



ENGLISH WEIGHTLIFTING
2ND PHOENIX CUP
HARROW SCHOOL, MIDDLESEX
SUNDAY, 04 DECEMBER 2016



| GROUP | START | GIVEN NAME | FAMILY NAME | CLUB | BIRTH YEAR | AGE | GATE | COUNTRY | BODY WEIGHT | BODY WT. IN KG | SNATCH kg | | | BEST RESULT SNATCH | JERK kg | | | BEST RESULT JERK | TOTAL | RANK | SINGL. |
|----------------------|-------|------------|----------------|--------------------------|------------|--------|------|---------|-------------|----------------|-----------|------|-----|--------------------|---------|------|-----|------------------|-------|--------|--------|
| | | | | | | | | | | | 1 | 2 | 3 | | 1 | 2 | 3 | | | | |
| GROUP 2 Women | | | | | | | | | | | | | | | | | | | | | |
| 2 | 15 | Hanna | Brodin | Landskrona- Sweden | 2004 | Youth | 48 | | 44.16 | 30 | 33 | 36 | 36 | 44 | 47 | x50 | 47 | 83 | 2 | 146.78 | |
| 2 | 18 | Eveliina | Dauksaite | Harrow 1 | 1991 | Senior | 53 | | 52.84 | 37 | x40 | 40 | 40 | 50 | 55 | x60 | 55 | 95 | 6 | 143.65 | |
| 2 | 12 | Kerensky | Fernandes | Phoenix | 1999 | Youth | 58 | | 57.50 | x42 | 43 | 46 | 46 | x55 | 55 | x60 | 55 | 101 | 3 | 143.10 | |
| 2 | 16 | Kimberley | Paranthoen | C.A.Rosendael 1- France | 2000 | Youth | 63 | | 61.64 | 43 | 45 | 48 | 48 | x55 | 58 | x62 | 58 | 106 | 4 | 142.95 | |
| 2 | 17 | Aurelia | Bauquel | C.A.Rosendael 1- France | 2003 | Youth | 63 | | 59.70 | 38 | 38 | 42 | 42 | 48 | 50 | 52 | 52 | 94 | 5 | 129.62 | |
| 2 | 19 | Benedicte | Bauquel | C.A.Rosendael 1- France | 1993 | Senior | 63 | | 58.25 | x36 | 35 | 37 | 37 | 48 | 51 | x54 | 51 | 88 | 7 | 123.51 | |
| 2 | 13 | Seesy | Dhanda | SFTF | 2008 | Youth | 44 | | 31.00 | 16 | 18 | x19 | 18 | 21 | 23 | 23 | 25 | 43 | 6 | 111.46 | |
| 2 | 14 | Francesca | Harrison | SFTF | 2000 | Youth | 69 | | 68.90 | 32 | 36 | x37 | 36 | 45 | x48 | 48 | 48 | 84 | 7 | 105.50 | |
| 2 | 20 | Georgina | Jackson | Queens Mary uni | 1994 | Senior | 63 | | 61.65 | x40 | x40 | x40 | 0 | 48 | 50 | 55 | 55 | 55 | 8 | 74.17 | |
| GROUP 4 Women | | | | | | | | | | | | | | | | | | | | | |
| 4 | 31 | Kiera | Ashman | Bournemouth Uni | 1996 | Junior | 63 | | 60.90 | 47 | 50 | x52 | 50 | x60 | 60 | 64 | 64 | 114 | 2 | 155.02 | |
| 4 | 32 | Alexandra | Jane Bovey | Bournemouth Uni | 1991 | Junior | 63 | | 61.60 | 47 | 51 | 53 | 53 | x61 | x61 | x61 | 0 | 53 | 4 | 71.51 | |
| 4 | 33 | Brityn | Vreeland | Brunel Uni | 1999 | Youth | +73 | | 87.70 | 62 | 67 | x70 | 67 | 75 | 80 | x84 | 80 | 147 | 1 | 163.56 | |
| 4 | 34 | Jade | Ramsay-overall | West London Lifter | 1990 | Senior | 69 | | 56.70 | 38 | 41 | 45 | 45 | 61 | 64 | x67 | 64 | 109 | 4 | 156.05 | |
