



Certificate of Participation

This is to certify that

Heather Christie

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

52kg class and achieved 1st place

With final lifts

Squat: 125kg Bench: 67.5kg Deadlift: 150kg

Total: 342.5kg





Certificate of Participation

This is to certify that

Rebecca Ferris

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

52kg class and achieved 2nd place

With final lifts

Squat: 75kg Bench: 37.5kg Deadlift: 102.5kg

Total: 215kg





Certificate of Participation

This is to certify that

Stephanie Carter

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

57kg class and achieved 1st place

With final lifts

Squat: 112.5kg Bench: 70kg Deadlift: 145kg

Total: 327.5kg





Certificate of Participation

This is to certify that

Masayo Makino

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

57kg class and achieved 2nd place

With final lifts

Squat: 102.5kg Bench: 55kg Deadlift: 130kg

Total: 287.5kg





Certificate of Participation

This is to certify that

Jayne Caudwell

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
57kg class and achieved 3rd place

With final lifts

Squat: 85kg Bench: 55kg Deadlift: 102.5kg

Total: 242.5kg





Certificate of Participation

This is to certify that

Katherine Armstrong

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

57kg class and achieved 4th place

With final lifts

Squat: 85kg Bench: 45kg Deadlift: 95kg

Total: 225kg





Certificate of Participation

This is to certify that

Wendy McGirr

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

57kg class and achieved 5th place

With final lifts

Squat: 82.5kg Bench: 45kg Deadlift: 90kg

Total: 217.5kg





Certificate of Participation

This is to certify that

Lily Robert

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

57kg class and achieved 6th place

With final lifts

Squat: 57.5kg Bench: 42.5kg Deadlift: 100kg

Total: 200kg





Certificate of Participation

This is to certify that

Victoria Newnham

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 1st place

With final lifts

Squat: 117.5kg Bench: 70kg Deadlift: 165kg

Total: 352.5kg





Certificate of Participation

This is to certify that

Katie Gorden

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 2nd place

With final lifts

Squat: 117.5kg Bench: 60kg Deadlift: 150kg

Total: 327.5kg





Certificate of Participation

This is to certify that

Sarah Clifton

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 3rd place

With final lifts

Squat: 105kg Bench: 72.5kg Deadlift: 135kg

Total: 312.5kg





Certificate of Participation

This is to certify that

Maddie Maroare

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 4th place

With final lifts

Squat: 85kg Bench: 62.5kg Deadlift: 135kg

Total: 282.5kg





Certificate of Participation

This is to certify that

Janet Dickinson

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 5th place

With final lifts

Squat: 85kg Bench: 60kg Deadlift: 137.5kg

Total: 282.5kg





Certificate of Participation

This is to certify that

Rebecca Johnson

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 6th place

With final lifts

Squat: 95kg Bench: 40kg Deadlift: 130kg

Total: 265kg





Certificate of Participation

This is to certify that

Susanne Shepherd

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 7th place

With final lifts

Squat: 85kg Bench: 55kg Deadlift: 122.5kg

Total: 262.5kg





Certificate of Participation

This is to certify that

Jessica Board

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 8th place

With final lifts

Squat: 100kg Bench: 55kg Deadlift: 100kg

Total: 255kg





Certificate of Participation

This is to certify that

Marie Morrissey

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 9th place

With final lifts

Squat: 90kg Bench: 50kg Deadlift: 102.5kg

Total: 242.5kg





Certificate of Participation

This is to certify that

Sophie Hills

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 10th place

With final lifts

Squat: 90kg Bench: 52.5kg Deadlift: 92.5kg

Total: 235kg





Certificate of Participation

This is to certify that

Melissa Sapsed

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

63kg class and achieved 11th place

With final lifts

Squat: 72.5kg Bench: 40kg Deadlift: 112.5kg

Total: 225kg





Certificate of Participation

This is to certify that

Shannon Smith

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

72kg class and achieved 1st place

