

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

**Group 1**

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Jon Kepa	Cortajarena Sanchez	Selección EUSKADI	155	55	53.00	65	70	-73	85	90	-92	70	90	160	254.27	2
Koldo Aingelu	Galiano Joaquin	Selección EUSKADI	160	55	54.00	70	75	-80	90	-95	95	75	95	170	266.30	1
Rico	Rees	Unattached	35	55	49.00	28	31	34	37	40	-44	34	40	74	125.26	
Luke	Eardley	SW1 S&C	155	55	54.80	62	65	69	80	85	-88	69	85	154	238.55	3
Tobie	Poffley	Llanelli WL	22	55	30.80	13	15	18	22	24	-26	18	24	42	112.09	
Garin	Beams	Unattached	177	67	66.00	71	76	81	93	98	-103	81	98	179	243.64	3
Alex	Evans	Unattached	175	67	66.10	77	80	82	95	-99	100	82	100	182	247.49	1
Ben	Rees	Llanelli WL	140	67	66.50	64	67	70	82	85	88	70	88	158	214.04	
Leighton	Yates	HAWFC	165	67	65.90	72	76	80	95	100	-103	80	100	180	245.24	2
Sean	Aspinall	SA1	145	67	66.60	-70	70	-75	80	-85	-86	70	80	150	203.01	
Liam	Davies	Crossfit Caerphilly	136	67	63.90	-55	58	62	78	81	84	62	84	146	202.91	

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

**Group 2**

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Emma	Slocombe	Synergi	43	45	37.00	17	-20	20	22	25	27	20	27	47	90.40	
Steph	Morris	Unattached	115	49	48.30	50	-52	52	63	65	0	52	65	117	179.28	1
Rabia	Shahzad	Unattached	85	49	48.70	35	37	40	45	-50	-50	40	45	85	129.44	2
Ffion	Barnikel	SAW	70	49	50.20	30	33	-36	38	41	-43	33	41	74	110.16	3
Awen	Davies	Unattached	150	59	58.80	63	66	-68	83	86	88	66	88	154	205.82	1
Rebecca	Francis	Unattached	125	59	58.30	53	56	-60	70	75	-78	56	75	131	176.03	
Kirsten	Blackwell	SA1	115	59	58.10	52	-56	-56	-65	65	-71	52	65	117	157.56	
Gabriella	Rossetti	Unattached	125	59	58.10	55	-60	-61	70	-73	73	55	73	128	172.37	
Fflur	Owen	SA1	142	59	59.30	52	56	-59	-73	-73	0	56	0	56	74.45	guest
Ellie	Pryor	Breezes gym	156	59	56.50	62	65	-67	83	85	88	65	88	153	209.79	2
Georgina	Williams	Unattached	120	59	58.30	-53	-53	53	69	72	-74	53	72	125	167.96	
Leah	Cooper	Unattached	140	59	57.90	57	60	-63	-77	77	80	60	80	140	188.94	3

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

**Group 3**

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Ben	Foggo	Unattached	180	61	60.60	70	74	-78	85	90	-96	74	90	164	236.21	1
Dylan	Rees	Breezes gym	105	61	60.00	45	48	50	60	64	-66	50	64	114	165.33	2
Ryan	Bedwell	Unattached	210	73	73.00	-83	87	-91	-115	-115	-115	87	-115	-28	-35.87	
Nimai	Mehta	Unattached	150	73	71.00	74	-78	78	95	100	-102	78	100	178	231.71	
Michael	Farmer	Unattached	261	73	67.90	-118	-118	118	145	0	0	118	145	263	351.68	1
Igor	Sasiain Mosqueira	Selección EUSKADI	242	73	69.90	105	110	113	120	125	130	113	130	243	319.26	2
Peter	Cubillo Martin	Selección EUSKADI	230	73	73.00	100	105	108	-120	120	-125	108	120	228	292.07	3
Kacper	Gardian	SA1	160	81	75.00	65	70	-76	80	86	90	70	90	160	201.89	2
Jia Run	Liang	Unattached	167	81	79.20	-72	-72	-72	85	88	92	-72	92	20	24.51	
Thomas	Walker	Unattached	125	81	74.70	54	57	60	79	83	-87	60	83	143	180.84	3
Jeff	Wasley	Unattached	180	81	80.50	-80	80	84	100	-105	-105	84	100	184	223.65	1

