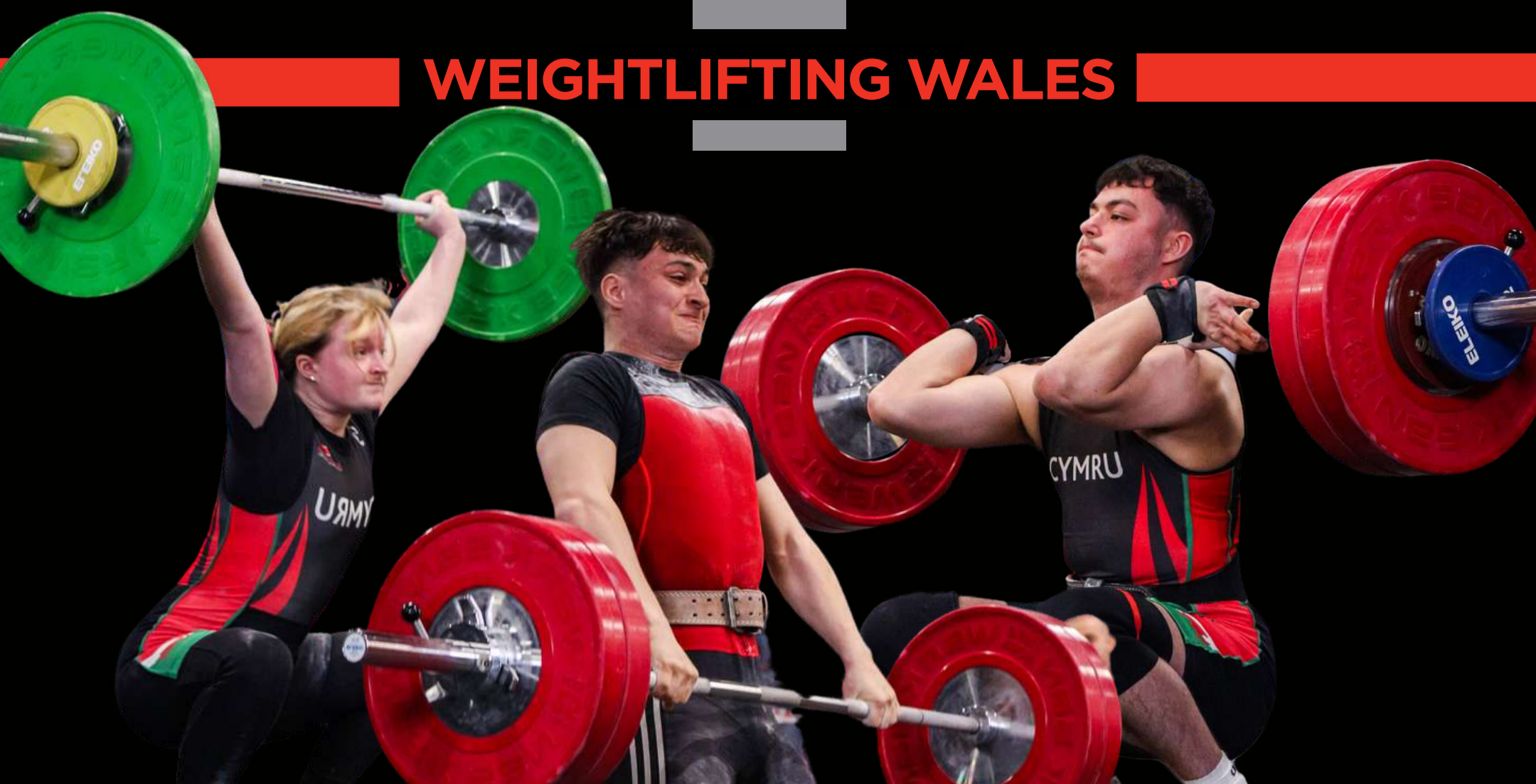




WEIGHTLIFTING WALES



WELSH SPRING OPEN 2024

MARCH 9TH, 2024



INFORMATION PACK

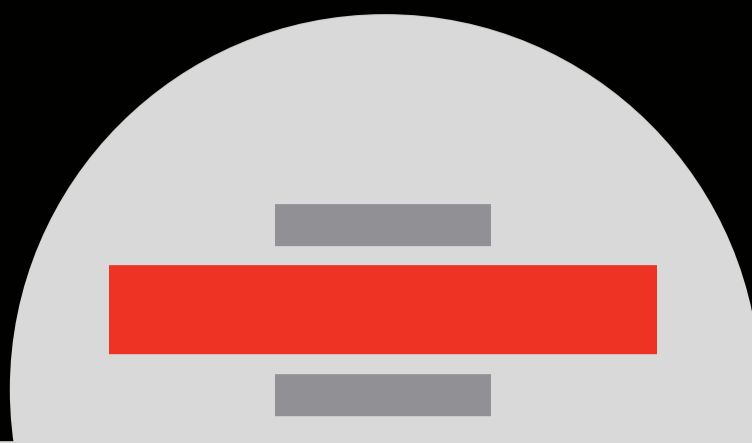
SCHEDULE

VENUE INFORMATION

START LIST

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

WEIGHTLIFTING WALES
CODI PWYSAU CYMRU



WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

WELSH SPRING OPEN 2024

Information



**GRIP
AND RIP**

Identification and proof of membership are required and are essential at weigh-in; please bring these along with you on the day. **No physical ID; you will not be allowed to lift.**

Athletes are required to **weigh-in in their singlets.** For athletes that are intending to make weight, athletes that are 'over' their category will have a 0.25kg deduction to account for the weight of the singlet as per IWF protocol.

Grip and Rip will be there on the day capturing your lifts. These will be available to purchase on their website. Head to grip and rip's website ahead of the day to pre-order your event package.

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



EMAIL ALL ENQUIRIES TO HARRY.NELMS@WEIGHTLIFTING.WALES

WELSH SPRING OPEN 2024

