



WEIGHTLIFTING WALES



WELSH PARA POWERLIFTING CHAMPIONSHIPS & WINTER WEIGHTLIFTING OPEN 2023

DECEMBER 3RD, 2023



INFORMATION PACK

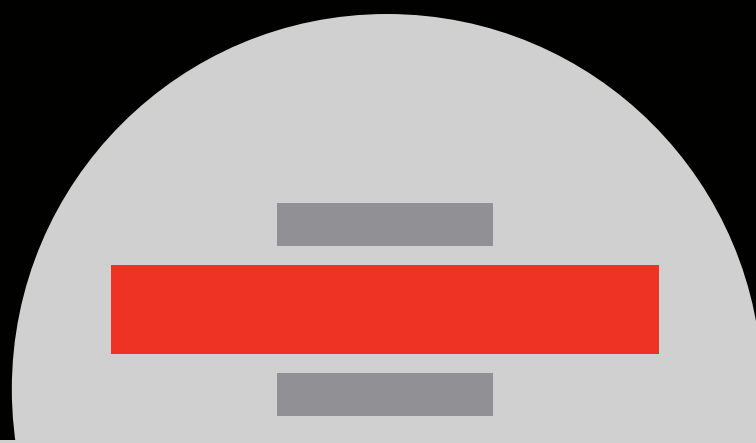
SCHEDULE

VENUE INFORMATION

START LIST

EMAIL ALL ENQUIRIES TO [HARRY.NELMS@WEIGHTLIFTING.WALES](mailto:harry.nelms@weightlifting.wales)

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WPPC & WWO 2023

Information



Weigh ins will take place 2 hours before the respective session.

Identification and proof of membership is required and **essential**; please bring these along with you on the day.

Athletes are required to weigh-in in their singlets. Only those athletes that are 'over' their category will have a 0.25kg deduction to account for the weight of the singlet.

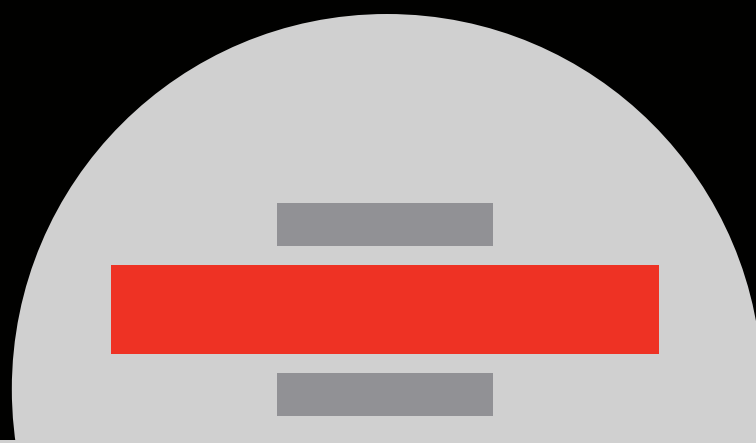
Each athlete is given a lot number. This lot number will correspond with your warm up platform; this is done to streamline the organisation of the back room on the day. Coaches with more than one athlete per session can platform share for ease but please be mindful if there is already more than one athlete on this platform.

We will have Optimum Nutrition at the event. Make sure to stock up on some goodies and tag them in your stories on the day (@optimumnutrition_uk).



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WPPC & WWO 2023

Information

Grip and Rip will be there on the day capturing your lifts. These will be available to purchase on their website. Head to @gripandripuk to check out their content ahead of the day and collaborate to get those likes!

GRIP AND RIP

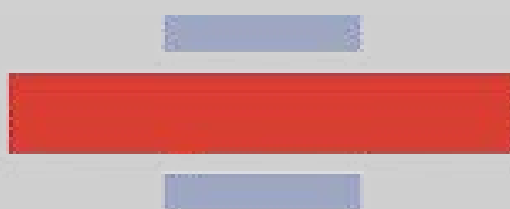
 **GRIPANDRIPUK**  **www.gripandrip.co.uk**

Important Notices:

All weigh in times are absolute.

