

## Katas

K1	Traditional Open Hand Kata	Under 9's years	(Beginners)
K2	Traditional Open Hand Kata	Under 9's years	(Intermediate)
K3	Traditional Open Hand Kata	Under 9's years	(Advanced)
K4	Traditional Open Hand Kata	9 - 12 Years	(Beginners)
K5	Traditional Open Hand Kata	9 - 12 Years	(Intermediate)
K6	Traditional Open Hand Kata	9 - 12 Years	(Advanced)
K7	Traditional Open Hand Kata	Junior Cadets 13 - 15 Years	(Beginners)
K8	Traditional Open Hand Kata	Junior Cadets 13 - 15 Years	(Intermediate)
K9	Traditional Open Hand Kata	Junior Cadets 13 - 15 Years	(Advanced)
K10	Traditional Open Weapon Kata	Under 9's years	(Beginners)
K11	Traditional Open Weapon Kata	Under 9's years	(Intermediate)
K12	Traditional Open Weapon Kata	Under 9's years	(Advanced)
K13	Traditional Open Weapon Kata	9 - 12 Years	(Beginners)
K14	Traditional Open Weapon Kata	9 - 12 Years	(Intermediate)
K15	Traditional Open Weapon Kata	9 - 12 Years	(Advanced)
K16	Traditional Open Weapon Kata	Junior Cadets 13 - 15 Years	(Beginners)
K17	Traditional Open Weapon Kata	Junior Cadets 13 - 15 Years	(Intermediate)
K18	Traditional Open Weapon Kata	Junior Cadets 13 - 15 Years	(Advanced)
K19	Creative Kata (Non Weapon)	Under 9's years	(Beginners)
K20	Creative Kata (Non Weapon)	Under 9's years	(Intermediate)
K21	Creative Kata (Non Weapon)	Under 9's years	(Advanced)
K22	Creative Kata (Non Weapon)	9 - 12 Years	(Beginners)
K23	Creative Kata (Non Weapon)	9 - 12 Years	(Intermediate)
K24	Creative Kata (Non Weapon)	9 - 12 Years	(Advanced)
K25	Creative Kata (Non Weapon)	Junior Cadets 13 - 15 Years	(Beginners)
K26	Creative Kata (Non Weapon)	Junior Cadets 13 - 15 Years	(Intermediate)
K27	Creative Kata (Non Weapon)	Junior Cadets 13 - 15 Years	(Advanced)
K28	Creative Kata Musical (Non Weapon)	Under 9's years	(Beginners)
K29	Creative Kata Musical (Non Weapon)	Under 9's years	(Intermediate)
K30	Creative Kata Musical (Non Weapon)	Under 9's years	(Advanced)
K31	Creative Kata Musical (Non Weapon)	9 - 12 Years	(Beginners)
K32	Creative Kata Musical (Non Weapon)	9 - 12 Years	(Intermediate)
K33	Creative Kata Musical (Non Weapon)	9 - 12 Years	(Advanced)
K34	Creative Kata Musical (Non Weapon)	Junior Cadets 13 - 15 Years	(Beginners)
K35	Creative Kata Musical (Non Weapon)	Junior Cadets 13 - 15 Years	(Intermediate)
K36	Creative Kata Musical (Non Weapon)	Junior Cadets 13 - 15 Years	(Advanced)
K37	Creative Kata (Weapon)	Under 9's years	(Beginners)
K38	Creative Kata (Weapon)	Under 9's years	(Intermediate)
K39	Creative Kata (Weapon)	Under 9's years	(Advanced)
K40	Creative Kata (Weapon)	9 - 12 Years	(Beginners)
K41	Creative Kata (Weapon)	9 - 12 Years	(Intermediate)
K42	Creative Kata (Weapon)	9 - 12 Years	(Advanced)
K43	Creative Kata (Weapon)	Junior Cadets 13 - 15 Years	(Beginners)
K44	Creative Kata (Weapon)	Junior Cadets 13 - 15 Years	(Intermediate)
K45	Creative Kata (Weapon)	Junior Cadets 13 - 15 Years	(Advanced)
K46	Creative Kata Musical (Weapon)	Under 9's years	(Beginners)
K47	Creative Kata Musical (Weapon)	Under 9's years	(Intermediate)
K48	Creative Kata Musical (Weapon)	Under 9's years	(Advanced)
K49	Creative Kata Musical (Weapon)	9 - 12 Years	(Beginners)
K50	Creative Kata Musical (Weapon)	9 - 12 Years	(Intermediate)
K51	Creative Kata Musical (Weapon)	9 - 12 Years	(Advanced)
K52	Creative Kata Musical (Weapon)	Junior Cadets 13 - 15 Years	(Beginners)
K53	Creative Kata Musical (Weapon)	Junior Cadets 13 - 15 Years	(Intermediate)
K54	Creative Kata Musical (Weapon)	Junior Cadets 13 - 15 Years	(Advanced)
K55	Open Team Kata (2 or 3 Persons)	15 Years and under	(Open Grade)
K56	Traditional Open Hand Kata	16 Years and over	(Beginners)
K57	Traditional Open Hand Kata	16 Years and over	(Intermediate)
K58	Traditional Open Hand Kata	16 Years and over	(Advanced)

