



## Welsh Open Championship - 31 August 2024 - Port Talbot

### Welsh Open Championship

Name	Sex	Age & Sex %	Age Group	Weight Class	One Hand Dumbbell Press			Rim Lift			Two Hands Hacklift - 2" Bar			Total	Lynch	Amended
					Max	Amend	Max	4th	Amend	Max	4th	Amend				
Joshua Davidson	M	0	Open	95KG	40R	40.00	160●		160.00	220●	236●	220.00	420.00	0.8844	371.47	
Sam Bonar	M	0	Open	90KG	40R	40.00	165●		165.00	195●		195.00	400.00	0.9010	360.39	
Jamie Oates	M	0	Open	105KG	35L	35.00	160●		160.00	220●	236.5●	220.00	415.00	0.8289	343.99	
Beata Banas	F	34	40+	70KG	17.5R <sup>BR</sup>	17.50	90 <sup>BR</sup>	95 <sup>BR</sup>	90.00	120▲●		120.00	227.50	1.0550	321.61	
Paul Hallam	M	6	45+	100KG	27.5R	27.50	145▲		145.00	170▲		170.00	342.50	0.8531	309.72	
Neil Keddy	M	7	45+	85KG	30R	30.00	125▲		125.00	135▲		135.00	290.00	0.9541	296.06	
Steve Andrews	M	26	65+	70KG	30L▲	30.00	95▲		95.00	75▲		75.00	200.00	1.0748	270.84	
Graham Saxton	M	23	60+	120KG	20R <sup>BR</sup>	20.00	110▲		110.00	135▲		135.00	265.00	0.7872	256.60	
Brandon Hazell-Hyland	M	0	Open	80KG	30R	30.00	100		100.00	130		130.00	260.00	0.9823	255.39	
Max Ell	MX	33	Open	55KG	10R <sup>BR</sup>	10.00	57.5 <sup>BR</sup>		57.50	80 <sup>BR</sup>		80.00	147.50	1.2984	254.71	
Matt Jones	M	0	Open	125+KG	52.5R <sup>BR</sup>	52.50	150 <sup>BR</sup>		150.00	160		160.00	362.50	0.6953	252.04	
Nia James	F	33	Open	60KG	10R	10.00	70●	75●	70.00	70●		70.00	150.00	1.1965	238.70	
Chris James	M	15	50+	125+KG	25L▲	25.00	130▲		130.00	70▲		70.00	225.00	0.7304	189.00	
Sonya Coles	F	41	45+	90KG	12.5R▲	12.50	52.5▲		52.50	0		0.00	65.00	0.9027	82.73	

● = Open World Record ▲ = Masters/Junior World Record <sup>BR</sup> = British Record      Scored using Total, Lynch and Age Adjustments

Promoters - Steve Gardner & Paul Barette

MC & Announcer - Steve Gardner

Scoring - Paul Barette

Loaders & Spotters - The Lifters    Referees - Steve Andrews, Graham Saxton, Neil Keddy, Matt Jones, Paul Hallam, Gary Ell & Max Ell. (Prov. Sonya Coles, Josh Davidson & Sam Bonar)

Overall Best Lifter Ranking:

3rd Jamie Oates

2nd Sam Bonar

1st Josh Davidson