

Welsh Open Championships, Bangor University, Bangor, 18th November 2017.

Group one: Weigh in 07:00. Presentation of lifters 08.50. Competition starts at 9.00 - Men - 56, 62, 69

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			
21	Luke	Eardley	NW1	115	56	52.1	45	-50	-50	63	-67	67	45	67	112	180.40	_2
60	Sam	Roberts	NW1	130	56	54.1	45	50	54	-70	70	-74	54	70	124	193.97	_1
61	Dylan	Rees	Breezes	52	56	52.4	26	-29	29	39	42	-44	29	42	71	113.84	_3
28	Paul	Spruce	Unattached	130	62	59.2	52	55	56	-66	66	67	56	67	123	180.07	_1
38	Harvey	Morris	Breezes	61	62	62	45	48	50	61	64	66	50	66	116	164.49	_2
3	Josh	Lynch	HAWFC	160	69	67.3	73	77	-80	95	100	103	77	103	180	242.02	_2
9	Michael	Farmer	CrossFit Caerphilly	236	69	65.8	105	-110	110	-125	125	-130	110	125	235	320.48	_1
12	Conor	Tucker	Cheshire Barbell	135	69	63.4	-57	57	60	77	79	-82	60	79	139	194.19	_4
59	Sean	Aspinall	SA1	131	69	67.9	55	58	62	72	75	-78	62	75	137	183.19	_5
73	Jacob	Hill-Izani	Bangor Weightlifting Club	120	69	68.1	-65	-65	65	77	80	82	65	82	147	196.21	_3

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Group Two: Weigh in 07:00. Presentation of lifters 10:40. Competition starts at 10:50 - Women - 48, 53, 58, 63

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			
30	Bethan	Roberts	NW1	109	48	42.05	40	42	44	47	50	-53	44	50	94	161.14	
11	Ellie	Pryor	Breezes	134	53	52.85	56	59	61	73	76	78	61	78	139	199.42	

29	Steph	Morris	Unattached	115	53	51.25	47	50	-52	62	-65	65	50	65	115	168.64	
50	Helen	Qualters	Llanelli Weightlifting	122	53	51.65	48	-51	51	-65	65	-68	51	65	116	169.15	
47	Stephanie	Jones	Llanelli Weightlifting	129	58	58.00	50	54	-58	64	-66	-66	54	64	118	159.08	
49	Georgina	Williams	Breezes	110	58	56.55	44	47	-50	64	67	-69	47	67	114	156.22	
65	Mari	Shepherd	Unattached	148	58	57.60	60	64	-67	77	-80	80	64	80	144	194.99	
13	Chloe	Briggs	SA1	145	63	58.60	58	62	-65	70	75	78	62	78	140	187.51	
45	Ligia	Gaviao	Glasgow City Barbell	115	63	58.65	50	-53	-53	-60	60	-63	50	60	110	147.25	
51	Fflur	Owen	EVOLVE	131	63	62.95	52	55	58	72	-75	77	58	77	135	173.13	
84	Bethan	Watkins	Llantrisant Crossfit	134	63	61.40	55	58	61	76	-79	79	61	79	140	182.21	

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Group Three: Weigh in 07:00. Presentation of lifters 12:50. Competition starts at 13:00 - Men - 77

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			
2	Nathan	Morgan	SA1	205	77	76.2	88	93	-96	110	-115	-115	93	110	203	253.93	
7	Kyle	Jones	NW1	180	77	75.5	75	-80	80	105	-109	-109	80	105	185	232.58	
16	Daniel	Miller	Cheshire Barbell	136	77	75.7	60	-63	65	70	75	-80	65	75	140	175.75	
22	Dimitrios	Sergakis	Glasgow City Barbell	245	77	74.8	106	111	-115	131	-136	-136	111	131	242	305.80	2
26	Nathan	Bird	Unattached	237	77	75.8	105	-108	-108	130	135	-138	105	135	240	301.07	3
36	Steffan Jac	Griffiths	Llanelli Weightlifting	165	77	75	77	80	-83	-103	-103	103	80	103	183	230.91	
64	Jordan	Purcell	Unattached	230	77	77	103	-107	-107	132	137	141	103	141	244	303.51	1

88	Dion	James	EVOLVE	150	77	73.5	70	73	76	85	-88	88	76	88	164	209.28	
101	Iwan	Biffin	Crossfit Aberystwyth	230	77	76.2	-95	95	-101	115	-120	-120	95	115	210	262.69	

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Group Four: Weigh in 13:00. Presentation of lifters 14:50. Competition starts at 15:00 - Women - 69

