

BRITISH WEIGHT LIFTING
ENGLISH WEIGHTLIFTING CHAMPIONSHIPS 2013
 Lilleshall National Sports Centre, Newport.
 Saturday 16 February 2013

| PLACE | LOT N. | GIVEN NAME | FAMILY NAME | CLUB | BIRTH YEAR DDMMYY | ANNOUNCED TOTAL | BODYWEIGHT CATEGORY, kg | BODY WEIGHT kg | SNATCH kg | | | JERK kg | | | BEST RESULT | | TOTAL kg | SINCLAIR |
|----------------------|--------|-------------|-------------|----------------------|----------------------|--------------------|----------------------------|----------------------|-----------|------|------|---------|------|------|--------------|---------|-------------|---------------|
| | | | | | | | | | 1 | 2 | 3 | 1 | 2 | 3 | SNATCH kg | JERK kg | | |
| 48 KILO CLASS | | | | | | | | | | | | | | | | | | |
| 1 | 1 | Nicola | Hobbs | Brunel | 25.06.90 | 48 | 82 | 44.80 | 40 | 42 | 44 | 53 | x56 | x56 | 44 | 53 | 97 | 169.2 |
| 2 | 2 | Anastasia | Michaelas | Team Manchester | 09.01.97 | 48 | 90 | 39.90 | 35 | x38 | x38 | 45 | x48 | -- | 35 | 45 | 80 | 156.3 |
| 53 KILO CLASS | | | | | | | | | | | | | | | | | | |
| 1 | 6 | Jo | Calvino | Crystal Palace | 18.08.80 | 53 | 153 | 52.70 | 61 | 63 | 65 | 81 | 85 | 87 | 65 | 87 | 152 | 230.3 |
| 2 | 8 | Amy | Foy | Oldbury | 26.11.95 | 53 | 120 | 53.00 | 53 | x56 | 56 | 68 | 71 | x75 | 56 | 71 | 127 | 191.6 |
| 3 | 5 | Emma | Wakrim | Sutton&Epsom | 14.12.92 | 53 | 110 | 53.00 | x50 | x51 | 51 | x65 | 65 | 68 | 51 | 68 | 119 | 179.5 |
| 4 | 7 | Noorin | Gulam | Stars of the future | 06.09.95 | 53 | 107 | 52.15 | 48 | x51 | x52 | 60 | x68 | x68 | 48 | 60 | 108 | 165.1 |
| 5 | 4 | Shireen | Amir | Gateshead | 29.01.92 | 53 | 94 | 51.70 | 37 | 40 | 42 | 50 | x53 | 53 | 42 | 53 | 95 | 146.2 |
| | 3 | Joanne | McManus | Crossfit Manchester | 16.03.66 | 53 | 117 | 52.90 | --- | | | --- | | | 0 | 0 | 0 | 0.0 |
| 56 KILO CLASS | | | | | | | | | | | | | | | | | | |
| 1 | 1 | Louis | Hampton-Jor | Stars for the Future | 17.03.96 | 56 | 157 | 55.40 | 70 | 75 | 80 | 85 | 90 | 95 | 80 | 95 | 175 | 275.46 |
| 62 KILO CLASS | | | | | | | | | | | | | | | | | | |
| 1 | 5 | Jaswant | Shergill | Oldbury | 14.01.93 | 62 | 202 | 61.3 | 95 | 100 | 102 | 125 | 128 | x131 | 102 | 128 | 230 | 335.36 |
| 2 | 4 | Christos | Michaelas | Team Manchester | 16.02.93 | 62 | 225 | 61.7 | 100 | x104 | x104 | x125 | 125 | x131 | 100 | 125 | 225 | 326.54 |
| 3 | 2 | Nicholas | Muhanza | Crossfit Manchester | 31.12.86 | 62 | 200 | 61.7 | 90 | 95 | x98 | 120 | x125 | x125 | 95 | 120 | 215 | 312.02 |
| 4 | 3 | Namuttulah | Ahmadi | Stars for the Future | 01.04.95 | 62 | 175 | 60.70 | 80 | x85 | x87 | 100 | x105 | 107 | 80 | 107 | 187 | 274.61 |
| 69 KILO CLASS | | | | | | | | | | | | | | | | | | |
| 1 | 10 | Mehmed | Fikretov | Wood Green | 18.11.86 | 69 | 273 | 68.7 | 113 | 118 | 120 | 145 | 150 | 155 | 120 | 155 | 275 | 370.98 |
| 2 | 8 | Christopher | Freebury | Derby | 22.05.89 | 69 | 258 | 68.1 | 110 | 115 | 118 | 130 | 137 | x142 | 118 | 137 | 255 | 345.96 |
| 3 | 6 | Robert | Green | St Birinus | 20.05.92 | 69 | 215 | 67.5 | 87 | x91 | 91 | 120 | 125 | x127 | 91 | 125 | 216 | 294.74 |
| 3 | 9 | David | Oakes | Team Manchester | 13.05.89 | 69 | 210 | 67.1 | x93 | 93 | x100 | 112 | 118 | x123 | 93 | 118 | 211 | 289.04 |
| 4 | 11 | Robert | Davies | Team Manchester | 23.04.83 | 69 | 200 | 63.1 | 80 | 85 | x88 | 110 | x115 | x118 | 85 | 110 | 195 | 278.53 |
| 5 | 7 | Nilesh | Morar | Team Manchester | 03.09.92 | 69 | 190 | 68.5 | 80 | 86 | 91 | 100 | x106 | x106 | 91 | 100 | 191 | 258.15 |