Presentation of the lifters will take place 10 minutes before the start of the group. Medals of the previous group will be presented in the 10 minutes after presentation of lifters for the preceding group.

There will be a 10 minute break between snatch and clean & jerk for every session.



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WPPC & WWO 2023

Schedule

Group 1

WPPC

Weigh: 7:30am

Lift: 9:30am

Group 2

W49 - 64

Weigh: 8:00am

Lift: 10:00am

Group 3

M55-109+

Weigh: 10:00am

Lift: 12:00pm

Group 4

W64, 76

Weigh: 12:00pm

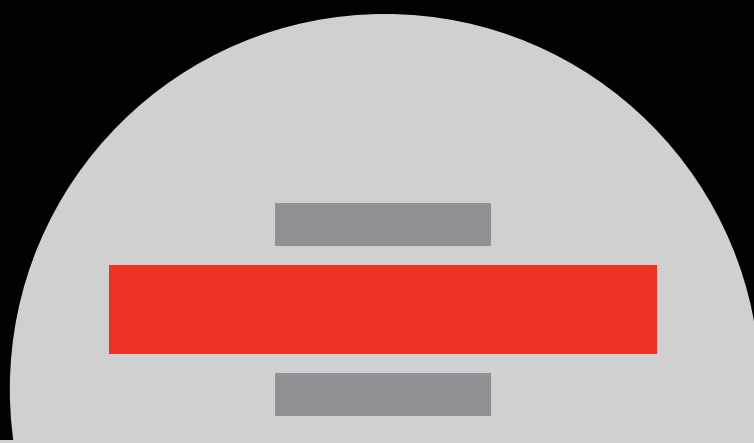
Lift: 2:00pm

Presentation

Presentation is
scheduled 10
minutes before
lift times.

