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| **NORTHERN WEIGHTLIFTING.** |
| **NORTHERN WEIGHTLIFTING REGIONAL MASTERS** |
| **SATURDAY 10th NOVEMBER 2018** |
| OASIS COMMUNITTY CENTRE, ELLESMERE PORT. |
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|  **1st WEIGH-IN FOR SESSIONS 1 and 2. 8.00 to 9.00hrs.**  |
|  **2nd WEIGH IN FOR SESSIONS 3 and 4 12.00 to 13.00hrs.** |
|  **Session 1 START 10.00 hrs**  |
| **SESSION 1 MEN M80 to M55 all weight categories. 18 lifters 160 mins.**  |
| Brian Whiteley, Arthur Baker, George Travis, Zdzislow Trybull, Paul Lynas, Carlo Corbin, Bryn Jones, Michael Gorman, Malcolm Nuttall, Paul Sheen, Stuart Treadwell, Tim Whittaker, Ade barber, Nick Hall, James Marshall, Adam Davison, David English Simon Lynch.   |
| SESSION 2 WOMEN W60 to W 45 all weight categories \* START 12.50 hrs 10 lifters 90 mins. |
| Jackie Bates, Sue Trebillcock, Bev Pattison, Helen Fore, Annette Mullally, Clare Muir, Justine Davis, Lynne Auton, Zoe Berry, Sharron Tepper. |
|  SECOND WEIGH-IN FOR SESSIONS 3 AND 4, 12.00hrs.  |
| **SESSION 3 MEN M45 to M35 + guests all weight categories. \* START 14.20hrs. 20 lifters 180 mins** |
|  Craig Wright, Briah Andrews, Nigel Richmond, Sukhbeer Ghattaura, David Hodge, Martyn Riley, Oliver Stones, Jaz Williams, Darren Foskett, Paul Grycuk, Adam Travis, Jonny McFie, Mathew Kerr, Christopher Jones, Damien Murphy, Shaid Newas, Freddie Vernon, Christopher Polin, Mackenzie Middleton, Haydn Crook.  |
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| **SESSION 4 WOMEN W40 to W35 + guests all weight categories. \* START 17.20hrs. 14 lifters 126 mins.**  |
| Carol Marshall, Karen Shek, Viki De Val, Stefanie Carter, Lisa Edwards, Kate Hodge, Lynne Desborough, Bev Rothwell, Kelly McFie, Kimberley Barber, Chloe Edwards, Ella Blinkhorn, Svetlana Chynoradska, Jessica McHugh.  |
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| **Could anyone willing to help with the loading please contact Chris Baker, jcb.cwlc@hotmail.co.uk**  |
| **Could any referees please volunteer to help out on the day, contact Chris Baker,** **jcb.cwlc@hotmail.co.uk** |
| **If you have not paid your entry fee please make sure you do so as soon as possible. Some payments are still outstanding. If payment is not received you will not be allowed to lift.**  |