English Championships 2026

GREEN PLATFORM

Friday 4th December

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	Masters Men 60-74					
WEIGH IN: 12:10	Robert	Grew	Individual	60-64	75kg	136kg
	Chris	Oultram	Elite Bodyworks	60-64	85kg	123kg
	Kevin	Smith	Performance Weightlifting	60-64	95kg	164kg
	James	Simpson	Individual	65-69	70kg	118kg
START: 14:10	Mark	Day	Unit Weightlifting Club	65-69	75kg	128kg
	Malcolm	Nuttall	Adlington Barbell Club	65-69	85kg	125kg
	Nigel	Beresford	Individual	70-74	85kg	128kg
	Masters Women 50-69					
WEIGH IN: 13:55	Sophie	Baldwin	Sussex Olympic Weightlifting	50-54	53kg	85kg
	Dawn	Williams	Evolution Weightlifting Club	50-54	57kg	97kg
	Debbie	Rowley	Wirral Weightlifting Club	50-54	61kg	78kg
	Melanie	Redford	Colchester Weightlifting	50-54	77kg	107kg
	Victoria	Lisle	North Tyneside Barbells	50-54	77kg	108kg
	Clair	Conabeare	Individual	50-54	77kg	125kg
START: 15:55	Nicole	Adams-Quackenbush	North Tyneside Barbells	50-54	86+kg	126kg
	Sarah	Bandosz	Square One Weightlifting Club	55-59	69kg	70kg
	Elizabeth	Parkes	Individual	60-64	53kg	92kg
	Patricia	Tenn	Stone Strength Weightlifting	60-64	61kg	98kg
	Kate	Broome	Adlington Barbell Club	60-64	69kg	71kg

Saturday 5th December

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	Masters Men 50-59					
WEIGH IN: 07:20	Richard	Stack	Square One Weightlifting Club	50-54	75kg	160kg
	James	Brown	Stone Strength Weightlifting	50-54	85kg	167kg
	Christopher	Casley	Individual	50-54	85kg	155kg
	Robert	Leese	Individual	50-54	95kg	187g
	Paul	Gorman	Stone Strength Weightlifting	50-54	95kg	163kg
	James	Whittaker	Adlington Barbell Club	50-54	110kg	183kg
START: 09:20	Stuart	Treadwell	Evolution Weightlifting Club	55-59	65kg	130kg
	James	Richens	Classical Barbell	55-59	70kg	136kg
	James	Marshall	Excelsior Athletic Development Club	55-59	75kg	164kg
	Briah	Andrews	Wirral Weightlifting Club	55-59	95kg	180kg
	Phil	Spencer	Mem's Weightlifting Club	55-59	95kg	160kg

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	Masters Women 45-49					
	Hannah	Fitzgerald	Nova Performance	45-49	57kg	116kg
	Louise	Williams	Individual	45-49	57kg	107kg
	Kathryn	Smith	Individual	45-49	61kg	141kg
	Claire	Armitage	Yorkshire Strength	45-49	61kg	112kg
WEIGH IN:	Mel	Herbertson	Individual	45-49	61kg	94kg
09:45	Lou	Herron	Individual	45-49	69kg	155kg
	Lisa	Clowes	North Tyneside Barbells	45-49	69kg	127kg
START:	Yiota	Papanikolaou	Freesol Barbell	45-49	69kg	98kg
11:45	Michelle	Woodhall	Individual	45-49	69kg	95kg
	Debbie	Drysdale	Individual	45-49	77kg	97kg
	Steffie	Kosta	Nova Performance	45-49	86kg	105kg
	Rachel	Ellison	Individual	45-49	86kg	148kg
	Beata	Prei-Kowalska	Individual	45-49	86+kg	162kg
	Masters Men 45-49					
	Andrew	Kearton	Colchester Weightlifting	45-49	70kg	173kg
	Anthony	Weedon	Individual	45-49	75kg	192kg
	Niall	Meenan	Wirral Weightlifting Club	45-49	75kg	170kg
	Roland	Brading	Individual	45-49	85kg	226kg
WEIGH IN:	Muhammad	Khan	Ealing Weightlifting	45-49	85kg	201kg
12:30	Lee	Smith	Evolution Weightlifting Club	45-49	85kg	166kg
	Brett	Doughty	Evolution Weightlifting Club	45-49	95kg	210kg
START:	Wesley	Conabeare	Individual	45-49	95kg	186kg
14:30	Mark	Butcher	Stockport Spartans Weight Lifting Club	45-49	95kg	178kg
	Robert	Farrington	Individual	45-49	110kg	265kg
	Jonathan	Mackey	Individual	45-49	110kg	191kg
	Gavin	Church	Sheffield Weightlifting Club	45-49	110kg	187kg
	Masters Men 40-44 65kg-85kg					
	Ian	Cox	North Tyneside Barbells	40-44	65kg	172kg
	Craig	Spicer	Crazy Strength	40-44	65kg	157kg
	Christopher	Ekers	Strength Ambassadors	40-44	70kg	188kg
WEIGH IN:	Alvino	Van Schalkwyk	Individual	40-44	75kg	172kg
14:55	Chris	Gregory	Individual	40-44	75kg	172kg
	Andrew	Burton	Cube Weightlifting Academy	40-44	75kg	172kg
START:	Shaun	Gibbins	Individual	40-44	85kg	222kg
16:55	Daniel	Cumberworth	Individual	40-44	85kg	212kg
	Panagiotis	Yusuf	Stockport Spartans Weight Lifting Club	40-44	85kg	186kg
	Alan	Pickles	Yorkshire Strength	40-44	85kg	182kg

