

MIDLANDS ALL ROUND COMPETITION HELD IN GRIMSBY ON 14th MARCH 2026

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Div	Weight Class	Front Squat KILOS	1H Snatch KILOS	Cont C&J KILOS	TOTAL KILOS	TOTAL POINTS
Emily Haydock	58.7	1.1812	12	66	13&U	60	55.5 ^{BR}	20 R▲	40 ^{BR}	115.5 ^{BR}	182.1
Leo Moss	54.3	1.2539	13	33	13&U	55	50(4 th =52.5)▲	20.5 R▲	40(4 th =45)▲	118 ^{BR}	150.1
Chloe Brennan	75.2	0.9983	30	33	Open	80	130.0	47.5 R●	97.5●	275 ^{BR}	295.0
Pandora Holladay	80.4	0.9583	26	33	Open	85	77.5 ^{BR}	30 R●	66●	173.5 ^{BR}	178.8
Steve Sherwood	78.5	0.9723	74	44	70+	80	95▲	30 R▲	40.0	165 ^{BR}	183.6
Gary Ell	91.4	0.8898	55	16	55+	95	100 ^{BR}	35 L ^{BR}	67.5	202.5 ^{BR}	168.0
Joshua Davidson	93.3	0.8797	35	0	Open	95	155.0	62.5 R	115.0	332.5	240.0
Paul Hallam	99.2	0.8508	47	8	45+	100	120.0	42.5 L	90.0	252.5	186.6
Rich Metcalf	108.2	0.8128	41	2	40+	110	152.5▲	52.5(4 th =57.5) R ^{BR}	117.5(4 th =120)▲	330 ^{BR}	214.0
Mark Haydock	110.9	0.8026	51	12	50+	115	185▲	60 R▲	110▲	355 ^{BR}	253.9

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

Referees: Steve Sherwood, Mark Haydock, Paul Hallam, Chloe Brennan & Gary Ell.

Loaders: The lifters.

MC: Steve Gardner

Recorder: Chris Bass

Bill Jelley award - Best Open Lifter went to Chloe Brennan.

Pete Ready award - Best Masters Lifter went to Mark Haydock.