

WELSH SENIOR CHAMPIONSHIPS - Bangor University 11th December 2021

Group 1: Para Powerlifting

NAME		Club	AT	cat	B/W	BENCH kg			BEST LIFT	Position
						1	2	3		
Mathew	Williams	HAWFC	100	U72	64.20	70	-75	-80	70	1
Scott	Taylor	South Pembs Weightlifting Club	110	O72	106.60	105	110	115	115	1

WELSH SENIOR CHAMPIONSHIPS - Bangor University 11th December 2021

Group 2: Female

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
						1	2	3	1	2	3	SN	JERK			
Hannah	Powell	HAWFC	150	49	48.50	-65	65	-69	84	-86	-87	65	84	149	227.60	1
Nikole	Roberts	Unattached	128	49	48.70	60	63	-65	70	-73	-73	63	70	133	202.53	2
Noorin	Gulam	GUEST	160	55	51.00	-68	68	-72	88	91	-93	68	91	159	233.98	N/A
Annie	Clay	SW1 Strength & Conditioning	150	59	58.50	65	68	70	80	83	85	70	85	155	207.82	2
Leah	Cooper	Unattached	148	59	58.40	-64	64	-67	84	-87	-89	64	84	148	198.65	
Sian	Peters	Army Weightlifting	165	59	58.20	64	66	-68	88	90	-94	66	90	156	209.85	1
Ellie	Pryor	Unattached	157	59	58.50	64	-67	-67	80	x	x	64	80	144	193.07	
Charlotte	Whalley	SAW - Strength Academy Wales	149	59	58.00	64	66	-68	82	-85	-88	66	82	148	199.52	3

WELSH SENIOR CHAMPIONSHIPS - Bangor University 11th December 2021

Group 3: Male

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
						1	2	3	1	2	3	SN	JERK			
Ben	Hickling	GUEST	206	61	58.30	91	94	97	116	119	122	97	122	219	324.13	N/A
Ben	Foggo	Unattached	185	61	59.90	81	84	87	107	110	-113	87	110	197	286.04	1
Garin	Beams	Unattached	216	67	66.60	96	-100	-104	120	125	-128	96	125	221	299.10	1
Jonathan	Chin	GUEST	280	73	72.20	120	124	127	157	162	165	127	165	292	376.43	N/A
Michael	Farmer	Unattached	281	73	72.40	-130	130	134	-160	160	-163	134	160	294	378.40	1
Cian	Green	Bangor University Weightlifting Club	218	73	72.60	93	-96	98	-118	120	125	98	125	223	286.57	2
Jacob	Hill Izani	HAWFC	235	81	79.30	105	108	-110	125	130	-135	108	130	238	291.51	2
Theo	Morris	SA1 Olympic Weight Lifting Academy	238	81	79.80	95	103	112	121	130	135	112	135	247	301.56	1
Charlie	McCloy	Unattached	243	89	85.60	108	112	-115	-148	-148	-148	112	-148	-36	-42.47	

WELSH SENIOR CHAMPIONSHIPS - Bangor University 11th December 2021

Group 4: Female

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
						1	2	3	1	2	3	SN	JERK			
Chloe	Briggs	Unattached	171	64	63.70	72	-75	x	93	95	-98	72	95	167	212.71	2
Megan	Dixon	Unattached	147	64	63.70	65	-68	-68	80	-85	-85	65	80	145	184.69	3
Jo	McEwan	Wisdom 4 Weightlifting	174	64	64.00	-76	-76	76	94	96	-98	76	96	172	218.49	1
Bethan	Watkins	Unattached	167	64	62.80	73	-76	-77	-93	-93	-93	73	-93	-20	-25.68	
Sally	Bennet	GUEST	200	71	69.60	88	-91	-91	102	105	107	88	107	195	236.69	N/A
Sarah	Kedward	Unattached	150	71	68.70	61	64	-67	65	x	x	64	65	129	157.64	2
Tracy	Rosser	SA1 Olympic Weight Lifting Academy	148	71	69.60	67	71	-73	78	81	-84	71	81	152	184.50	1

WELSH SENIOR CHAMPIONSHIPS - Bangor University 11th December 2021

Group 5: Male

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
						1	2	3	1	2	3	SN	JERK			
Ed	Smale	GUEST	300	96	90.30	-134	134	-139	-158	158	167	134	167	301	346.74	N/A
Jack	Dobson	GUEST	310	96	93.00	133	-138	138	-170	-170	-172	138	-170	-32	-36.41	N/A
Guto	Hughes	Bangor University Weightlifting Club	260	96	95.30	105	112	117	138	143	-150	117	143	260	292.93	1
Nick	Jones	Unattached	257	96	94.10	110	-113	-113	145	-149	-151	110	145	255	288.75	2
Chris	Palser-Thorne	GUEST	322	109	108.60	132	-137	-137	180	-187	-192	132	180	312	335.72	N/A
Jordan	Sakkas	Unattached	330	109	107.90	144	148	-150	183	187	-190	148	187	335	361.19	1
Joseph	Walton	Unattached	310	109+	126.50	135	140	-144	165	170	176	140	176	316	326.82	1

WELSH SENIOR CHAMPIONSHIPS - Bangor University 11th December 2021

Group 6: Female

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
						1	2	3	1	2	3	SN	JERK			
Deborah	Alawode	GUEST	204	76	75.60	87	90	93	113	-117	-117	93	113	206	240.21	N/A
Cerys	Head	Unattached	152	76	74.40	65	68	-71	85	-88	-90	68	85	153	179.73	
Chloe	Hood	SAW - Strength Academy Wales	175	76	73.30	73	77	-80	93	97	-100	77	97	174	205.85	3
Laura	Hughes	Unattached	195	76	75.70	84	87	90	110	114	-117	90	114	204	237.73	1
Amy	Salt	Pride Performance	196	76	73.40	84	87	90	-111	111	-115	90	111	201	237.63	2
Sarah	Wiltshire	GUEST	200	87	81.80	88	91	93	108	112	-115	93	112	205	231.07	N/A