



British Grip Championship - 10 January 2026 - Samlesbury, Lancs.

Scored using Total, Age & Sex%, Lynch								
One Hand Pinch Grip Clean and Press			Shoulder Drop			Two H's Fulton (2" rod) DBells DLift		

Name	Sex	Age & Sex %	Age Group	Weight Class	Max	4th	Amend	Max	4th	Amend	Max	4th	Amend	Total	Lynch	Amended
Mark Haydock	M	11	50+	115KG	30R▲●	32.5R	30.00	70▲●		70.00	200▲●	210	200.00	300.00	0.8015	266.89
Joshua Davidson	M	0	Open	100KG	30R	32.5R●	30.00	90	96	90.00	155●		155.00	275.00	0.8559	235.38
James Gardner	M	3	40+	105KG	27.5R▲●	30R	27.50	75▲		75.00	165	175▲●	165.00	267.50	0.8256	227.46
Matt Jones	M	0	Open	120KG	30R●	32.5R	30.00	80●		80.00	140		140.00	250.00	0.7714	192.85
Leo Moss	M	25	13 & Under	55KG	12.5R▲		12.50	35▲		35.00	70▲		70.00	117.50	1.2984	190.70
Chloe Brennan	F	33	Open	80KG	15R●		15.00	30●		30.00	100●		100.00	145.00	0.9663	186.36
Paul Hallam	M	8	45+	100KG	17.5L▲●		17.50	65▲	70	65.00	110		110.00	192.50	0.8485	176.41
Jamie Oates	M	1	40+	110KG	32.5L	35L▲●	32.50	0		0.00	170	186▲●	170.00	202.50	0.8136	166.39
Gary Ell	M	15	50+	95KG	12.5L	15L▲●	12.50	0		0.00	125	130▲	125.00	137.50	0.8915	140.96

▲ = World Junior/Masters record; ● = World Open record

Promoter - Mark Haydock MC/Announcer - Steve Gardner Scoring - Sam Haydock Loaders - The Lifters!
 Referees: Chloe Brennan, Jamie Oates, Matt Jones, Gary Ell, Mark Haydock, Paul Hallam, James Gardner
 Best Masters & Overall Champion - Winner of the Karen Gardner Memorial Shield - Mark Haydock
 Best Open Lifter - Josh Davidson
 Best Female Lifter - Chloe Brennan
 Best Junior Lifter - Leo Moss