

Welsh Spring Open 2025 - Llanelli Weightlifting Academy

Saturday 10th May Scoresheet (Groups 1 - 6)

Group 1 (W48 - W58)

LOT	NAME		Club	Announced Total	Bodyweight Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
631	Hannah	POWELL	HAWFC	120 kg	W48	47.15	53	55	58	70	73	75	58	75	133	214.41	1
210	Emma	BROOKS	UNATTACHED	85 kg	W53	53	35	38	-41	43	-46	-50	38	43	81	115.86	5
883	Georgia	ROBERTS	UNATTACHED	128 kg	W53	49.95	50	53	-56	70	74	77	53	77	130	200.26	4
610	Olivia	BLOODWORTH	Asylum	160 kg	W53	52.9	68	-71	-71	87	-90	-92	68	87	155	238.73	2
948	Nikole	ROBERTS	UNATTACHED	160 kg	W53	52.4	65	70	-75	75	80	-85	70	80	150	222.89	3
481	Madaline	CONNELLY	Resilience Weightlifting	165 kg	W53	53	73	76	-78	90	94	97	76	97	173	254.94	1
121	Tegan	CROWLE	UNATTACHED	154 kg	W58	57.3	68	-71	71	-89	-89	89	71	89	160	223.23	2
101	Catrin	JONES	UNATTACHED	167 kg	W58	57.85	70	-72	72	97	-100	-100	72	97	169	234.28	1
473	Catrin Haf	JONES	Bangor Weightlifting Club	188 kg	W58	58	-79	-80	-81	100	103	-106	-79	103	0	0.00	

Group 2 (M65 - M71)

LOT	NAME		Club	Announced Total	Bodyweight Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
628	Ryan	BLAKEMORE	UNATTACHED	160 kg	M65	63.9	75	78	-80	-90	90	93	78	93	171	251.48	1
910	Louis	WILLIAMS	Evolve Weightlifting Club	130 kg	M71	69.1	50	53	56	-73	73	-77	56	73	129	180.01	5
442	Elliot	CHAN	UNATTACHED	143 kg	M71	67.1	67	71	-78	80	-85	-90	71	80	151	214.81	4
310	Osian	BROWN	Llanelli Weightlifting Academy	187 kg	M71	70.25	80	-84	-85	95	100	-105	80	100	180	248.53	3
948	Gary Sean	HARVEY	Capital Strength Weightlifting Club, Dublin	210 kg	M71	72.9	102	105	108	117	121	-125	108	121	229	308.55	(GUEST)
194	Axl	RAGUINDIN	Resilience Weightlifting	230 kg	M71	70.3	102	-105	-105	122	-125	125	102	125	227	313.28	2
221	Micheal	FARMER	UNATTACHED	285 kg	M71	70.95	125	-130	-130	145	150	0	125	150	275	377.82	1

Group 3 (W69, Group A)

LOT	NAME		Club	Announced Total	Bodyweight Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
215	Lauren	HOLT	Llanelli Weightlifting Academy	147 kg	W69 A	68.9	59	61	-63	85	-87	-87	61	85	146	181.97	5
685	Isla	TRAVERS	Resilience Weightlifting	162 kg	W69 A	68.9	70	73	76	91	-94	95	76	95	171	213.13	4
582	Molly	GREENWOOD	Lifology weightlifting club	174 kg	W69 A	65.75	78	81	83	90	95	-98	83	95	178	227.79	3
116	Chloe	HOOD	UNATTACHED	188 kg	W69 A	68.55	80	-83	83	103	107	-110	83	107	190	237.48	2
103	Roberta	TABONE	Capital Strength Weightlifting Club, Dublin	195 kg	W69 A	68.15	85	87	89	107	-109	110	89	110	199	248.53	1

Group 4 (M79 - M88)

LOT	NAME		Club	Announced Total	Bodyweight Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
310	Shane	KELLY	Capital Strength Weightlifting Club, Dublin	186 kg	M79	78.9	81	83	-85	109	-112	-112	83	109	192	247.26	2
461	Ben	ADDISON-SCOTT	Crazy Strength	190 kg	M79	78.5	81	84	-89	105	111	115	84	115	199	257.01	1
955	Cormac	MAC GRORY	Capital Strength Weightlifting Club, Dublin	220 kg	M88	87.55	93	98	102	118	123	129	102	129	231	281.90	4
476	Joshua	SMITH	CUBC - Cardiff University Barbell Club	229 kg	M88	87.55	100	105	-109	120	-124	125	105	125	230	280.28	5
572	Lewis	THOMAS	UNATTACHED	240 kg	M88	85.45	105	109	112	135	140	145	112	145	257	317.05	3
889	Oliver	EBENEZER	UNATTACHED	255 kg	M88	86	115	118	120	137	141	145	120	145	265	325.85	2
673	Alex	MOSELEY	UNATTACHED	293 kg	M88	87.5	-127	127	-130	160	-164	0	127	160	287	349.84	1

Group 5 (M77)

LOT	NAME		Club	Announced Total	Bodyweight Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
108	Olivia	Lennon	UNATTACHED	143 kg	W77	76.15	-63	63	65	75	78	-80	65	78	143	169.29	5
611	Dannii	BETHALL	UNATTACHED	150 kg	W77	73	-70	70	-73	80	84	86	70	86	156	188.58	4
322	Abby	MEENAN	Asylum	175 kg	W77	75.15	72	76	80	94	98	101	80	101	181	215.65	3
571	Aoife	O'MOORE	Capital Strength Weightlifting Club, Dublin	177 kg	W77	74.15	73	75	-78	101	104	-107	75	104	179	214.68	3
637	Sabrina	BUTLER	UNATTACHED	187 kg	W77	74.6	80	-83	84	102	-105	106	84	106	190	227.19	2
815	Nicola	STIDDARD	South East London Weightlifting	194 kg	W77	76.35	-83	83	87	104	108	-114	87	108	195	230.56	1

Group 6 (M98 - M110+) *BEFORE M98KG BODYWEIGHT CATEGORY CHANGED TO M94KG

LOT	NAME		Club	Announced Total	Bodyweight Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
319	Theo	MORRIS	SA1	220 kg	M98	95.85	105	115	0	120	130	140	115	140	255	297.80	4
711	Josiah	KWOK	UNATTACHED	225 kg	M98	96.7	100	104	107	-125	125	131	107	131	238	276.87	5
162	Finn	CONROY	University of Galway weightlifting club	264 kg	M98	97.3	117	-122	125	140	-146	148	125	148	273	316.74	2
432	Oliver	DODDS	SA1 Olympic Weightlifting Academy	270 kg	M98	96.6	118	-122	-122	-138	-138	140	118	140	258	300.27	3
361	Edward	SMALE	Atlas Weightlifting Centre	306 kg	M98	90.75	136	140	143	164	-169	169	143	169	312	373.62	1
145	Scott	BLACKMORE	Crazy Strength	180 kg	M110	102.45	75	78	82	95	99	104	82	104	186	211.22	2
831	Rhodri	WEST	UNATTACHED	280 kg	M110	97.4	115	120	125	150	-156	-156	125	150	275	318.01	(guest)
539	James	WALES	Royal Navy Weightlifting / London Weightlifting Club	306 kg	M110	106.8	125	130	-135	-170	-170	170	130	170	300	335.25	1
445	Brychan	GILSON	Llanelli Weightlifting Academy	212 kg	M110+	120.95	93	97	-101	110	-116	-120	97	110	207	221.89	2
744	Louis	WESTON	UNATTACHED	292 kg	M110+	130.25	123	128	-130	160	-168	168	128	168	296	310.06	1