



Certificate of Participation

This is to certify that

Shaun Bateman

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

59kg class and achieved 1st place

With final lifts

Squat: 145kg Bench: 107.5kg Deadlift: 190kg

Total: 442.5kg





Certificate of Participation

This is to certify that

Elliot Stone

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

66kg class and achieved 1st place

With final lifts

Squat: 215kg Bench: 132.5kg Deadlift: 225kg

Total: 573kg





Certificate of Participation

This is to certify that

Jed Rawlings

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

66kg class and achieved 2nd place

With final lifts

Squat: 185kg Bench: 120kg Deadlift: 230kg

Total: 535kg





Certificate of Participation

This is to certify that

Gianpaolo Gambino

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

66kg class and achieved 3rd place

With final lifts

Squat: 182.5kg Bench: 120kg Deadlift: 205kg

Total: 507.5kg





Certificate of Participation

This is to certify that

Luis Ludick-Harrison

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

66kg class and achieved 4th place

With final lifts

Squat: 150kg Bench: 95kg Deadlift: 210kg

Total: 455kg





Certificate of Participation

This is to certify that

Paul Richards

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
66kg class and achieved 5th place

With final lifts

Squat: 145kg Bench: 105kg Deadlift: 205kg

Total: 455kg





Certificate of Participation

This is to certify that

Labibur Rahman

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
66kg class and achieved 6th place

