

## WELSH OPEN 2018

## Group 1: Men - 55, 61

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Dylan	Rees	Breezes Gym	95	55	54.5	40	<del>43</del>
Daniel	Davies	SAW	98	55	48.7	40	<del>43</del>
Luke	Eardley	NW1	143	55	53.6	57	60
Llyr	Gravell	Llanelli WL	90	61	58.2	36	38
Ben	Foggo	NW1	176	61	58.5	<del>75</del>	75
Liam	Davies	Caerphilly Barbell	118	61	58.8	45	48

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## Group 2: Women - 49, 55, 59

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Ashleigh	Barnikel	SAW	69	49	47.50	<del>27</del>	<del>27</del>
Helen	Qualters	Llanelli WL	131	55	51.30	<del>52</del>	52
Beth	Massey	LOWA	105	55	54.30	41	43
Catrin	Jones	Unattached	110	55	52.30	49	52
Cerian	Hope	Llantrisant WL	129	55	54.90	49	52
Becky	Hickman	Evolve S&C	115	55	54.20	<del>47</del>	47
Stephanie	Jones	Llanelli WL	130	59	57.50	58	61
Charlotte	Whalley	SAW	95	59	55.10	36	39
Annie	Clay	NW1	100	59	56.60	<del>40</del>	40
Mena	Williams	SPWLC	82	59	56.00	30	33
Georgina	Williams	Breezes Gym	114	59	57.80	48	50

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## Group 3: Men - 67, 73

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Harvey	Morris	Caerphilly Barbell	148	67	63.5	63	<del>65</del>
Sam	Roberts	NW1	153	67	62	75	<del>77</del>
Sean	Aspinall	SA1	140	67	67	61	65
Alex	Evans	Celtic Crossfit	150	67	66.3	70	75
Garin	Beams	RCT Weightlifting	145	67	64.2	67	70
Nimai	Mehta	Cardiff Met WL	142	67	65.2	<del>65</del>	65
Joseph	Psaila	Llantrisant WL	167	73	70.3	68	<del>72</del>
Joshua	Jackson	Caerphilly Barbell	138	73	68.6	59	<del>62</del>
Jacob	Hill-Izani	Bangor WL	190	73	71.3	<del>75</del>	75
Dion	James	Evolve S&C	183	73	73	<del>77</del>	77

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## Group 4: Women - 64

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Chloe	Briggs	SA1	150	64	63.60	61	66
Rhiannon	Dobbs	Unattached	148	64	63.80	<del>61</del>	61
Lea	Klein	Unattached	140	64	63.30	65	68
Awen	Davies	Evolve S&C	143	64	63.20	60	65
Gussie	Beech	Unattached	132	64	63.30	56	<del>60</del>
Kathryn	Joseph	Breezes Gym	152	64	62.80	63	<del>66</del>
Alice	Richardson	Unattached	100	64	63.80	<del>43</del>	<del>43</del>
Bethan	Watkins	Llantrisant WL	145	64	62.60	57	61
Emily	Seymour	Unattached	120	64	62.80	53	56

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## Group 5: Men - 81

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Thomas	Rees	Llanelli WL	230	81	78.1	95	100
Rhodri	Beynon	Synergi	250	81	79.5	<del>111</del>	111
Steffan - Jac	Griffiths	Llanelli WL	185	81	78.3	80	83
Chad	Collins	Synergi	170	81	79.2	<del>75</del>	75
Craig	Edwards	Llanelli WL	207	81	80.7	83	87
Hinley	Chan	NW1	215	81	77.6	90	95
Iwan	Biffin	Aber Barbell	220	81	78.5	100	<del>105</del>
Liam	Power	Unattached	230	81	77.9	<del>93</del>	93
Jonny	Cordy	Aber Barbell	235	81	77.6	<del>101</del>	<del>105</del>
Nathan	Morgan	Unattached	220	81	79.2	100	<del>107</del>
Tomos	Protheroe	NW1	94	81	80.7	40	45
Ryan	Bedwell	NW1	185	81	79.9	78	82

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## Group 6: Women - 76, 81, 87, 8

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Beth	Jones	NW1	136	76	75.4	58	62
Kathryn	Darvill	SA1	155	76	74.4	60	<del>63</del>
Seren	Mitchell	SAW	110	76	75	45	<del>48</del>
Jodie	Stubbs	Breezes Gym	110	81	81	43	46
Sioned	Thomas	HAWFC	75	87	82.2	30	33
Sophie	Harrison	Bangor WL	110	87	85.8	50	53
Louise	Hurlow	Project Fitness Tenby	112	87+	102.2	42	45

