

WELSH AGE GROUPS - Strength Academy Wales, 2nd November 2019

Group 1: Female U12 Presentation of lifters 9:50. Competition starts at 10:00

LOT	NAME		Club	AT	Age Group	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
4	Jenna	Hughes	Diamond WL	24	U12	35	34.70	10	12	18	15	17	18	18	18	36	73.67	2
								3	2	2	6	6	6	25		61		
217	Cerys	Davies	Diamond WL	28	U12	35	30.20	10	12	14	15	17	18	14	18	32	75.60	1
								3	3	3	6	6	6	27		59		
640	Jamie	Hughes	Diamond WL	24	U12	35	34.30	10	12	14	15	17	-18	14	17	31	64.17	3
								3	2	2	6	6	2	21		52		
267	Emma	Slocombe	Unattched	45	U12	40	37.30	17	19	21	25	27	-30	21	27	48	91.62	1
								4	4	4	8	8	2	30		78		
391	Amelie	Richardson	Diamond WL	25	U12	40	35.20	11	13	-15	16	17	18	13	18	31	62.55	2
								3	2	1	4	4	6	20		51		
265	Freya	Griffith	Diamond WL	22	U12	45	41.00	10	12	14	14	15	16	14	16	30	52.56	2
								3	3	2	6	6	6	26		56		
724	Ciara	Cust	Diamond WL	42	U12	45	44.90	10	12	14	23	25	27	14	27	41	66.54	1
								3	2	2	6	8	6	27		68		
835	Erin	Cust	Diamond WL	29	U12	49	45.20	11	13	15	16	18	20	15	20	35	56.50	1
								3	2	2	6	6	6	25		60		
725	Anna-may	Williams	Diamond WL	77	U12	64	62.50	33	35	38	38	40	43	38	43	81	104.31	1
								3	4	4	8	8	8	35		116		
741	Lexi	Thomas	SPWLC	70	U12	71	67.60	-30	30	32	38	40	42	32	42	74	91.20	1
								1	4	3	8	8	8	32		106		
746	Grace	Morris	SAW	50	U12	76	73.80	26	29	31	35	38	40	31	40	71	83.72	1
								4	4	3	8	6	6	31		102		

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Group 2: Male U12 & U15 Presentation of lifters 11:50. Competition starts at 12:00

lot no.	NAME		Club	AT	Age Group	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
121	Daniel	Twigge	HAWFC	30	U12	45	30.60	15	18	-19	22	25	-27	18	25	43	115.61	
								4	4	1	6	6	5	26		69		3
333	Sean	Davies	Diamond WL	37	U12	45	36.80	15	18	-20	22	24	26	18	26	44	97.00	
								3	3	1	8	8	8	31		75		1
469	Zach	Jones	SW1	20	U12	45	26.70	10	12	13	13	15	18	13	18	31	97.91	
								4	4	4	8	8	7	35		66		4
759	Tobie	Poffley	Llanelli WL	22	U12	45	30.20	16	18	-20	-24	25	27	18	27	45	122.82	
								4	4	1	5	8	8	30		75		2
49	Gruff	Jones	HAWFC	60	U12	49	47.00	25	29	-31	30	35	37	29	37	66	115.71	1
								4	4	1	8	7	8	32		98		
207	Joshua	Williams	SW1	82	U12	73	73.00	33	36	39	42	45	47	39	47	86	110.17	2
								4	4	4	8	7	8	35		121		
998	Cai	Owen	SAW	55	U15	45	44.60	22	24	26	30	33	35	26	35	61	111.95	1
567	Daniel	Davies	SAW	149	U15	61	59.80	63	66	68	80	83	85	68	85	153	222.41	1
553	Liam	Davies	Caerphilly WL	146	U15	67	65.20	61	64	-67	78	82	85	64	85	149	204.39	1
151	Seamus	Thomas	Diamond WL	65	U15	67	63.20	25	27	29	38	40	-42	29	40	69	96.60	3
980	Aidan	Aldred	SAW	60	U15	67	66.40	28	32	36	35	38	42	36	42	78	105.76	2

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Group 3: Girls U15, U20 & U23 Presentation of lifters 13:50. Competition starts at 14:00

lot no.	NAME		Club	AT	Age Group	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
757	Cerys	Cross	Llanelli WL	35	U15	49	49.00	17	19	21	25	27	-29	21	27	48	72.76	1
302	Evie	Rowlands	Llanelli WL	43	U15	55	51.80	17	19	21	23	24	26	21	26	47	68.39	1
985	Lotty	Whalley	SAW	122	U15	59	56.50	52	54	-56	70	-73	73	54	73	127	174.14	1
475	Sophie	Maloney	SW1 S&C	85	U15	64	59.60	32	36	40	50	-53	54	40	54	94	124.57	2
236	Mena	Williams	SPWLC	109	U15	64	60.70	42	45	48	60	63	66	48	66	114	149.40	1
619	Seren	Mitchell	SAW	118	U15	81	77.30	47	50	52	65	68	-70	52	68	120	138.53	1
72	Ashleigh	BARNIKEL	SAW	72	U20	55	50.40	28	30	-33	38	41	44	30	44	74	109.84	1
556	Eleanor	Welsh	SYNERGI	117	U20	59	58.20	45	47	-50	-63	63	-67	47	63	110	147.97	1
971	Fflur	Owen	SA1	142	U20	64	62.70	54	57	-59	74	77	80	57	80	137	176.10	1
622	Holly	Knowles	SW1 S&C	178	U23	71	71.00	74	78	-82	93	97	-100	78	97	175	210.28	1

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**Group 4: Boys U15 Presentation of lifters 15:50. Competition starts at 16:0**

lot no.	NAME		Club	AT	Age Group	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
192	Llyr	Gravell	Llanelli WL	133	U15	73	71.50	-68	-68	68	75	-78	-78	68	75	143	185.39	1
190	Lewis	Williams-Owen	Diamond WL	102	U15	81	75.00	40	44	47	52	56	60	47	60	107	135.01	1
526	Bryn	Astrop	Diamond WL	94	U15	81	79.50	40	42	45	50	53	56	45	56	101	123.55	2
491	Samuel William	Roberts	Diamond WL	80	U15	89	88.20	30	33	35	35	37	40	35	40	75	87.29	1
660	Tomos Danial	Protheroe	Diamond WL	143	U15	96	91.00	60	63	67	70	74	78	67	78	145	166.48	1
852	Thomas	Roberts	Diamond WL	150	U15	102+	121.70	60	63	67	82	86	90	82	90	172	179.43	1
1	Justin	Head	SPWLC	60	U17	61	58.50	27	30	32	32	35	37	32	37	69	101.87	GUEST
24	Leighton	Yates	HAWFC	160	U17	67	67.00	75	80	83	95	-100	-101	83	95	178	240.00	1
65	Jack	Thomas	SPWLC	120	U17	73	70.60	55	58	60	67	70	72	60	72	132	172.40	3
268	Ben	Rees	Llanelli WL	155	U17	73	68.30	67	71	75	86	-89	-89	75	86	161	214.51	1
908	Cai	Llewellyn	SAW	123	U17	73	71.30	50	53	56	68	71	77	56	77	133	172.71	2
519	Kyle	Colella	SAW	108	U17	102+	104.80	55	58	61	74	78	83	61	83	144	156.73	1