

# **WELSH MASTERS OPEN** **AND** **WELSH AUTUMN OPEN 2025**

## ***Start-list Schedule***

**Saturday 13<sup>th</sup> September**

(Pembrokeshire Sports Village, Haverfordwest, SA61 2NX)

### **Please Note:**

**The presentation of lifters will take place 10 minutes before the start of each group session;**

**With presentation of the next group of lifters following the end of the previous group;**

**Medal presentations of the previous group will be presented in the 10 minutes after presentations for the preceding group have been completed;**

**Session timings may vary on the day and the start times may be brought forward, but ALL weigh in times are absolute.**

**Welsh Autumn Open Group 1, Youth Girls – W44 (youth) – W69**

**Weigh-in: 7.30 AM**

**Presentation: 9.20 AM**

**Competition Start: 9.30 AM**

(Break between Snatch and Clean and Jerk: 5 minutes)

<b>Lot</b>	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>
8 0 7	Lilly ROACH	SAW - Strength Academy Wales	35 kg	Under 12
7 6 3	Bella RYAN	UNATTACHED	37 kg	Under 12
4 5 9	Zuzanna TROJAKOVA	Llanelli Weightlifting Academy	65 kg	Under 12
2 0 1	Isabella PHILLIPS	SAW - Strength Academy Wales	25 kg	W44
8 3 0	Nia GOODWAY	UNATTACHED	82 kg	W53
2 7 8	Arianwen WILLIAMS	Llanelli Weightlifting Academy	67 kg	W58
9 6 4	Emily HATFIELD	Llanelli Weightlifting Academy	75 kg	W58
3 0 1	Hazel WILLIAMS	SAW - Strength Academy Wales	94 kg	W58
4 3 6	Anni WILLIAMS	Evolve Weightlifting	75 kg	W63
5 5 1	Sienna JONES	Evolve Weightlifting	105 kg	W63
8 6 4	Martha CULL	UNATTACHED	20 kg	W69
8 0 7	Ava WYN	Evolve Weightlifting	97 kg	W69
5 4 3	Poppy JAMES	Evolve Weightlifting	103 kg	W69

**Medal Presentation: 11.35 AM**

**Welsh Autumn Open Group 2, Youth Boys & Men – M56 (youth) – M110+**

**Weigh-in: 8.15 AM**

**Presentation: 11.30 AM**

**Competition Start: 11.40 AM**

(Break between Snatch and Clean and Jerk: 5 minutes)

<b>Lot</b>	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>
4 4 4	Zach JOHN	SAW - Strength Academy Wales	85 kg	M56
6 5 1	Ethan BACKHURST	UNATTACHED	70 kg	M60
8 7 2	Lucas PHILLIPS	SAW - Strength Academy Wales	86 kg	M60
7 9 3	Mascen LLEWELLYN-OWEN	Llanelli Weightlifting Academy	118 kg	M60
7 1 9	Sion COLEMAN	Evolve Weightlifting	142 kg	M60
3 8 2	Dominic MEHANDJIEV	UNATTACHED	111 kg	M71
2 9 0	Theo GRAHAM	Evolve Weightlifting	189 kg	M71
8 7 3	Louis WILLIAMS	Evolve Weightlifting	128 kg	M79
7 8 2	Rhys PILLEY	New Wave Weightlifting	174 kg	M88
4 5 0	Daniel DAVIES	SAW - Strength Academy Wales	250 kg	M88
4 8 8	Ollie EBENEZER	UNATTACHED	273 kg	M88
1 2 7	Cameron LEWIS	UNATTACHED	200 kg	M94
2 2 9	Rhys TAPLIN	UNATTACHED	220 kg	M110+

