

## England Masters Championship 2023 - Start list - Green Platform

### 9-10 December 2023 at: NEC Birmingham

Group	First Name	Last Name	Club	BW cat kg	Age Group	Entry Total (kg)
<b>M70, M65, M60, M55, M50 ALL LIFTERS</b>						
<b>Group 1 Saturday</b>  Weigh in: 08:00 Start: 10:00	Michael	Pogonowski	Psych Weightlifting Club	81	M70	102
	James	Simpson	London Weightlifting Academy	73	M65	132
	Malcolm	Nuttall	North Tyneside Barbells	89	M60	130
	David	Clifton	Locker 27	96	M60	168
	Stuart	Treadwell	Unattached	67	M55	130
	Keat	See	Unattached	73	M55	195
	Kamran	Majid	Unattached	109	M55	170
	Phil	Spencer	London Weightlifting Academy	96	M50	171
David	English	Unattached	109+	M50	170	
<b>W65, W60, W55, W50, W45 ALL LIFTERS</b>						
<b>Group 2 Saturday</b>  Weigh in: 09:45 Start: 11:45	Suzanne	Woodason	Guildford Weightlifting	71	W65	67
	Patricia	Tenn	Stone Strength Weightlifting	59	W60	104
	Trish	Tippett	Unattached	76	W55	94
	Justine	Howlett	Unattached	71	W50	132
	Antonia	Rudge	Locker 27	71	W50	116
	Marie-Pierre	Shaw	Unattached	76	W45	118
Alexandra	von Haselberg-Paly	Guildford Weightlifting	76	W45	94	
<b>M45, M40 ALL LIFTERS</b>						
<b>Group 3 Saturday</b>  Weigh in: 11:10 Start: 13:10	Andrew	Kearton	Colchester Weightlifting	73	M45	186
	Anthony	Weedon	P6 Powersports	81	M45	194
	Steve	Harris	Pugh+ 21	89	M45	186
	Tommy	Yule	Unattached	96	M45	228
	Mark	Robinson	Atlas Weightlifting Centre	102	M45	201
	Mike	Spencer	Derby Weightlifting Club	102	M45	167 GUEST
	Iheke	Ndukwe	London Weightlifting Academy	109	M45	205
	Brett	Doughty	Unattached	89	M40	209
	Mark	Butcher	Stockport Spartans Weight Lifting	89	M40	189
Danny	Reeb	Unattached	96	M40	201	
<b>W40 ALL LIFTERS</b>						
<b>Group 4 Sunday</b>  Weigh in: 08:00 Start: 10:00	Kathryn	Smith	Unattached	59	W40	144
	Vicky	Catnach	EDGE	59	W40	104
	Pui Kwan (Lily)	Yu	Ronin Barbell Club	59	W40	130
	Natalie	Miles	The Leicester Olympic Weightliftin	59	W40	132
	Rebecca	Hayhurst	Mytholmroyd WLC	64	W40	127
	Mel	Herbertson	Unattached	64	W40	75 GUEST
	Michelle	Spencer	Derby Weightlifting Club	71	W40	105
	Marianna	Lilleoks	Team Manchester	76	W40	109
	Swati	Tiwary	Unattached	87	W40	118
	Siobhan	Hyland	Unattached	87+	W40	110
	Sam	Drammeh	Psych Weightlifting Club	87+	W40	152
<b>M35 ALL LIFTERS</b>						
<b>Group 5 Sunday</b>  Weigh in: 10:05 Start: 12:05	Max	Southworth	Unattached	73	M35	205
	Lee	Coonan	Unattached	73	M35	193
	Scott	Appleby	Atlas Weightlifting Centre	81	M35	235
	James	Hargrave	Brunel University Weightlifting	81	M35	245
	Christopher	Chu	Unattached	96	M35	231
	Scott	Sharp	Unattached	102	M35	222
	Matthew	Wilson-Jones	Aylesbury Weightlifting Club	102	M35	218
	Michael	Colley	Psych Weightlifting Club	109	M35	235
	Henry	Woodason	Guildford Weightlifting	109	M35	238
	Benjamin	Iles	Pugh+ 21	109+	M35	253
Adam James	Pugh	Stone Strength Weightlifting	109+	M35	267	
<b>W35 ALL LIFTERS</b>						
<b>Group 6 Sunday</b>  Weigh in: 12:10 Start: 14:10	Serah	Lal	Unattached	59	W35	131
	Natasha	Phillips	Wildboar Weightlifting	64	W35	130
	Holly	Parry	Unattached	76	W35	122
	Rosie	Semenytsh	Unattached	76	W35	150
	Holly	Baker	Brunel University Weightlifting	87	W35	140
	Laurina	Mullings	Brunel University Weightlifting	87	W35	138
Krystal	Campbell	Ronin Barbell Club	87+	W35	179	