

Welsh Age Groups & Spring Open 2023 - Group 1

LOT	NAME		Club	Rack Height	cat	Age Category	B/W	BENCH kg			BEST	AH COEFFICIENT	AH
								1	2	3			
294	Evelyn	Thomas	Strength Academy Wales	11	67	U17	63.5	56	58	60	60	0.954288	60.60
114	Rachel	Leck	Unattached	11	73	Senior	67.2	63*	-63	63	63	0.931293	62.58

Welsh Age Groups & Spring Open 2023 - Group 2

LOT	NAME		Club	AT	cat	Age Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
429	Hattie	Lawton-Jones	Diamond Weightlifting	26	30	U10	27.8	10	11	12	12	14	15	14	15	29	78.41	1
								3	4	4	6	7	6	30		59		
919	Maisy	Roberts	Bangor University WL	42	35	U10	30.3	17	19	21	21	23	25	19	25	44	107.89	1
								4	4	0	8	8	8	32		76		
828	Ava	Abed	Diamond Weightlifting	37	40	U10	39.5	17	20	21	20	23	25	21	25	46	86.19	1
								2	2	2	8	8	8	30		76		
139	Amara-Lili	Roberts	Diamond Weightlifting	33	64+	U10	84.3	15	17	19	17	19	21	19	21	40	45.22	1
								2	1	1	6	6	6	22		62		
223	Esmee	Williams	CXF Weightlifting	45	55	U12	53.6	17	20	23	23	26	30	23	30	53	77.30	1
								4	4	4	8	8	8	36		89		
204	Brooke	Smith	Diamond Weightlifting	35	55	U12	51	17	19	21	20	23	25	21	25	46	69.58	2
								1	1	1	8	7	4	22		68		
847	Shannon	Garmon	Diamond Weightlifting	37	59	U12	56.2	17	19	21	20	21	23	21	23	44	62.08	1
								1	1	1	5	6	5	19		63		
763	Izzabelle	Deakin	Diamond Weightlifting	53	71+	U12	72.2	20	23	26	25	29	33	26	33	59	71.64	1
								4	4	3	8	8	8	35		94		
995	Cerys	Davies	CXF Weightlifting	55	49	U15	46.4	25	27	29	30	34	38	29	38	67	109.13	1
705	Ashleigh	Bellis	Diamond Weightlifting	46	71	U15	69.9	20	22	24	24	26	27	22	27	49	60.52	1

Welsh Age Groups & Spring Open 2023 - Group 3

LOT	NAME		Club	AT	cat	Age Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
203	Charlie	Ellis-Perry	Diamond Weightlifting	33	40	U12	37.5	15	17	19	18	20	23	19	23	42	91.43	
								4	4	3	7	5	5	28		70		
858	Zach	Jones	CXF Weightlifting	57	40	U12	35.5	20	23	25	30	34	35x	25	34	59	135.86	
								4	4	4	8	8	0	28		87		
793	Leon	Sullivan	Diamond Weightlifting	32	40	U12	39.1	14	16	17	16	18	20	17	20	37	77.26	
								3	3	3	6	8	6	29		66		
805	Connor	Smith	Diamond Weightlifting	35	55	U12	51.8	17	20	23x	22	25	28	20	28	48	78.06	
								4	4	0	8	8	7	31		79		
369	Thomas	Duggan	Creazione	93	49	U15	44.7	46	50	53x	58	62	65x	50	62	112	206.31	
357	Evan	Williams	CXF Weightlifting	63	49	U15	46.4	22	26	30x	34	39	43x	26	39	65	115.86	
946	Louie	Abed	Diamond Weightlifting	31	55	U15	49.3	17	19	20	20	22	24	20	24	44	74.49	
487	Jack	Jones	Diamond Weightlifting	35	55	U15	50.8	20	23	25	23	25	28	25	28	53	87.55	
893	Cian	Mcgee	Creazione	100	55	U15	51.9	48x	50x	50	60	64	68x	50	64	114	185.11	
380	Iwan	Pemberton	Diamond Weightlifting	45	61	U15	57.8	20	23	26	27	30	33	26	33	59	88.27	
523	Jorgie	Hughes-Lynch	CXF Weightlifting	150	61	U15	60.5	60	64	67x	78	81	83	64	83	147	212.91	
352	Llewellyn	Waits	Club 646 Weightlifting	137	61	U15	60.5	63	66x	66	76	79	82x	66	79	145	210.01	
326	Jac	Green	Unattached	100	67	U15	64.3	50	52	55	67x	68	71	55	71	126	175.13	
333	Joseph	Parr	Diamond Weightlifting	90	89	U15	84.4	30	35	40	40	45	50	40	50	90	107.22	