**Medal Presentation: 1.45 PM**

Welsh Autumn Open Group 3 – Para Powerlifting

**Weigh-in: 10.20 AM**

**Presentation: 1.40 PM**

**Competition Start: 1.50 PM**

<b>Lot</b>	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>
6 3 2	<b>Sara JONES</b>	<i>Llanelli Weightlifting Academy</i>	50 kg	W41
2 3 4	<b>Miranda BUTTON</b>	<i>UNATTACHED</i>	81 kg	W55
3 7 3	<b>Evelyn THOMAS</b>	<i>SAW - Strength Academy Wales</i>	75 kg	W67
7 1 9	<b>Joshua GRIST</b>	<i>UNATTACHED</i>	92 kg	M59
7 6 3	<b>Craig WALTON</b>	<i>UNATTACHED</i>	120 kg	M88

**Medal Presentation: 2.35 PM**

**Welsh Masters Open Group 4, Women – W53 – W86+**

**Weigh-in: 12.15 PM**

**Presentation: 2.30 PM**

**Competition Start: 2.40 PM**

(Break between Snatch and Clean and Jerk: 10 minutes)

<b>Lot</b>	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>
1 8 7	<b>Philippa FOX</b>	<i>Crazy Strength</i>	102 kg	W58
8 3 9	<b>Lindsay ATKINSON</b>	<i>Club 646 Weightlifting</i>	130 kg	W63
4 4 3	<b>Caroline HURLEY</b>	<i>Llanelli Weightlifting Academy</i>	92 kg	W69
5 2 1	<b>Penny PEARSON</b>	<i>UNATTACHED</i>	141 kg	W77
3 9 7	<b>Sarah KEDWARD</b>	<i>UNATTACHED</i>	146 kg	W77
6 1 7	<b>Sue OSBOURNE</b>	<i>New Wave Weightlifting</i>	61 kg	W86+
<b>Medal Presentation: 3.45 PM</b>				

**Welsh Masters Open Group 5, Men – M79 – M110**

**Weigh-in: 12.15 PM**

**Presentation: 3.40 PM**

**Competition Start: 3.50 PM**

(Break between Snatch and Clean and Jerk: 10 minutes)

<b>Lot</b>	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>
9 3 7	<b>Paul CHANDLER</b>	<i>Unit 12 Olympic Weightlifting</i>	125 kg	M79
6 8 4	<b>Lloyd GRIFFITH</b>	<i>New Wave Weightlifting</i>	183 kg	M79
3 3 5	<b>Tom BENNETT</b>	<i>New Wave Weightlifting</i>	165 kg	M94
5 7 2	<b>Ross MILLER</b>	<i>UNATTACHED</i>	175 kg	M94
1 2 3	<b>Chris JENKINS</b>	<i>UNATTACHED</i>	210 kg	M110

**Medal Presentation: 5.05 PM**

**Welsh Autumn Open Group 6, Women – W53 – W86+**

**Weigh-in: 2.15 PM**

**Presentation: 5 PM**

**Competition Start: 5.10 PM**

(Break between Snatch and Clean and Jerk: 5 minutes)

<b>Lot</b>	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>
3 5 3	Esther GIMBLETT	<i>Llanelli Weightlifting Academy</i>	111 kg	W53
3 2 1	Kiani GELDARD	<i>New Wave Weightlifting</i>	133 kg	W63
5 6 3	Bethan WATKINS	<i>Unattached</i>	178 kg	W63
7 6 3	Elinor EDWARDS	<i>SSC Weightlifting</i>	118 kg	W69
2 9 4	Celyn MILLERSHIP	<i>SAW – Strength Academy Wales</i>	125 kg	W69
5 1 0	Holly KNOWLES	<i>New Wave Weightlifting</i>	160 kg	W69
6 7 2	Faitha Nur PRATIWI	<i>CUBC</i>	62 kg	W77
9 8 4	Georgia KNOWLES	<i>Unattached</i>	99 kg	W77
5 3 1	Sabrina BUTLER	<i>Unattached</i>	190 kg	W77
1 0 4	Honey SEATON	<i>New Wave Weightlifting</i>	152 kg	W86
6 5 3	Grace MORRIS	<i>SAW – Strength Academy Wales</i>	178 kg	W86+
<b>Medal Presentation: 7.20 PM</b>				