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## Group 7: Para Powerlifting Male &amp; I

Name		Club	Class	BW	Bench Press		
					1	2	3
Olivia	Broome	Unattached	up to 61kg	50	81	85	87
Francesca	Antoniuzzi	Bangor	up to 61kg	49.9	52	54	<del>56</del>
Mathew	Williams	HAWFC	up to 72kg	63.1	<del>70</del>	<del>70</del>	75
Ollie	Brown	BWL	up to 72kg	64.1	160	165	<del>168</del>
Nathaniel	Wilding	Suffolk Spartans	up to 72kg	64.8	165	168	170
Francis	Cowen	Unattached	up to 72kg	58.8	106	109	110
Ross	Austen	Help for Heroes	Over 72kg	78.5	160	<del>165</del>	165
Nathan	Stephens	SAW	Over 72kg	77	125	130	<del>135</del>

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## Group 8: Men - 89

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Alexander	Yagoub	Unattached	240	89	88.60	100	105
John	Pritchard	HAWFC	267	89	88.90	115	<del>121</del>
David	Lewis	Unattached	246	89	88.00	<del>108</del>	108
Ryan	Wilson	Unattached	240	89	88.60	<del>110</del>	110
Cameron	James	Power Athletics	215	89	85.50	<del>95</del>	95
Matthew	Kerr	HAWFC	170	89	88.30	70	75
Daniel	Siegel	Unattached	250	89	87.00	<del>110</del>	110



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## Group 9: Women - 71 B group

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Sioned	Llywelyn	Unattached	110	71	69.60	45	<del>48</del>
Sarah	Dawes-Clark	Sakura	115	71	67.10	52	54
Chloe	Bolton	CF Wrexham	134	71	69.50	60	63
Tracy	Rosser	Evolve S&C	107	71	67.80	<del>45</del>	45
Janine	Dovey	Unattached	128	71	67.80	57	59
Shannon	Hughes	SA1	100	71	67.20	40	45
Beth	Jones	Llantrisant WL	120	71	64.60	45	48

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## Group 10: Men - 96

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Alex	Persse	Llantrisant WL	186	96	93.6	80	<del>95</del>
Jason	Stephenson	Llanelli WL	252	96	94.2	110	115
Lee	Duance	Unattached	265	96	91.8	105	108
Filip	Taylor	Cardiff Met WL	260	96	93.8	108	<del>112</del>
Kyle	Colella	SAW	85	96	94.6	35	38
Carl	Rees	SAW	225	96	93.5	98	103
Ryan	Hopkins	SA1	245	96	92.5	<del>100</del>	100
Guto	Hughes	Cardiff Met WL	220	96	90.9	90	94
Tom	Wain	Unattached	230	96	94.4	<del>98</del>	98
Steffan	Evans	Unattached	202	96	92.8	80	83

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## Group 11: Women - 71 A grou

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Macy	John	SA1	140	71	68.20	58	62
Lauren	Evans	Caerphilly Barbell	135	71	70.20	<del>62</del>	<del>63</del>
Lauren	Burley	Unattached	175	71	69.60	70	73
Shanice	Parry	SA1	157	71	69.30	65	70
Enlli	Jones	Bangor WL	160	71	69.50	68	70
Leah	Timms	Breezes Gym	146	71	68.80	<del>62</del>	62
Amy	Walker	Aber Barbell	135	71	67.50	52	<del>55</del>
Chloe	Hood	SAW	156	71	70.10	<del>65</del>	65
Cleo	Hardy	Unattached	135	71	67.10	60	63
Jessica	Watling	Unattached	139	71	68.40	56	<del>59</del>

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## Group 12: Men - 102, 109, 109