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

**Group 4**

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Megan	Webley	Unattached	115	64B	61.40	45	48	-52	65	69	-72	48	69	117	152.27	2
Shannon	Hughes	SA1	115	64B	62.70	45	-48	-48	63	67	-70	45	67	112	143.97	
Eleanor	Welsh	Synergi	117	64B	59.50	-46	46	48	-62	62	-66	48	62	110	145.93	
Shona	Mckirdy	Unattached	96	64B	62.80	45	-48	48	-55	-55	55	48	55	103	132.28	
Beth	Jones	CrossFit Llantrisant	110	64B	62.80	45	48	50	60	-64	-64	50	60	110	141.27	
Kirstie	Milne	Synergi	110	64B	62.00	47	50	53	58	61	-65	53	61	114	147.51	3
Elinor	Edwards	SA1	90	64B	62.80	34	37	-40	52	55	-58	37	55	92	118.15	
Kate	Fenton	Unattached	93	64B	63.60	37	40	44	55	-58	-58	44	55	99	126.21	
Rowan	Morrogh Bernard	Unattached	130	64B	62.50	57	60	63	78	82	-85	63	82	145	186.74	1
Alice	Richardson	Unattached	115	64B	63.50	-47	47	49	63	-66	66	49	66	115	146.74	

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

**Group 5**

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Allan	Young	Unattached	240	81A	80.20	105	110	-114	-135	135	138	110	138	248	302.02	2
Thomas	Rees	Llanelli WL	229	81A	80.40	-100	100	-105	-124	124	-129	100	124	224	272.44	
Theo	Morris	SA1	210	81A	78.20	86	95	-101	110	117	-124	95	117	212	261.56	
Jonny	Cordy	Unattached	230	81A	81.00	-96	96	100	-125	125	129	100	129	229	277.49	
Bruno	Soto Fernandez	Selección EUSKADI	228	81A	81.00	85	93	-98	110	-117	0	93	110	203	245.98	
Alvaro	Jimenez Cano	Selección EUSKADI	230	81A	81.00	-100	106	-111	128	135	-139	106	135	241	292.03	3
Nick	Jones	Unattached	240	81A	80.90	95	-100	-100	130	-135	-135	95	130	225	272.81	
Mikel	Larra Moreno	Selección EUSKADI	220	81A	79.70	-92	93	100	-128	-130	-130	100	-128	-28	-34.21	
Joseph	Cowen	Unattached	263	81A	80.60	112	-117	-117	135	-140	140	112	140	252	306.12	1
Jacob	Hill-Izani	HAWFC	210	81A	80.60	95	-100	-100	120	125	-130	95	125	220	267.24	

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

**Group 6**

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Janine	Dovey	Unattached	143	64A	63.60	60	63	-65	76	-79	-79	63	76	139	177.20	
Josephine	McEwan	Kingdom Barbell	155	64A	63.30	68	-71	71	81	84	-87	71	84	155	198.14	
Bethan	Watkins	Unattached	152	64A	62.40	-64	64	-67	85	-88	-88	64	85	149	192.07	
Susana	Davila Sansinena	Selección EUSKADI	180	64A	63.00	65	70	73	90	-93	-93	73	90	163	208.94	3
Christie Marie	Williams	Unattached	170	64A	63.90	77	80	83	95	-100	100	83	100	183	232.67	1
Sarah	Hearn	Unattached	148	64A	62.40	61	64	-66	-82	84	-87	64	84	148	190.78	
Louise	Mackenzie	Unattached	148	64A	62.30	65	-68	-68	-80	81	-83	65	81	146	188.38	
Garoa	Martinez Anasagasti	Selección EUSKADI	165	64A	63.20	72	77	-80	95	-101	-102	77	95	172	220.07	2
Kathryn	Joseph	Unattached	152	64A	63.70	-67	67	-70	84	-88	-88	67	84	151	192.33	
Chloe	Briggs	SA1	167	64A	62.90	70	73	75	83	86	-89	75	86	161	206.57	
Stephanie	Jones	Llanelli WL	140	64A	62.10	60	64	-67	75	-78	78	64	78	142	183.57	

