|  |
| --- |
| **NORTHERN WEIGHTLIFTING REGIONAL MASTERS CHAMPIONSHIPS 2017** |
| **OASIS CENTER< ELLESMERE PORT** |
| **NOVEMBER 11th 2017** |
| **WEIGH-IN 1 9am-10am (for lifters in sessions 1 and 2) Start 11am** |
|  **Session 1 START 11.00 hrs.**  |
| **M80-M50 11 lifters**  |
| Arthur Baker, Frank Howgate, Alan Lomax, Michael Butterworth, Christopher Baker, Malcolm Nuttall, Paul Sheen, Nick Hall, Adam Davison, Tony CollinsGuests: Stuart Treadwell, Paul Lynas   |
| **Session 2 START 12.40 hrs.\***  |
| **W55-W45 7 lifters**  |
| Sue Trebillcock, Helen Fore, Justine Davis-Hirst, Kath Millard, Sharon Tepper, Nadine Merrick, Carol Marshall |
| **WEIGH-IN 2 11.30am-12.30pm (for lifters in sessions 3 and 4)**  |
| **Session 3 START 13.50 hrs.\***  |
| **W40-W35 + guests. 10 lifters**  |
| Tess Forsberg, Alexandra Soden, Amanda Morris, Linda Tamakaha, Marianna Lilleoks, Kelly McFie, Kate HodgeGuests: Jessica McHugh, Lucie Rybinova, Ellen McHale, Sophie Bradshaw, Ella Blinkhorn |
|  **Session 4 START 15.30hrs.\***  |
|  **M45-M35 + guests. 16 lifters.**  |
| Craig Wright, Briah Andrews, Ade Vaughan, Simon Lynch, Martyn Riley, James Smith, Anthony Wilde, Christopher Jones, Nathan Norris, Shahid KayaniGuests: Ade Barber, Chris Green, Jonathan Haigh, John Cunningham, Andrejs Isajevs, David English |
|   |
| Could any referees please volunteer to help out on the day, contact chris.baker@northernweightlifting.com  |
| Please note these start time are estimates and may become earlier if lifters don’t turn up or lifters move up a body weight for any reason. |
|  |
| Could any volunteers please contact Chris Baker at chris.baker@northernweightlifting.com regarding helping to load? |
|  |