

# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 30 January 2016

Session # 1

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
	<b>MEN 56KG</b>															
93	SKIP CALLARD	M	2000	EUROPA	55.60	74	77	80	96	-99	99	80	99	179	280.954	1
	<b>MEN 62KG</b>															
21	HAROON SIRAJ	M	1994	ATLAS	61.50	-90	90	96	110	115	-120	96	115	211	306.933	2
120	JASWANT SHERGILL	M	1993	OLDBURY	61.70	101	---	---	131	---	---	101	131	232	336.694	1
	<b>MEN 69KG</b>															
14	CHRIS MURRAY	M	1999	GUILDF'D	67.90	-98	100	102	126	131	-138	102	131	233	316.713	5
28	HAKEEM BABALOLA	M	1994	TEAM MCR	67.90	100	103	-107	125	130	132	103	132	235	319.431	3
36	LOUIS HAMPTON-JONES	M	1996	LEEDS	69.00	101	105	-108	-125	-130	-136	105	---			
40	BEN ROSS	M	1987	ELITE-B	68.60	105	110	-115	130	-135	-135	110	130	240	324.069	2
80	CHRIS FREEBURY	M	1989	ATLAS	69.00	110	115	-120	132	-136	136	115	136	251	337.660	1
85	NEIL THOMAS	M	1989	UNATT	68.90	100	105	-107	125	-130	130	105	130	235	316.430	4

REFEREE 1	REFEREE 2	REFEREE 3
John McNiven	Mary Hancock	George Travis
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):

Ed Halstead

MARSHALL(S):

Frank Etherson

TIME-KEEPER:

Beverley Pattison

DOCTOR(S):

# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 30 January 2016

Session # 2

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
<b>WOMEN 75KG</b>																
2	MIRIAM MESSMER	F	1983	GUEST	73.70	61	64	67	75	<del>80</del>	80	67	80	147	177.674	5
31	LAUREN ENGLISH	F	1989	TEAM MCR	74.20	<del>64</del>	<del>64</del>	65	82	<del>85</del>	<del>85</del>	65	82	147	177.025	6
34	EMMA COLLINS-JONES	F	1990	UNATT	73.70	<del>75</del>	75	78	<del>85</del>	85	<del>90</del>	78	85	163	197.013	3
61	KATHLEEN SPEARS	F	1991	BU WLC	74.80	74	78	81	93	97	<del>101</del>	81	97	178	213.435	2
77	LOUISE WEBSTER	F	1985	WARLEY	73.30	<del>78</del>	78	82	<del>105</del>	<del>105</del>	105	82	105	187	226.693	1
96	CHARLOTTE DAVIES	F	1991	LOCKER27	74.30	<del>68</del>	<del>69</del>	70	<del>82</del>	<del>82</del>	82	70	82	152	182.914	4
117	MEGAN COX	F	2000	GUESS	71.80	56	59	<del>61</del>	78	82	86	59	86	145	177.809	7
<b>WOMEN 75+KG</b>																
38	EMILY CAMPBELL	F	1994	LEEDS	97.30	70	<del>75</del>	<del>80</del>	100	105	109	70	109	179	191.711	2
45	HANNAH ASHWORTH	F	1982	OAKLANDS	104.10	60	<del>63</del>	<del>65</del>	80	<del>84</del>	84	60	84	144	151.125	5
62	EVELYN STEVENSON	F	1987	SUTTON	78.20	70	73	<del>76</del>	88	92	<del>97</del>	73	92	165	193.373	3
71	MERCY BROWN	F	1996	CRYSTAL	89.30	<del>96</del>	96	<del>101</del>	115	<del>122</del>	125	96	125	221	244.128	1
114	RUTH CARPENTER	F	1988	CRYSTAL	103.30	66	<del>70</del>	<del>70</del>	76	<del>80</del>	81	66	81	147	154.604	4
118	SAMANTHA WILLIAMS	F	1986	SUTTON	88.50	<del>61</del>	<del>61</del>	<del>61</del>	---	---	---	---	---			

REFEREE 1	REFEREE 2	REFEREE 3
Beverley Pattison	Jo Calvino	Suzy Trebillcock
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):

Stephen Donovan

MARSHALL(S):

Frank Etherson

TIME-KEEPER:

Caroline Charles

DOCTOR(S):

# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 30 January 2016

Session # 3

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
	<b>MEN 105KG</b>															
56	JACOB FAST	M	1992	CRYSTAL	103.50	134	<del>140</del>	<del>142</del>	165	170	<del>174</del>	134	170	304	333.932	1
82	CONOR MURPHY	M	1991	OPTIMAL	103.40	120	127	<del>131</del>	155	<del>162</del>	<del>166</del>	127	155	282	309.874	3
90	SAUN TREBILLCOCK	M	1984	PARKH'D	104.10	117	125	<del>130</del>	155	162	166	125	166	291	318.991	2
	<b>MEN 105+KG</b>															
53	JOHN HANNA	M	1983	KBT	135.50	136	<del>142</del>	<del>145</del>	179	<del>189</del>	<del>189</del>	136	179	315	321.996	2
87	ANDREW RUEGG	M	1986	BRUNEL	126.10	<del>142</del>	142	<del>148</del>	174	179	182	142	182	324	335.967	1
125	DARIUS JOKARZADEH	M	1993	BWL GUEST	127.90	155	160	165	<del>180</del>	<del>180</del>	180	165	180	345	356.634	x
83	JOSEPH WALTON	m	1991	EMPIRE	106.00	130	<del>135</del>	135	160	<del>165</del>	<del>166</del>	135	160	295	321.337	x

REFEREE 1

REFEREE 2

REFEREE 3

Dyana Altenor	Caroline Charles	Andreas Michaelas Sr
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):

Martyn Riley

MARSHALL(S):

Heather Allison

TIME-KEEPER:

John McNiven

DOCTOR(S):

# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 30 January 2016

Session # 4

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
	<b>WOMEN 69KG</b>															
3	ISABEL ROGERS	F	1991	L'BORO	68.50	<del>70</del>	<del>70</del>	70	<del>92</del>	<del>95</del>	95	70	95	165	207.954	3
7	CHLOE SHELBOURNE-RALPH	F	1994	UNI GLO	67.40	60	<del>63</del>	63	<del>70</del>	70	75	63	75	138	175.642	7
8	CHLOE CASSAR	F	1991	UNATT	66.20	57	<del>60</del>	<del>61</del>	<del>71</del>	71	75	57	75	132	169.888	8
68	HOLLY COONEY	F	1984	OXFORD	67.40	53	57	60	<del>76</del>	76	80	60	80	140	178.188	6
26	SAM BALCHIN	F	1985	SUTTON	65.70	50	54	57	67	72	<del>76</del>	57	72	129	166.822	9
33	REBEKAH TILER	F	1999	M'ROYD	67.30	<del>88</del>	88	91	108	112	119	91	119	210	267.525	2
39	EMMA PRINGLE	F	1992	LEEDS	68.40	63	67	70	80	<del>85</del>	<del>85</del>	70	80	150	189.215	5
65	GRACE LILLEY	F	1994	L'BORO	64.90	<del>71</del>	71	75	81	84	87	75	87	162	211.140	4
78	EMILY GODLEY	f	1989	EUROPA	66.40	84	88	91	108	112	119	91	119	210	269.766	1
103	DANIELLE NORVILLE	f	1983	MDX UNI	63.70	53	57	<del>61</del>	<del>68</del>	<del>68</del>	<del>68</del>	57	---			

REFEREE 1	REFEREE 2	REFEREE 3
Andreas Michaelas Sr	Mary Hancock	Jo Calvinio
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):  
 John McNiven  
 MARSHALL(S):  
 Frank Etherson

TIME-KEEPER:  
 Beverley Pattison  
 DOCTOR(S):

# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 30 January 2016

Session # 5

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
	MEN 94KG															
10	MATTHEW HELSTRIP	M	1991	EUROPA	92.40	117	121	125	150	155	160	125	160	285	327.562	4
12	HENRY WOODASON	M	1988	GUILDF'D	93.60	<del>113</del>	115	<del>120</del>	<del>130</del>	<del>136</del>	<del>136</del>	115	---			
13	RAMSEY KECHACHA	M	1991	EUROPA	92.20	106	110	<del>113</del>	143	148	<del>151</del>	110	148	258	296.812	6
50	EDMON AVETISYAN	M	1994	EMPIRE	93.50	<del>140</del>	145	<del>150</del>	170	<del>182</del>	<del>182</del>	145	170	315	360.186	2
124	FORRESTER OSEI	m	1989	CRYSTAL	93.10	131	<del>136</del>	<del>140</del>	<del>165</del>	170	175	131	175	306	350.543	3
84	CHARLIE STONE	M	1986	OXFORD	93.50	<del>122</del>	122	<del>127</del>	153	156	161	122	161	283	323.596	5
94	OWEN BOXALL	M	1990	EUROPA	92.90	142	145	149	<del>176</del>	176	<del>181</del>	149	176	325	372.657	1
112	CYRILLE FAGAT TCHATCHET II	M	1995	GUEST	92.10	<del>145</del>	145	<del>151</del>	<del>180</del>	<del>185</del>	185	145				X