Information

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; with presentation being 10 minutes after the session start times.

10 minute breaks will be allocated to sessions with less than 7 lifters.

Under 12 Lifters: The BWL points scoring system for under 12s; encouraging the technical abilities of young lifters at these crucial age groups.

The points system is designed to encourage lifters' technical ability rather than how much they can lift and so be competitive because of their technical ability. The final points awarded are a combination of technical ability and weight lifted rather than just weight lifted.

The lifter will score the most points through the highest combination of technique points scored and the weight lifted in kilograms in the two lifts of the Snatch and the Clean and Jerk.

WELSH SPRING OPEN 2024

Information

Spectator Tickets:

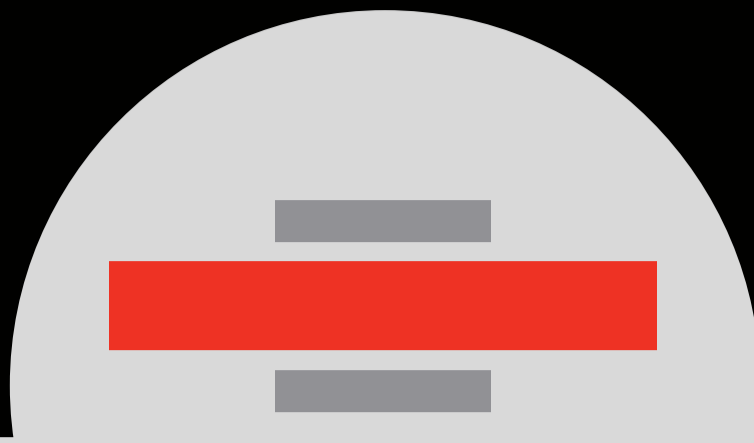
Spectator tickets can be purchased on Eventbrite ahead of the competition. If you do not wish to do so, you will be expected to pay at the door (cash only). To avoid any inconveniences on the day, we recommend purchasing your tickets ahead of the competition.