Sunday 6th December

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	Masters Women 40-44 53kg-61kg					
WEIGH IN:	Sarah	Whittaker	Unit Weightlifting Club	40-44	53kg	97kg
08:10	Lily	Yu	Ronin Barbell Club	40-44	57kg	120kg
	Serah	Lal	Individual	40-44	61kg	134kg
START:	Katherine	Michaels	Performance Weightlifting	40-44	61kg	111kg
10:10	Linsey	Swinburne	Individual	40-44	61kg	102kg
	Emma	Christian	Legion Barbell	40-44	61kg	100kg

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	Masters Men 40-44 95kg-110+kg					
	Thomas	Parker	Individual	40-44	95kg	248kg
	Christopher	Chu	Individual	40-44	95kg	230kg
WEIGH IN:	Karim	Badawi	Sleven Weightlifting	40-44	95kg	221kg
09:45	Thomas	Stringwell	Individual	40-44	95kg	192kg
	Chris	Webster	Lift Right	40-44	95kg	192kg
START:	Liam	Mccarthy	Wirral Weightlifting Club	40-44	110kg	218kg
11:45	Milton	Sequeira	Mukanda Weightlifting	40-44	110kg	214kg
	David	Francis	Individual	40-44	110kg	202kg
	Brian	Eisenhardt	Mem's Weightlifting Club	40-44	110+kg	207kg
	Masters Women 40-44 69kg-86+kg					
	Lynne	Desborough	Yorkshire Strength	40-44	69kg	142kg
	Claire	Robinson	Yorkshire Strength	40-44	69kg	124kg
	Sam	Allcott	Individual	40-44	69kg	120kg
WEIGH IN:	Georgina	Griffiths	Nova Performance	40-44	69kg	115kg
11:40	Holly	Cooney	ADV Weightlifting	40-44	77kg	153kg
	Catherine	Christmas	Individual	40-44	77kg	135kg
START:	Jo	Ansell	OPTILIFT Performance Lab	40-44	77kg	126kg
13:40	Jenny	Macconnell	Individual	40-44	77kg	113kg
	Carly	Potter	Individual	40-44	86+kg	129kg
	Swati	Tiwary	Individual	40-44	86+kg	123kg
	Masters Men 35-39 95kg-110kg					
	Richy	Jordan	Individual	35-39	95kg	269kg
WEIGH IN:	William	Turville	ADV Weightlifting	35-39	95kg	234kg
13:45	Joe	Staden	Unit Weightlifting Club	35-39	95kg	211kg
	Jack	Barlow	Titan Weightlifting Club	35-39	95kg	208kg
START:	Kayle	Isaacs	Wirral Weightlifting Club	35-39	95kg	204kg
15:45	James	Haskins	Kaizen Strength	35-39	110kg	228kg
	Daoud	Karam	WLV lifting club	35-39	110kg	215kg