

Welsh Seniors Championships, Bangor University 2nd March, 2019.

Group 1: Para Powerlifting, Weigh in 7:00. Presentation of lifters 08:45. Competition starts at 09:00

LOT. No.	Forename	Surname	Club	Class	BW	Bench Press			Best Result (KG)	AH Coefficient	AH Score	Rank
						1	2	3				
66	Francesca	Antoniazzi	Unaffiliated	up to 61kg	49	-55	55	57	57		0	
17	Mathew	Williams	HAWFC	up to 72kg	62.5	70	75	80	80		0	
59	Sean	Gaffney	Unaffiliated	over 72kg	110.7	160	165	170	170		0	

Welsh Seniors Championships, Bangor University 2nd March, 2019.

Group 2: Weigh in 08:00. Presentation of lifters 9:50. Competition starts at 10:00 - Women - 49kg & 55kg

LOT NO.	NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
							1	2	3	1	2	3	SN	C&J			
40	Hannah	Powell	HAWFC	140	49	46.30	58	61	64	78	81	83	64	83	147	232.78	1
88	Bethan	Roberts	Diamond WL	110	49	45.30	48	-51	-51	58	61	-64	48	61	109	175.64	2
23	Becky	Hickman	Evolve S&C	120	55	54.30	47	50	52	67	70	-72	52	70	122	171.78	3
30	Catrin	Jones	Bangor University	165	55	51.30	70	73	-75	90	93	95	73	95	168	246.18	1
43	Ellie	Pryor	Unaffiliated	144	55	55.00	62	-65	65	81	84	86	65	86	151	210.78	2
52	Charlotte	Whalley	SAW Cymru	115	55	53.80	-45	-45	47	65	68	70	47	70	117	165.79	

Welsh Seniors Championships, Bangor University 2nd March, 2019.

Group 3: Weigh in 09:00. Presentation of lifters 11:00. Competition starts at 11:10 - Men - 61kg to 81kg

LOT NO.	NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
							1	2	3	1	2	3	SN	C&J			
48	Ben	Foggo	Diamond WL	180	61	59.40	75	80	-85	95	-100	-100	80	95	175	255.59	1
16	Leighton	Yates	HAWFC	170	67	64.90	72	76	-78	-93	93	97	76	97	173	238.02	2
25	Sam	Roberts	Diamond WL	176	67	63.20	70	75	77	90	95	-100	77	95	172	240.79	3
53	Michael	Farmer	Unaffiliated	256	67	66.40	115	-118	-118	140	-145	-145	115	140	255	345.76	1
58	Jacob	Hill-Izani	Bangor WL	190	73	71.10	-85	86	-90	105	-110	-110	86	105	191	248.43	2
96	Gareth	Evans	HAWFC	260	73	69.70	120	-125	125	145	150	156	125	156	281	369.82	1
24	Nathan	Morgan	SA1 WL	240	81	79.40	-101	-101	101	-130	-132	-132	101	-130	-29	-35.50	
57	Rhodri	Beynon	Synergi	240	81	80.20	106	110	113	120	125	130	113	130	243	295.93	1
81	Josh	Lynch	HAWFC	215	81	79.00	95	100	103	120	-125	125	103	125	228	279.81	3
85	Iwan	Biffin	Atomic Fitness	230	81	80.10	100	-104	104	-125	125	130	104	130	234	285.15	2

Welsh Seniors Championships, Bangor University 2nd March, 2019.

Group 4: Weigh in 10:30. Presentation of lifters 13:00. Competition starts at 13:10 - Women - 59kg & 64kg

LOT NO.	NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
							1	2	3	1	2	3	SN	C&J			
79	Sian	Peters	Unaffiliated	138	59	59.00	57	60	-63	77	80	83	60	83	143	190.71	1
87	Niamh	Roach	SAW	125	59	58.20	53	-55	-55	64	-66	-66	53	64	117	157.38	3
91	Stephanie	Jones	Llanelli WL	145	59	58.70	59	62	-65	74	-77	77	62	77	139	185.97	2
31	Fflur	Owen	Evolve S&C	142	64	61.60	54	56	-59	-74	74	-76	56	74	130	168.86	
32	Chloe	Briggs	SA1	155	64	60.40	65	68	71	85	-88	-88	71	85	156	205.05	1
33	Kathryn	Joseph	Unaffiliated	150	64	63.00	64	67	70	82	-85	-88	70	82	152	194.84	3
37	Awen	Davies	Evolve S&C	143	64	61.30	65	68	-71	85	-89	-89	68	85	153	199.32	2
55	Josephine	McEwan	Unaffiliated	149	64	62.80	63	67	70	80	-84	-85	70	80	150	192.64	
63	Bethan	Watkins	Llantrisant WL	141	64	62.20	63	66	-69	83	-86	86	66	86	152	196.31	
83	Lea	Klein	Unaffiliated	140	64	63.60	63	-66	-66	-74	74	-77	63	74	137	174.65	

Welsh Seniors Championships, Bangor University 2nd March, 2019.

Group 5: Weigh in 12:30. Presentation of lifters 15:00. Competition starts at 15:10 - Men - 89kg to 109kg

LOT NO.	NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
							1	2	3	1	2	3	SN	C&J			
61	Ryan	Wilson	Unaffiliated	243	89	88.90	<del>110</del>	110	115	135	140	<del>143</del>	115	140	255	295.75	1
64	Louis	Thomas	SAW	230	89	84.90	96	<del>100</del>	100	125	128	131	100	131	231	273.59	3
70	David	Lewis	Unaffiliated	246	89	84.10	<del>110</del>	<del>110</del>	110	141	<del>144</del>	<del>146</del>	110	141	251	298.61	2
54	James	Hart	SAW	230	96	94.70	105	<del>108</del>	<del>108</del>	120	<del>125</del>	<del>125</del>	105	120	225	254.13	1
15	Harry	Nelms	Unaffiliated	255	102	100.00	<del>110</del>	<del>110</del>	110	145	151	156	110	156	266	294.27	1
89	Tomos	Ellis-Williams	Unaffiliated	260	102	101.90	115	<del>120</del>	120	140	<del>145</del>	<del>145</del>	120	140	260	285.71	2

Welsh Seniors Championships, Bangor University 2nd March, 2019.

Group 6: Weigh in 14:30. Presentation of lifters 16:50. Competition starts at 17:00 - Women - 71kg & 76kg

LOT NO.	NAME		Club	AT	CAT.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
							1	2	3	1	2	3	SN	C&J			
47	Enlli	Jones	Bangor WL	176	71	70.40	72	-75	-76	97	100	-102	72	100	172	207.56	2
76	Abigail	Roe	SW1 S&C	159	71	69.80	65	-68	70	-83	86	-90	70	86	156	189.08	
80	Macy	John	SA1	149	71	70.20	60	64	-68	80	-85	-85	64	80	144	174.02	
97	Leah	Timms	Unaffiliated	147	71	69.40	63	66	-69	80	-84	84	66	84	150	182.34	
98	Lauren	Burley	Unaffiliated	175	71	70.10	78	-82	-82	100	-103	-105	78	100	178	215.27	1
99	Holly	Knowles	SW1 S&C	174	71	68.00	73	76	-79	90	94	-98	76	94	170	208.87	3
36	Ellis	Brotherton	SW1 S&C	155	Guest	77.00	70	74	-77	84	-87	-87	74	84	158	182.72	
95	Anita	Madan	SA1	154	76	71.60	69	72	-75	81	83	86	72	86	158	189.06	1