

Welsh Age Groups/ Open Para Powerlifting/ Welsh Spring Open

Please Note

Presentation of the lifters will take place 10 minutes before the start of the group.

Presentation of the next group of lifters will follow the end of the previous group.

Medals of the previous group will be presented in the 10 minutes after presentation of lifters for the preceding group

THERE WILL BE NO BREAK BETWEEN SNATCH AND CLEAN & JERK

Lifting times will vary on the day and the start times may be brought forward, ALL weigh in times are absolute.

Group One

Weigh in: 6.30-7.00

Competition Start: 8.30

Name		Club	Announced Total	CAT.	Age Group
Evelyn	Thomas	Strength Academy Wales	58	64	Powerlifting
Rachel	Leck		66	71	Powerlifting

Group Two

Weigh in: 7.00-8.00

Competition Start: 9.00

Name		Club	Announced Total	CAT.	Age Group
Hattie	Lawton-Jones	Diamond Weightlifting	26	45	U10
Ava	Abed	Diamond Weightlifting	37	45	U10
Maisy	Roberts	Bangor University WL	42	45	U10
Amara-Lili	Roberts	Diamond Weightlifting	33	87	U10
Esmee	Williams	CXF Weightlifting	45	45	U12
Brooke	Smith	Diamond Weightlifting	35	55	U12
Shannon	Garmon	Diamond Weightlifting	37	55	U12
Izzabelle	Deakin	Diamond Weightlifting	53	64	U12
Cerys	Davies	CXF Weightlifting	55	49	U15
Jamie	Hughes	Diamond Weightlifting	64	55	U15
Ashleigh	Bellis	Diamond Weightlifting	46	71	U15
Samantha	Ward	Unattached	40	87	OPEN

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Group Three

Weigh in: 8.00-9.00

Competition Start: 10.45

Name		Club	Announced Total	CAT.	Age Group
Charlie	Ellis-Perry	Diamond Weightlifting	33	55	U12
Connor	Smith	Diamond Weightlifting	35	55	U12
Zach	Jones	CXF Weightlifting	57	55	U12
Louie	Abed	Diamond Weightlifting	31	55	U15
Jack	Jones	Diamond Weightlifting	35	55	U15
Evan	Williams	CXF Weightlifting	63	55	U15
Thomas	Duggan	Creazione	93	55	U15
Cian	Mcgee	Creazione	100	55	U15
Iwan	Pemberton	Diamond Weightlifting	45	61	U15
Jorgie	Hughes-lynch	CXF Weightlifting	150	61	U15
Llewellyn	Waits	Club 646 Weightlifting	137	61	U15
Jac	Green		100	67	U15
Joseph	Parr	Diamond Weightlifting	0	81	U15

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Group Four

Weigh in: 9.00-10.00

Competition Start: 12.45

Name		Club	Announced Total	CAT	Age Group
Mia	Evans	Diamond Weightlifting	87	87	U15
Della	Pemberton	Diamond Weightlifting	97	87+	U15
Elin-haf	Tossell	SA1 Weightlifting	84	49	U17
Emily	Wraith	Diamond Weightlifting	57	55	U17
Ffion	Barnikel	Strength Academy Wales	98	55	U20
Alicia	Piper	PB Weightlifting	85	71	U23
Emily	Storey		94	71	U23
Emma	Brooks	Cardiff Metropolitan Uni	87	55	OPEN
Tham	Nguyen	CFBD WL	160	55	OPEN
Lindsay	Atkinson			59	OPEN
Kirstie	Milne	Titan Weightlifting Club	114	59	OPEN
Afreen	Akthar		120	59	OPEN

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Group Five

Weigh in: 11.00-12.00

Competition Start: 14.45

Name		Club	Announced Total	CAT	Age Group
Arun	Ramesh	Diamond Weightlifting	100	67	U17
Seamus	Leonard -Thomas	Diamond Weightlifting	167	67	U17
Joshua	Williams	CXF Weightlifting	146	109+	U17
Thomas	Hughes	North Tyneside Barbells	187	67	U20
Cian	Green	Bangor Uni WL	230	73	U20
Leighton	Yates		216	81	U20
Daniel	Davies	Strength Academy Wales	221	81	U20
Ben	Foggo		205	61	U23
Garin	Beams		223	67	U23
Lewis	Thomas		220	81	U23
Hrithik	Reddy		92	61	OPEN
Harry	Sheers	Cardiff metropolitan Uni	152	73	OPEN

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Group Six

Weigh in: 9.00-10.00

Competition Start: 16.45

Name		Club	Announced Total	CAT	Age Group
Millie	Lerwill		128	59	U20
Honey	Seaton	CXF Weightlifting	120	76	U20
Isobelle	Garrett		159	87+	U20
Molly	Greenwood	Bangor University WL	165	64	U23
Niamh	Collins	Loughborough Uni WL	172	87	U23
Keri	Collings	Coleg Sir Gar Llanelli WL	150	64	OPEN
Bethan	Watkins		171	64	OPEN
Holly	Knowles	CXF Weightlifting	130	71	OPEN
Scarlett	James	Cardiff Metropolitan Uni	91	71	OPEN
Louise	Richards	Wythenshawe WLC	155	76	OPEN
Ellis	Brotherton		177	76	OPEN

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Group Seven

Weigh in: 11.00-12.00

Competition Start: 18.45

Name		Club	Announced Total	CAT	Age Group
Taylor	Probets	Ronin Barbell Club	231	89	U23
Joseph	Webb	Loughborough Uni WL	236	89	U23
Jonathan	Oliver	Cardiff metropolitan Uni	150	81	OPEN
Niall	Meenan		160	81	OPEN
Kieran	Murray	CrossFit Baldoyle		81	OPEN
Bobby	Quinn	CrossFit Baldoyle	170	81	OPEN
Lincoln	Ho	Bethnal Green WLC	180	81	OPEN
Joshua	Chan	Bethnal Green WLC	189	81	OPEN
Kamaal	Rehman	Cardiff metropolitan Uni	170	89	OPEN
Josiah	Kwok	Cardiff metropolitan Uni	182	96	OPEN
Louis	Weston	Cardiff metropolitan Uni	210	109+	OPEN