With final lifts

Squat: 147.5kg Bench: 80kg Deadlift: 162.5kg

Total: 390kg





Certificate of Participation

This is to certify that

Emma Kennedy

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

72kg class and achieved 2nd place

With final lifts

Squat: 112.5kg Bench: 60kg Deadlift: 160kg

Total: 332.5kg





Certificate of Participation

This is to certify that

Daniella-Jade Chester

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

72kg class and achieved 3rd place

With final lifts

Squat: 82.5kg Bench: 52.5kg Deadlift: 110kg

Total: 245kg





Certificate of Participation

This is to certify that

Tracey Macey

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

72kg class and achieved 4th place

With final lifts

Squat: 80kg Bench: 60kg Deadlift: 100kg

Total: 240kg





Certificate of Participation

This is to certify that

Amelia Allen

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84kg class and achieved 1st place

With final lifts

Squat: 137.5kg Bench: 90kg Deadlift: 155kg

Total: 382.5kg





Certificate of Participation

This is to certify that

Prudence Catley

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84kg class and achieved 2nd place

With final lifts

Squat: 112.5kg Bench: 72.5kg Deadlift: 147.5kg

Total: 332.5kg





Certificate of Participation

This is to certify that

Sarah Watkins

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the
84kg class and achieved 3rd place

With final lifts

Squat: 125kg Bench: 47.5kg Deadlift: 142.5kg

Total: 315kg





Certificate of Participation

This is to certify that

Claire Salem

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84kg class and achieved 4th place

With final lifts

Squat: 100kg Bench: 55kg Deadlift: 135kg

Total: 290kg





Certificate of Participation

This is to certify that

Georgina Webb

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84kg class and achieved 5th place

With final lifts

Squat: 95kg Bench: 65kg Deadlift: 110kg

Total: 270kg





Certificate of Participation

This is to certify that

Rebekah Coveney

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84kg class and achieved 6th place

With final lifts

Squat: 90kg Bench: 57.5kg Deadlift: 117.5kg

Total: 265kg





Certificate of Participation

This is to certify that

Charlie Chester

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84+kg class and achieved 1st place

With final lifts

Squat: 190kg Bench: 107.5kg Deadlift: 187.5kg

Total: 485kg





Certificate of Participation

This is to certify that

Melissa Bird

Participated in the
South West Championships 2019

Held at Gym 66, Cheltenham

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

With final lifts

Squat: 175kg Bench: 87.5kg Deadlift: 177.5kg

Total: 440kg





Certificate of Participation

This is to certify that

Emily Portlock

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84+kg class and achieved 3rd place

With final lifts

Squat: 152.5kg Bench: 60kg Deadlift: 160kg

Total: 372.5kg





Certificate of Participation

This is to certify that

Donna Scott

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84+kg class and achieved 4th place

With final lifts

Squat: 132.5kg Bench: 62.5kg Deadlift: 157.5kg

Total: 352.5kg





Certificate of Participation

This is to certify that

Imogen Fenner

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84+kg class and achieved 5th place

With final lifts

Squat: 130kg Bench: 65kg Deadlift: 132.5kg

Total: 327.5kg





Certificate of Participation

This is to certify that

Sarah Elliott

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84+kg class and achieved 6th place

With final lifts

Squat: 102.5kg Bench: 55kg Deadlift: 140kg

Total: 297.5kg





Certificate of Participation

This is to certify that

Leona Kirtley

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84+kg class and achieved 7th place

With final lifts

Squat: 105.5kg Bench: 50kg Deadlift: 130kg

Total: 285kg





Certificate of Participation

This is to certify that

Ruth Bird

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84+kg class and achieved 8th place

With final lifts

Squat: 100kg Bench: 47.5kg Deadlift: 127.5kg

Total: 275kg





Certificate of Participation

This is to certify that

Evelyn Pomroy

Participated in the

South West Championships 2019

Held at Gym 66, Cheltenham

On 6th & 7th April in the

84+kg class and achieved 9th place

With final lifts

Squat: 62.5kg Bench: 50kg Deadlift: 110kg

Total: 222.5kg

