

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				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				30/10 - 3/11 British Juniors and Sub-Juniors. Ashington	WED		
THUR	3			4				5	1	5	3						THUR
FRI	4	1		5				6	2	6	4						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. Regan Centre	11. YNE Bench Only. TSG Sheffield	13-15. Western European Championship	12. YNE Novice. Regan Centre Riccall		14	SAT				
SUN	13	10			12							15	SUN				
MON	14	11	17. BP AGM Moulton	15	13	18	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	TUE				
WED	16	13	20	17	15	20		14		16	13	18	WED				
THUR	17	14	21	18	16	21		15		17	14	19	THUR				
FRI	18	15	22	19	17	22		16		18	15	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	16-19. European Open, Master and Junior Bench Press Championship	19	16-17. YNE Open. Regan Centre Riccall	21	SAT		
SUN		17		21		24	18	22	20		22	SUN					
MON	21	18	25	22		25	22	19	23	21	18	23	MON				
TUE	22	19	26	23		26	23	20	24	22	19	24	TUE				
WED	23	20	27	24		27	24	21	25	23	20	25	WED				
THUR	24	21	28	25		28	25	22	26	24	21	26	THUR				
FRI	25	22	29	26	29	26	23	27	25	22	27	FRI					
SAT	26. YNE Winter Open Eggborough	23. Northern Unis. Eggborough	30	27	25-26. Ladies All England. Moulton	30	28. YNE Masters. Malton	24	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	25	30	MON					
TUE	29	26			28		30			29	26	31	TUE				
WED	30	27			29		31				27		WED				
THUR	31	28			30						30/10 - 3/11 British Juniors and Sub-Juniors. Ashington		THUR				
FRI					31								FRI				
SAT									31/8 - 1/9. British Mens Classic, Dover			30	SAT				
SUN												SUN					
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