

BRITISH SINGLE ARM COMPETITION HELD IN GRIMSBY ON 4th MAY 2024

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Div	Weight Class	1H Barbell Snatch KILOS	1H Barbell C&J KILOS	1H Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Beata Banas	68.1	1.0642	40	34	40+	70	L 30	32.5▲	100.5 ^{BR}	163 ^{BR}	231.7
Joshua Davidson	99.7	0.8485	33	0	Open	100	L 60	62.5	150.0	272.5	231.2
Steve Andrews	66.0	1.0869	64	25	60+	70	36▲	L 32.5▲	L 100(4th=110▲)	178.5 ^{BR}	227.6
Matt Jones	144.0	0.7069	28	0	Open	125+	L 65 ^{BR}	80●	160 ^{BR}	305 ^{BR}	215.6
Sam Bonar	90.6	0.8942	29	0	Open	95	50.0	L 50	130.0	230.0	205.7
Paul Barette	76.0	0.9918	48	9	45+	80	L 30	35	120	185 ^{BR}	200.0
Steve Sherwood	73.5	1.0128	72	40	70+	75			L 130▲	130	184.3
James Rutter	90.0	0.8976	16	10	16-17	90	L 30▲	25	100	155 ^{BR}	153.0
Emily Haydock	41.4	1.5995	10	66	13&U	45	L 10(4th=11.5▲)	11.5	35(4th=40▲)	63 ^{BR}	150.0
Gary Redfern-Smith	109.3	0.8086	51	12	50+	110	L 35	0	90.0	125.0	113.2
Paul Hallam	98.3	0.8550	45	6	45+	100	45.0	L 40	L 0	85.0	77.0

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

All lifts were right handed unless marked otherwise.

Referees: Steve Gardner, Steve Andrews, Mark Haydock, Paul Barette & Steve Sherwood.

Loaders: The lifters.

MC: Steve Gardner

Recorder: Chris Bass