**NORTHERN SCHOOLS AND NOVICE LIFTDAY**

**15TH FEBUARY 2014**

**AT CROSSFIT MANCHESTER, STOCKPORT**

This was the first of the Northern regions development and novice lift days where we give the young ones and novice lifters a day on the platform where they can enjoy themselves and see how well their training is going. We had 20 athletes, ranging from very young to senior, split into 2 groups, the first of which had the youngest in at 8 years old.

We had referees from all corners of the region there to ensure the day was run professionally, giving the athletes the feeling of being in a full on competition where the young athletes are scored on technical merit as they would if they were competing in a regional or national championship. There are 4 points for the snatch - start position 1pt, top of the pull 1pt, receive the bar in a low position 1pt and then the standing position before the down signal. For the clean and jerk the same points system is used for the clean as for the snatch, except the bar should be caught on the shoulders not overhead, and for the jerk it’s the start position 1pt, the dip and drive 1pt, the receive position in a split or feet going sideways and then with the feet in line with the bar before the down signal. There is only 1pt scored for a power snatch and power clean where the lift is caught high above knee level.

In the first group were the youngest lifters both boys and girls together and the first lifter out was Hannah Thompson with 10kg and a good lift with 3 technical points. Her second with 12kg was also a good lift and just 2 technical points. On Hannah’s third with 14kg she got 4 technical points. The bar went to 15kg for the first lift of Frankie Williams, which was a good lift with 4 points. The bar went to 17kg for the first attempt of brother Zak Williams. This was also a good lift and got him 3 points. Frankie then took this weight for his second good lift and scored another 4 points. Frankie went to 18kg but failed the lift. Zak went up 1kg to 19kg for his second good lift and a further 3 points.

The bar moved up to 20kg. This brought the first of the Tiler sisters on to the platform so Lisa went for and got a good lift along with 4 points. Zak also took 20kg for his third attempt but failed the lift. Lisa went up to 23kg for her second good lift and another 4 points. The bar moved up to 25kg but this was for Tiler number 2 Sophie to open her account and she got a good lift with 3 points. 25kg stayed on the bar for Lisa to take her third but she failed the lift and scored no points. Next with 26kg was Nijm Ahmed but he failed the lift and scored no points so he took it again, got the lift and scored 3 points. He then asked for 27kg for his third and second successful lift and scored 4 points. The bar went up 1kg to 28kg for Sophie’s second lift which was a good lift and scored 4 points.

The bar was taken up to 30kg for the first attempt of Daniel Willoughby which was a good lift with 4 technical points. 30kg was also for Sophie to take her third lift and she managed a good lift, which was a new best as well as earning her 3 points. The bar was raised to 33kg for the first attempt of Liam Brown which was a good lift and got him 4 points, as was the case for Daniel with his second attempt with the same weight. They both then raised the bar to 35kg where Liam again got a good lift and scored 3 points. On his second attempt Daniel also took 35kg for his third attempt and got a good lift with another 4 points. Next weight on the bar was 37kg for Liam to take his third and final good snatch and a further 3 points. Next lifter was Mathilde Siou for her first attempt with 45kg and she scored 3 points. She then went to 48kg but failed the lift and then again with 50kg to score no points.

In the clean and jerk the first weight for Hannah was 15kg which she did well to lift and got a good lift and scored 6 points. Her second lift was with 17kg and again a good lift but she only scored 5 points. On her third lift with 20kg she managed to score more points with a full clean and jerk to score 7 points. The next weight was 22kg for Frankie to take his opening lift which was a good lift and scored 6 points. Following himself he took 24kg and managed another good lift and scored a better 7 points.

The bar was then raised to 25kg which was the weight for three lifters. First out was Zak, who got a good lift and scored 7 points, then Lisa with the same weight for her first good lift, scoring 7 points, then finally Frankie to finish with a very good lift and a full 8 points. Zak took the bar to 27kg on his second attempt and another good lift with 6 points. The bar went up 1kg 28kg for Nijm to take his first attempt and a good lift with a score of 6 points. Zak also got a good lift with this weight and a score of just 5 points. Nijm went to 29kg but failed the jerk for a no lift and no points. His third with this weight was a good lift and a score of 6 points. The bar went to 30kg for Lisa for her second good lift along with a maximum 8 points. Lisa was following herself with 33kg but failed the lift and scored no points. The bar then went up to 35kg for Sophie’s attempt which she lifted very easily and scored a very good 8 points. She was following herself as she went to 38kg for her second attempt and another good lift and a score of 6 points.