K59	Traditional Open Weapon Kata	16 Years and over	(Beginners)
K60	Traditional Open Weapon Kata	16 Years and over	(Intermediate)
K61	Traditional Open Weapon Kata	16 Years and over	(Advanced)
K62	Creative Kata (Non Weapon)	16 Years and over	(Beginners)
K63	Creative Kata (Non Weapon)	16 Years and over	(Intermediate)
K64	Creative Kata (Non Weapon)	16 Years and over	(Advanced)
K65	Creative Kata Musical (Non Weapon)	16 Years and over	(Beginners)
K66	Creative Kata Musical (Non Weapon)	16 Years and over	(Intermediate)
K67	Creative Kata Musical (Non Weapon)	16 Years and over	(Advanced)
K68	Creative Kata Musical (Weapon)	16 Years and over	(Beginners)
K69	Creative Kata Musical (Weapon)	16 Years and over	(Intermediate)
K70	Creative Kata Musical (Weapon)	16 Years and over	(Advanced)
K71	Creative Kata (Weapon)	16 Years and over	(Beginners)
K72	Creative Kata (Weapon)	16 Years and over	(Intermediate)
K73	Creative Kata (Weapon)	16 Years and over	(Advanced)
K74	Open Team Kata (2 or 3 Persons)	16 Years and over	(Open Grade)
K75	Veterans Traditional Open Hand Kata	35 Year and above	(Open Grade)

