

Men's 55kg Category

NQT: 174kg

Rank	Name	Club	Total	Competition
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R1				
R2				

Men's 61kg Category

NQT: 190kg

Rank	Name	Club	Total	Competition
1	Jaswant Shergill	MSC Performance	236	2018 defending Champion (M62)
2	Luca Michael	Oaklands Weightlifters	208	England Age Group Championships, 23-02-19
3	Kieran Stiles	Unattached	204	University Team Series, 03-03-19
4	Steven Cosham	Unattached	190	England Senior Championships, 19-01-19
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R1				
R2				

Men's 67kg Category

NQT: 227kg

Rank	Name	Club	Total	Competition
1	Haroon Siraj	Unattached	257	England Senior Championships, 19-01-19
2	Michael Farmer	Unattached	255	Welsh Senior Championships, 02-03-19
3	Scoop Callard	Europa WLC	235	England Senior Championships, 19-01-19
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R1				
R2				

Men's 73kg Category

NQT: 241kg

Rank	Name	Club	Total	Competition
1	Christopher Freebury	Atlas Weightlifting Centre	260	2018 defending Champion (M69)
2	Gareth Evans	Unattached	281	Welsh Senior Championships, 02-03-19
3	Karl McLean	GoLift WLC	262	January London University Open, 30-01-19
4	Jonathan Chin	Bristol Barbell Club	254	England Senior Championships, 19-01-19
5	Allan King	Triple X Weightlifting Club	250	The Hive Weightlifting Open, 03-02-19
6	Craig Carfray	Kilmarnock AWC	245	Hallam Barbell Spring Open, 17-02-19
7	Cedric Leduc	Unattached	241	Loughborough Winter Open, 24-11-18
8	Jacob Finnigan	Essex Weightlifting Club	241	England Age Group Championships, 23-02-19
R1				
R2				

Men's 81kg Category

NQT: 259kg

Rank	Name	Club	Total	Competition
1	Chris Murray	Locker 27	298	2018 defending Champion (M77)
2	Jack Oliver	Wisdom 4 Weightlifting	319	World Senior Championships, 06-11-18
3	Jason Epton	Glasgow City Barbell	281	European Junior Championships, 24-10-18
4	Dale Cree	Kilmarnock AWC	276	Scottish Open Championships, 04-11-18
5	Harry Reynolds	CrossFit Iron Duke	274	Fareham Barbell Club Open, 24-03-19
6	Allan King	Triple X Weightlifting Club	273	England Senior Championships, 19-01-19
7	Murtaza Nadeem	Hallam Barbell	272	European Junior Championships, 25-10-18
8	Haydn Crook	Adlington Barbell Club	259	England Senior Championships, 19-01-19
R1				
R2				

Men's 89kg Category

NQT: 266kg

Rank	Name	Club	Total	Competition
1	Jack Dobson	Leeds City Weightlifting Team	305	England Senior Championships, 20-01-19
2	Khrystopher Speed	London Olympic Weightlifting Academy	296	England Senior Championships, 20-01-19
3	Murtaza Nadeem	Hallam Barbell	283	Hallam Barbell Spring Open, 17-02-19
4	Radoslaw Wroblewski	Forth Valley Weightlifting Club	282	Scottish Masters Cup, 24-11-18
5	Matthew Dixon	Atlas Weightlifting Centre	282	England Senior Championships, 20-01-19
6	Greg Stumbles	Unattached	280	Aylesbury Open, 25-11-18
7	Daniel Siegel	Cardiff Metropolitan University	275	Synergi Weightlifting Open, 09-03-19
8	Aidan Birch	Warwickshire Weightlifting Club	273	England Senior Championships, 20-01-19

R1	Cameron Lodge	Warwickshire Weightlifting Club	272	Warwickshire Open, 17-11-18
R2	Aaron Bolton	Fit Performance	269	England Senior Championships, 20-01-19

Men's 96kg Category

NQT: 274kg

Rank	Name	Club	Total	Competition
1	Edmon Avetisyan	Bristol Barbell Club	331	2018 defending Champion (M94)
2	Cyrille Tchatchet II	Middlesex University Weightlifting	340	England Senior Championships, 20-01-19
3	Kieran Morgan	Unattached	292	LOWA Invitational I, 15-02-19
4	Liem Bui-Le	Mem's Weightlifting	290	England Senior Championships, 20-01-19
5	Joshua Parry	SA1 OLYMPIC LIFTING	288	Synergi Weightlifting Open, 09-03-19
6	Stephen Forbes	Belfast Barbell Club	285	NI Weightlifting Senior Championships, 27-10-18
7	Filip Taylor	SYNERGI Weightlifting Club	285	Synergi Weightlifting Open, 09-03-19
8	Aidan Birch	Warwickshire Weightlifting Club	275	Lincoln WL Open, 09-12-18
R1	Jonathan Smith	Atlas Weightlifting Centre	274	Loughborough Winter Open, 24-11-18
R2	Joe Blacker	Unattached	274	England Senior Championships, 20-01-19

Men's 102kg Category

NQT: 279kg

Rank	Name	Club	Total	Competition
1	Charlie Stone	Oxford Powersports	306	MSC Performance Open, 07-10-18
2	Omar Keshta	Brunel University Weightlifting	303	England Senior Championships, 20-01-19
3	Kristaps Valdmans	The Leicester Olympic Weightlifting Club	300	Loughborough Winter Open, 24-11-18
4	Christopher Palser-Thorne	Unattached	298	England Senior Championships, 20-01-19
5	Gary Barker	Unattached	281	Forth Valley Open, 27-01-19

6	David Harding-Prior	London Olympic Weightlifting Academy	280	LOWA Inivitational III, 14-12-18
7	Simon Prentice	Locker 27	279	Fareham Barbell Club Open, 24-03-19

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R1
R2

Men's 109kg Category

NQT: 283kg

Rank	Name	Club	Total	Competition
1	Saun Trebillcock	Parkhead and Wansbeck	304	2018 defending Champion (M105)
2	Jordan Sakkas	Unattached	326	European Junior Championships, 26-10-18
3	Owen Boxall	Europa WLC	325	South Regional Championships, 06-10-18
4	Ben Watson	St Birinus Weightlifting Club	300	Warwickshire Open, 17-11-18
5	Callum Downie	Team Cavanagh	290	East of Scotland Open, 10-03-19
6	Christopher Palser-Thorne	Unattached	285	Loughborough Winter Open, 24-11-18
7	Rhodri West	SA1 OLYMPIC WEIGHTLIFTING	283	Synergi Weightlifting Open, 09-03-19

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R1
R2

Men's +109kg Category

NQT: 292kg

Rank	Name	Club	Total	Competition
1	Daniel O'Hare	GoLift WLC	303	NI Weightlifting Senior Championships, 27-10-18
2	Daniel Babatunde	Unattached	303	Loughborough Winter Open, 24-11-18
3	Mackenzie Middleton	Adlington Barbell Club	300	England Senior Championships, 20-01-19

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R1
R2