REFEREE 1	REFEREE 2	REFEREE 3
Heather Allison	Beverley Pattison	Stephen Donovan
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):

Martyn Riley

MARSHALL(S):

Frank Etherson

TIME-KEEPER:

Dyana Altendor

DOCTOR(S):

# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 30 January 2016

Session # 6

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
<b>WOMEN 63KG</b>																
1	KATARINA WIEMEYER	F	1986	CFCL	62.10	58	<del>61</del>	<del>61</del>	73	77	<del>80</del>	58	77	135	181.145	6
4	AMY SALT	F	1992	NW1	61.00	63	<del>67</del>	<del>67</del>	<del>80</del>	83	<del>87</del>	63	83	146	198.315	3
18	MADELEINE HARRIS	F	1992	AYLESB'Y	62.30	57	60	<del>62</del>	76	<del>79</del>	<del>79</del>	60	76	136	182.091	5
20	SOPHIE REES	F	1988	SUTTON	59.80	68	70	72	80	<del>83</del>	<del>83</del>	72	80	152	209.351	2
30	JANINE HUSSEY	F	1982	TEAM MCR	60.50	<del>52</del>	52	<del>56</del>	72	75	<del>78</del>	52	75	127	173.495	10
32	OLIVIA BLATCH	F	1993	EUROPA	60.90	70	73	75	82	86	<del>90</del>	75	86	161	218.938	1
42	THEA MAYES	F	1989	OAKLANDS	62.60	55	58	<del>61</del>	70	<del>75</del>	<del>76</del>	58	70	128	170.827	9
60	ORLA MCCANN	F	1998	CRYSTAL	62.10	<del>57</del>	57	<del>61</del>	69	72	<del>76</del>	57	72	129	173.094	8
72	JESSICA TEA	F	1989	OXFORD	62.60	<del>59</del>	59	<del>62</del>	81	84	87	59	87	146	194.850	4
75	SARAH DAVIES	F	1992	EUROPA	62.70	<del>87</del>	87	<del>90</del>	<del>114</del>	<del>114</del>	<del>114</del>	87	---			
98	SIOBHAN HOULDRIDGE	F	1990	HALLAM	60.90	52	55	<del>57</del>	73	75	<del>78</del>	55	75	130	176.782	7
101	AMY PICKWORTH	F	1982	CFT LEEDS	63.00	53	<del>56</del>	56	<del>66</del>	66	<del>69</del>	56	66	122	162.128	12
116	BEX FRANCIS	F	1985	FIT PERF	60.40	50	54	<del>57</del>	<del>65</del>	65	69	54	69	123	168.225	11

REFEREE 1	REFEREE 2	REFEREE 3
Caroline Charles	Jo Calvino	Martyn Riley
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):

Stephen Donovan

MARSHALL(S):

Heather Allison

TIME-KEEPER:

Jennifer Maysmor-Gee

DOCTOR(S):

# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 31 January 2016

Session # 1

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
	<b>WOMEN 48KG</b>															
24	LUCY HUGHES	F	1996	CHELMF'D	47.20	44	46	48	54	57	-60	48	57	105	174.696	4
43	SAMANTHA OGUNYODE	F	1985	CFT OL1	47.10	-50	50	53	60	-65	65	53	65	118	196.696	2
48	TASLIMA BEGUM	F	1999	OAKLANDS	47.10	48	-51	-53	61	66	-71	48	66	114	190.029	3
73	SAMANTHA WAGSTAFFE	F	1983	ESSEX WLC	46.50	-40	-40	40	-54	-54	54	40	54	94	158.504	5
106	KELLY-JO ROBSON	F	1988	ATLAS	47.60	55	-58	-58	65	68	-70	55	68	123	203.117	1
123	HANNAH POWELL	F	1992	GUEST	46.50	64	-66	66	-84	84	-86	66	84	150	252.931	X