Respect:

The vast majority of individuals who participate in and assist in the coordination and officiation of these competitions do so in a voluntary capacity. Our primary objective is to establish and maintain an environment that upholds the dignity of the sport and all its participants. This encompasses a strict prohibition against the use of foul language or any form of harassment directed towards staff, officials, athletes, or coaches.

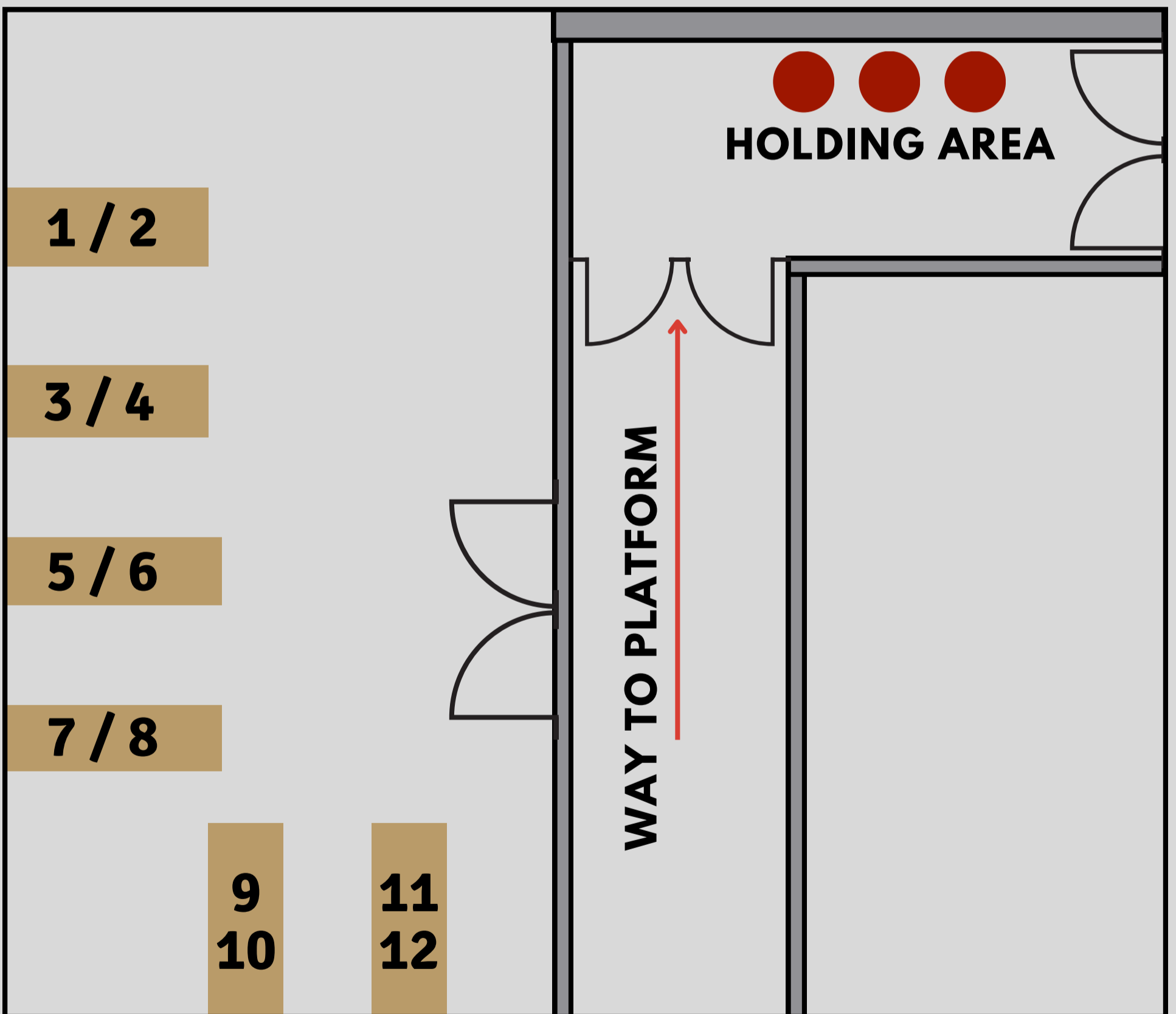
It is incumbent upon all athletes and coaches to conduct themselves with the utmost respect. In particular, any use of profanity or inappropriate language will be met with zero tolerance.

WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

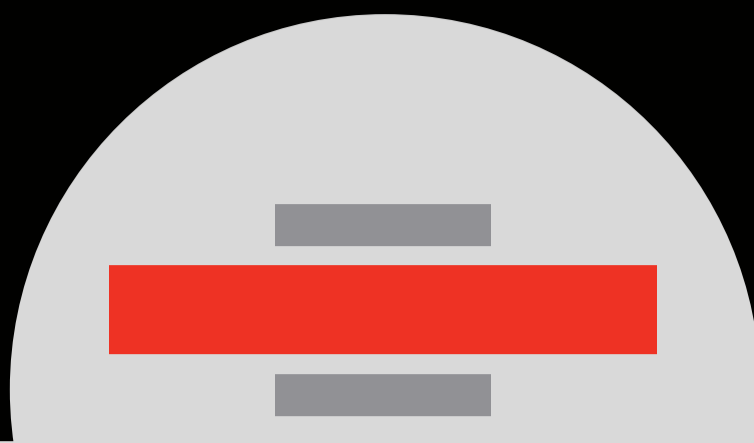


WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

Venue



EMAIL ALL ENQUIRIES TO HARRY.NELMS@WEIGHTLIFTING.WALES



WELSH SPRING OPEN 2024

Schedule

U12's Lifters

No Weigh-In

Group 1

W45-59

Weigh in: 7:30

Start: 9:30

Group 2

W64

Weigh in: 9:10

Start: 11:10

Group 3

M55-73

Weigh in: 10:20

Start: 12:20

Group 4

Para-Power

Weigh in: 12:10

Start: 14:10

Group 5

W71

Weigh in: 12:40

Start: 14:40

Group 6

M81-109+

Weigh in: 14:20

Start: 16:20

Group 7

W76-87+

Weigh in: 15:40

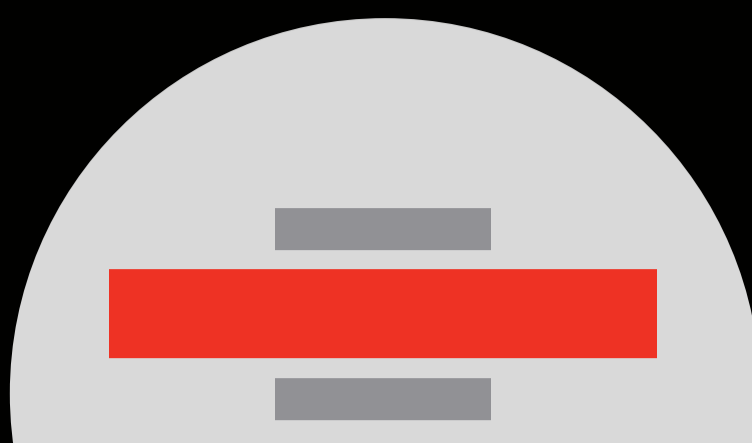
Start: 17:40

WELSH SPRING OPEN 2024

Start List

GROUP 1

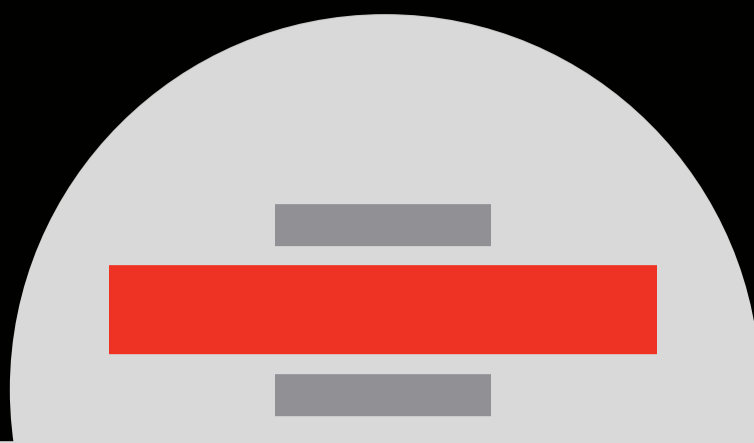
Weigh In: 7:30am		Start: 9:30am		
Lifter	Class	Club	Total	Lot No.
Anni Williams	U12	Evolve S&C Club	52	1
Sienna Jones	49	Evolve S&C Club	54	2
Cerys Davies	49		72	3
Emma Brooks	55	Cardiff Met	87	4
Elin-haf Tossell	55	Club 646 Weightlifting	89	5
Bethan Harry	55	Club 646 Weightlifting	95	6
Hazel Williams	55	SAW	61	7
Eliza Pratt	55	Resilience Weightlifting	154	8
Charlotte Whalley	59	SAW	165	9
