

Welsh Masters Open Championships, Strength Academy Wales, 3rd November 2019

Group One: Weigh in 09:00. Presentation of lifters 10:50. Competition starts at 11:00 - Women

Lot no.	NAME		Club	AT	Age group	BWT Cat.	B/W	JERK kg			BEST		TOTAL	S M F points	Pos			
								1	2	3	1	2				3	SN	C&J
767	Anne	Collis	SA1	75	W55	87	86.00	27	31	34	47	50	53	34	53	87	133.26	
61	Becky	Hickman	EVOLVE	120	W35	55	54.20	51	53	-55	68	70	-72	53	70	123	194.52	
20	Caroline	Hurley	Breezes Gym	70	W35	71	67.80	33	36	-39	48	53	-57	36	53	89	120.06	
167	Sally	Williams	Unattached	140	W35	71	69.40	57	60	63	78	81	84	63	84	147	193.57	
851	Calli	Rouse	SA1	100	W35	87	84.80	40	-45	45	54	57	-60	45	57	102	122.80	
86	Katherine	Shafer	Unattached	115	W30	64	63.30	-48	48	51	63	66	-69	51	66	117	154.25	
724	Sarah	Owens	SPWLC	85	W30	64	61.70	30	32	34	45	48	50	34	50	84	109.01	
604	Lea	Klein	Unattached	145	W30	71	69.90	-68	68	70	83	86	-90	70	86	156	194.86	
873	Tracy	Rosser	Unattached	123	W30	71	67.40	54	57	-61	64	67	71	57	71	128	167.38	
149	Elizabeth	Griffiths	SA1	120	W30	76	75.60	45	48	50	62	65	-68	50	65	115	140.23	

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Group Two: Weigh in 09:00. Presentation of lifters 12:50. Competition starts at 13:00 - Men

Lot no.	NAME		Club	AT	Age group	BWT Cat.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	S M F points	Pos
								1	2	3	1	2	3	SN	C&J			
699	Andrew	Bowen	Unattached	135	M55	73	68.20	48	52	56	70	74	-77	56	74	130	240.19	
62	Richard	Edwards	Unattached	130	M55	102	100.30	55	-58	58	75	78	81	58	81	139	216.75	
4	Justin	Head	SPWLC	180	M45	102	99.50	80	85	88	-105	105		88	105	193	270.19	
301	James	Richards	Unattached	165	M40	73	73.00	70	74	78	-95	95	102	78	102	180	261.76	
548	Liam	Netterfield	Unattached	210	M35	89	87.60	88	92	-96	118	121	-124	92	121	213	272.59	
459	Llyr	Jones	HAWFC	200	M35	96	95.80	80	85	90	115	120	-125	90	120	210	261.77	
659	Edwin	Shave	Unattached	185	M30	96	92.10	77	80	82	100	105	-112	82	105	187	226.29	
406	Thomas	Rees	Llanelli WL	220	GUEST	81	81.00	-97	-97	97	120	-124	124	97	124	221	0.00	