### Children's Points

PF1	Mini Pee Wee's (Mixed) Under 5 years old	5 years and under	(Open Grade)
PF2	Pee Wee's (Mixed) -4ft	Under 9's years	(Beginners)
PF3	Pee Wee's (Mixed) -4ft	Under 9's years	(Intermediate)
PF4	Pee Wee's (Mixed) -4ft	Under 9's years	(Advanced)
PF5	Male Points -4ft 4"	Under 12's years	(Beginners)
PF6	Male Points -4ft 4"	Under 12's years	(Intermediate)
PF7	Male Points -4ft 4"	Under 12's years	(Advanced)
PF8	Male Points -4ft 8"	Under 12's years	(Beginners)
PF9	Male Points -4ft 8"	Under 12's years	(Intermediate)
PF10	Male Points -4ft 8"	Under 12's years	(Advanced)
PF11	Male Points 3ft ½ Trophy / Cash Prize	Under 12's years	(Open Grade)
PF12	Male Points -5ft	Under 12's years	(Beginners)
PF13	Male Points -5ft	Under 12's years	(Intermediate)
PF14	Male Points -5ft	Under 12's years	(Advanced)
PF15	Male Points -5ft 4"	Under 12's years	(Beginners)
PF16	Male Points -5ft 4"	Under 12's years	(Intermediate)
PF17	Male Points -5ft 4"	Under 12's years	(Advanced)
PF18	Male Points +5ft 4"	Under 12's years	(Beginners)
PF19	Male Points +5ft 4"	Under 12's years	(Intermediate)
PF20	Male Points +5ft 4"	Under 12's years	(Advanced)
PF21	Male Points 3ft ½ Trophy / Cash Prize	Under 12's years	(Open Grade)
PF22	Male Points -5ft 2"	Junior Cadets 13 - 15 Years	(Beginners)
PF23	Male Points 5ft 2"	Junior Cadets 13 - 15 Years	(Intermediate)
PF24	Male Points -5ft 2"	Junior Cadets 13 - 15 Years	(Advanced)
PF25	Male Points -5ft 6"	Junior Cadets 13 - 15 Years	(Beginners)
PF26	Male Points -5ft 6"	Junior Cadets 13 - 15 Years	(Intermediate)
PF27	Male Points -5ft 6"	Junior Cadets 13 - 15 Years	(Advanced)
PF28	Male Points +5ft 6"	Junior Cadets 13 - 15 Years	(Beginners)
PF29	Male Points +5ft 6"	Junior Cadets 13 - 15 Years	(Intermediate)
PF30	Male Points +5ft 6"	Junior Cadets 13 - 15 Years	(Advanced)
PF31	Male Points 3ft ½ Trophy / Cash Prize	Junior Cadets 13 - 15 Years	(Open Grade)
PF32	Male Points -60kg	Senior Cadets 16 – 17 years	(Beginners)
PF33	Male Points -60kg	Senior Cadets 16 – 17 years	(Intermediate)
PF34	Male Points -60kg	Senior Cadets 16 – 17 years	(Advanced)
PF35	Male Points -67kg	Senior Cadets 16 – 17 years	(Beginners)
PF36	Male Points -67kg	Senior Cadets 16 – 17 years	(Intermediate)
PF37	Male Points -67kg	Senior Cadets 16 – 17 years	(Advanced)
PF38	Male Points +67kg	Senior Cadets 16 – 17 years	(Beginners)
PF39	Male Points +67kg	Senior Cadets 16 – 17 years	(Intermediate)
PF40	Male Points +67kg	Senior Cadets 16 – 17 years	(Advanced)
PF41	Male Points 3ft ½ Trophy / Cash Prize	Senior Cadets 16 – 17 years	(Open Grade)
PF42	Female Points -4ft 4"	Under 12's years	(Beginners)
PF43	Female Points -4ft 4"	Under 12's years	(Intermediate)
PF44	Female Points -4ft 4"	Under 12's years	(Advanced)
PF45	Female Points -4ft 8"	Under 12's years	(Beginners)
PF46	Female Points -4ft 8"	Under 12's years	(Intermediate)
PF47	Female Points -4ft 8"	Under 12's years	(Advanced)
PF48	Female Points 3ft ½ Trophy / Cash Prize	Under 9's years	(Open Grade)
PF49	Female Points -5ft	Under 12's years	(Beginners)
PF50	Female Points -5ft	Under 12's years	(Intermediate)
PF51	Female Points -5ft	Under 12's years	(Advanced)
PF52	Female Points -5ft 4"	Under 12's years	(Beginners)
PF53	Female Points -5ft 4"	Under 12's years	(Intermediate)
PF54	Female Points -5ft 4"	Under 12's years	(Advanced)
PF55	Female Points +5ft 4"	Under 12's years	(Beginners)
PF56	Female Points +5ft 4"	Under 12's years	(Intermediate)
PF57	Female Points +5ft 4"	Under 12's years	(Advanced)
PF58	Female Points 3ft ½ Trophy / Cash Prize	9 - 12 years old	(Open Grade)

