Phoenix OPEN

10 Jan

10 AM - 5 PM

International Weightlifting Competition

Harrow School Sport Center
Garlands Lane
HA1 3GF



www.starsforthefuture.com
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STARS FOR THE FUTURE
WEIGHTLIFING CLUB

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Kazem Panjavi
club head coach
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Alistair Arendse



Steve Cannon

Big welcome from Alistair Arendse SFTF Chairman and Steve Cannon the SFTF president

"As Chairman and president of Stars for the future we would like to extend our warmest welcome to the many weight lifters and coaches from France, Belgium Romania, Sweden and Great Britain. May this be the start of a great partnership and friendship"

Thank you to below sponsor for helping us to run this competition in international level

1- Eleiko – they provided us with the equipment for today's competition and for the future international competitions that we will be holding
2- Harrow school – one of the best private schools in the world, enabling us to hold the competition within their facilities
3-JMGavin – who have been watching us since 2012
4-C K Osteopathy – providing half price massages/ physio for lifters
5- Under The Bar – recording and photographing the lifts throughout the day and making it available for the public to see via their Facebook, website and other social media pages
6- Killer Gram clothing
7- Hounslow fusion
8- Ealing council
9- Heathrow community fund

ELEIKO FOR CHAMPIONS
Active Ealing
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KAZ Olympic Lifting
www.kazolylifting.co.uk
Under The Bar
CK Osteopathy
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KG Killer Gram Clothing
JM GAVIN THE FASTER PLASTER MASTERS
Ealing www.ealing.gov.uk
clubmark
Heathrow Community Fund
fusion

Male lifters

	group	GIVEN NAME	FAMILY NAME	CLUB	AGE CATEGORY	BODYWEIGHT CATEGORY
1	1	Se Gavin	Gavin	Phoenix	Youth	105
2	2	Faretie	Sony	ROSENDAEL (Dunkerque)France	Youth	69
3	3	Dimitri	Riquier	CHCO-France	Youth	56
4	4	Jeremy	Riquier	CHCO-France	Youth	56
5	5	Daniel	Billings	Harrow		56
6	6	Simran	Brar	SFTF	Youth	69
7	7	fournier	Louis	ROSENDAEL 2- France	Youth	56
8	1	Kian	Panjavi	Phoenix	Junior	77
9	2	Hoelle	Alexis	ROSENDAEL (Dunkerque)France	Junior	62
10	3	Matthew	Fan	SFTF	Junior	69
11	4	Saerens	Brent	ROSENDAEL 2- France	Junior	62
12	5	Yoofi	Essilfie-	Middlesex uni-1	Junior	62
13	6	Thomas	Snelling	Sunbury Performance CrossFit	Junior	77
14	1	Nathan	Buysschaert	CHCO-France	Senior	77
15	2	Denkecker	Rémi	ROSENDAEL (Dunkerque)France	Senior	85
16	3	Ross	Roberts	Brunel	Senior	94
17	4	Andrew	Haston	Harrow	Senior	94
18	5	Adam	Fedoricow	Phoenix	Senior	105
19	6	Adam	Thomas	CrossFit Wycombe	Senior	77
20	7	Tristan	Snell	Sunbury Performance CrossFit	Senior	94
21	8	James	Coy	Middlesex uni-2	Senior	77
22	9	Conor	Buttigeig	Middlesex uni-1	Senior	77
	0	Bruse	Hill	Harrow	Youth	62
	0	Yury	Tsukanov	Harrow	Youth	77

Female lifters

	group	GIVEN NAME	FAMILY NAME	CLUB	AGE CATEGORY	BODYWEIGHT CATEGORY
1	1	Seesy	Dhanda		YOUTH	30
2	2	Paranthoen	Kimberley	ROSENDAEL	YOUTH	58
3	3	Jayani	Samarakoon		YOUTH	58
4	4	Pierters	Justine	ROSENDAEL	YOUTH	48
5	5	Lucie	Desmarset		YOUTH	53
6	6	Maria	luana	Rapid	YOUTH	63
7	7	Yasmine	Bader		JUNIOR	75
8	8				Senior	63
9	9	Georgia	Owens		Senior	69
10	1	Evelyn	Mak		Senior	69
11	2	Anna	Vanbellinghen		Senior	75+
12	3	Shila	Panjavi		Senior	63
13	4	Cret	Crinuta	ROSENDAEL	Senior	48
14	5	Julie	Dimitri		Senior	58
15	6	Lucy	Barrett		Senior	53
16	7	Lucy	Grimes		Senior	75
17	8	Laura	Moylan		Senior	58
18	9	Sarah	Wiltshire	Sunbury Performance	Senior	69
19	0					
20	0	Kimberley	Stanford		Senior	75
	0	Abigail	Felsenstein	Middlesex uni-2	Senior	58
21	0	Gorica	Kankaras	Karlstad athletic club -	Senior	58
22	0	Deborah	Alawode	Phoenix	Junior	69

Competitions programme:

Youth & junior weigh- in from 8am to 9am
Seniors Male & Females weigh-in from 11am to 12pm.

Group one: Girls youth & junior start at 10am (10 lifters)
Group Two: Boys youth start at 11:30am (9 lifters)
Group Three: Boys Junior start at 13:00 (6 lifters)
Group Four: Women start at 14:30pm (12 lifters)
Group 5: Men at 16:00pm (9 lifters)

Banquet and award ceremony at 8pm.
Rising Sun Hotel & Restaurant
138 Greenford Road,
Sudbury Hill,
Harrow,
HA1 3QL

Oficial :

- Alistair Arendse SFTF Chairman
- Steve Cannon the SFTF president
- Referees: Brian Hamill, Denise Ramsay Overall, Jaspreet Paul Nosrat Karimi,
- Adam Fedorciow :Hosting manager
- Kazem Panjavi Competition manager and head coach
- Nasrin Panjavi : Catering manager
- Adam Chung : Entertainment manager
- Loaders: Debbie Alawode, Sorcha Gavin, Jordan Saran, Wafa Algafari, Se Gavin, Bethan Godwin.

Team	Country	Noc	Club Name
1		6	Phoenix
2		6	ROSENDAEL (Dunkerque)
3		6	CHCO-France
4		3	Sunbury Performance CrossFit
5		4	SFTF
6		3	Middlesex uni-1
7		3	Brunel
8		2	ROSENDAEL 2
9	HARROW	3	Harrow
10		2	CrossFit Wycombe
11		2	Middlesex uni-2
12		1	"CHFS - Belgium"
13		1	Rapid București(Bucharest)
14		1	Karlstad athletic club



kazem Panjavi

Stars for the future head coach and competition manager

We welcome you to the frst phoenix international competition, and we wish you have a pleasant time watching these fine athletes showcase their talents and achievements to you today! Some of the athletes have come from abroad to compete today, so we would like to wish both our international athletes and home grown athletes all the best. Some history: The last international competiton held in the U.K. was the silver dragon 2002, since then there has not been any sort of competitions in the U.K. which brought together these di&erent countries all under one room. Back in 2002 and 2003 I held two competitions (The Saman Cup) and invited the Iranian and Kazakhstan team, however due to certain events the competitioncouldn't keep going.Until today. The future: Today marks the beginning of these international competitions, over the past two years I have been trying to organise this event, slowly I have overcome many obstacles and now we are at the beginning of something new.

Now, every year we will be holding these events, inviting more and more countries to compete against one another, to unite these great athletes all under one roof.Acknowledgments:

I would also like to say a big thank you to our sponsors for today, if it was not for them then we would not have been able to make this event happen.

Regards

Kazem Panjavi