BRITISH WEIGHT LIFTING
SFTF 4TH ANNUAL CLUB SUMMER COMPETITION 2013
GURNELL COMMUNITY CENTRE
SATURDAY, 29th JUNE 2013

PLACE	LOT N.	GIVEN NAME	FAMILY NAME	CLUB	BIRTH YEAR DDMMYY	ANNOUNCED TOTAL	BODYWEIGHT CATEGORY, kg	BODY WEIGHT kg	SNATCH kg			JERK kg			BEST RESULT		TOTAL kg	SINCLAIR
									1	2	3	1	2	3	SNATCH kg	JERK kg		
								Group 1 - U13										
1	1	Kimani	Smith	Hayes Junior	16/07/03	13	35	33.20	15	17	-19	18	21	-23	17	21	71	91.0
									3	4	0	6	7	0			20	
2	2	Simran	Brar	Whitmore	04/02/01	13	50	47.10	-15	-15	15	-20	-20	21	15	21	36	45.0
									0	0	2	0	0	7			9	
1	3	Tia	Gayle	Willow Tree	31/03/03	13	48	48.00	15	17	-19	20	22	24	15	24	39	127.0
									4	4	0	7	7	7			29	
								Group 2 - Beginner Girls										
1	1	Emily	Humphries	Arnold hill academy	03/02/99	U17	53	52.50	27	28	30	27	28	-29	30	28	58	88.2
2	2	Shanice	Kearney	Cardinal Wisman	09/09/98	U17	63	61.30	15	x	x	25	29	31	15	31	46	62.3
1	3	Bethan	Bough	Arnold hill academy	16/04/99	U17	63	58.80	25	26	28	-27	27	28	28	28	56	78.1
3	4	Jessica	Luis	Cardinal Wisman	10/02/99	U17	69	67.50	15	20	-22	-25	25	27	20	27	47	59.8
2	5	Esme	Crosby	Arnold hill academy	18/07/99	U17	69	64.80	27	30	31	-32	-35	35	31	35	66	86.1
1	6	Deborah	Alawode	Twyford	19/09/97	U17	69	68.30	30	35	-40	40	43	-45	35	43	78	98.5
1	7	Hope	Adams	Fulham cross	18/05/99	U17	69+	86.10	20	25	-30	28	32	35	25	35	60	67.3
								Group 3 - Beginner Boys										
1	1	Myles	Pucknell	Barnhill-Advance	10/12/95	U23	56	55.4	35	-40	40	48	50	55	40	55	95	149.54
5	2	Durrell	Hartley	Arnold hill academy	16/10/1999	U17	69	64.1	30	32	35	40	45	-52	35	45	80	113.03
4	3	Keirran	Wilson	Arnold hill academy	24/04/99	U17	69	65	30	32	35	40	45	50	35	50	85	118.95
2	4	Sam	Smith	Arnold hill academy	18/8/97	U17	69	63.9	30	32	35	40	45	52	35	52	87	123.18
3	6	Kemani	Murray	Whitmore	06/07/99	U17	69	63.3	33	36	38	45	48	-50	38	48	86	122.57
1	7	Kramik	Rai	Whitmore	22/11/97	U17	69	64.3	33	36	38	45	50	-55	38	50	88	124.06
2	8	Se	Gavin	Whitmore	16/07/99	U17	85	78.9	35	41	-46	53	-60	60	41	60	101	125.48
1	9	James	Carville	Whitmore	31/05/96	U17	85	81.30	50	55	58	75	80	83	58	83	141	172.38
1	10	Ali Reza	Behrami	St augestin	14/08/97	U17	94	92.7	40	45	-51	50	57	62	45	62	107	122.81
								Group 4 - Advanced Boys										
2	1	Gurdeep	Paul	Barnhill	07/12/98	U17	69	62.3	57	-63	-63	69	-76	-76	57	69	126	181.60
1	2	Dean	Bakasa	Heathland	24/07/97	U17	69	62.7	60	62	-64	70	73	76	62	76	138	198.00
2	3	Kian	Panjavi	Brentside	06/07/98	U17	62	59.8	60	63	65	70	-73	-73	65	70	135	200.43
1	4	Louis	Hampton Jones	Barnhill	17/03/96	U17	62	59.0	70	77	80	90	95	-100	80	95	175	262.43
1	6	Nam	Ahmadi	Barnhill	01/04/95	U23	69	62.2	-77	77	87	95	100	107	87	107	194	279.93
1	7	Ehsan	Khushkhui	Hatch End	03/09/94	U23	77	74.1	-75	-78	78	95	100	-105	78	100	178	229.18
1	8	Flavian	Suka	Hammersmith	20/04/95	U23	85	79.00	91	100	105	110	115	118	105	118	223	276.86
1	9	Daniel	English	St Marys	08/07/93	U23	105+	116.1	95	-102		110	X	X	95	110	205	217.05
0	10	Imran	Usman	Guest	Guest	*	77	*	x	x	x	85	90	95	0	95		
								Group 5 - Advanced Girls										
1	1	Sorcha	Gavin	Whitmore	20/10/97	U17	53	51.6	32	35	37	42	45	47	37	47	84	129.5
2	2	Shonagh	Woodburn Hall	Cranford	01/06/99	U17	58	56.1	43	46	48	55	58	60	48	60	108	155.9
1	3	Poi	Fakcha	Feltham	08/01/96	U17	58	57.0	55	58	60	-65	65	70	60	70	130	185.4
1	4	Shila	Panjavi	Kingston	14/05/91	U23	58	58.0	55	-60	-60	70	73	80	55	80	135	190.1
1	5	Alysia	Ekpiken	Lampton	17/07/98	U17	69+	104.3	35	-40	40	45	-50	-50	40	45	85	89.2
1	6	Carla	Pestana	Brentford	22/05/98	U17	69	67.5	-40	40	-45	-50	-50	50	40	50	90	114.4
1	7	Noorin	Gulam	Barnhill	06/09/95	U23	53	52.8	45	47	49	55	-60	-60	49	55	104	157.4

BEST TEAM AWARD

	Schools & Uni	Number & Points								
1	Whitmore	6 lifters	158	25	24	28	25	28	28	158
2	Arnold hill academy	6 lifters	151	28	28	25	25	23	22	151
3	Barnhill School	5 lifters	137	28	28	28	28	25		137
4	Cardinal Wisman	2 lifters	49							
5	Twyford	1 lifter	28							
6	Feltham High	1 liftre	28							
7	Brentford girls	1 lifter	28							
8	Lampton school	1 lifter	28							
9	Heathland	1 lifter	28							
10	Hatch end	1 lifter	28							
11	Brentside School	1 lifter	28							
12	Willow Tree	1 liftre	28							
13	St marys	1 lifter	28							
14	Kingston uni	1 lifter	28							
15	Hammersmith	1 lifter	28							
16	Hayes Junior	1 liftre	28							
17	Fulham cross	1 liftre	28							
18	Cranford	1 lifter	25							

37 lifters (15 girls + 22 Boys)

Referees :Briah Hamil , Demise Ramsay , nam Ahmadi. Jaspreed Paul, Evelyn Stevenson, Aaron Lindsey, Nosrat Karimi
Mc: Shila panjavi. Kian panjavi, Demise Ramsay
Director : Kazem Panjavi