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

**Group 7**

LOT. No.	Forename	Surname	BW	Bench Press			Best Result	AH	AH Score	Rank
				1	2	3				
999	Sean	Gaffney	108	140	150	-170	150		0	1

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

**Group 8**

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Becky	Hickman	Evolve S&C	120	55	53.80	-49	-51	51	67	-70	-70	51	67	118	167.21	3
Michelle	Oakey	Unattached	125	55	54.80	52	55	57	-65	65	68	57	68	125	174.92	1
Beth	Massey	Unattached	109	55	54.60	48	-50	-50	-60	60	62	48	62	110	154.31	
Evie	Rowlands	Unattached	35	55	51.70	16	18	19	20	21	23	19	23	42	61.20	
Helen	Qualters	SA1	117	55	53.20	50	-53	-53	-63	-63	-63	50	-63	-13	-18.57	
Sinead	Lenihan	Unattached	113	55	54.20	47	50	54	-68	68	-72	54	68	122	172.00	2
Aynabel	Davila Sansinena	Selección EUSKADI	110	55	51.80	47	50	53	57	60	-63	53	60	113	164.44	

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

Group 9

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Darius	Vahdati	Unattached	225	89	88.00	93	98	-103	115	-120	-120	98	115	213	248.16	
Paul	Chalmers	Unattached	181	89	88.40	-80	-80	80	-98	98	-102	80	98	178	206.96	
Iñigo	Da Silva Tabuyo	Selección EUSKAD	235	89	86.30	100	110	-117	-120	120	-130	110	120	230	270.34	
Joshua	Owens	Unattached	207	89	85.20	86	91	-96	-110	110	-115	91	110	201	237.67	
Liam	Netterfield	Unattached	210	89	87.30	85	90	-95	115	118	121	90	121	211	246.71	
Tom	Ingram	SA1	245	89	81.80	113	117	120	135	140	145	120	145	265	319.54	1
David	Lewis	Unattached	251	89	83.90	110	-113	-113	-140	140	-147	110	140	250	297.76	2
William	Bevan	Unattached	255	89	86.90	107	-111	111	135	-140	-140	111	135	246	288.24	3
Alex	Yagoub	Unattached	235	89	89.00	100	-104	104	-126	126	-134	104	126	230	266.63	



Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

Group 10

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Tracy	Rosser	Unattached	123	71b	66.80	53	56	-60	63	67	-71	56	67	123	152.57	
Arabella	Bott	Unattached	144	71b	71.00	61	-64	-64	84	86	-90	61	86	147	176.64	
Megan	Dixon	Unattached	140	71b	68.90	55	-58	-58	-78	78	-81	55	78	133	162.28	
Lois	Jones	HAWFC	135	71b	70.80	-55	55	60	75	80	-85	60	80	140	168.47	
Sally	Williams	Unattached	140	71b	69.20	53	58	-64	-80	83	-87	58	83	141	171.66	
Caroline	Hurley	Unattached	70	71b	66.80	33	36	-39	-50	-50	-50	36	-50	-14	-17.37	
Suleen	Syn	Unattached	100	71b	70.90	35	37	40	50	52	-55	40	52	92	110.63	
Beth	Jones	Unattached	146	81	79.00	60	63	66	78	81	-83	66	81	147	168.11	2
Chloe	Whyllie	Unattached	170	81	81.00	78	82	-85	-95	95	-100	82	95	177	200.31	1
Helena	Madan	SA1	148	87	81.50	65	-67	67	82	-84	-84	67	82	149	168.20	1
Olivia	Lennon	Unattached	137	87	81.90	53	55	-58	70	74	78	55	78	133	149.84	2
Calli	Rouse	SA1	100	87	85.50	35	40	-45	45	50	-55	40	50	90	99.72	3
Anne	Collis	SA1	75	87+	88.10	25	29	33	45	49	52	33	52	85	93.16	1

