referees: Frank Allen, Clive Nevis, Cliff Dunlop, Steve Andrews, Gary Ell & Steve Sherwood.

Loaders: The lifters.

MC: Steve Gardner

Recorder: Chris Bass

My thanks go to all the lifters & the above helpers.

It was a good day's lifting with 15 lifters competing. Well done to Pete Tryner winning the Pete Ready (masters) trophy & Richard Metcalf winning the Bill Jelley (open) trophy.