Maisie Davies	59	Lakeside Weightlifting	121	10
Gwennan Edwards	59	Evolve S&C Club	59	11
Annabelle Pettit	59	Yorkshire Strength	158	12



Start List

GROUP 2

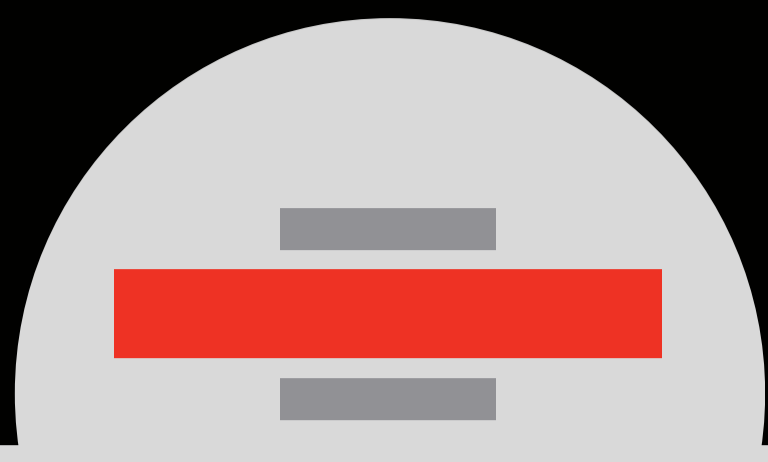
Weigh in: 9:10am		Start: 11:10am		
Lifter	Class	Club	Total	Lot No.
Molly Greenwood	64	Liftolygy	180	1
Bethan Watkins	64		173	2
Elinor Edwards	64	SA1	128	3
Claudia Holliday-Williams	64	Oxford PowerSports	120	4
Roxi Hayward	64	SA1	91	5
Poppy James	64	Evolve S&C Club	77	6
Kiani Geldard	64	CXF Weightlifting	84	7
Victoria Friss de Kereki	64		139	8
Rebecca Conibear	64	SA1	95	9



Start List

GROUP 3

Weigh in: 10:20am		Start: 12:20am		
Lifter	Class	Club	Total	Lot No.
Thomas Duggan	55	Club 646 Weightlifting	141	1
Jaxson Lynch	55	CXF Weightlifting	50	2
Sion Coleman	55	Evolve S&C Club	70	3
Ben Foggo	61	Bangor University Weightlifting Club	207	4
Llewellyn Waits	61	Club 646 Weightlifting	181	5
Ryan Blakemore	61		161	6
Jorgie Hughes-lynch	67		176	7
Theo Graham	67	Evolve S&C Club	135	8
Michael Farmer	73		228	9
Rory Baker	73	Altrincham Weightlifting Club	216	10
Cian Green	73	Bangor University	247	11
Jac Green	73	Bangor University	158	12