| 4 | 35 | Deborah | Alawode | Phoenix | 1997 | Junior | 69 | | 67.90 | 56 | 58 | x60 | 58 | 75 | x80 | x82 | 75 | 133 | 1 | 168.52 | |
| 4 | 36 | Georgia | Owens | Brunel Uni | 1997 | Junior | 69 | | 68.90 | 46 | x50 | 50 | 50 | 63 | x67 | x67 | 63 | 113 | 3 | 141.92 | |
| 4 | 37 | Lucy | Barrett | Phoenix | 1987 | Senior | 53 | | 52.50 | 47 | 50 | x52 | 50 | 66 | 69 | x70 | 69 | 119 | 1 | 180.88 | |
| 4 | 38 | Bethan | Godwin | SFTF | 1996 | Senior | 63 | | 62.20 | 48 | 51 | x53 | 51 | x62 | 62 | x66 | 62 | 113 | 5 | 151.46 | |
| 4 | 39 | Natasha | Cassone | Middlesex uni-1 | 1983 | Senior | 63 | | 61.70 | x47 | 47 | 53 | 53 | 63 | 69 | x72 | 69 | 122 | 2 | 164.42 | |
| 4 | 40 | Melissa | Langley | Brunel Uni | 1988 | Senior | 63 | | 62.10 | 52 | x55 | 55 | 55 | 67 | x70 | - | 67 | 122 | 3 | 163.70 | |
| GROUP 1 Man | | | | | | | | | | | | | | | | | | | | | |
| 1 | 7 | Albin | Leo | Landskrona- Sweden | 2000 | Youth | 68 | | 79.30 | 68 | 71 | 73 | 73 | 78 | 81 | 84 | 84 | 157 | 1 | 194.51 | |
| 1 | 1 | Simran | Brar | Phoenix | 2001 | Youth | 77 | | 72.50 | 58 | 62 | 65 | 65 | 78 | 82 | 84 | 84 | 149 | 4 | 194.36 | |
| 1 | 8 | Nawood | Zaman | Middlesex uni-1 | 1987 | Junior | 69 | | 68.70 | 45 | 53 | 60 | 60 | 70 | 75 | 81 | 81 | 141 | 6 | 190.21 | |
| 1 | 2 | Matt | Fan | SFTF 2 | 1997 | Junior | 69 | | 63.70 | 58 | 62 | x65 | 62 | x72 | 72 | x76 | 72 | 134 | 7 | 190.14 | |
| 1 | 3 | Bruce | Hill | Harrow 1 | 1998 | Youth | 77 | | 70.70 | x58 | 58 | 61 | 61 | 75 | x80 | 80 | 80 | 141 | 5 | 186.79 | |
| 1 | 11 | Emmanuel | Mintah | Middlesex uni-2 | 1995 | Senior | 77 | | 71.90 | 45 | x53 | 53 | 53 | x75 | 75 | 87 | 87 | 140 | 12 | 183.55 | |
| 1 | 6 | Alvin | Broman | Landskrona- Sweden | 2002 | Youth | 62 | | 61.80 | 50 | x54 | 55 | 55 | 60 | 64 | 67 | 67 | 122 | 6 | 176.85 | |
| 1 | 10 | Manraj | Jandu | Brunel Uni | 1997 | Junior | 77 | | 69.60 | 47 | 52 | x50 | 52 | 75 | x80 | 80 | 80 | 132 | 8 | 176.60 | |
| 1 | 9 | Milo | Chetwynd | Harrow 1 | 1999 | Youth | 94 | | 87.60 | 60 | 63 | 66 | 66 | x80 | 80 | x86 | 80 | 146 | 7 | 171.94 | |
| 1 | 5 | Otto | Heffer | Harrow 2 | 2002 | Youth | 56 | | 42.00 | 30 | x32 | 32 | 32 | 38 | x41 | 42 | 42 | 74 | 8 | 146.90 | |
| 1 | 4 | Adam | Alt El cald | Harrow 2 | 2002 | Youth | 56 | | 55.00 | x30 | x30 | 30 | 30 | 38 | x41 | x42 | 38 | 68 | 9 | 107.65 | |
| GROUP 3 Man | | | | | | | | | | | | | | | | | | | | | |
| 3 | 21 | Louis | Fournier | C.A.Rosendael 2 - France | 2000 | Youth | 62 | | 60.78 | 80 | x85 | x85 | 80 | 95 | 100 | x105 | 100 | 180 | 2 | 264.08 | |
| 3 | 22 | Oliver | Fox | SFTF | 1997 | Junior | 65 | | 83.82 | x70 | 79 | x83 | 79 | x100 | 100 | x103 | 100 | 179 | 5 | 215.41 | |
