

## National Clubs Championships – For The Battle of Britain Trophy – Saturday 16<sup>th</sup> January 2016

Held at Burton Powerhouse All Round Weightlifting Academy, Burton – Promoter: Steve Gardner

The Lifts: Lift 1 = Continental Clean Lift 2 = Fulton Deadlift Lift 3 = Dumbbells Anyhow

| Name   | Bwt   | Class | Age | Div    | Lift 1                    | Lift 2                      | Lift 3 | Total | Amend |
|--|-------|-------|-----|--------|---------------------------|-----------------------------|--------|-------|-------|
| <u>Burton Powerhouse Vikings (Midlands) <b>First Place</b> - Team Score: 1025.9</u>  |       |       |     |        |                           |                             |        |       |       |
| Pete Tryner  | 96.0  | 100   | 43  | M40+   | 110                       | 165                         | 85     | 360   | 324.2 |
| James Gardner  | 96.1  | 100   | 32  | Open   | 135                       | 192.5 (4 <sup>th</sup> 200) | 90     | 417.5 | 361.4 |
| Josh Davidson  | 113.0 | 115   | 25  | Open   | 130                       | 140                         | 107.5  | 377.5 | 300.1 |
| Webster Reid   | 163.5 | 125+  | 42  | M40+   | 125                       | 200.5                       | 120    | 445   | 317.1 |
| <u>Hoghton Barbell Club (North) <b>Second Place</b> - Team Score: 921.3</u>          |       |       |     |        |                           |                             |        |       |       |
| Matt Wells   | 68.9  | 70    | 35  | Open   | 107.5                     | 122.5                       | 67     | 297   | 313.6 |
| Steve Howarth  | 86.2  | 90    | 34  | Open   | 75                        | 92.5                        | 60     | 227.5 | 209.3 |
| Tom Allsopp  | 97.4  | 100   | 52  | M50+   | 100                       | 110                         | 67     | 277   | 269.0 |
| Mark Haydock   | 109.4 | 110   | 40  | M40+   | 145                       | 170.5                       | 100    | 415   | 338.8 |
| <u>Metamorfit Gym (South) <b>Third Place</b> - Team Score: 880.0</u>                 |       |       |     |        |                           |                             |        |       |       |
| Ed Shorttle  | 78.3  | 80    | 59  | M55+   | 55                        | 82.5                        | 50     | 187.5 | 219.1 |
| Rory Hoad  | 79.8  | 80    | 27  | Open   | 110                       | 140                         | 80     | 330   | 317.7 |
| Clive Madge  | 102.6 | 105   | 66  | M65+   | 100                       | 115                         | 75     | 290   | 319.9 |
| Ryan Burchett  | 111.6 | 115   | 32  | Open   | 100                       | 105                         | 82.5   | 287.5 | 230.0 |
| <u>Burton Powerhouse Warriors (Midlands) <b>Fourth Place</b> - Team Score: 878.5</u> |       |       |     |        |                           |                             |        |       |       |
| Paula Thompson   | 53.2  | 55    | 41  | M40+   | 60                        | 70                          | 35     | 165   | 283.9 |
| Chloe Brennan  | 73.1  | 75    | 20  | Open   | 82.5                      | 77.5                        | 40     | 200   | 270.3 |
| Luke Davis   | 73.6  | 75    | 31  | Open   | 105                       | 107.5                       | 67     | 279.5 | 282.8 |
| Lee Coton  | 94.0  | 95    | 39  | Open   | 120                       | 140                         | 80     | 340   | 297.9 |
| Matt Jones   | 124.7 | 125   | 20  | Open   | 130                       | 120                         | 87     | 337   | 255.1 |
| <u>Paragon Ladies (East Midlands) <b>Fifth Place</b> - Team Score: 742.3</u>         |       |       |     |        |                           |                             |        |       |       |
| Katy Mellors   | 55.5  | 60    | 27  | Open   | 50                        | 65                          | 30     | 145   | 237.7 |
| Nicola Thornhill   | 64.9  | 65    | 46  | M45+   | 60                        | 75                          | 35     | 170   | 261.7 |
| Selina Dorn  | 71.9  | 75    | 39  | Open   | 50                        | 70                          | 30     | 160   | 218.6 |
| Tasha McCauley   | 87.2  | 85    | 30  | Open   | 75                        | 82.5                        | 35     | 192.5 | 234.0 |
| <u>The Welsh Dragons (Wales) <b>Sixth Place</b> - Team Score: 688.8</u>              |       |       |     |        |                           |                             |        |       |       |
| Liam Keddy   | 50.3  | 55    | 14  | J14/15 | 40                        | 50                          | 25     | 115   | 184.2 |
| James Eldrid   | 81.5  | 85    | 20  | Open   | 60                        | 80                          | 45     | 185   | 175.9 |
| Neil Keddy   | 90.9  | 95    | 38  | Open   | 100                       | 95                          | 70     | 265   | 236.5 |
| Gary Ell   | 91.8  | 95    | 45  | M45+   | 90                        | 125                         | 67     | 282   | 265.3 |
| <u>The Welsh Dragoness's (Wales) <b>Seventh Place</b> - Team Score: 632.5</u>        |       |       |     |        |                           |                             |        |       |       |
| Mina Ell   | 44.7  | 45    | 19  | J18/19 | 47.5 (4 <sup>th</sup> 50) | 55 (4 <sup>th</sup> 60)     | 27.5   | 130   | 260.3 |
| Maddie Ell   | 54.5  | 55    | 20  | Open   | 47.5                      | 55                          | 25     | 127.5 | 212.0 |
| Sonya Coles  | 88.0  | 90    | 38  | Open   | 47.5                      | 60                          | 25     | 132.5 | 160.2 |
| Sianni Keddy   | 102.8 | 105   | 38  | Open   | 45                        | 65                          | 25     | 135   | 149.9 |
| <u>Special Star Lifters: (Hoghton Barbell Juniors)</u>                               |       |       |     |        |                           |                             |        |       |       |
| Max Howarth  | 19.8  | 20    | 6   | J13+U  | 5.3                       | 6                           | 5      | 16.3  |       |
| Natalie Haydock  | 21.0  | 25    | 6   | J13+U  | 7.3                       | 11                          | 5      | 23.3  |       |

**Mc Recorder:** Steve Gardner **Assistant:** Chris Bass **Referees:** Paul Barette Karen Gardner Graham Saxton Tom Allsopp Mark Haydock James Gardner Paula Thompson Gary Ell Luke Davis Neil Keddy (Prov) **Loaders:** The Lifters !

**Congratulations to all** this was another amazing day for IAWA(UK) and All Round Weightlifting. Everyone competed well and helped to make the day a success. Well done to our two little stars Max and Nat, and huge well done to our

**Best lifters:** 1<sup>st</sup> James Gardner 2<sup>nd</sup> Mark Haydock 3<sup>rd</sup> Pete Tryner 4<sup>th</sup> Clive Madge 5<sup>th</sup> Rory Hoad 6<sup>th</sup> Webster Reid