Start List

GROUP 4

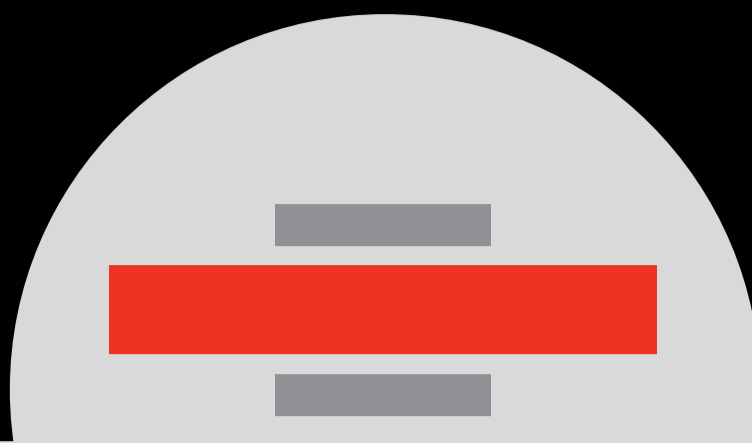
Weigh in: 12:10am		Start: 14:10pm		
Lifter	Class	Club	Total	Lot No.
Evelyn Thomas	64	SAW	67	1



Start List

GROUP 5

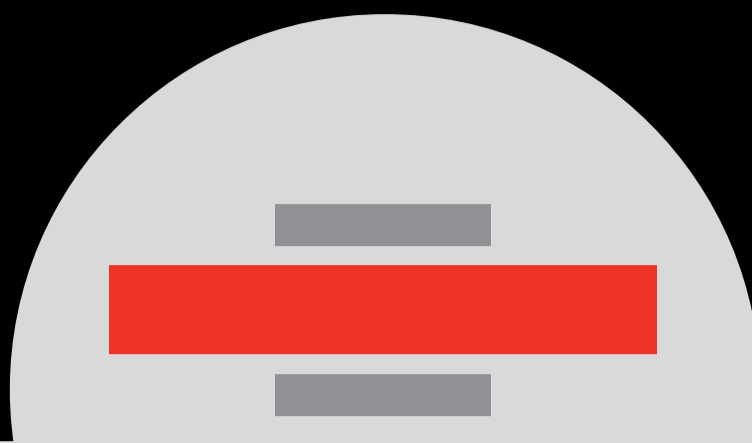
Weigh in: 12:40pm		Start: 14:40pm		
Lifter	Class	Club	Total	Lot No.
Holly Knowles	71	CXF Weightlifting	147	1
Chloe Hood	71	SAW	190	2
Nadine Kehely	71	Club 646 Weightlifting	159	3
Megan Dixon	71		176	4
Scarlett James	71		100	5
Tanya Beattie	71	CXF Weightlifting		6
Ava Wyn	71	Evolve S&C Club	70	7
Celyn Millership	71	SAW	0	8
Gabrielle Maber	71		0	9
Olivia Roderick	71		123	10
Georgia Hawkins	71		130	11
Martha Bailey	71		162	12



Start List

GROUP 6

Weigh in: 14:20pm		Start: 16:20pm		
Lifter	Class	Club	Total	Lot No.
Lewis Thomas	81	Club 646 Weightlifting	233	1
Edward Gibson	89	JollySailor Barbell	270	2
Steven Jones	89	CXF Weightlifting	143	3
Matthew Collins	89	Club 646 Weightlifting	195	4
Charles Tempest	89		160	5
Carl Rees	96	SAW	225	6
Morgan Phillips	96		200	7
Josiah Kwok	96	Cardiff Met	200	8
Chris Turner	102	SAW	185	9
Louis Weston	109+	Cardiff Met	255	10



Start List

GROUP 7

Weigh in: 15:40pm		Start: 17:40pm		
Lifter	Class	Club	Total	Lot No.
Honey Seaton	76	CXF Weightlifting	138	1
Ruby Samuel	76	Evolve S&C Club	49	2
Leah Clarke	87+	Club 646 Weightlifting	206	3
Anita Madan	87+	SAW	131	4
Grace Morris	87+	SAW	159	5