PF59	Female Points -5ft 2"	Junior Cadets 13 - 15 Years	(Beginners)
PF60	Female Points -5ft 2"	Junior Cadets 13 - 15 Years	(Intermediate)
PF61	Female Points -5ft 2"	Junior Cadets 13 - 15 Years	(Advanced)
PF62	Female Points -5ft 6"	Junior Cadets 13 - 15 Years	(Beginners)
PF63	Female Points -5ft 6"	Junior Cadets 13 - 15 Years	(Intermediate)
PF64	Female Points -5ft 6"	Junior Cadets 13 - 15 Years	(Advanced)
PF65	Female Points +5ft 6"	Junior Cadets 13 - 15 Years	(Beginners)
PF66	Female Points +5ft 6"	Junior Cadets 13 - 15 Years	(Intermediate)
PF67	Female Points +5ft 6"	Junior Cadets 13 - 15 Years	(Advanced)
PF68	Female Points 3ft ½ Trophy / Cash Prize	Junior Cadets 13 - 15 Years	(Open Grade)
PF69	Female Points -54kg	Senior Cadets 16 – 17 years	(Beginners)
PF70	Female Points -54kg	Senior Cadets 16 – 17 years	(Intermediate)
PF71	Female Points -54kg	Senior Cadets 16 – 17 years	(Advanced)
PF72	Female Points +54kg	Senior Cadets 16 – 17 years	(Beginners)
PF73	Female Points +54kg	Senior Cadets 16 – 17 years	(Intermediate)
PF74	Female Points +54kg	Senior Cadets 16 – 17 years	(Advanced)
PF75	Female Points 3ft ½ Trophy / Cash Prize	Senior Cadets 16 – 17 years	(Open Grade)

### Adult's Points

PF76	Male Points -55kg	18 Years and over	(Beginners)
PF77	Male Points -55kg	18 Years and over	(Intermediate)
PF78	Male Points -55kg	18 Years and over	(Advanced)
PF79	Male Points -62kg	18 Years and over	(Beginners)
PF80	Male Points -62kg	18 Years and over	(Intermediate)
PF81	Male Points -62kg	18 Years and over	(Advanced)
PF82	Male Points -69kg	18 Years and over	(Beginners)
PF83	Male Points -69kg	18 Years and over	(Intermediate)
PF84	Male Points -69kg	18 Years and over	(Advanced)
PF85	Male Points -76kg	18 Years and over	(Beginners)
PF86	Male Points -76kg	18 Years and over	(Intermediate)
PF87	Male Points -76kg	18 Years and over	(Advanced)
PF88	Male Points -83kg	18 Years and over	(Beginners)
PF89	Male Points -83kg	18 Years and over	(Intermediate)
PF90	Male Points -83kg	18 Years and over	(Advanced)
PF91	Male Points +83kg	18 Years and over	(Beginners)
PF92	Male Points +83kg	18 Years and over	(Intermediate)
PF93	Male Points +83kg	18 Years and over	(Advanced)
PF94	Male Points Veterans -76kg	(35 – 44 years)	(Beginners)
PF95	Male Points Veterans -76kg	(35 – 44 years)	(Intermediate)
