

**Men's 55kg Category**

NQT: 174kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
1				
2				
3				
4				
5				
6				
7				
8				
R1				
R2				

**Men's 61kg Category**

NQT: 190kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
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
5				
6				
7				
8				
R1				

R2

**Men's 67kg Category**

NQT: 227kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
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
4				
5				
6				
7				
8				
R1				
R2				

**Men's 73kg Category**

NQT: 241kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
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

<b>8</b>	Jacob Finnigan	Essex Weightlifting Club	241	England Age Group Championships, 23-02-19
<b>R1</b>				
<b>R2</b>				

### Men's 81kg Category

NQT: 259kg

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

### Men's 89kg Category

NQT: 266kg

Rank	Name	Club	Total	Competition
<b>1</b>	Guy-Michel Tchuissi	Atlas Weightlifting Centre	308	2018 defending Champion (M85)
<b>2</b>	Jack Dobson	Leeds City Weightlifting Team London Olympic Weightlifting Academy	305	England Senior Championships, 20-01-19
<b>3</b>	Khrystopher Speed		296	England Senior Championships, 20-01-19
<b>4</b>	Murtaza Nadeem	Hallam Barbell	283	Hallam Barbell Spring Open, 17-02-19

<b>5</b>	Radoslaw Wroblewski	Forth Valley Weightlifting Club	282	Scottish Masters Cup, 24-11-18
<b>6</b>	Matthew Dixon	Atlas Weightlifting Centre	282	England Senior Championships, 20-01-19
<b>7</b>	Greg Stumbles	Unattached	280	Aylesbury Open, 25-11-18
<b>8</b>	Daniel Siegel	Cardiff Metropolitan University	275	Synergi Weightlifting Open, 09-03-19
<b>R1</b>	Aidan Birch	Warwickshire Weightlifting Club	273	England Senior Championships, 20-01-19
<b>R2</b>	Cameron Lodge	Warwickshire Weightlifting Club	272	Warwickshire Open, 17-11-18

### Men's 96kg Category

NQT: 274kg

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

### Men's 102kg Category

NQT: 279kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
<b>1</b>	Charlie Stone	Oxford Powersports	306	MSC Performance Open, 07-10-18

2	Omar Keshta	Brunel University Weightlifting The Leicester Olympic Weightlifting Club	303	England Senior Championships, 20-01-19
3	Kristaps Valdmans Christopher Palsar- Thorne	Unattached	300	Loughborough Winter Open, 24-11-18
4	Gary Barker	Unattached	298	England Senior Championships, 20-01-19
5	David Harding-Prior	London Olympic Weightlifting Academy	281	Forth Valley Open, 27-01-19
6			280	LOWA Inivational III, 14-12-18
7				
8				
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 Christopher Palsar- Thorne	Team Cavanagh	290	East of Scotland Open, 10-03-19
6	Rhodri West	Unattached	285	Loughborough Winter Open, 24-11-18
7		SA1 OLYMPIC WEIGHTLIFTING	283	Synergi Weightlifting Open, 09-03-19
8				
R1				
R2				

**Men's +109kg**

**Category**

**NQT: 292kg**

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
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
4				
5				
6				
7				
8				
R1				
R2				