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

Group 11

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Sam	Taylor	Unattached	199	96B	92.40	85	-91	91	120	125	-130	91	125	216	246.42	
Iain	McCallum	Unattached	270	96B	95.50	117	122	-125	-145	-145	-145	122	-145	-23	-25.89	
Samuel	Perkins	Unattached	200	96B	95.00	-91	91	-101	110	-115	-120	91	110	201	226.74	
George	Latter	Unattached	190	96B	95.40	-80	80	-83	95	-100	-100	80	95	175	197.08	
Max	Buchanan	Unattached	246	96B	91.00	107	-111	113	127	-133	-133	113	127	240	275.56	
Tom	Bladen	Unattached	200	96B	92.30	85	-90	90	115	-120	-120	90	115	205	233.98	
Taylor	Probets	Unattached	190	96B	94.40	90	95	-100	105	-108	-110	95	105	200	226.18	
Jonathan	Powell	Unattached	230	102	#####	100	-105	-105	120	125	-131	100	125	225	248.73	3
Filip	Taylor	Unattached	280	102	96.90	116	120	-123	145	150	-156	120	150	270	302.23	1
Harry	Nelms	Unattached	275	102	#####	115	-120	-120	150	155	-158	115	155	270	297.63	2
Kyle	Colella	SAW	105	102	#####	50	53	58	70	74	80	58	80	138	150.10	guest

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

Group 12

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Shanice	Parry	SA1	152	71A	69.30	65	68	-72	-80	-80	-80	68	-80	-12	-14.60	
Emma	Bruce	Unattached	152	71A	69.00	63	67	-70	78	-82	86	67	86	153	186.55	
Lauren	Burley	Unattached	180	71A	70.70	-81	-81	81	-100	100	-105	81	100	181	217.96	1
Sophie	Grosvenor	Unattached	155	71A	70.10	63	66	-69	86	90	-96	66	90	156	188.66	
Rowena	Roos	Unattached	146	71A	70.00	73	76	-79	-85	85	-90	76	85	161	194.85	
Samantha	Feneck	SAW	155	71A	67.50	68	-72	72	-85	85	90	72	90	162	199.82	3
Enlli	Jones	Bangor WL	173	71A	70.40	70	72	75	95	101	-107	75	101	176	212.39	2
Kim	Allan	Unattached	170	71A	72.10	72	-76	-76	-95	-95	95	72	95	167	199.15	guest
Ellis	Brotherton	Unattached	170	76	76.00	75	-78	-79	87	-91	-91	75	87	162	188.45	1
Alea	Fairchild	Unattached	96	76	72.20	37	-40	-41	48	-51	52	37	52	89	106.06	
Cerys	Head	Excelsior WL	119	76	74.10	50	53	-56	-68	68	70	53	70	123	144.77	3
Sarah	Kedward	Unattached	145	76	72.10	55	58	60	75	78	-81	60	78	138	164.57	2

Welsh Open Championships, Welsh Institute of Sport, Cardiff, 12th October, 2019.

Group 13

NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Jason	Stephenson	Llanelli WL	260	96A	95.90	115	120	122	136	-143	-146	122	136	258	289.96	2
Tom	Wain	Unattached	230	96A	92.80	85	90	95	115	120	-125	95	120	215	244.84	
Guto	Hughes	Unattached	265	96A	92.40	-114	114	119	-135	135	145	119	145	264	301.18	1
Tom	Jolly	Unattached	260	96A	91.70	110	114	118	-135	-135	135	118	135	253	289.55	3
Ben	Wasley	Unattached	235	96A	95.40	95	-100	-100	-121	121	-126	95	121	216	243.26	
Ion	nder Iriarte Munc	Selección EUSKAD	263	96A	92.90	110	-113	-113	135	-140	-140	110	135	245	278.88	
Jordan	Sakkas	Unattached	320	109	#####	-134	134	140	170	178	-182	140	178	318	345.89	1
Theo	Morgan	Unattached	280	109	#####	-130	130	-135	155	160	161	130	161	291	315.15	2