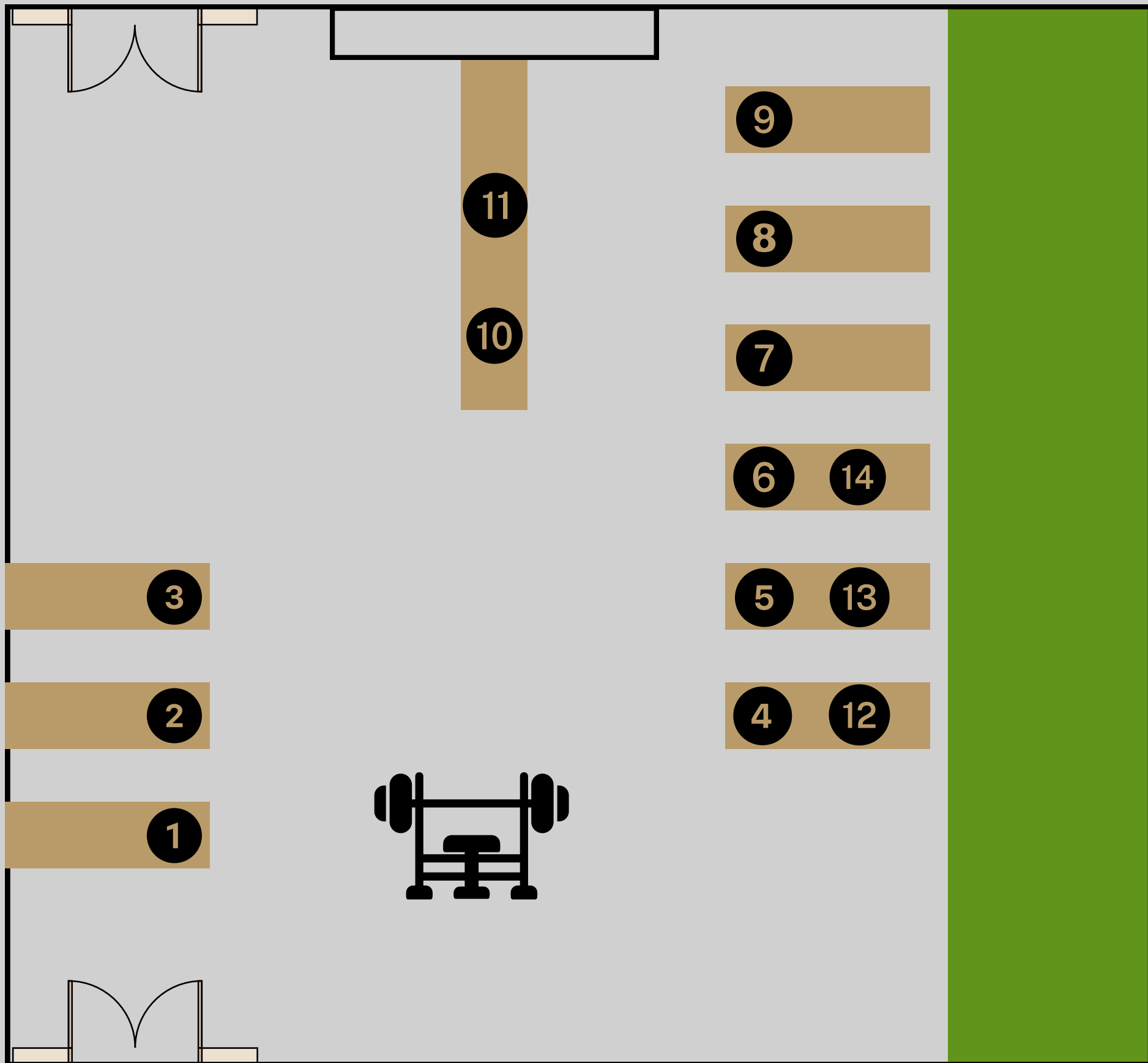
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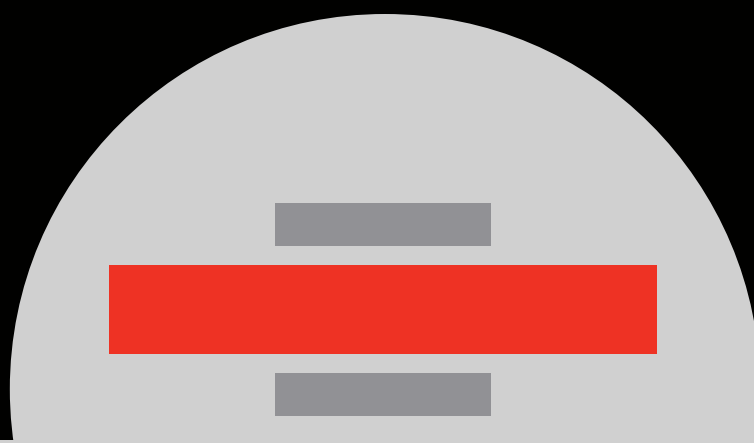
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Venue



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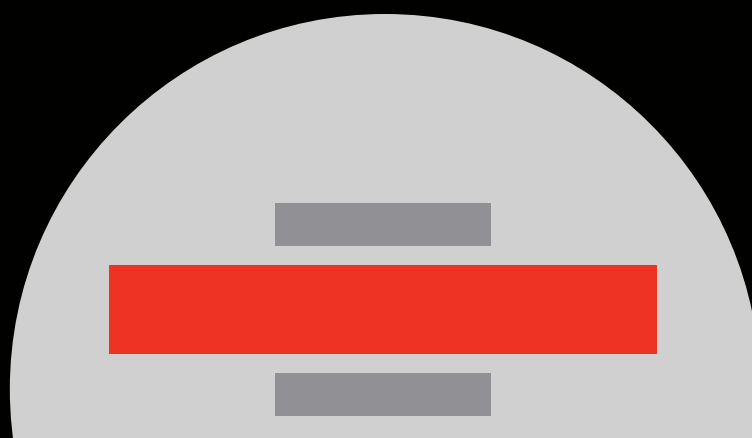
WPPC & WWO 2023