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			
14	Chloe	Bolton	Crossfit Wrexham	121	69	67.50	50	-54	-54	63	65	-70	50	65	115	141.85	6th
23	Rebecca	Parker	SA1	149	69	68.90	65	68	71	85	-90	90	71	90	161	196.45	1st
48	Penny	Miles	Cheshire Barbell	86	69	65.75	-35	35	39	45	-47	-48	39	45	84	105.10	9th
53	Pam	McVitie	Cheshire Barbell	101	69	65.60	37	40	-44	54	56	-60	40	56	96	120.27	7th
68	Deb	Cavanagh	Cheshire Barbell	98	69	67.10	38	-41	41	45	47	-50	41	47	88	108.89	8th
70	Lea	Klein	Unattached	145	69	65.85	65	68	70	75	78	-80	70	78	148	185.02	2nd
78	Leah	Timms	Breezes	120	69	67.70	57	-60	60	70	73	-76	60	73	133	163.79	4th
85	Rhiannon	Dobbs	Unattached	130	69	68.05	58	-61	61	75	-80	83	61	83	144	176.85	3rd
86	Lauren	Evans	Breezes	125	69	67.10	-57	-57	57	72	-76	-76	57	72	129	159.62	5th
110	Macy	John	EVOLVE	132	69	65.40	-53	53	57	-72	-72	-72	57	-72	-15	-18.82	

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Group Five: Weigh in 13:00. Presentation of lifters 16:50. Competition starts at 17:00 - Men - 85

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			
15	Liam	Attwell	Llantrisant Crossfit	210	85	78.1	-85	85	90	105	110	-115	90	110	200	246.92	4th
20	David	Lewis	Unattached	246	85	84.5	105	110	-113	137	-142	-142	110	137	247	293.19	2nd
32	Allan	Young	Glasgow City Barbell	250	85	83.2	110	115	-120	136	141	-145	115	141	256	306.14	1st
43	Rhodri	Beynon	Unattached	230	85	82.8	95	100	105	120	125	130	105	130	235	281.68	3rd
77	Todd	Neil	NW1	170	85	83	-65	65	-70	90	95	-100	65	95	160	191.56	5th

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Group Seven: Weigh in 10:00. Presentation of lifters 11:50. Competition starts at 12:00 - Men 94

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			
1	John	Pritchard	HAWFC	277	94	90.4	115	-123	-123	145	156	-161	115	156	271	312.03	2
6	Jason	Stephenson	Llanelli Weightlifting	230	94	93.9	100	105	110	-125	125	-130	110	125	235	266.33	3
8	Joshua	Parry	Iron Shed	290	94	94	-122	122	127	155	160	165	127	165	292	330.79	1
10	Alexander	Yagoub	Unattached	240	94	94	100	-105	105	-130	130	-135	105	130	235	266.22	

35	Tom	Wain	Unattached	230	94	93.3	95	-100	-100	-126	-126	-126	95	-126	-31	-35.22	
40	Daniel	Jenkins	Llansamlet	210	94	92.3	100	-108	-108	126	-134	134	100	134	234	267.07	
41	Sean	Sokolyk	SA1	240	94	89.5	-103	-103	-103	125	128	131	-103	131	28	32.38	
63	Ryan	Hopkins	SA1	225	94	93.5	103	-107	-107	125	-130	-130	103	125	228	258.85	
71	Carl	Rees	SAW	245	94	92.7	100	103	-106	-125	125	-130	103	125	228	259.76	

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Group Eight: Weigh in 10:00. Presentation of lifters 13:50. Competition starts at 14:00 - Women - 75, 90

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				
4	Megan	McCartney	Unattached	102	75	73.65	-45	45	-48	55	-58	-58	45	55	100	118.03	
24	Jodie	Stubbs	Breezes	100	75	72.60	41	-44	44	57	-60	60	44	60	104	123.61	
34	Abigail	Roe	NW1	120	75	70.55	-55	55	-58	70	74	-77	55	74	129	155.51	
39	Beth	Jones	NW1	NA	75	74.30	-55	-55	55	-75	75	78	55	78	133	156.34	
42	Lauren	Burley	Unattached	180	75	72.00	65	70	-75	95	-100	100	70	100	170	202.87	1st
62	Ellis	Brotherton	NW1	149	75	74.90	67	-71	-71	78	-81	-81	67	78	145	169.80	3rd
75	Sioned	Thomas	HAWFC	50	69	71.60	25	-30	-30	35	37	41	25	41	66	78.98	
79	Abie	Morgan	Unattached	130	75	73.10	55	-58	58	75	-78	-80	58	75	133	157.55	
80	Sophie	Grosvenor	Unattached	153	75	72.70	65	68	-71	88	-91	91	68	91	159	188.85	2nd
81	Charlotte	Price	Unattached	110	75	70.05	45	48	-51	68	72	-75	48	72	120	145.18	
18	Kathryn	Darvill	SA1	143	90	75.50	57	60	-63	70	-75	0	60	70	130	151.68	2nd

46	Stephanie	Foster	Bangor Weightlifting Club	150	90	87.80	65	70	75	85	-93	-93	75	85	160	175.56	1st
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Group Nine: Weigh in 10:00. Presentation of lifters 15:40. Competition starts at 15:50 - Men - 105, 105+

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			
25	Laurent	Camps	Unattached	290	105	104.9	130	135	140	160	165	168	140	168	308	335.12	
52	Jack	Crosse	Crossfit Caerphilly	240	105	104.3	105	110	-116	150	-154	-154	110	150	260	283.43	
58	Theo	Morgan	Unattached	280	105	102.7	125	130	135	150	158	-163	135	158	293	321.09	
76	Dale	Westcott	EVOLVE	220	105	98.1	90	95	-101	115	-120	122	95	122	217	241.77	
74	Anthony	Thomas	Unattached	203	105+	117.7	90	95	-100	110	115	-120	95	115	210	220.87	