With final lifts

Squat: 150kg Bench: 97.5kg Deadlift: 190kg

Total: 437.5kg





Certificate of Participation

This is to certify that

Jayden Fowler

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

66kg class and achieved 7th place

With final lifts

Squat: 157.5kg Bench: 92.5kg Deadlift: 157.5kg

Total: 407.5kg





Certificate of Participation

This is to certify that

Kevin Little

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

66kg class and achieved 8th place

With final lifts

Squat: 30kg Bench: 35kg Deadlift: 80kg

Total: 145kg





Certificate of Participation

This is to certify that

Jordan Partington

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 1st place

With final lifts

Squat: 225kg Bench: 137.5kg Deadlift: 220kg

Total: 582.5kg





Certificate of Participation

This is to certify that

Tim Rew

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 2nd place

With final lifts

Squat: 200kg Bench: 120kg Deadlift: 245kg

Total: 565kg





Certificate of Participation

This is to certify that

Jack Lever

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 3rd place

With final lifts

Squat: 180kg Bench: 100kg Deadlift: 230kg

Total: 510kg





Certificate of Participation

This is to certify that

Joseph Navin

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 4th place

With final lifts

Squat: 170kg Bench: 127.5kg Deadlift: 210kg

Total: 507.5kg





Certificate of Participation

This is to certify that

Oliver Morgan

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 5th place

With final lifts

Squat: 175kg Bench: 95kg Deadlift: 230kg

Total: 500kg





Certificate of Participation

This is to certify that

Oliver Impey

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 6th place

With final lifts

Squat: 167.5kg Bench: 105kg Deadlift: 220kg

Total: 492.5kg





Certificate of Participation

This is to certify that

Olly Turner

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 7th place

With final lifts

Squat: 170kg Bench: 110kg Deadlift: 210kg

Total: 490kg





Certificate of Participation

This is to certify that

Simon Sai-Hang Lau

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 1st place

With final lifts

Squat: 180kg Bench: 107.5kg Deadlift: 200kg

Total: 487.5kg





Certificate of Participation

This is to certify that

Bradley Robinson

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 9th place

With final lifts

Squat: 162.5kg Bench: 97.5kg Deadlift: 210kg

Total: 470kg





Certificate of Participation

This is to certify that

George Sandoe

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 10th place

With final lifts

Squat: 177.5kg Bench: 102.5kg Deadlift: 182.5kg

Total: 462.5kg





Certificate of Participation

This is to certify that

Hani Tabbara

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 11th place

With final lifts

Squat: 160kg Bench: 90kg Deadlift: 210kg

Total: 460kg





Certificate of Participation

This is to certify that

Luke Davidson

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 12th place

With final lifts

Squat: 162.5kg Bench: 90kg Deadlift: 205.5kg

Total: 457.5kg





Certificate of Participation

This is to certify that

Connor Harris

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 13th place

With final lifts

Squat: 160kg Bench: 105kg Deadlift: 190kg

Total: 455kg





Certificate of Participation

This is to certify that

Sam Cook

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 14th place

With final lifts

Squat: 145kg Bench: 107.5kg Deadlift: 190kg

Total: 442.5kg





Certificate of Participation

This is to certify that

Ciaran Bryden

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 15th place

With final lifts

Squat: 150kg Bench: 100kg Deadlift: 192.5kg

Total: 442.5kg





Certificate of Participation

This is to certify that

Tom Botham

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 16th place

With final lifts

Squat: 145kg Bench: 90kg Deadlift: 205kg

Total: 440kg





Certificate of Participation

This is to certify that

Samuel Purle

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 17th place

With final lifts

Squat: 152.5kg Bench: 82.5kg Deadlift: 192.5kg

Total: 427.5kg





Certificate of Participation

This is to certify that

Afnaan Oasim

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved 18th place

With final lifts

Squat: 127.5kg Bench: 77.5kg Deadlift: 175kg

Total: 380kg





Certificate of Participation

This is to certify that

John Phillips

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

74kg class and achieved a

145kg Bench

as an Equipped lifter.





Certificate of Participation

This is to certify that

Christian Ayandokun

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 1st place

With final lifts

Squat: 247.5kg Bench: 165kg Deadlift: 306kg

Total: 718kg





Certificate of Participation

This is to certify that

Hugo Beaumont

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
83kg class and achieved 2nd place

With final lifts

Squat: 217.5kg Bench: 150kg Deadlift: 262.5kg

Total: 630kg





Certificate of Participation

This is to certify that

Anthony Cooper

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 3rd place

With final lifts

Squat: 232.5kg Bench: 140kg Deadlift: 252.5kg

Total: 625kg





Certificate of Participation

This is to certify that

Archie Freeman

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 4th place

With final lifts

Squat: 192.5kg Bench: 135kg Deadlift: 275kg

Total: 602.5kg





Certificate of Participation

This is to certify that

Jamie Gee

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 5th place

With final lifts

Squat: 200kg Bench: 147.5kg Deadlift: 210kg

Total: 557.5kg





Certificate of Participation

This is to certify that

Mark Woolley

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 6th place

With final lifts

Squat: 200kg Bench: 122.5kg Deadlift: 225kg

Total: 547.5kg





Certificate of Participation

This is to certify that

Jose Manuel Arias Morales

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 7th place

With final lifts

Squat: 170kg Bench: 125kg Deadlift: 212.5kg

Total: 507.5kg





Certificate of Participation

This is to certify that

Joseph Meager

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 8th place

With final lifts

Squat: 165kg Bench: 117.5kg Deadlift: 225kg

Total: 507.5kg





Certificate of Participation

This is to certify that

Wiktor Maksym

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 9th place

With final lifts

Squat: 170kg Bench: 115kg Deadlift: 220kg

Total: 505kg





Certificate of Participation

This is to certify that

Gabriel Rowland

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 10th place

With final lifts

Squat: 160kg Bench: 110kg Deadlift: 232.5kg

Total: 502.5kg





Certificate of Participation

This is to certify that

Tim Franzman

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
83kg class and achieved 11th place

With final lifts

Squat: 180kg Bench: 105kg Deadlift: 207.5kg

Total: 492.5kg





Certificate of Participation

This is to certify that

Phil Guise

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 12th place

With final lifts

Squat: 172.5kg Bench: 117.5kg Deadlift: 170kg

Total: 460kg





Certificate of Participation

This is to certify that

Richard Wheeler

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
83kg class and achieved 13th place

With final lifts

Squat: 150kg Bench: 115kg Deadlift: 192.5kg

Total: 457.5kg





Certificate of Participation

This is to certify that

William Fedeczko

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

83kg class and achieved 14th place

With final lifts

Squat: 150kg Bench: 90kg Deadlift: 215kg

Total: 455kg





Certificate of Participation

This is to certify that

Luke Tolman

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 1st place

With final lifts

Squat: 280kg Bench: 218kg Deadlift: 290kg

Total: 788kg





Certificate of Participation

This is to certify that

Wesley McGuinness

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 2nd place

With final lifts

Squat: 230kg Bench: 170kg Deadlift: 260kg

Total: 660kg





Certificate of Participation

This is to certify that

Luke George

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 3rd place

With final lifts

Squat: 220kg Bench: 170kg Deadlift: 252.5kg

Total: 642.5kg





Certificate of Participation

This is to certify that

Elvis Browne

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 4th place

With final lifts

Squat: 205kg Bench: 130kg Deadlift: 275kg

Total: 610kg





Certificate of Participation

This is to certify that

Nathan Wilkinson

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 5th place

With final lifts

Squat: 220kg Bench: 125kg Deadlift: 230kg

Total: 575kg





Certificate of Participation

This is to certify that

Luke-James Butler

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
93kg class and achieved 6th place