Start List

GROUP 1 - WELSH PARA-POWERLIFTING CHAMPIONSHIPS

Weigh in: 7:30am		Presentation of Lifters: 9:20am		
Lifter	Class	Club	Total	Lot No.
Evelyn Thomas	64	SAW	62	1

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Start List

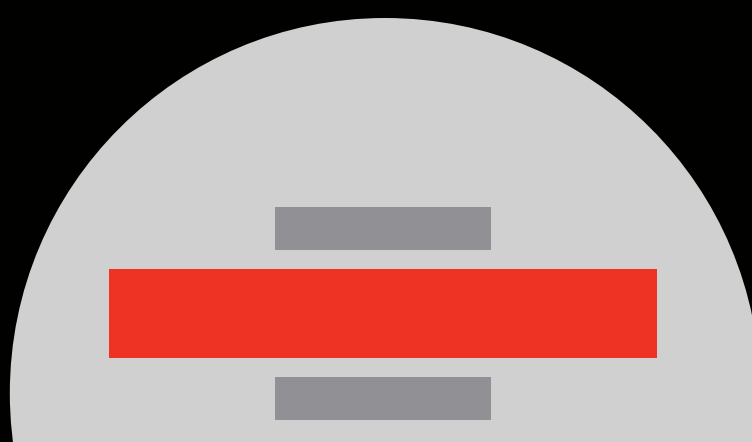
GROUP 2 - W49, 55, 59, 64

Weigh in: 8:00am		Presentation: 9:50am		
Lifter	Class	Club	Total	Lot No.
Cerys Davies	49		67	1
Elin-haf Tossell	55	Club 646 Weightlifting	91	2
Molly Barlow	55	CXF Weightlifting	72	3
Daisy Plews	55	HAWFC	60	4
Charlotte Maber	55		75	5
Alys Le Roux	59	Club 646 Weightlifting	111	6
Kiani Geldard	59	CXF Weightlifting	72	7
Victoria Friss de Kereki	59		134	8
Francesca Paolo	64	Stockport Spartans Weight Lifting Club	140	9
Ashleigh Sperry	64	HAWFC	110	10
Nell McDonagh	64	Club 646 Weightlifting	104	11
Cerys Johnson	64		137	12

Start List

GROUP 3 - M55 - 109+

Weigh in: 10:00am		Presentation: 11:50am		
Lifter	Class	Club	Total	Lot No.
Noah Marsden	55	HAWFC	100	1
Hrithik Reddy	61	Ronin Barbell Club	92	2
Jac Green	73	Bangor University Weightlifting Club	126	3
Oliver Ward	73	Psych Weightlifting Club	173	4
Alasdair Brydon	73	Liftolygy Weightlifting Club	100	5
Tom Jeanes	81		180	6
Daniel Steele	89	Psych Weightlifting Club	210	7
Andy Goswell	89	HAWFC	238	8
Tom Bennett	96	CXF Weightlifting	175	9
Jake Benson	96		250	10
Daniel Heafey	96	HAWFC	102	11
Nico Heeley	109		145	12
Simon Donnelly	109	Liftolygy Weightlifting Club	100	13
Benedict Millson	109+	Mem's Weightlifting Club	280	14



Start List

GROUP 3 - W71 - 87

Weigh in: 12:00pm		Presentation: 1:50pm		
Lifter	Class	Club	Total	Lot No.
Joanne Reay	71	Psych Weightlifting Club	112	1
Serrinah Drammeh	71	Psych Weightlifting Club	148	2
Alicia Piper	71	Club 646 Weightlifting	107	3
Tanya Beattie	71	CXF Weightlifting	88	4
Honey Seaton	76	CXF Weightlifting	135	5
Chloe Whitham	81	Psych Weightlifting Club	117	6
Julie Kearton	81		60	7
Emily Linnane	87	Ronin Barbell Club	121	8
Ellie Davis	87		83	9
Ruby Pearce	87		77	10