NAME		Club	AT	cat	B/W	SNATCH I	
						1	2
Ross	Miller	SA1	260	102	100.9	103	108
Ben	Wasley	Unattached	220	102	100.1	95	<del>100</del>
Joshua	Parry	SA1	270	102	97	115	<del>122</del>
Theo	Morgan	Unattached	290	102	101.6	126	131
George	Latter	Unattached	160	102	100.1	<del>70</del>	<del>70</del>
Tomos	Ellis-Williams	Unattached	260	102	101.2	110	115
Harry	Nelms	Power Athletics	240	102	99.8	100	105
Jake	Lewis	Project fitness Tenby	190	109	108	80	85
Jack	Crosse	Unattached	235	109	104.7	<del>100</del>	100

kg	JERK kg			BEST		TOTAL	pts	Pos
	1	2	3	SN	C&J			
<del>43</del>	50	53	<del>57</del>	40	53	93	144.66	3
43	52	54	57	43	57	100	170.13	2
<del>64</del>	75	79	81	60	81	141	222.14	1
40	50	52	<del>55</del>	40	52	92	136.33	3
80	88	<del>92</del>	<del>92</del>	80	88	168	248.04	1
51	63	66	69	51	69	120	176.53	2

kg	JERK kg			BEST		TOTAL	pts	Pos
	1	2	3	SN	C&J			
3	1	2	3	SN	C&J	L		
27	<del>32</del>	32	35	27	35	62	96.23	1
<del>54</del>	<del>68</del>	68	<del>73</del>	52	68	120	175.84	3
<del>45</del>	51	53	<del>55</del>	43	53	96	135.17	
<del>54</del>	68	70	<del>72</del>	52	70	122	176.33	2
<del>54</del>	70	73	<del>76</del>	52	73	125	174.70	1
50	67	<del>70</del>	<del>70</del>	50	67	117	164.95	
64	70	73	<del>76</del>	64	73	137	185.72	1
41	54	57	60	41	60	101	140.81	
45	52	57	60	45	60	105	143.80	3
36	45	50	53	36	53	89	122.75	
52	67	69	<del>71</del>	52	69	121	163.48	2

kg	JERK kg			BEST		TOTAL	pts	Pos
	1	2	3	SN	C&J			
<del>65</del>	78	<del>81</del>	82	63	82	145	202.36	
<del>77</del>	88	<del>91</del>	<del>92</del>	75	88	163	231.14	2
<del>70</del>	75	<del>80</del>	<del>81</del>	65	75	140	188.76	
77	85	89	<del>91</del>	77	89	166	225.30	1
74	79	84	<del>90</del>	74	84	158	218.92	3
70	78	82	<del>86</del>	70	82	152	208.51	
72	88	91	94	72	94	166	217.36	3
<del>62</del>	70	74	<del>77</del>	59	74	133	176.73	
<del>80</del>	<del>97</del>	<del>100</del>	102	75	102	177	229.84	2
80	97	<del>101</del>	<del>101</del>	80	97	177	226.74	1

kg	JERK kg			BEST		TOTAL	pts	Pos
	1	2	3	SN	C&J			
3	81	<del>85</del>	85	70	85	155	197.60	1
<del>70</del>	87	90	<del>95</del>	61	90	151	192.16	2
<del>65</del>	76	80	<del>83</del>	68	80	148	189.19	
<del>60</del>	76	<del>80</del>	<del>84</del>	65	76	141	180.41	
60	72	<del>76</del>	76	60	76	136	173.85	
66	80	84	<del>86</del>	66	84	150	192.64	3
<del>63</del>	53	57	<del>61</del>	-43	57	14	17.82	
<del>59</del>	77	80	<del>83</del>	61	80	141	181.41	
59	68	<del>71</del>	<del>72</del>	59	68	127	163.10	



kg	JERK kg			BEST		TOTAL	pts	Pos
	1	2	3	SN	C&J			
3	105	118	124	105	118	223	275.31	3
115	128	133	133	115	128	243	297.25	1
87	107	111	115	83	111	194	239.19	
80	90	90	90	75	90	-15	-18.38	
90	115	120	121	90	121	211	256.15	
101	115	122	131	101	122	223	276.25	
108	120	120	130	100	120	220	270.89	
98	120	126	131	93	120	213	263.32	
105	_0	_0	_0	0	0	0	0.00	
107	129	135	140	100	135	235	288.03	2
49	54	58	61	49	58	107	129.90	
86	105	110	114	86	114	200	244.03	

17+

kg	JERK kg			BEST		TOTAL	pts	Pos
	1	2	3	SN	C&J			
3	1	2	3	SN	C&J	L		
64	<del>81</del>	81	<del>86</del>	64	81	145	169.28	1
<del>63</del>	75	<del>81</del>	<del>81</del>	60	75	135	158.59	2
<del>48</del>	<del>60</del>	60	<del>65</del>	45	60	105	122.89	3
48	<del>63</del>	63	<del>65</del>	48	63	111	125.62	1
36	42	46	<del>50</del>	36	46	82	92.25	2
55	62	64	66	55	66	121	133.89	1
48	65	<del>68</del>	68	48	68	116	121.55	1