| | | | | | | | | | | | | | | | | | | | |
|----|----|----------------------|-------------|----------------------|------------|----|-----|-------|------|------|------|------|------|------|-----|-----|-----|--------|--|
| | | 58 KILO CLASS | | | | | | | | | | | | | | | | | |
| 1 | 2 | Samantha | Briggs | Train Manchester | 14.03.82 | 63 | 150 | 57.50 | x60 | x63 | 63 | 80 | x85 | x88 | 63 | 80 | 143 | 202.6 | |
| 2 | 7 | Shila | Panjavi | Stars of the future | 14.05.91 | 58 | 134 | 56.63 | 57 | 60 | x61 | 76 | x80 | x80 | 60 | 76 | 136 | 194.9 | |
| 3 | 6 | Kim | Pham | Cardinal Pole | 20.01.94 | 58 | 138 | 58.00 | 54 | 57 | x59 | x73 | 73 | x75 | 57 | 73 | 130 | 183.0 | |
| 4 | 5 | Poi | Fakcha | Stars of the future | 08.01.96 | 58 | 118 | 56.30 | 55 | 60 | x62 | x67 | 67 | x71 | 60 | 67 | 127 | 182.8 | |
| 5 | 3 | Michelle | Davies | Crossfit Manchester | 13.05.80 | 58 | 107 | 56.35 | 42 | 44 | 46 | x60 | 60 | x62 | 46 | 60 | 106 | 152.5 | |
| 6 | 4 | Lucy | Rayner | Bournemouth | 06.11.97 | 58 | 89 | 55.25 | 39 | 42 | 45 | 53 | x57 | 59 | 45 | 59 | 104 | 151.8 | |
| 7 | 1 | Jennifer | Wilson | Woking | 09.01.86 | 58 | 92 | 57.95 | 35 | x37 | 38 | 53 | x58 | x58 | 38 | 53 | 91 | 128.2 | |
| | | 77 KILO CLASS | | | | | | | | | | | | | | | | | |
| 1 | 4 | Halil | Zorba | Crystal Palace | 22.09.88 | 77 | 290 | 76.00 | 122 | x126 | x126 | 165 | x170 | x170 | 122 | 165 | 287 | 364.12 | |
| 2 | 9 | Adam | Mattiussi | St Marys | 23.06.91 | 77 | 269 | 76.40 | 115 | 120 | x125 | x140 | 140 | 150 | 120 | 150 | 270 | 341.52 | |
| 3 | 1 | Ivan | Mihai | Kettle Bell Training | 27.05.91 | 77 | 239 | 75.80 | x100 | x103 | 105 | 133 | x141 | x141 | 105 | 133 | 238 | 302.41 | |
| 4 | 3 | Robert | Gordon-Smit | Crystal Palace | 07.07.88 | 77 | 231 | 75.90 | 105 | 110 | 113 | 120 | x125 | 125 | 113 | 125 | 238 | 302.18 | |
| 5 | 5 | Liem | Bui-le | Crystal Palace | 18.09.93 | 77 | 231 | 74.60 | 100 | 104 | 106 | x128 | x128 | 128 | 106 | 128 | 234 | 300.09 | |
| 6 | 6 | Lewis | Ridett | Brunel | 17.06.93 | 77 | 223 | 76.20 | 98 | 103 | x106 | x127 | 127 | x131 | 103 | 127 | 230 | 291.36 | |
| 7 | 10 | Edward | Chambers | St Birinus | 03.12.91 | 77 | 210 | 75.00 | 95 | 100 | x103 | 115 | 120 | 125 | 100 | 125 | 225 | 287.65 | |
| 8 | 11 | Joshua | Cox | St Birinus | 29.01.94 | 77 | 229 | 73.70 | 93 | 97 | x100 | 115 | x120 | 120 | 97 | 120 | 217 | 280.29 | |
