

MIDLANDS ALL ROUND COMPETITION HELD IN GRIMSBY ON 5th MARCH 2016

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Clean & Seated Press KILOS	Continental Snatch KILOS	Reflex C&J KILOS	TOTAL KILOS	TOTAL POINTS
Steve Andrews	65.8	1.0891	58	19	55+	70	52.5	60.0	57.5▲	170.0	241.2
Steve Sherwood	79.0	0.9685	66	28	65+	80	47.5, 4th 50.5▲	62.5▲	50.5▲	160.0	216.3
Paul Barette	72.1	1.0253	42	3	40+	75	47.5	50.0	65.0▲	162.5	188.5
Terry Morris	103.6	0.8314	62	23	60+	105	47.5▲	50.0▲	45.0▲	142.5	159.7
Tony Collins	95.0	0.8710	65	26	65+	95	30.0 ^{BR}	40.0 ^{BR}	45.0▲	115.0	138.0
Cliff Dunlop	144.4	0.7060	55	16	55+	125+	50.0▲	50.0▲	50.0▲	150.0	134.8

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

It was a good days lifting in spite of the small number of lifters. Everyone lifted with great enthusiasm, with several records broken.

Referees: Frank Allen, Clive Nevis, Cliff Dunlop (provisional) & Steve Sherwood.

Loaders: Tony Cook & Terry Morris.

MC: Chris Bass

Recorder: Alison Bass

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