REFEREE 1	REFEREE 2	REFEREE 3
Jo Calvino	Heather Allison	Beverley Pattison
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):

Stephen Donovan

MARSHALL(S):

Frank Etherson

TIME-KEEPER:

John McNiven

DOCTOR(S):

# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 31 January 2016

Session # 2

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
	<b>WOMEN 53KG</b>															
6	LUCY BARRETT	F	1987	LOCKER27	53.00	48	<del>51</del>	<del>52</del>	63	<del>68</del>	70	48	70	118	177.996	8
15	SARAH HILTON	F	1979	LOWA	52.30	45	<del>48</del>	<del>48</del>	<del>58</del>	58	<del>61</del>	45	58	103	157.043	11
19	JULIE CHEUNG	F	1983	MCR S&C	52.50	50	<del>54</del>	<del>56</del>	65	69	<del>73</del>	50	69	119	180.878	7
44	JENNA MCKEAN	F	1987	CF C LDN	52.50	55	58	<del>60</del>	71	<del>74</del>	74	58	74	132	200.638	3
69	MARIA ROSALA	F	1989	MOMENTUM	52.00	56	<del>58</del>	<del>58</del>	<del>65</del>	<del>65</del>	65	56	65	121	185.352	6
79	JANE FOX	F	1966	AYLESB'Y	50.90	43	46	48	55	<del>58</del>	60	48	60	108	168.378	10
64	NOORIN GULAM	F	1995	BU WLC	52.60	65	68	70	<del>80</del>	80	84	70	84	154	233.719	1
97	FRAER MORROW	F	1998	DANUM	52.30	60	64	<del>68</del>	80	<del>86</del>	86	64	86	150	228.703	2
100	LUCIE RYBINOVA	F	1986	MCR S&C	51.80	45	48	50	61	63	65	50	65	115	176.717	9
107	STEPHANIE LEGG	F	1989	CFT WY	52.10	50	<del>53</del>	<del>53</del>	68	<del>71</del>	73	50	73	123	188.121	5
110	ALLIE DEELEY	f	1995	BU WLC	53.00	<del>55</del>	56	<del>59</del>	69	<del>72</del>	<del>74</del>	56	69	125	188.556	4

REFEREE 1	REFEREE 2	REFEREE 3
Mary Hancock	Jennifer Maysmor-Gee	Caroline Charles
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):

Beverley Pattison

MARSHALL(S):

Heather Allison

TIME-KEEPER:

Stephen Donovan

DOCTOR(S):



# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 31 January 2016

Session # 3

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
	<b>MEN 77KG</b>															
46	ADRIAN RAMIREZ	M	1997	WESTWAY	73.20	<del>102</del>	<del>105</del>	<del>105</del>	---	---	---	---	---			
55	GUY MICHEL TCHIUSI	M	1995	GUEST	76.10	125	130	<del>133</del>	160	166	<del>170</del>	130	166	296	375.252	X
86	KRISTIAN MCPHEE	M	1991	BRUNEL	75.90	104	108	<del>110</del>	136	140	<del>142</del>	108	140	248	314.875	2
88	JOSHUA COX	M	1994	ST BIRINUS	75.20	100	105	<del>108</del>	125	132	<del>137</del>	105	132	237	302.522	3
91	NICK CANTWELL	M	1987	ST BIRINUS	76.50	<del>115</del>	115	<del>120</del>	145	153	<del>158</del>	115	153	268	338.741	1

REFEREE 1	REFEREE 2	REFEREE 3
Andreas Michaelas Sr	Don Walker	John McNiven
Signature:	Signature:	Signature:

JURY:  
  
 TECHNICAL CONTROLLER(S):  
 Heather Allison  
 MARSHALL(S):  
 Frank Etherson

TIME-KEEPER:  
 Simon Lynch  
 DOCTOR(S):

# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 31 January 2016

Session # 4

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
<b>WOMEN 58KG</b>																
9	SARAH JANE GLANVILL	F	1991	UNATT	57.60	67	<del>70</del>	<del>70</del>	85	91	92	67	92	159	224.991	1
17	LINN MAYHEW	F	1979	LOWA	57.20	48	52	<del>55</del>	<del>64</del>	64	<del>68</del>	52	64	116	164.991	11
41	LAURA HEWITT	F	1994	L'BORO	56.70	63	67	<del>70</del>	80	85	91	67	91	158	226.203	2
47	VICTORIA REEVE	F	1988	OXFORD	55.60	52	56	<del>60</del>	70	75	80	56	80	136	197.609	7
59	LAYLA GRIFFITHS	F	1988	ATLAS	56.10	<del>53</del>	53	56	65	<del>70</del>	70	56	70	126	181.838	10
67	JESSICA PERRIN	F	1988	EUROPA	57.20	<del>64</del>	<del>65</del>	65	80	<del>84</del>	87	65	87	152	216.195	3
74	LAURA MOYLAN	F	1986	MDX UNI	56.60	55	<del>60</del>	<del>60</del>	70	73	77	55	77	132	189.229	8
102	AMBER SHEPPARD	F	1997	CRYSTAL	58.00	66	<del>69</del>	<del>69</del>	82	86	<del>88</del>	66	86	152	213.997	4
104	EMMA PETERS	F	1998	OAKHAM	57.30	50	<del>55</del>	<del>55</del>	65	<del>70</del>	<del>70</del>	50	65	115	163.357	12
105	MICHELLE DAVIS	F	1980	MCR S&C	57.10	54	<del>56</del>	56	<del>73</del>	73	<del>77</del>	56	73	129	183.719	9
108	AMY WILLIAMS	F	1992	SOPHIES	56.70	<del>55</del>	55	60	75	<del>80</del>	80	60	80	140	200.433	6
109	VIKA DE GIORGI	f	1973	RTB	57.60	62	65	<del>68</del>	80	<del>85</del>	<del>85</del>	65	80	145	205.180	5

REFEREE 1	REFEREE 2	REFEREE 3
George Travis	Jo Calvino	Andreas Michaelas Sr
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):

Stephen Donovan

MARSHALL(S):

TIME-KEEPER:

Andreas Michaelas Jr

DOCTOR(S):

# EXERTRAIN ENGLISH CHAMPIONSHIPS 2016

Held: 31 January 2016

Session # 5

at: Wythenshawe Forum

Start #	Name	Sex	Born	Club	Body weight	SNATCH			CLEAN & JERK			Best		TOTAL	Sinclair Score	Place
						1	2	3	1	2	3	Snatch	C & J			
	MEN 85KG															
11	AARON BOLTON		1989	FIT PERF	83.00	110	<del>114</del>	114	135	140	<del>147</del>	114	140	254	307.200	5
22	SAM YOUNG		1985	ATLAS	83.10	100	105	110	135	140	146	110	146	256	309.430	4
37	JACK DOBSON		1993	LEEDS	83.50	105	110	113	<del>135</del>	137	<del>142</del>	113	137	250	301.440	7
57	OZGUR YETER		1984	MCR S&C	82.80	110	<del>115</del>	115	135	140	145	115	145	260	314.850	3
58	HAMID MOSAVI		1984	CUBE FIT	83.20	108	112	<del>115</del>	138	<del>145</del>	<del>149</del>	112	138	250	301.990	6
89	MAXIMILLIAN KHAIHRA		1991	BRUNEL	82.90	<del>114</del>	<del>114</del>	114	<del>134</del>	<del>134</del>	<del>134</del>	114	---			
92	LEWIS RIDETT		1993	BRUNEL	83.50	120	124	126	152	<del>156</del>	<del>157</del>	126	152	278	335.200	2
95	DOAN VINH		1982	GUEST	84.20	<del>107</del>	<del>110</del>	110	130	<del>135</del>	<del>136</del>	110	130	240	288.170	X
111	ALEX BLAIR		1992	MOMENTUM	83.00	120	<del>124</del>	125	150	153	<del>158</del>	125	153	278	336.230	1
113	DAVID FRASER		1985	KBT	85.00	97	103	107	127	132	<del>136</del>	107	132	239	285.610	9
121	EDDIE CHAMBERS		1991	ST BIRINUS	80.70	105	110	<del>115</del>	133	<del>138</del>	138	110	138	248	304.380	8

REFEREE 1	REFEREE 2	REFEREE 3
Simon Lynch	Don Walker	Ed Halstead
Signature:	Signature:	Signature:

JURY:

TECHNICAL CONTROLLER(S):

George Travis

MARSHALL(S):

Frank Etherson

TIME-KEEPER:

Dyana Altenor

DOCTOR(S):