PF96	Male Points Veterans -76kg	(35 – 44 years)	(Advanced)
PF97	Male Points Veterans -76kg	(Over 45 years)	(Beginners)
PF98	Male Points Veterans -76kg	(Over 45 years)	(Intermediate)
PF99	Male Points Veterans -76kg	(Over 45 years)	(Advanced)
PF100	Male Points Veterans +76kg	(35 – 44 years)	(Beginners)
PF101	Male Points Veterans +76kg	(35 – 44 years)	(Intermediate)
PF102	Male Points Veterans +76kg	(35 – 44 years)	(Advanced)
PF103	Male Points Veterans +76kg	(Over 45 years)	(Beginners)
PF104	Male Points Veterans +76kg	(Over 45 years)	(Intermediate)
PF105	Male Points Veterans +76kg	(Over 45 years)	(Advanced)
PF106	Male Points 3ft ½ Trophy / Cash Prize	18 Years and over	(Open Grade)
PF107	Female Points -52kg	18 Years and over	(Beginners)
PF108	Female Points -52kg	18 Years and over	(Intermediate)
PF109	Female Points -52kg	18 Years and over	(Advanced)
PF110	Female Points -58kg	18 Years and over	(Beginners)
PF111	Female Points -58kg	18 Years and over	(Intermediate)
PF112	Female Points -58kg	18 Years and over	(Advanced)
PF113	Female Points -64kg	18 Years and over	(Beginners)
PF114	Female Points -64kg	18 Years and over	(Intermediate)
PF115	Female Points -64kg	18 Years and over	(Advanced)
PF116	Female Points -71kg	18 Years and over	(Beginners)
PF117	Female Points -71kg	18 Years and over	(Intermediate)
PF118	Female Points -71kg	18 Years and over	(Advanced)
PF119	Female Points -78kg	18 Years and over	(Beginners)
PF120	Female Points -78kg	18 Years and over	(Intermediate)
PF121	Female Points -78kg	18 Years and over	(Advanced)
PF122	Female Points +78kg	18 Years and over	(Beginners)
PF123	Female Points +78kg	18 Years and over	(Intermediate)
PF124	Female Points +78kg	18 Years and over	(Advanced)
PF125	Female Points Veterans -71kg	(35 – 44 years)	(Beginners)
PF126	Female Points Veterans -71kg	(35 – 44 years)	(Intermediate)
PF127	Female Points Veterans -71kg	(35 – 44 years)	(Advanced)
PF128	Female Points Veterans -71kg	(Over 45 years)	(Beginners)
PF129	Female Points Veterans -71kg	(Over 45 years)	(Intermediate)
PF130	Female Points Veterans -71kg	(Over 45 years)	(Advanced)
PF131	Female Points Veterans +71kg	(35 – 44 years)	(Beginners)
PF132	Female Points Veterans +71kg	(35 – 44 years)	(Intermediate)
PF133	Female Points Veterans +71kg	(35 – 44 years)	(Advanced)