Welsh Age Groups & Spring Open 2023 - Group 4

LOT	NAME		Club	AT	cat	Age Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
305	Mia	Evans	Diamond Weightlifting	87	81+	U15	91.2	43	46	-50	50	-53	53	46	53	99	108.60	2
274	Della	Pemberton	Diamond Weightlifting	97	81+	U15	93.8	42	44	48	50	54	58	48	58	106	115.16	1
394	Elin-haf	Tossell	SA1 Weightlifting	84	49	U17	48.6	33	36	38	42	45	48	38	48	86	134.99	1
894	Emily	Wraith	Diamond Weightlifting	57	59	U17	58.6	22	24	26	25	27	30	26	30	56	76.83	1
432	Ffion	Barnikel	Strength Academy Wales	98	55	U20	54.2	39	-42	-42	49	-51	51	39	51	90	130.23	1
189	Alicia	Piper	PB Weightlifting	85	71	U23	66.4	42	-45	45	49	-52	52	45	52	97	123.25	1
415	Emma	Brooks	Cardiff metropolitan Uni	87	55	OPEN	54.4	38	41	-44	44	47	50	41	50	91	131.33	2
215	Tham	Nguyen	CrossFit Baldoyle	160	55	OPEN	50.4	70	74	-76	90	95	-100	74	95	169	257.94	1
471	Lindsay	Atkinson	Unattached		59	OPEN	58.4	50	53	56	68	70	72	56	72	128	176.00	1
629	Kirstie	Milne	Titan Weightlifting Club	114	59	OPEN	58.1	49	51	53	60	-63	63	53	63	116	160.04	2
395	Afreen	Akthar	Unattached	120	59	OPEN	57.2	45	48	-50	58	61	63	48	63	111	154.75	3

Welsh Age Groups & Spring Open 2023 - Group 5

LOT	NAME		Club	AT	cat	Age Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
598	Seamus	Leonard -Thomas	Diamond Weightlifting	155	67	U17	66.20	64	67	71	85	90	-95	71	90	161	219.61	1
354	Arun	Ramesh	Diamond Weightlifting	100	73	U17	68.60	40	45	50	65	-70	70	50	70	120	160.08	1
888	Bryn	Astrop	Diamond Weightlifting	195	89	U17	86.40	85	90	-93	-105	105	110	90	110	200	235.65	1
113	Joshua	Williams	CXF Weightlifting	146	102+	U17	110.60	70	-75	75	-89	-89	89	75	89	164	175.83	1
804	Thomas	Hughes	North Tyneside Barbells	187	67	U20	65.50	74	77	-80	105	109	-115	77	109	186	255.44	1
985	Cian	Green	Bangor University WL	230	73	U20	72.70	103	-106	108	131	134	137	108	137	245	315.74	1
462	leighton	yates	Unattached	216	81	U20	79.90	95	-100	-100	-122	122	127	95	127	222	271.75	2
745	Daniel	Davies	Strength Academy Wales	221	81	U20	75.20	94	97	100	122	125	-128	100	125	225	284.48	1
750	Ben	Foggo	Unattached	205	61	U23	60.30	-90	-90	-90	105	110	-117	-90	110	0	0.00	
293	Garin	Beams	Unattached	223	67	U23	65.90	98	-101	-101	-116	116	119	98	119	217	296.85	1
236	Lewis	Thomas	Unattached	220	81	U23	74.10	92	-96	-96	122	126	130	92	130	222	283.01	1
781	Hrithik	Reddy	Ronin Barbell Club	92	61	OPEN	60.10	38	42	-45	-48	48	-51	42	48	90	130.96	1
538	Harry	Sheers	Cardiff Metropolitan Uni	152	73	OPEN	72.10	69	-72	72	-89	-89	-93	72	-89	0	0.00	

