

2019	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	2019				
FRI			1														
SAT			2-3. BP Female Classic. Bournemouth			1-2. Mens All England. Manchester			31/8 - 1/9. British Mens Classic, Dover			30/11 - 1/12 YNE Open Eggborough	SAT				
SUN													SUN				
MON			4	1		3-15. World Classic Powerlifting Championship	1		2			30/11 - 8/12. European Open, Sub-junior and Junior Classic Powerlifting Championship	MON				
TUE	1		5	2			2		3	1				TUE			
WED	2		6-10. European Masters Classic	3	28/04 - 04/05 European SJ, J & Open Equipped		3-7. European Masters Powerlifting Championship		4	2					WED		
THUR	3			4					1	5	3					THUR	
FRI	4	1		5					2	6	4				30/10 - 3/11 British Juniors and Sub-Juniors. Ashington		FRI
SAT	5	2		6					3	7	5					SAT	
SUN	6	3	10	7	5		4	8		6. Roses. Manchester				SUN			
MON	7	4	11	8	6			8	5	9	6-13. World Masters Powerlifting Championship		3-9???. World Open Powerlifting Championship	9	MON		
TUE	8	5	12	9	7			9	6	10				10	TUE		
WED	9	6	13	10	8			10	7	11				11	WED		
THUR	10	7	14	11	9			11	8	12				12	THUR		
FRI	11	8	15	12	10			12	9					13	FRI		
SAT	12	9	16-17 YNE Spring Open. Ashington	13-14. British Womens Universities. Moulton	11	16. YNE Juniors / Sub-Juniors. Ashington	13. YNE Seniors. LR Strength Shed	11. YNE Bench Only. Sheffield	13-15. Western European Championship	12		14	SAT				
SUN	13	10			12					13		15	SUN				
MON	14	11	17. BP AGM Moulton	15	13		14-21. World Universities Powerlifting Championship	12	14-21. Commonwealth Powerlifting and Benchpress Championship	14	11	16	MON				
TUE	15	12	19	16	14	19		13		15	12	17	17	TUE			
WED	16	13	20	17	15	20		14		16	13	18	18	WED			
THUR	17	14	21	18	16	21		15		17	14	19	19	THUR			
FRI	18	15	22	19	17	22		16		18	15	20	20	FRI			
SAT	19-20 BP Eq. Champ. and Eq. Bench Only. Horncastle	16	23-24. British Mens Universities. Moulton	20	18-25. World Open, Sub-junior, Junior and Masters Classic Bench Press Championship	23		17		19	16	21	21	21	SAT		
SUN		17		21		24	18	22	20	17	22	22	22	SUN			
MON	21	18	25	22		25	22	19	23	21	18	23	23	MON			
TUE	22	19	26	23		26	23	20	24	22	19	24	24	TUE			
WED	23	20	27	24		27	24	21	25	23	20	25	25	WED			
THUR	24	21	28	25		28	25	22	26	24	21	26	26	THUR			
FRI	25	22	29	26	29	26	23	27	25	22	27	27	FRI				
SAT	26. YNE Winter Open Eggborough	23. Northern Unis. Eggborough	30	27	25-26. Ladies All England. Moulton	30	27. YNE Masters. Malton	24	28. YNE Novice. Ultraflex Sheffield	26-27. British Masters Championship. Horncastle	23. 4 Nations, Dover	28	SAT				
SUN	12 EPA AGM. Moulton	23. BP Classic Bench Only. Newport Pagnell	31			31		25				29	SUN				
MON	28			28/04 - 04/05 European SJ, J & Open Equipped	27		29	26-31. World Sub-Junior and Junior Powerlifting Championship	30	28	25	30	MON				
TUE	29	26			28		30			29	26	31	31	TUE			
WED	30	27			29		31				27			WED			
THUR	31	28			30					30/10 - 3/11 British Juniors and Sub-Juniors. Ashington	28			THUR			
FRI					31						29				FRI		
SAT								31/8 - 1/9. British Mens Classic, Dover			30/11 - 1/12 YNE Open Eggborough		SAT				
SUN													SUN				
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