PF134	Female Points Veterans +71kg	(Over 45 years)	(Beginners)
PF135	Female Points Veterans +71kg	(Over 45 years)	(Intermediate)
PF136	Female Points Veterans +71kg	(Over 45 years)	(Advanced)
PF137	Female Points 3ft ½ Trophy / Cash Prize	18 Years and over	(Open Grade)

### Children's Continuous

LC1	Male Continuous -24kg	12 Years and under	(Beginners)
LC2	Male Continuous -24kg	12 Years and under	(Intermediate/Advanced)
LC3	Male Continuous -29kg	12 Years and under	(Beginners)
LC4	Male Continuous -29kg	12 Years and under	(Intermediate/Advanced)
LC5	Male Continuous -35kg	12 Years and under	(Beginners)
LC6	Male Continuous -35kg	12 Years and under	(Intermediate/Advanced)
LC7	Male Continuous -42kg	12 Years and under	(Beginners)
LC8	Male Continuous -42kg	12 Years and under	(Intermediate/Advanced)
LC9	Male Continuous -48kg	12 Years and under	(Beginners)
LC10	Male Continuous -48kg	12 Years and under	(Intermediate/Advanced)
LC11	Male Continuous +48kg	12 Years and under	(Beginners)
LC12	Male Continuous +48kg	12 Years and under	(Intermediate/Advanced)
LC13	Male Continuous -48kg	Junior Cadets 13 - 15 Years	(Beginners)
LC14	Male Continuous -48kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC15	Male Continuous -54kg	Junior Cadets 13 - 15 Years	(Beginners)
LC16	Male Continuous -54kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC17	Male Continuous -60kg	Junior Cadets 13 - 15 Years	(Beginners)
LC18	Male Continuous -60kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC19	Male Continuous -66kg	Junior Cadets 13 - 15 Years	(Beginners)
LC20	Male Continuous -66kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC21	Male Continuous -71kg	Junior Cadets 13 - 15 Years	(Beginners)
LC22	Male Continuous -71kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC23	Male Continuous +71kg	Junior Cadets 13 - 15 Years	(Beginners)
LC24	Male Continuous +71kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC25	Male Continuous -60kg	Senior Cadets 16 – 17 years	(Beginners)
LC26	Male Continuous -60kg	Senior Cadets 16 – 17 years	(Intermediate/Advanced)
LC27	Male Continuous -67kg	Senior Cadets 16 – 17 years	(Beginners)
LC28	Male Continuous -67kg	Senior Cadets 16 – 17 years	(Intermediate/Advanced)
LC29	Male Continuous -72kg	Senior Cadets 16 – 17 years	(Beginners)
LC30	Male Continuous -72kg	Senior Cadets 16 – 17 years	(Intermediate/Advanced)
LC31	Male Continuous -79kg	Senior Cadets 16 – 17 years	(Beginners)
LC32	Male Continuous -79kg	Senior Cadets 16 – 17 years	(Intermediate/Advanced)
LC33	Male Continuous +79kg	Senior Cadets 16 – 17 years	(Beginners)
LC34	Male Continuous +79kg	Senior Cadets 16 – 17 years	(Intermediate/Advanced)
LC35	Female Continuous -24kg	12 Years and under	(Beginners)
LC36	Female Continuous -24kg	12 Years and under	(Intermediate/Advanced)
LC37	Female Continuous -29kg	12 Years and under	(Beginners)
LC38	Female Continuous -29kg	12 Years and under	(Intermediate/Advanced)
LC39	Female Continuous -35kg	12 Years and under	(Beginners)
LC40	Female Continuous -35kg	12 Years and under	(Intermediate/Advanced)
LC41	Female Continuous -42kg	12 Years and under	(Beginners)
LC42	Female Continuous -42kg	12 Years and under	(Intermediate/Advanced)
LC43	Female Continuous -48kg	12 Years and under	(Beginners)
LC44	Female Continuous -48kg	12 Years and under	(Intermediate/Advanced)
LC45	Female Continuous +48kg	12 Years and under	(Beginners)
LC46	Female Continuous +48kg	12 Years and under	(Intermediate/Advanced)
LC47	Female Continuous -42kg	Junior Cadets 13 - 15 Years	(Beginners)
LC48	Female Continuous -42kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC49	Female Continuous -48kg	Junior Cadets 13 - 15 Years	(Beginners)
LC50	Female Continuous -48kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC51	Female Continuous -54kg	Junior Cadets 13 - 15 Years	(Beginners)
LC52	Female Continuous -54kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC53	Female Continuous -60kg	Junior Cadets 13 - 15 Years	(Beginners)
LC54	Female Continuous -60kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC55	Female Continuous -67kg	Junior Cadets 13 - 15 Years	(Beginners)
LC56	Female Continuous -67kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC57	Female Continuous -73kg	Junior Cadets 13 - 15 Years	(Beginners)
LC58	Female Continuous -73kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC59	Female Continuous +73kg	Junior Cadets 13 - 15 Years	(Beginners)
LC60	Female Continuous +73kg	Junior Cadets 13 - 15 Years	(Intermediate/Advanced)
LC61	Female Continuous -54kg	Senior Cadets 16 – 17 years	(Beginners)
LC62	Female Continuous -54kg	Senior Cadets 16 – 17 years	(Intermediate/Advanced)

LC63	Female Continuous -58kg	Senior Cadets 16 – 17 years	(Beginners)
LC64	Female Continuous -58kg	Senior Cadets 16 – 17 years	(Intermediate/Advanced)
LC65	Female Continuous +58kg	Senior Cadets 16 – 17 years	(Beginners)
LC66	Female Continuous +58kg	Senior Cadets 16 – 17 years	(Intermediate/Advanced)