**Female**

<b>Best Result (KG)</b>	<b>AH Coefficient</b>	<b>AH Score</b>	<b>Rank</b>
<b>87</b>	1.061792	92.375904	<b>1</b>
<b>54</b>	1.062771	57.389634	2
<b>75</b>	1.039169	77.937675	
<b>165</b>	1.031524	170.20146	2
<b>170</b>	1.026293	174.46981	<b>1</b>
<b>110</b>	1.074562	118.20182	<b>3</b>
<b>165</b>	0.94016	155.1264	<b>1</b>
<b>130</b>	0.94832	123.2816	2

kg	JERK kg			BEST		TOTAL	pts	Pos
	3	1	2	3	SN			
<del>-110</del>	<del>-130</del>	<del>-130</del>	130	105	130	235	272.96	
<del>-121</del>	<del>-145</del>	145	150	115	150	265	307.35	1
<del>-113</del>	138	<del>-146</del>	<del>-151</del>	108	138	246	286.61	3
<del>-120</del>	120	125	<del>-133</del>	110	125	235	272.96	
<del>-101</del>	<del>-116</del>	<del>-116</del>	116	95	116	211	249.08	
<del>-80</del>	95	100	105	75	105	180	209.39	
113	140	145	150	113	150	263	307.99	2

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kg	JERK kg			BEST		TOTAL	pts	Pos
	1	2	3	SN	C&J			
<del>48</del>	55	58	60	45	60	105	127.45	
<del>57</del>	68	71	<del>75</del>	54	71	125	154.67	
<del>66</del>	74	78	<del>81</del>	63	78	141	171.27	
<del>48</del>	60	<del>63</del>	<del>65</del>	45	60	105	129.21	
61	70	<del>74</del>	<del>74</del>	61	70	131	161.20	
48	<del>58</del>	58	62	48	62	110	136.00	
<del>54</del>	65	68	<del>71</del>	48	68	116	146.57	

kg	JERK kg			BEST		TOTAL	pts	Pos
	1	2	3	SN	C&J			
<del>85</del>	93	96	100	80	100	180	204.26	
<del>118</del>	<del>137</del>	137	<del>142</del>	115	137	252	285.23	3
112	142	145	147	112	147	259	296.28	2
<del>115</del>	140	145	152	108	152	260	294.79	1
40	45	48	51	40	51	91	102.83	
<del>106</del>	125	<del>130</del>	130	103	130	233	264.52	
105	<del>125</del>	125	<del>130</del>	105	125	230	262.27	
98	115	120	125	98	125	223	256.16	
<del>102</del>	<del>130</del>	<del>130</del>	<del>130</del>	98	-130	-32	-36.19	
86	110	<del>113</del>	113	86	113	199	226.62	

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kg	JERK kg			BEST		TOTAL	pts	Pos	
	1	2	3	SN	C&J				
3	<del>65</del>	78	<del>82</del>	<del>82</del>	62	78	140	171.74	
64	<del>75</del>	75	80	64	80	144	174.02		
75	95	<del>100</del>	<del>103</del>	75	95	170	206.35	2	
<del>73</del>	82	<del>86</del>	<del>87</del>	70	82	152	184.91		
73	95	100	<del>103</del>	73	100	173	210.15	1	
<del>65</del>	77	<del>81</del>	<del>83</del>	62	77	139	169.73		
55	65	72	77	55	77	132	162.82		
70	83	86	<del>90</del>	70	86	156	188.66	3	
<del>65</del>	75	78	<del>81</del>	63	78	141	174.47		
<del>59</del>	72	76	<del>80</del>	56	76	132	161.68		

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kg	JERK kg			BEST		TOTAL	pts	Pos
	1	2	3	SN	C&J			
<del>111</del>	133	138	141	108	141	249	274.58	
<del>100</del>	<del>120</del>	<del>120</del>	<del>120</del>	95	-120	-25	-27.65	
<del>123</del>	0	0	0	115	0	115	128.68	
<del>136</del>	150	<del>155</del>	0	131	150	281	309.10	1
<del>70</del>	90	96	<del>101</del>	-70	96	26	28.75	
120	138	<del>144</del>	145	120	145	265	291.91	2
110	135	140	145	110	145	255	282.31	3
<del>90</del>	110	<del>115</del>	<del>115</del>	85	110	195	210.18	2
<del>105</del>	125	130	<del>133</del>	100	130	230	250.41	1