| 9 | 2 | Chris | Chea | Woking | 28.03.85 | 77 | 225 | 72.80 | 85 | 90 | 95 | 110 | 115 | - | 95 | 115 | 210 | 273.25 | |
| 10 | 8 | Kristian | McPhee | Brunel | 08.06.91 | 77 | 214 | 74.70 | 90 | x94 | x94 | 115 | 120 | x125 | 90 | 120 | 210 | 269.10 | |
| 11 | 7 | Chi | Chea | Woking | 15.04.95 | 77 | 215 | 73.30 | x90 | 90 | x97 | 115 | x120 | x120 | 90 | 115 | 205 | 265.65 | |
| | 12 | Andy | Coupe | Unattached | 03.12.85 | 77 | 205 | 76.80 | - | - | - | - | - | - | 0 | 0 | 0 | 0.00 | |
| | | 63 KILO CLASS | | | | | | | | | | | | | | | | | |
| 1 | 3 | Emily | Godley | Crystal Palace | 22.10.89 | 63 | 185 | 62.55 | 82 | x85 | x85 | 102 | 106 | 108 | 82 | 108 | 190 | 253.7 | |
| 2 | 1 | Sarah | Davies | Leeds Met | 19.08.92 | 63 | 115 | 62.75 | 70 | 74 | x76 | x88 | 88 | x91 | 74 | 88 | 162 | 215.9 | |
| 3 | 4 | Sam | Balchin | Sutton&Epsom | 10.02.85 | 63 | 122 | 62.20 | 52 | 55 | 60 | x65 | 65 | 68 | 60 | 68 | 128 | 171.6 | |
| 4 | 2 | Ellie | Blenkinsop | Empire | 06.10.83 | 63 | 90 | 63.00 | x36 | 36 | 38 | 53 | x55 | 55 | 38 | 55 | 93 | 123.6 | |
| | 5 | Sally | Moss | Bethnal Green | 03.04.75 | 63 | 127 | 62.85 | 53 | x57 | x58 | x68 | x68 | x68 | 53 | 0 | 0 | 0.0 | |
| | | 69 KILO CLASS | | | | | | | | | | | | | | | | | |
| 1 | 7 | Evelyn | Stevenson | Sutton&Epsom | 12.01.1987 | 69 | 144 | 67.30 | 60 | 63 | x67 | 80 | 85 | x90 | 63 | 85 | 148 | 188.5 | |
| 2 | 6 | Ellie | Needham | Empire | 05.03.94 | 69 | 100 | 67.20 | 40 | 42 | x44 | 50 | 53 | 55 | 42 | 55 | 97 | 123.7 | |
| | | 85 KILO CLASS | | | | | | | | | | | | | | | | | |
| 1 | 1 | Bradley | Burrowes | Empire | 18.03.79 | 85 | 280 | 84.6 | 128 | 132 | x138 | 153 | x157 | x157 | 132 | 153 | 285 | 341.39 | |
| 2 | 4 | Cathal | Byrd | Unattached | 15.08.86 | 85 | 275 | 84.1 | 120 | 125 | x126 | 155 | x160 | x160 | 125 | 155 | 280 | 336.39 | |
| 3 | 6 | Andy | Hill | Unattached | 01.03.86 | 85 | 255 | 82.6 | 100 | x105 | x105 | 140 | 150 | - | 100 | 150 | 250 | 303.12 | |
| 4 | 3 | Ayham | Tumbar | Wood Green | 16.09.88 | 85 | 255 | 82.8 | x100 | 105 | x110 | 130 | 136 | x140 | 105 | 136 | 241 | 291.84 | |
| 5 | 5 | Charlie | Stone | Bethnal Green | 05.05.86 | 85 | 227 | 83.9 | x100 | 105 | 108 | 127 | x133 | x137 | 108 | 127 | 235 | 282.67 | |
| 6 | 2 | Callum | Mulhern | Warley | 21.12.89 | 85 | 227 | 82.8 | 90 | 95 | x100 | x125 | 130 | x135 | 95 | 130 | 225 | 272.47 | |