With final lifts

Squat: 215kg Bench: 115kg Deadlift: 240kg

Total: 570kg





Certificate of Participation

This is to certify that

David Ward

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 7th place

With final lifts

Squat: 200kg Bench: 125kg Deadlift: 245kg

Total: 570kg





Certificate of Participation

This is to certify that

Kieren Donnelly

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 8th place

With final lifts

Squat: 200kg Bench: 130kg Deadlift: 235kg

Total: 565kg





Certificate of Participation

This is to certify that

James Churchill

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
93kg class and achieved 9th place

With final lifts

Squat: 210kg Bench: 140kg Deadlift: 210kg

Total: 560kg





Certificate of Participation

This is to certify that

Louis Tucker

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 10th place

With final lifts

Squat: 190kg Bench: 140kg Deadlift: 220kg

Total: 550kg





Certificate of Participation

This is to certify that

Husnen Ahmad

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 11th place

With final lifts

Squat: 185kg Bench: 127.5kg Deadlift: 230kg

Total: 550kg





Certificate of Participation

This is to certify that

James Horwood

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
93kg class and achieved 12th place

With final lifts

Squat: 175kg Bench: 117.5kg Deadlift: 227.5kg

Total: 520kg





Certificate of Participation

This is to certify that

Joe Humphrey

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 13th place

With final lifts

Squat: 180kg Bench: 130kg Deadlift: 210kg

Total: 520kg





Certificate of Participation

This is to certify that

Tom Oldham

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 14th place

With final lifts

Squat: 175kg Bench: 117.5kg Deadlift: 215kg

Total: 505kg





Certificate of Participation

This is to certify that

Mark Howard-Jones

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 15th place

With final lifts

Squat: 170kg Bench: 125kg Deadlift: 205kg

Total: 500kg





Certificate of Participation

This is to certify that

Paul Jones

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 16th place

With final lifts

Squat: 172.5kg Bench: 105kg Deadlift: 210kg

Total: 487.5kg





Certificate of Participation

This is to certify that

Jamal Ahmed

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 17th place

With final lifts

Squat: 147.5kg Bench: 115kg Deadlift: 200kg

Total: 462.5kg





Certificate of Participation

This is to certify that

Morgan Ormerod

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
93kg class and achieved 18th place

With final lifts

Squat: 155kg Bench: 117.5kg Deadlift: 180kg

Total: 452.5kg





Certificate of Participation

This is to certify that

Alan Hinton

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
93kg class and achieved 19th place

With final lifts

Squat: 140kg Bench: 102.5kg Deadlift: 180kg

Total: 422.5kg





Certificate of Participation

This is to certify that

Greg Dix

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 20th place

With final lifts

Squat: 150kg Bench: 80kg Deadlift: 187.5kg

Total: 417.5kg





Certificate of Participation

This is to certify that

Thomas Win

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 21st place

With final lifts

Squat: 152.5kg Bench: 75kg Deadlift: 185kg

Total: 412.5kg





Certificate of Participation

This is to certify that

Sean Middlecote

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

93kg class and achieved 22nd place

With final lifts

Squat: 130kg Bench: 102.5kg Deadlift: 175kg

Total: 407.5kg





Certificate of Participation

This is to certify that

Robert Hutton

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 1st place

With final lifts

Squat: 275kg Bench: 167.5kg Deadlift: 285kg

Total: 727.5kg

As an Equipped lifter.





Certificate of Participation

This is to certify that

Louis Phelps

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 2nd place

With final lifts

Squat: 270kg Bench: 170kg Deadlift: 265kg

Total: 705kg

As an Equipped lifter.





Certificate of Participation

This is to certify that

Matthew Knight

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 3rd place

With final lifts

Squat: 225kg Bench: 167.5kg Deadlift: 277.5kg

Total: 670kg





Certificate of Participation

This is to certify that

Chris Hyam

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 4th place

With final lifts

Squat: 232.5kg Bench: 150kg Deadlift: 275kg

Total: 657.5kg





Certificate of Participation

This is to certify that

Matt Greenhalgh

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 5th place

With final lifts

Squat: 237.5kg Bench: 145kg Deadlift: 267.5kg

Total: 650kg





Certificate of Participation

This is to certify that

Faiz Bankole

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 6th place

With final lifts

Squat: 230kg Bench: 140kg Deadlift: 270kg

Total: 640kg





Certificate of Participation

This is to certify that

Maximilian Smith

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 7th place

With final lifts

Squat: 242.5kg Bench: 130kg Deadlift: 265kg

Total: 637.5kg





Certificate of Participation

This is to certify that

Beck Phillips

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 8th place

With final lifts

Squat: 230kg Bench: 145kg Deadlift: 260kg

Total: 635kg





Certificate of Participation

This is to certify that

Sam Kenyon

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 9th place

With final lifts

Squat: 220kg Bench: 145kg Deadlift: 245kg

Total: 610kg





Certificate of Participation

This is to certify that

Lewis Ireland

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 10th place

With final lifts

Squat: 207.5kg Bench: 132.5kg Deadlift: 260kg

Total: 600kg





Certificate of Participation

This is to certify that

Ryan Sharvell-Smith

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 11th place

With final lifts

Squat: 200kg Bench: 120kg Deadlift: 230kg

Total: 550kg





Certificate of Participation

This is to certify that

Harry Martin

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
105kg class and achieved 12th place