| 3 | 23 | Alexis | Hoelle | C.A.Rosendael 1- France | 1998 | Junior | 69 | | 62.36 | 90 | x94 | x95 | 90 | 113 | x117 | x117 | 113 | 203 | 3 | 292.38 | |
| 3 | 24 | Simon | Prentice | Bournemouth Uni | 1996 | Junior | 94 | | 93.16 | 93 | x97 | 100 | 100 | 122 | x127 | x127 | 122 | 222 | 4 | 254.24 | |
| 3 | 25 | Eytan | Benson | SFTF 2 | 1985 | Senior | 62 | | 58.15 | 65 | x69 | x69 | 65 | 90 | x95 | 98 | 95 | 160 | 7 | 242.57 | |
| 3 | 26 | Michael | New | Middlesex uni-1 | 1994 | Senior | 105 | | 102.93 | x85 | 85 | 90 | 90 | 90 | x85 | 85 | 85 | 145 | 13 | 159.60 | |
| 3 | 27 | Attila | Jovanovics | West London Lifter | 1988 | Senior | 105 | | 95.64 | 75 | 78 | 83 | 83 | 95 | 98 | 102 | 102 | 185 | 8 | 209.53 | |
| 3 | 28 | Chee Hung | Tan | West London Lifter | 1987 | Senior | 85 | | 84.34 | 68 | 70 | x75 | 70 | 85 | x89 | 89 | 89 | 159 | 11 | 190.75 | |
| 3 | 29 | Russell | Cadwallar | Queens Mary uni | 1993 | Senior | 94 | | 87.63 | 80 | 90 | x95 | 90 | 110 | x120 | x120 | 110 | 200 | 9 | 235.50 | |
| 3 | 30 | Anand | Wadee Lurati | Bournemouth Uni 2 | 1991 | Senior | 77 | | 76.70 | x74 | 75 | 78 | 78 | 90 | x95 | x97 | 90 | 168 | 10 | 212.03 | |
| GROUP 5 Man | | | | | | | | | | | | | | | | | | | | | |
| 5 | 41 | Sony | Fartatie | C.A.Rosendael 1- France | 2000 | Youth | 77 | | 72.53 | 105 | 110 | x113 | 110 | 130 | 135 | x139 | 135 | 245 | 1 | 319.51 | |
| 5 | 42 | Kristian | McPhee | Brunel Uni | 1991 | Senior | 85 | | 77.45 | 110 | x116 | x116 | 110 | 140 | x145 | x145 | 140 | 250 | 1 | 313.80 | |
| 5 | 43 | Paul | Rembauville | C.A.Rosendael 2- France | 1997 | Junior | 77 | | 70.57 | 103 | x108 | 108 | 108 | 126 | 131 | x138 | 131 | 239 | 1 | 316.98 | |
| 5 | 44 | Adam | Fedoricow | Phoenix | 1990 | Senior | 105 | | 104.76 | 100 | - | - | 100 | 135 | 140 | 147 | 147 | 247 | 3 | 270.15 | |
| 5 | 45 | Max | Bedouet | SFTF | 1989 | Senior | 105 | | 103.85 | x108 | 108 | x114 | 108 | x136 | x136 | 136 | 135 | 243 | 5 | 266.60 | |
| 5 | 46 | Andrew | Haston | Harrow 1 | 1990 | Senior | 105 | | 94.83 | x105 | 106 | x110 | 106 | 130 | x135 | x135 | 130 | 236 | 4 | 266.24 | |
| 5 | 47 | Rémi | Denacker | C.A.Rosendael 1- France | 1986 | Senior | 94 | | 88.34 | 101 | x106 | x106 | 101 | 123 | x133 | x133 | 123 | 224 | 6 | 262.76 | |
| 5 | 48 | Nam | Ahmadi | Bournemouth Uni 1 | 1995 | Senior | 77 | | 71.75 | x100 | x100 | 100 | 100 | 125 | 130 | x135 | 130 | 230 | 2 | 301.93 | |
| 5 | 49 | Kian | Panjavi | Phoenix | 1998 | Junior | 77 | | 74.44 | 100 | 104 | x106 | 104 | 120 | 124 | x130 | 124 | 228 | 2 | 292.77 | |