

**WEIGHTLIFTING WALES**



# **WELSH SENIOR**

## **WEIGHTLIFTING CHAMPIONSHIPS**

**2024**

**INFORMATION PACK**

# VENUE

The Welsh Championships will be held at Strength Academy Wales in Haverfordwest. This premier facility offers an ideal setting for athletes to showcase their skills in a competitive and supportive environment. With professional equipment and a spacious layout, Strength Academy Wales is committed to providing a first class experience for all competitors and spectators.

Strength Academy Wales  
Pembrokeshire Sports Village  
Haverfordwest  
Pembrokeshire  
SA61 2NX



**ALL QUERIES, SEND TO [HARRY.NELMS@WEIGHTLIFTING.WALES](mailto:HARRY.NELMS@WEIGHTLIFTING.WALES)**

# WEIGH INS

Weigh in will take place two hours before your respective session. **Identification and proof of membership is required** and **essential**; please bring these along with you on the day.

Should you **fail to provide** these to the technical official at weigh in you will **not be permitted to lift**.

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 in order to help them make weight.

Weigh in times can be subject to change, and these changes will be communicated to athletes via email.

## MEDIA

**GRIP  
AND RIP**

Grip and Rip will be attending 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.

 GRIPANDRIPUK

 [www.gripandrip.co.uk](http://www.gripandrip.co.uk)

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# IMPORTANT NOTICES

**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 of the next respective group.

There will be a **10 minute break** between snatch and clean & jerk for **session 4 only**. There will be no break between snatch and clean and jerk for any other session.

# SAFEGUARDING

Weightlifting Wales Safeguarding lead: **Simon Roach**

If you suspect a safeguarding concern please contact Simon Roach at [simon.roach@weightlifting.wales](mailto:simon.roach@weightlifting.wales).

There will be safeguarding signage on the day should you need to contact him with a concern.

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## REFRESHMENTS

There will be a food hut outside the building where athletes/spectators can purchase food such as sandwiches, hot food, snacks and hot/cold drinks.

## NEARBY

There are several supermarkets nearby including an Aldi and a Morrisons - these are only a short drive.

## SPECTATOR TICKETS

Spectator tickets can be purchased on [Eventbrite](#) ahead of the competition. If you do not wish to do so, you will be expected to pay at the door (cash only).

The price of an admission ticket is £5. Concession tickets are available to U10s and over 60.

To avoid any inconveniences on the day, we recommend purchasing your tickets ahead of the competition.

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# SCHEDULE

SESSION	CATEGORY	NO. OF LIFTERS	WEIGH-IN	SESSION START
1	W55-64KGS	10	7:00-8:00AM	9:00AM
2	M55-81KGS	12	8:35-9:35AM	10:35AM
3	W71KGS	11	10:40-11:40AM	12:40PM
4	M89KGS	7	12:35-1:35PM	2:35PM
5	W76-87+KGS	11	2:00-3:00PM	4:00PM
6	M96-109+KGS	11	3:55-4:55PM	5:55PM

**NOTE THAT YOUR PRESENTATION TIME WILL BE 10 MINUTES BEFORE YOUR START TIME**

# SESSION 1

## W55-64KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
SINEAD LENIHAN	55	155	RONIN BARBELL
NIKOLE ROBERTS	55	156	
CATRIN HAF JONES	59	184	BANGOR UNIVERSITY WEIGHTLIFTING CLUB
CHARLOTTE WHALLEY	59	170	SAW - STRENGTH ACADEMY WALES
MILLIE LERWILL	59	131	
LINDSAY ATKINSON	59	131	
MOLLY GREENWOOD	64	174	LIFTOLYGY WEIGHTLIFTING CLUB
JANINE DOVEY	64	165	
CATRIN JONES	64	167	
ANNIE CLAY	64	157	

# SESSION 2

## M55-81KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
THOMAS DUGGAN	55	165	CLUB646WEIGHTLIFTING
LLEWELLYN WAITS	61	187	
RYAN BLAKEMORE	61	164	
CIAN MCGEE	61	158	TORFAEN STRENGTH ACADEMY
MICHAEL FARMER	73	283	
BILLY HANNAN	73	202	
DANIEL DAVIES	81	247	
CIAN GREEN	81	244	BANGOR UNIVERSITY WEIGHTLIFTING CLUB
LEWIS THOMAS	81	238	
MAX TAINE DAVIES	81	240	
WILLIAM THOMAS	81	214	
JORGIE LYNCH-HUGHES	81		



# SESSION 3

## W71KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
HOLLY KNOWLES	71	153	
JENNIFER POTTER	71	163	RESILIENCE WEIGHTLIFTING
CHLOE HOOD	71	186	SAW - STRENGTH ACADEMY WALES
MEGAN DIXON	71	176	
TRACY ROSSER-SHREWSBURY	71	146	
ISLA TRAVERS	71	157	RESILIENCE WEIGHTLIFTING
CHASE CLARK	71	171	JOLLYSAILOR BARBELL
LAUREN HOLT	71	139	COLEG SIR GAR LLANELLI WEIGHTLIFTING ACADEMY
JESSICA WHEELER	71	170	RONIN BARBELL CLUB
NYARAI HECTOR	71	143	COLEG SIR GAR LLANELLI WEIGHTLIFTING ACADEMY
WERONICA LING	71	145	

# SESSION 4

## M89KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
JOSHUA SMITH	89	230	CUBC WEIGHTLIFTING
OLIVER GODWIN	89	260	
TIMOTHY WILLIAMS	89	256	OXFORD POWERSPORTS
EDWARD GIBSON	89	270	JOLLYSAILOR BARBELL
LOUIS CARUANA	89	225	
JAMIE BRINE	89	225	UNIVERSITY OF BATH
LLYR GRAVELL-DAVIES	89	235	COLEG SIR GAR LLANELLI WEIGHTLIFTING ACADEMY

# SESSION 5

## W76-87+KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
LAURA HUGHES	76	186	
ELLIS THOMAS	76	158	
HONEY SEATON	76	144	NEW WAVE WEIGHTLIFTING
MILLY JERMAN	76	151	
SABRINA BUTLER	81	176	
CHARLIE HUNT	81	163	
NIAMH COLLINS	87	172	RONIN BARBELL
ELLA BEARD	87	175	MAIDSTONE WEIGHTLIFTING CLUB
LEAH CLARKE	87+	204	CLUB 646 WEIGHTLIFTING
GRACE MORRIS	87+	167	SAW - STRENGTH ACADEMY WALES
MIA EVANS	87+	156	DIAMOND WEIGHTLIFTING

# SESSION 6

## M96-109+KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
CARL REES	96	230	SAW
BRYN ASTROP	96	250	DIAMOND WEIGHTLIFTING
ALEX MOSELEY	96	272	
LEWIS WONG	96	246	
MORGAN PHILLIPS	96	232	CLUB646WEIGHTLIFTING
CARWYN JONES	96	237	
RHODRI WEST	102	287	
TAYLOR PROBETS	102	231	CUBC WEIGHTLIFTING
LEON BRADY	102	255	
KRISTIAN BALLER	109	255	
LIAM ROGERS	109+	305	