

England Championships Seniors & Para Powerlifting NEC Birmingham, 07 – 08 December 2024 Final Schedule

Saturday 7 December 2024

RED PLATFORM				
Session	Start	Category	Group	Session Total
1	0910hrs	W55kg W59kg	B B	14
2	1145hrs	W45kg W49kg	A A	9
3	1330hrs	W55kg W59kg	A A	12
4	1545hrs	W64kg W71kg	B B	13
5	1810hrs	W64kg W71kg	A A	12
	End 2015hrs			

Sunday 8 December 2024

RED PLATFORM				
Session	Start	Category	Group	Session Total
6	0910hrs	W76kg W81kg	B B	10
7	1105hrs	W76kg W81kg	A A	11
8	1310hrs	W87kg	A	7
9	1435hrs	W87+kg	A	6
10	1620hrs	W PARA -61KG W PARA +61KG	A A	9
	End 1745hrs			

**England Championships Seniors & Para powerlifting
NEC Birmingham, 07 – 08 December 2024
Final Schedule**

Saturday 7 December 2024

BLUE PLATFORM				
Session	Start	Category	Group	Session Total
1	0900hrs	M67kg M73kg	B B	10
2	1055hrs	M61kg	A	5
3	1215hrs	M67kg M73kg	A A	9
4	1400hrs	M81kg M89kg	B B	12
5	1615hrs	M81kg M89kg	A A	12
6	1850hrs	M PARA -72kg M PARA +72kg	A A	10
	End 2015hrs			

Sunday 8 December 2024

BLUE PLATFORM				
Session	Start	Category	Group	Session Total
7	0900hrs	M96kg M102kg	B B	13
8	1125hrs	M 96kg M102kg	A A	12
9	1340hrs	M109kg	A	7
10	1505hrs	M109+kg	A	7
	End 1620hrs			

England Championships Masters
NEC Birmingham, 07 – 08 December 2024
Final Schedule

Saturday 7 December 2024

GREEN PLATFORM				
Session	Start	Category	Group	Session Total
1	0920hrs	M65 67kg-73kg, M60 81kg-102kg, M55 81kg-96kg,	A	11
2	1125hrs	W55 55kg - 87+kg, W50 55kg-71kg, W45kg 59kg-87kg	A	13
3	1350hrs	M50 89kg-96kg, M45 73kg, M40 73kg	A	9
4	1535hrs	W40 49kg-71kg	A	11
5	1740hrs	M45 81kg-109kg, M40 81kg-109+kg	A	11
	End 1945hrs			

Sunday 8 December 2024

GREEN PLATFORM				
Session	Start	Category	Group	Session Total
6	0920hrs	W40 81-87+kg, W35 55kg-59kg	A	9
7	1105hrs	M35 61kg-81kg	A	12
8	1320hrs	W35 64kg-71kg	A	7
9	1445hrs	M35 89kg-109+kg	A	6
10	1605hrs	W35 76kg-87+kg	A	9
	End 1740hrs			