| 94 KILO CLASS | | | | | | | | | | | | | | | | | | |
|------------------------|----|----------|----------|---------------------|----------|------|-----|-------|------|------|------|------|------|------|-----|-----|-----|---------------|
| 1 | 10 | Sonny | Webster | Empire | 26.03.94 | 94 | 300 | 93.5 | 128 | 133 | x136 | 157 | 165 | x171 | 133 | 165 | 298 | 340.75 |
| 2 | 7 | Edward | Hopper | Crossfit Manchester | 26.04.86 | 94 | 255 | 92.9 | 115 | x120 | x120 | 140 | x145 | 145 | 115 | 145 | 260 | 298.13 |
| 3 | 8 | Koing | Chea | Woking | 27.12.83 | 94 | 286 | 92.1 | x115 | x115 | 115 | 138 | x145 | x145 | 115 | 138 | 253 | 291.20 |
| 4 | 9 | Greg | Stumbles | Bournemouth | 13.09.91 | 94 | 237 | 91.1 | 105 | 108 | x111 | 135 | 141 | x147 | 108 | 141 | 249 | 287.99 |
| | 11 | Kevin | Webb | Brunel | 15.06.80 | 94 | 260 | 93.4 | x117 | x117 | x120 | - | - | - | 0 | 0 | 0 | 0.00 |
| 75 KILO CLASS | | | | | | | | | | | | | | | | | | |
| 1 | 1 | Janine | Murphy | Bournemouth | 30.11.72 | 75 | 131 | 75 | 47 | 50 | x55 | 65 | 70 | 77 | 50 | 77 | 127 | 152.1 |
| 2 | 2 | Shasha | Bowers | Bournemouth | 26.03.85 | 75 | 100 | 72.2 | 39 | 42 | x45 | 56 | 59 | x62 | 42 | 59 | 101 | 123.5 |
| 75+ KILO CLASS | | | | | | | | | | | | | | | | | | |
| 1 | 3 | Mercy | Brown | Cardinal Pole | 20.06.96 | 75+ | 142 | 78.00 | 69 | 72 | x76 | 90 | x94 | 94 | 72 | 94 | 166 | 194.8 |
| 2 | 4 | Felicity | Smith | Bournemouth | 24.02.84 | 75+ | 125 | 105 | 46 | 50 | 54 | 65 | x70 | x71 | 54 | 65 | 119 | 124.5 |
| 105 KILO CLASS | | | | | | | | | | | | | | | | | | |
| 1 | 1 | Nick | Lumley | Empire | 10.07.86 | 105 | 255 | 101 | 118 | x122 | 122 | x135 | 135 | x153 | 122 | 135 | 257 | 284.44 |
| | 2 | Damon | Sarmardi | Brunel | 27.08.89 | 105 | 270 | 98.2 | x118 | x118 | x118 | - | - | - | 0 | 0 | 0 | 0.00 |
| 105+ KILO CLASS | | | | | | | | | | | | | | | | | | |
| 1 | 3 | John | Hanna | Warley | 06.08.83 | 105+ | 290 | 122 | 140 | x145 | x145 | x170 | x170 | 173 | 140 | 173 | 313 | 327.09 |
| 2 | 4 | Andrew | Ruegg | Brunel | 02.06.86 | 105+ | 285 | 124 | 135 | 140 | x143 | 165 | x170 | 171 | 140 | 171 | 311 | 323.98 |

