

MIDLANDS ALL ROUND COMPETITION AND BRITISH OLYMPICS HELD IN GRIMSBY ON 4th MARCH 2023

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Cheat Curl KILOS	Pullover & Push KILOS	Straddle D/L KILOS	TOTAL KILOS	TOTAL POINTS
Beata Banas	73.7	1.0110	39	33	Open	75	42.5	65.0	145.0 ●	252.5	226.7
Steve Andrews	66.0	1.0869	63	24	60+	70	63.0 <sup>BR</sup>	87.5	130.0	280.0	284.3
Paul Barette	75.6	0.9950	47	8	45+	80	62.5	82.5	190.0	335.0	248.3
Brandon Hazell-Hyland	82.0	0.9472	21	0	Open	85	50.0	70.0	150.0	270.0	176.7
Paul Hallam	97.6	0.8583	44	5	40+	100	62.5	90.0	150.0	302.5	198.4
Trevor Egglestone	106.6	0.8191	72	40	70+	110	65.0 ▲	60.0	130.0	255.0	227.9
Rich Metcalf	108.5	0.8116	38	0	Open	110	75.0	100.0	220.0	395.0	223.1
Mark Haydock	111.4	0.8007	48	9	45+	115	85.5 <sup>BR</sup>	140.0 ▲	300.0 ▲ ●	525.0	302.9
Richard Caine	125.5	0.7546	39	0	Open	125+	67.5	115.0	185.0	367.5	194.2

▲ = Junior, masters World Record. ● = Open World record. <sup>BR</sup> = British record.

Referees: Ray Dews (supervised by Steve Gardner), Graham Saxton, Steve Andrews, Mark Haydock & 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 9 lifters competing. Well done to Mark Haydock winning the Pete Ready (masters) trophy & Beata Banas winning the Bill Jelley (open) trophy. This was followed by 6 lifters participating in the British Olympics.

First Place was Richard Metcalfe winning the De Yoxall shield, followed by Steve Andrews in 2nd place & Beata Banas in 3rd place.

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Div	Weight Class	Press KILOS	Snatch KILOS	Clean & Jerk KILOS	TOTAL KILOS	TOTAL POINTS
Beata Banas	73.7	1.0110	39	33	Open	75	42.5	45.0	60.0 <sup>BR</sup>	147.5 <sup>BR</sup>	198.3
Steve Andrews	66.0	1.0869	63	24	60+	70	57.5	50.0	52.5	160.0	215.6
Paul Barette	75.6	0.9950	47	8	45+	80	40.0	40.0	50.0	130.0	139.7
Brandon Hazell-Hyland	82.0	0.9472	21	0	Open	85	57.5	47.5	60.0	165.0	156.3
Paul Hallam	97.6	0.8583	44	5	40+	100	55.0	60.0	80.0	195.0	175.7
Rich Metcalf	108.5	0.8116	38	0	Open	110	85.0	85.0	115.0	285.0	231.3

▲ = Junior, masters World Record. ● = Open World record. <sup>BR</sup> = British record.