The bar then rose to 40kg for the first good lift for Daniel and a score of 8 points. Sophie also took 40kg for her third good lift and a score of 7 points. The bar went up 1kg to get Liam started with 41kg and his first good lift and a score of 8 points. The bar then went to 43kg for Daniels second good lift and a score of just 6 points. It then went up 1kg for Liam’s second good lift and a score of 7 points. Daniel went up another kilo to 45kg to finish with 6 lifts from 6 and a maximum 8 points on the lift. Liam raised the bar to 46kg for his third lift but failed and scored no points. The bar then moved up to 54kg for the first lift of Mathilde. She opened with a good lift and a score of only 4 points. On her next lift with 57kg she failed the lift and again with 58kg but got a total.

In the next group of lifters 11 athletes lined up for their time on the platform. First weight on the bar for Harris Nazeem with 45kg but he failed to get the lift. He made good on his second again with 45kg, then moved to 50kg but this was the first attempt for team mate Martin Gilmore. This was a good lift, as was the first attempt for Farooq Khan also with 50kg and a good opening lift. Harris then came out with 50kg for his third and another good lift. The bar went up 2kg for Elliot Turner with 52kg and his first good lift, then up 1kg to 53kg for Farooq and another good lift. The bar went up 2kg to 55kg for Martin’s second good lift but was a fail for Elliot with the same weight. Elliot tried 55kg for his third but again failed the lift. Farooq then took 56kg for his third lift but just missed it. 60kg was the next weight for Martin to finish with a good lift. The bar then went up to 70kg for the opening lift of Marcus Collins but he missed the lift. He took the same weight for his second attempt and got it. Jordan Egerton took his first good lift with 72kg, then the bar went up 2kg for the opening lift for Paul Fender which he got well. Then Marcus went to 75kg to finish with a good lift. Jordan took 76kg for his second good lift. Paul then moved to 78kg for his second good lift. The ladies bar was then brought out for the opening lift of Rebekah Tiler with 80kg, which was a good lift. Jordan also took 80kg for his third lift but failed. The bar went to 84kg for Rebekah’s second good lift. She went to 88kg to attempt a new best and unofficial British records from under 15 years to under 23 years but she failed the lift overhead. The bar then went up to 90kg for the opening lift for Owen Lockwood. He unfortunately missed the lift. The same weight was also for Jalaal Miller which he got very easily. Owen came back and got the 90kg and Jalaal then moved to 93kg for his second good lift. 95kg was next on the bar for Owens third but he failed the lift. Jalaal then also took the same weight 95kg and got a third good lift and unofficial British under 16 record.

The bar went down 60kg for the opening clean and jerk and first good lift for Martin. Next out was Harris with 62kg also a good first lift. Up 2kg to 64kg for Farooq for his first good lift, then up another 2kg to 66kg for Martins second good lift. The next weight was 67kg for Harris also lifting his second good lift. Up another 1kg to 68kg for Farooq for his second good lift. Farooq moved to 70kg and managed a good clean but failed the jerk. Next weight was 71kg for Martin to get 6 from 6 and a good total. Harris then moved the bar up 1kg to 72kg for him to finish with a good total. The bar took a jump to 78kg for Elliot to take his first lift but he failed the lift and had to take it again, which was a good lift. 80kg was his next weight but after a good clean he missed the jerk. 90kg went on the bar for Marcus to start his clean and jerks and he opened with a good lift, as did Jordan also with the same weight. Up to 95kg and out for his first lift Paul managed a good lift. Also with 95kg for his second good lift was Marcus. Jordan was also taking 95kg for his second but he failed the jerk. Marcus was next out with 98kg as Jordan was taking more. Marcus cleaned the weight very easily but just had a press out with the jerk, but finished with a good total. Jordan then took 99kg but he failed his lift and got a good total. There was a 9kg jump onto the ladies bar for Rebekah to open with her first lift with 108kg which was a good lift. Next with 110kg Jalaal got his first good lift. Rebekah then moved to 113kg for her second good lift, then up 2kg for Jalaal on his second lift but he went a bit dizzy and dropped the bar after the clean. His third attempt also with 115kg was a better clean and a good jerk to finish with another unofficial British under 16 record. Rebekah went up to 117kg for another attempt at a British record but after a very easy clean she just pushed the bar forward and failed the lift. Last out with 118kg was Owens first good lift. He jumped to 122kg for his second good lift and a final lift of the day with 125kg.

Big thanks to Mark Beck to allow the first lift day to be run at his gym and then load all day with Jo McManus. Well done for all that hard work.

Also a big thanks to Bill Barton and Steve Cannon for the speaking and keeping the lifters moving, then a big thanks to Chris Baker who was the technical official who also kept the comp running smoothly.

Well done to all

Cheers   
E Halstead NWL WL sec.