Referees

- Mel Bart, Heather Allis
- Chris Baker, Eddie Halstead, Ian Oswald
- Mel Barton, Moira Larsen, Heather Allison
- Jo Calvino, Heather Allison, Moira Larsen
- Ian Oswald, Moira Lassen, Heather Allison
- Moira Larsen, Heather Allison, Bill Barton
- Mel Barton, Heather Allison, Moira Lassen
- Mel Bartonn, Shaun Taylor, Chris Baker

Championships Secretary
Championships Director

Time Keeper

- Chris Baker
Mel Barton
Chris Baker
Mel Barton
Mel Barton
Chris Baker
Chris Baker
Chris Baker

Shaun Taylor
Steve Cannon

Speaker

- Ian Oswald
Bill Barton
Ian Oswald
Bill Barton
Bill Barton
Ian Oswald
Ian Oswald
Bill Barton

Recorder

- Stuart Treadwell
Stuart Treadwell
Stuart Treadwell
Stuart Treadwell
Stuart Treadwell
Stuart Treadwell
Stuart Treadwell
Stuart Treadwell

Marshall

- Eddie Halstead
Heather Allison
Eddie Halstead
Eddie Halstead
Eddie Halstead
Eddie Halstead
Eddie Halstead
Eddie Halstead

- Jake Helliwell, Philpa
Keith Morgan, Phil Nourse
Amy Foy, Allen Court
Lucy Rayner, Nam Ahmadi, Steve Fisher
Lucy Rayner, Paul Furness
Emily Godley, Lucy Rayner, Jo Calvino
Lucy Rayner
Lawrence Stokes, Mark Roberts

BEST TEAM AWARD

| | Total | Number of Lifters |
|----------------------|-------|-------------------|
| Empire | 44 | 5 |
| Crystal Palace | 41 | 5 |
| Bournemouth | 36 | 5 |
| Stars for the Future | 36 | 5 |
| Team Manchester | 0 | 5 |
| Sutton & Epsom | 24 | 3 |
| Brunel | 0 | 6 |

| | | |
|----------------------------|-----------|----------|
| Crossfit Manchester | 0 | 4 |
| Oldbury | 18 | 2 |
| Cardinal Pole | 17 | 2 |
| Wood Green | 16 | 2 |
| Warley | 14 | 2 |
| St Birnius | 12 | 3 |
| Woking | 11 | 4 |
| Train Manchester | 10 | 1 |
| Derby | 8 | 1 |
| Leeds Met | 8 | 1 |
| KBT | 7 | 1 |
| Bethnal Green | 5 | 2 |