Welsh Age Groups & Spring Open 2023 - Group 6

LOT	NAME		Club	AT	cat	Age Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
332	Millie	Lerwill	Unattached	128	59	U20	55.80	52	-55	56	64	67	-70	56	67	123	174.39	1
329	Honey	Seaton	CXF Weightlifting	120	76	U20	75.80	52	56	60	65	70	-74	60	70	130	154.07	1
695	Molly	Greenwood	Bangor University WL	165	64	U23	63.10	72	75	-78	-89	89	-92	75	89	164	214.73	1
838	Niamh	Collins	Loughborough University WL	172	87	U23	84.50	75	79	82	-95	95	-100	82	95	177	199.90	1
808	Keri	Collings	Coleg Sir Gar Llanelli WL	150	64	OPEN	60.50	-70	-70	70	90	-95	95	70	95	165	221.75	2
756	Bethan	Watkins	Unattached	171	64	OPEN	62.90	73	76	78	95	-98	-98	78	95	173	226.95	1
310	Holly	Knowles	CXF Weightlifting	130	71	OPEN	65.80	57	59	62	77	81	85	62	85	147	187.76	2
939	Scarlett	James	Cardiff metropolitan Uni	91	71	OPEN	64.70	34	37	40	50	55	60	40	60	100	128.99	3
642	Jennifer	Potter	Altrincham Weightlifting Club	175	71	OPEN	68.00	72	-75	75	96	100	-102	75	100	175	219.40	1
550	Louise	Richards	Wythenshawe WLC	155	76	OPEN	75.70	72	75	-80	85	90	-93	75	90	165	195.68	1
434	Ellis	Brotherton	Unattached	177	76	OPEN	78.50	70	-74	-74	80	85	-86	70	85	155	180.71	GUEST

Welsh Age Groups & Spring Open 2023 - Group 7

LOT	NAME		Club	AT	cat	Age Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
754	Taylor	Probets	Ronin Barbell Club	231	96	U23	94.50	105	-109	109	126	131	-135	109	131	240	272.00	1
409	Jonathan	Oliver	Cardiff Metropolitan Uni	150	81	OPEN	81.00	65	70	-75	85	90	-95	70	90	160	194.50	
932	Bobby	Quinn	CrossFit Baldoyle	170	81	OPEN	76.50	78	82	-85	95	100	-105	82	100	182	227.96	3
599	Lincoln	Ho	Bethnal Green WLC	180	81	OPEN	79.80	80	85	-89	105	110	115	85	115	200	244.98	1
491	Joshua	Chan	Bethnal Green WLC	189	81	OPEN	79.30	80	85	-89	100	105	-110	85	105	190	233.49	2
678	Kamaal	Rehman	Cardiff Metropolitan Uni	170	89	OPEN	87.00	80	-86	86	103	-110	-115	86	103	189	221.98	1
739	Kieran	Murray	CrossFit Baldoyle	230	89	OPEN	80.70	105	110	112	-130	130	135	112	135	247	300.82	GUEST
772	Josiah	Kwok	Cardiff Metropolitan Uni	182	96	OPEN	93.70	80	-85	-85	90	-95	95	80	95	175	199.02	1
625	Louis	Weston	Cardiff Metropolitan Uni	210	109+	OPEN	123.50	85	90	95	113	-125	126	95	126	221	230.10	1