



British Disability Championship (Seated) - 31 August 2024 - Port Talbot

British Disability Championship (Seated)					
Seated One Hand Dumbbell Press		Bench Press (Para) - Seated Class		Seated Deadlift 2" Bar	

Name	Sex	Age & Sex %	Age Group	Weight Class	Max	Amend	Max	4th	Amend	Max	Amend	Total	Lynch	Amended
Alishah Mirza	F	33	Open	90KG	22.5 ^{BR}	22.50	65	67.5 ^{BR}	65.00	175 ^{BR}	175.00	262.50	0.9211	321.59
Gary Clarke	M	8	45+	90KG	32.5 ^{BR}	32.50	100 ^{BR}		100.00	120 ^{BR}	120.00	252.50	0.9211	251.20
Phoebe Ames	F	53	14-15	60KG	7.5 ^{BR}	7.50	20 ^{BR}		20.00	75 ^{BR}	75.00	102.50	1.1842	185.71



British Disability Championship (Standing) - 31 August 2024 - Port Talbot

British Disability Championship (Standing)					
One Hand Dumbbell Press - Standing Class		Bench Press (Para) - Standing Class		Deadlift 2" Bar - Standing Class	

Name	Sex	Age & Sex %	Age Group	Weight Class	Max	Amend	Max	4th	Amend2	Max	Amend3	Total	Lynch	Amended
Kristian Nichols	M	0	Open	85KG	17.5 ^{BR}	17.50	62.5	65 ^{BR}	62.50	100 ^{BR}	100.00	180.00	0.9397	169.15

^{BR} = British Record

Promoters - Steve Gardner & Paul Barette

Scored using Total, Lynch and Age %

Loaders & Spotters - Lifters of the Welsh Open Champs

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

Best Female Lifter - Alishah Mirza

Best Male Lifter - Gary Clarke