With final lifts

Squat: 180kg Bench: 135kg Deadlift: 220kg

Total: 535kg





Certificate of Participation

This is to certify that

Luke Stone

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 13th place

With final lifts

Squat: 190kg Bench: 125kg Deadlift: 210kg

Total: 525kg





Certificate of Participation

This is to certify that

William Reed

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 14th place

With final lifts

Squat: 160kg Bench: 130kg Deadlift: 220kg

Total: 510kg





Certificate of Participation

This is to certify that

Gediminas Vielius

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 15th place

With final lifts

Squat: 160kg Bench: 117.5kg Deadlift: 200kg

Total: 477.5kg





Certificate of Participation

This is to certify that

Wilfred Bond

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

105kg class and achieved 16th place

With final lifts

Squat: 155kg Bench: 87.5kg Deadlift: 190kg

Total: 432.5kg





Certificate of Participation

This is to certify that

Nick Kenny

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120kg class and achieved 1st place

With final lifts

Squat: 257.5kg Bench: 165kg Deadlift: 290kg

Total: 713kg





Certificate of Participation

This is to certify that

James Roberts

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120kg class and achieved 2nd place

With final lifts

Squat: 252.5kg Bench: 162.5kg Deadlift: 292.5kg

Total: 707.5kg





Certificate of Participation

This is to certify that

Iain MacConnachie

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120kg class and achieved 3rd place

With final lifts

Squat: 250kg Bench: 170kg Deadlift: 250kg

Total: 670kg





Certificate of Participation

This is to certify that

Mike Roberts

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120kg class and achieved 4th place

With final lifts

Squat: 227.5kg Bench: 165kg Deadlift: 260kg

Total: 652.5kg





Certificate of Participation

This is to certify that

Zachary Conway

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120kg class and achieved 5th place

With final lifts

Squat: 245kg Bench: 127.5kg Deadlift: 262.5kg

Total: 635kg





Certificate of Participation

This is to certify that

Connor McGinnity

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120kg class and achieved 6th place

With final lifts

Squat: 240kg Bench: 137.5kg Deadlift: 240kg

Total: 617.5kg





Certificate of Participation

This is to certify that

Sam Farr

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120kg class and achieved 7th place

With final lifts

Squat: 205kg Bench: 150kg Deadlift: 242.5kg

Total: 597.5kg





Certificate of Participation

This is to certify that

Chris Mowat

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120kg class and achieved 8th place

With final lifts

Squat: 215kg Bench: 135kg Deadlift: 240kg

Total: 590kg





Certificate of Participation

This is to certify that

Jake Turley

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120kg class and achieved 9th place

With final lifts

Squat: 160kg Bench: 70kg Deadlift: 167.5kg

Total: 397.5kg





Certificate of Participation

This is to certify that

Nicholas Mellor

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120+kg class and achieved 1st place

With final lifts

Squat: 320kg Bench: 203kg Deadlift: 275kg

Total: 798kg





Certificate of Participation

This is to certify that

Lewis Walden

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120+kg class and achieved 2nd place

With final lifts

Squat: 240kg Bench: 150kg Deadlift: 290kg

Total: 680kg





Certificate of Participation

This is to certify that

Andrew Reynolds

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120+kg class and achieved 3rd place

With final lifts

Squat: 220kg Bench: 180kg Deadlift: 245kg

Total: 645kg





Certificate of Participation

This is to certify that

Nicolas Podevijn

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120+kg class and achieved 4th place

With final lifts

Squat: 227.5kg Bench: 157.5kg Deadlift: 245kg

Total: 630kg





Certificate of Participation

This is to certify that

James Matthews

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120+kg class and achieved 5th place

With final lifts

Squat: 200kg Bench: 140kg Deadlift: 255kg

Total: 595kg





Certificate of Participation

This is to certify that

Bradley Gosling

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

120+kg class and achieved 6th place

With final lifts

Squat: 190kg Bench: 100kg Deadlift: 230kg

Total: 520kg

