

2022 British Disability Championships - Sat 3rd September – Port Talbot, Wales – Promoter: Neil Keddy

Seated	Bwt	Age	2"Bar DL	Press	Pullover/Press	Total	Amend
Michelle Barette	69.9	48	120 ^{BR}	22.2 ^{BR}	27.5 ^{BR}	170	252.2
Claire Langley	86.7	33	95 ^{BR}	35 ^{BR}	40 ^{BR}	170	207.3
Steffie Stead	116.0	43	100 ^{BR}	30 ^{BR}	40 ^{BR}	170	182.7
Gem Kemble Stephenson	124.9	40	170 ^{BR}	60 ^{BR}	55 ^{BR}	285	288.8
Mathew Smythe	148.5	30	300 ^{BR}	125 ^{BR}	90 ^{BR}	515	358.9
Standing	Bwt	Age	2"Bar DL	Clean & Press	Pullover/Press	Total	Amend
Daffyd Humphreys	108.9	38	220 ^{BR}	70 ^{BR}	100 ^{BR}	390	315.9
John Samuel	181.0	24	200 ^{BR}	85 ^{BR}	80 ^{BR}	365	232.9

Best Overall Seated Male Award: Mathew Smythe

Best Overall Seated Female: Gemma Kemble Stephenson

Best Overall Standing Award: Daffyd Humphreys

Please note that it will take a while for the results to appear on the Website because of the number of records they now need a separate menu. Well done everyone for achieving more records.

2022 Welsh Open (All Round) Championships – Sat 3rd Sept. – Port Talbot, Wales. Promoter: Neil Keddy

Female	Bwt	Age	Pull/Press	Zercher	Trap Bar DL	Tot	Amend
Lotte Kammenga	87.3	32	47.5	80	100	227.5	276.3
Sonya Cole	91.4	45	40.5▲	30▲	90▲	160	197.9
MX							
Max Ell	48.5	25	45●	55●	100●	200	366.3
Tamzin Harrison	65	41	50▲●	80▲●	110▲●	240	268.8
Sylvie Whitfield	69.8	23	30●	55●	75●	160	167.5
Juniors							
Jack Smith	113.9	19	90▲	122.5	200▲	412.5	333.1
Carson Williams	125.0	15	50▲	70▲	180▲	300	260.8
Seniors and Masters							
Guy Lohead	72.9	33	70	110	140	320	325.7
Paul Barette	74.2	46	77.5	155	220▲	452.5	487.4
Steve Shah	83.4	73	45	70	130 ^{BR}	245	326.2
Louis Horne	84.0	20	100	120	150	370	345.5
Sam Bonar	89.7	28	97.5	140	180	417.5	375.4
Andrew Kuttner	99.5	66	50	87.5	170.5▲	307.5	334.3
Pete Tryner	99.5	50	100 ^{BR}	120 ^{BR}	300▲	520	490.2
Trevor Egglestone	107.5	71	60.5▲	80 ^{BR}	150▲	290	326.3
Dean Davis	124.7	41	70 ^{BR}	145 ^{BR}	200▲	415	320.4

Best Lifter Awards

Best Junior Lifter: Jack Smith

Best Female Lifter: Lotte Kammenga

Best MX Lifter: Max Ell

Best Open Lifter: Sam Bonar

Best Masters Lifter: Pete Tryner

Overall Best Lifter Rankings: 1st Pete Tryner 490.2 2nd Paul Barette 487.4 3rd Sam Bonar 375.4

Recorder/ Announcer: Steve Gardner **Assistant:** Paul Barette

Referees: Steve Andrews, Graham Saxton, Gary Ell, Neil Keddy, Paul Barette

▲ = World Junior/Masters record; ● = World Open record; British record = ^{BR}

A few words on this magnificent and inclusive event:

This event was another Jewell in the Crown of IAWA (UK). Well organised by Neil Keddy. Thanks to all the officials, Lifters and Loaders for making a great day. The standard of lifting was excellent with lots of records were broken. It was wonderful to see all age categories and Divisions represented on the platform from Juniors through to 70+ age group masters, and also seeing so many new young and first time lifters with IAWA(UK) Hope to see you all again!