



## British Single Arm Championship - 09 August 2025 - Derby University, Derby

Scored using Total, Age & Sex%, Lynch																
					One Hand Snatch			One Hand Clean and Jerk (Opposite Hand)			One Hand Deadlift					
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+	110KG	55L▲		55.00	55R▲		55.00	170R▲	202.5	170.00	280.00	0.8247	256.33
Joshua Davidson	M	0	Open	95KG	60L		60.00	62.5R		62.50	170R		170.00	292.50	0.8756	256.11
Steve Andrews	M	28	65+	70KG	35R▲		35.00	32.5L▲		32.50	112.5L▲		112.50	180.00	1.0846	249.90
Amy Proferes	F	44	50+	75KG	28.5L▲		27.50	30R▲		30.00	105R	107.5R▲	105.00	162.50	1.0008	234.20
Matt Jones	M	0	Open	125+KG	60L		60.00	80R		80.00	160R	180	160.00	300.00	0.7497	224.91
Paul Hallam	M	7	45+	100KG	45R		45.00	47.5L▲		47.50	150R <sup>BR</sup>	162.5	150.00	242.50	0.8503	220.64
Rich Metcalf	M	1	40+	105KG	50L		50.00	50R		50.00	160L	165L▲	160.00	260.00	0.8256	216.79
Jack Somerville	M	0	Open	80KG	50L		50.00	52.5R		52.50	115R		115.00	217.50	0.9715	211.31
Emily Haydock	F	66	13 & Under	55KG	15L▲		15.00	16R▲		15.00	60R▲	65	60.00	90.00	1.3173	196.80
Pandora Holladay	F	33	Open	85KG	30L●		30.00	20R		20.00	100R	115R●	100.00	150.00	0.9562	190.76
Jamie Oates	M	1	40+	110KG	42.5R		42.50	35L <sup>BR</sup>		35.00	147.5L▲		147.50	225.00	0.8207	186.50
Emily Watkinson	F	33	Open	80KG	30R		30.00	35L●		35.00	75L <sup>BR</sup>		75.00	140.00	0.9627	179.25
Leo Moss	M	25	13 & Under	50KG	12.5L		12.50	23R▲		22.50	50L	55L▲	50.00	85.00	1.3603	144.53
Kayleigh Lamb	F	33	Open	110KG	20L●		20.00	25R●		25.00	70R	75R <sup>BR</sup>	70.00	115.00	0.8097	123.85
Chloe Brennan	F	33	Open	80KG	40L●		40.00	40R●		40.00	0R		0.00	80.00	0.9878	105.10

▲ = World Junior/Masters record; ● = World Open record; British record = <sup>BR</sup>