

# Welsh Age Groups 2025

## 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.

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

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

## Group 1 PARA POWERLIFTING

**Weigh-in:** 7:30-8:30am

**Presentation:** 9:20am

**Competition Start:** 9:30am

	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>	<b>Age Group</b>
73	Eveln THOMAS	SAW - Strength Academy Wales	70	65	U'20
190	Sara JONES	Llanelli Weightlifting Academy	40	55	U'17

**Medal Presentation 9:55am**

**Group 2 WEIGHTLIFTING****Weigh-in: 7:30-8:30am****Presentation: 9:50am****Break: 5 mins****Competition Start: 10am**

	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>	<b>Age Group</b>
132	Hattie LAWTON-JONES	Liftolygy Weightlifting Club	40	45	U'12
83	Lydia BROWN	Flintshire Weightlifting	0	49	U'15
72	Ava ABED	Diamond Weightlifting	70	55	U'12
54	Nia GOODWAY	UNATTACHED	60	55	U'15
89	Bethan HARRY	Club 646 Weightlifting	113	55	U'15
79	Hazel WILLIAMS	SAW - Strength Academy Wales	86	55	U'17
121	Naomi BURTON	Diamond Weightlifting	105	55	U'17
29	Anni WILLIAMS	Evolve Weightlifting Club	70	59	U'15
77	Cerys DAVIES	UNATTACHED	80	59	U'15
124	Sienna JONES	Evolve Weightlifting Club	99	59	U'15

**Medal Presentation: 11:25am**

**Group 3 WEIGHTLIFTING****Weigh-in: 7:30-8:30am****Presentation: 11:20am****Break: 5 mins****Competition Start: 11:30am**

	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>	<b>Age Group</b>
157	Casey MCKEE	SAW - Strength Academy Wales	33	55	U'12
103	Harri DAVIES	New Wave Weightlifting	45	55	U'12
133	Mylo EVANSON	New Wave Weightlifting	0	55	U'15
184	Zach JONES	New Wave Weightlifting	68	55	U'15
66	Charlie ELLIS-PERRY	Diamond Weightlifting	100	55	U'15
36	Lucas Phillips	SAW - Strength Academy Wales	56	55	U'15
47	Llewellyn WAITS	Unattached	198	61	U'17
57	Evan WILLIAMS	Bangor Weightlifting Club	90	61	U'17
94	Sion COLEMAN	Evolve Weightlifting Club	128	61	U'17
18	Noah ELLSON	HAWFC	130	61	U'17
121	Iwan PEMBERTON	Diamond Weightlifting	149	67	U'17
175	Jac ESEN	Llanelli Weightlifting Academy	150	102	U'15

**Medal Presentation: 1.10pm**

**Group 4 WEIGHTLIFTING****Weigh-in: 10-11am****Presentation: 1:05pm****Break: 5mins****Competition Start: 1:15pm**

	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>	<b>Age Group</b>
77	Saskia SOCKS	Diamond Weightlifting	70	64	U'15
117	Esmee WILLIAMS	New Wave Weightlifting	83	64	U'15
42	Poppy JAMES	Evolve Weightlifting Club	92	64	U'15
188	Isabella JONES	New Wave Weightlifting	99	64	U'17
34	Nyarai HECTOR	Llanelli Weightlifting Academy	146	71	U'17
174	Ava WYN	Evolve Weightlifting Club	86	71	U'17
14	Izzabelle DEAKIN	Diamond Weightlifting	115	87	U'15
70	Amara-Lili ROBERTS	Diamond Weightlifting	63	87+	U'12
67	Della PEMBERTON	Diamond Weightlifting	133	87+	U'15

**Medal Presentation: 2:40pm**

**Group 5 WEIGHTLIFTING****Weigh-in: 11:45-12:45pm****Presentation: 2.35pm****Break: 10mins****Competition Start: 2:45pm**

	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>	<b>Age Group</b>
12	Jac GREEN	Bangor University Weightlifting Club	180	73	U'17
29	Theo GRAHAM	Evolve Weightlifting Club	168	73	U'17
122	Trystan THOMPSON	UNATTACHED	140	73	U'17
16	Sion ROBB	Bangor University Weightlifting Club	150	73	U'17
170	Seamus LEONARD-THOMAS	Diamond Weightlifting	196	73	U'20
83	Osian BROWN	Llanelli Weightlifting Academy	178	73	U'20
179	Macsen EVANS	UNATTACHED	115	81	U'17
81	Cian GREEN	Bangor University Weightlifting Club	240	81	U'23

**Medal Presentation: 4:10pm**

**Group 6 WEIGHTLIFTING****Weigh-in: 2-3pm****Presentation: 4:05pm****Break: 10mins****Competition Start: 4:15pm**

	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>	<b>Age Group</b>
176	Georgia Roberts	UNATTACHED	0	49	U'23
104	Millie LERWILL	UNATTACHED	131	55	U'20
19	Emma BROOKS	UNATTACHED	75	55	U'23
170	Alys LE ROUX	UNATTACHED	115	64	U'23
60	Martha Richards	CUBC Weightlifting Club	78	64	U'23

**Medal Presentation: 5:25pm**

**Group 7 WEIGHTLIFTING****Weigh-in: 2-3pm****Presentation: 5:20pm****Break: 10mins****Competition Start: 5:30pm**

	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>	<b>Age Group</b>
68	Luke FLETCHER	Club 646 Weightlifting	247	89	U'20
158	Oliver GODWIN	UNATTACHED	260	89	U'23
166	Llyr GRAVELL-DAVIES	Llanelli Weightlifting Academy	234	89	U'23
157	Jonathan DAVIES	UNATTACHED	203	89	U'20
49	Charles Tempest	CUBC Weightlifting	222	96	U'23
76	Matthew Collins	Club 646 Weightlifting	226	96	U'23
138	Brychan GILSON	Llanelli Weightlifting Academy	198	109+	U'20
124	Nico Heeley	CUBC Weightlifting	163	109+	U'23

**Medal Presentation: 6:55pm**

**Group 8 WEIGHTLIFTING****Weigh-in: 4-5pm****Break: 10mins****Presentation: 6:50pm****Competition Start: 7pm**

	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>	<b>Age Group</b>
141	Celyn MILLERSHIP	SAW - Strength Academy Wales	118	71	U'20
167	Isla TRAVERS	Resilience Weightlifting	160	71	U'20
72	Seran DAVIES	CUBC Weightlifting Club	81	71	U'23
	Matilda PIKE	CUBC Weightlifting Club	82	71	U'23
92	Honey SEATON	New Wave Weightlifting	144	87	U'20
19	Georgia KNOWLES	UNATTACHED	80	87	U'23
19	Niamh COLLINS	UNATTACHED	183	87	U'23
63	Grace MORRIS	SAW - Strength Academy Wales	173	87+	U'20

**Medal Presentation: 8:30pm**