



British Disability & Welsh Open Championship - 02 September 2023 - Port Talbot, Wales

British Disability Seated

Scored on Total

Para Bench Press	2" Bar Press	Seated Deadlift
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Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Lift 1	Amend	Lift 2	Amend	Lift 3	Amend	Total	Lynch	Amended
Simon Flores	M	43	4	40+	76.0	80KG	140	BR▼○	90	BR▼○	220	BR▼○	450	0.9918	464.16
Matthew Smyth	M	31	0	Open	145.5	125+KG	165	BR○	130	BR○	355	BR○	650	0.7036	457.32
Gemma Kemble-Stephenson	F	41	35	40+	130.0	125+KG	85	BR▼○	60	60	220	BR▼○	365	0.7419	365.56
Alishah Mirza	F	28	33	Open	89.2	90KG	62.5	BR○	45	BR○	185	BR○	292.5	0.9021	350.94
Louise Greer	F	26	33	Open	79.7	80KG	70	BR○	50	BR○	120	BR○	240	0.9634	307.52
Claire Langley	F	34	33	Open	94.0	95KG	55	BR○	37.5	BR○	122.5	BR○	215	0.8761	250.52
Phoebe Ames	F	13	58	13 & Under	55.5	60KG	17.5	BR▼	15	BR▼	75	BR▼	107.5	1.2326	209.35

○ = Br open : ▼ = Br junior/masters

British Disability Standing

Scored on Total

Para Bench Press	Clean & Push Press	Trap Bar Deadlift
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Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Lift 1	Amend	Lift 2	Amend	Lift 3	Amend	Total	Lynch	Amended
Joshua Morris	M	20	0	Open	80.9	85KG	60	BR○	45	BR○	100	BR○	205	0.9548	195.73
Rosco Roberts	M	9	33	13 & Under	40.8	45KG	10	BR▼	10	BR▼	32.5	BR▼	52.5	1.6237	113.37

Welsh Open

Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Scored on Total						Total	Lynch	Amended
							Lift 1	Amend	Lift 2	Amend	Lift 3	Amend			
Steve Andrews	M	64	25	60+	65.0	65KG	60L	▲●	105R	105	218.75	▲●	383.75	1.0983	526.83
Sam Bonar	M	29	0	Open	90.0	90KG	85L	85	120R	120	323.75	●	528.75	0.8976	474.59
Beata Banas	F	39	33	Open	68.4	70KG	60L	●	95R	95	175	175	330	1.0611	465.71
Paul Hallam	M	44	5	40+	98.5	100KG	70R	70	140L	140	280.5	▲	490.5	0.8540	439.86
Paul Barette	M	47	8	45+	75.5	80KG	62.5R	62.5	115L	▲	227.5	▲●	405	0.9959	435.59
Neil Keddy	M	45	6	45+	83.8	85KG	65R	▲	90L	▲	245	▲●	400	0.9351	396.49
Nia James	F	21	33	Open	58.8	60KG	50L	●	71R	70	122.5	●	242.5	1.1797	380.49
Graham Saxton	M	61	22	60+	119.0	120KG	62.5L	62.5	125R	BR	175	▲	362.5	0.7746	342.56
Brandon Hazell-Hyland	M	21	0	Open	80.2	85KG	62.5L	62.5	95R	95	192.5	192.5	350	0.9598	335.92
Chris James	M	53	14	50+	131.0	125+KG	70R	BR	130L	BR	140	▲	340	0.7392	286.50
Shane Roberts	M	35	0	Open	178.0	125+KG	70R	70	100L	100	245	●	415	0.6428	266.76

Successful 4th Attempts: One Hand Deadlift – Steve Andrews 111kg R▲, Chris James 142.5kg L▲

Shanks Lift – Beata Banas 183.75kg ●

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

British Disability Champs Best Seated Female Lifter – **Gemma Kemble-Stephenson**

Best Seated Male Lifter – **Simon Flores**

Best Junior Lifter – **Phoebe Ames**

Best Male Standing Class – **Joshua Morris**

Welsh Open Champs Best Masters & Overall Champion – **Steve Andrews**

Best Open Male – **Sam Bonar**

Best Female – **Beata Banas**

Paul Hallam and Phoebe Ames - Two Person (Mixed) Left Hand Deadlift - Weight
Achieved 110 Kilos. ▲● in 100kg class

Promoter – Neil Keddy **MC/Recorder** – Steve Gardner **Scoring** – Paul Barette

Referees – Neil Keddy, Graham Saxton, Steve Andrews, Paul Barette, Steve Gardner

Loaders & Spotters – Kelvin Underwood & The Lifters!

Report by Steve Gardner:

An inspiring day at the British Disability and the Welsh Open Chamionships in Port Talbot, Wales.

What an incredible day, 20 lifters weighed in for what was to become a wonderful day of record-breaking lifting. A big well done to Neil Keddy as he hosted our third British Disability Championships and the eighth Welsh Open event at the Aberavon Community Centre.

We had three categories in the first event that kicked off at 10.45. Seated Female, Seated Male and Standing Male. The lifters were all amazing and treated those present to an inspiring display of lifting as they worked through the Para Bench, 2 inch bar Press, the Seated Deadlift, Clean and Push Press and Trap bar Deadlift in the various categories.

The Welsh Open event started 2pm and it was an electric atmosphere as the mix of new lifters and seasoned champions went at it hard in the 2 inch One Hand Vertical bar, opposite hand Deadlift and the Shanks lift. There were many records broken as the lifts flowed. Some big numbers were hit in the Shanks lift, notably the 323 kilos lifted with ease by Sam Bonar (definite candidate for the Dinnie Stones)
Great to see new lifters on the platform: Nia and Chris James, and Shane Roberts.

Thank you all who helped with loading and catching, refereeing etc, you were all amazing!