### Adult's Continuous

LC67	Male Continuous -55kg	18 Years and over	(Beginners)
LC68	Male Continuous -55kg	18 Years and over	(Intermediate/Advanced)
LC69	Male Continuous -62kg	18 Years and over	(Beginners)
LC70	Male Continuous -62kg	18 Years and over	(Intermediate/Advanced)
LC71	Male Continuous -69kg	18 Years and over	(Beginners)
LC72	Male Continuous -69kg	18 Years and over	(Intermediate/Advanced)
LC73	Male Continuous -76kg	18 Years and over	(Beginners)
LC74	Male Continuous -76kg	18 Years and over	(Intermediate/Advanced)
LC75	Male Continuous -83kg	18 Years and over	(Beginners)
LC76	Male Continuous -83kg	18 Years and over	(Intermediate/Advanced)
LC77	Male Continuous -90kg	18 Years and over	(Beginners)
LC78	Male Continuous -90kg	18 Years and over	(Intermediate/Advanced)
LC79	Male Continuous -97kg	18 Years and over	(Beginners)
LC80	Male Continuous -97kg	18 Years and over	(Intermediate/Advanced)
LC81	Male Continuous +97kg	18 Years and over	(Beginners)
LC82	Male Continuous +97kg	18 Years and over	(Intermediate/Advanced)
LC83	Male Continuous Veterans -76kg	(35 – 44 years)	(Beginners)
LC84	Male Continuous Veterans -76kg	(35 – 44 years)	(Intermediate/Advanced)
LC85	Male Continuous Veterans -83kg	(35 – 44 years)	(Beginners)
LC86	Male Continuous Veterans -83kg	(35 – 44 years)	(Intermediate/Advanced)
LC87	Male Continuous Veterans +83kg	(35 – 44 years)	(Beginners)
LC88	Male Continuous Veterans +83kg	(35 – 44 years)	(Intermediate/Advanced)
LC89	Male Continuous Veterans -76kg	(Over 45 years)	(Beginners)
LC90	Male Continuous Veterans -76kg	(Over 45 years)	(Intermediate/Advanced)
LC91	Male Continuous Veterans -83kg	(Over 45 years)	(Beginners)
LC92	Male Continuous Veterans -83kg	(Over 45 years)	(Intermediate/Advanced)
LC93	Male Continuous Veterans +83kg	(Over 45 years)	(Beginners)
LC94	Male Continuous Veterans +83kg	(Over 45 years)	(Intermediate/Advanced)
LC95	Female Continuous -52kg	18 Years and over	(Beginners)
LC96	Female Continuous -52kg	18 Years and over	(Intermediate/Advanced)
LC97	Female Continuous -58kg	18 Years and over	(Beginners)
LC98	Female Continuous -58kg	18 Years and over	(Intermediate/Advanced)
LC99	Female Continuous -64kg	18 Years and over	(Beginners)
LC100	Female Continuous -64kg	18 Years and over	(Intermediate/Advanced)
LC101	Female Continuous -71kg	18 Years and over	(Beginners)
LC102	Female Continuous -71kg	18 Years and over	(Intermediate/Advanced)
LC103	Female Continuous -78kg	18 Years and over	(Beginners)
LC104	Female Continuous -78kg	18 Years and over	(Intermediate/Advanced)
LC105	Female Continuous +78kg	18 Years and over	(Beginners)
LC106	Female Continuous +78kg	18 Years and over	(Intermediate/Advanced)
LC107	Female Continuous Veterans -71kg	(35 – 44 years)	(Beginners)
LC108	Female Continuous Veterans -71kg	(35 – 44 years)	(Intermediate/Advanced)
LC109	Female Continuous Veterans +71kg	(35 – 44 years)	(Beginners)
LC110	Female Continuous Veterans +71kg	(35 – 44 years)	(Intermediate/Advanced)
LC111	Female Continuous Veterans -71kg	(Over 45 years)	(Beginners)
LC112	Female Continuous Veterans -71kg	(Over 45 years)	(Intermediate/Advanced)
LC113	Female Continuous Veterans +71kg	(Over 45 years)	(Beginners)
LC114	Female Continuous Veterans +71kg	(Over 45 years)	(Intermediate/Advanced)