

WELSH SPRING OPEN 2025

Start-list Schedule (Version 3)

Saturday 10th May

Please Note:

The presentation of lifters will take place 10 minutes before the start of each group session;

With presentation of the next group of lifters following the end of the previous group;

Medal presentations of the previous group will be presented in the 10 minutes after presentations for the preceding group have been completed;

Session timings may vary on the day and the start times may be brought forward, but ALL weigh in times are absolute.

Group 1 – W48 – W53 (9 lifters)

Weigh-in: 7AM

Presentation: 8.50 AM

Competition Start: 9 AM

(Break between Snatch and Clean and Jerk: 10 minutes)

Lot	Name	Club	Announced Total	CAT.
6 3 1	Hannah POWELL	HAWFC	120 kg	W48
2 1 0	Emma BROOKS	UNATTACHED	85 kg	W53
8 8 3	Georgia ROBERTS	UNATTACHED	128 kg	W53
6 1 0	Olivia BLOODWORTH	Asylum	160 kg	W53
9 4 8	Nikole ROBERTS	UNATTACHED	160 kg	W53
4 8 1	Madaline CONNELLY	Resilience Weightlifting	165 kg	W53
1 2 1	Tegan CROWLE	UNATTACHED	154 kg	W58
1 0 1	Catrin JONES	UNATTACHED	167 kg	W58
4 7 3	Catrin Haf JONES	Bangor Weightlifting Club	188 kg	W58

Medal Presentation: 10.45 PM

Group 2 – M65 - M71 (7 lifters)

Weigh-in: 8AM

Presentation: 10.40 AM

Competition Start: 10.50 AM

(Break between Snatch and Clean and Jerk: 10 minutes)

Lot	Name	Club	Announced Total	CAT.
6 2 8	Ryan BLAKEMORE	UNATTACHED	160 kg	M65
9 1 0	Louis WILLIAMS	Evolve Weightlifting Club	130 kg	M71
4 4 2	Elliot CHAN	UNATTACHED	143 kg	M71
3 1 0	Osian BROWN	Llanelli Weightlifting Academy	187 kg	M71
9 4 8	Gary Sean HARVEY	Capital Strength Weightlifting Club, Dublin	210 kg	M71
1 9 4	Axl RAGUINDIN	Resilience Weightlifting	230 kg	M71
2 2 1	Micheal FARMER	UNATTACHED	285 kg	M71

Medal Presentation: 12.05 PM

Group 3 – W69(group A) (6 lifters)

Weigh-in: 10AM

Presentation: 12 PM

Competition Start: 12.10 PM

(Break between Snatch and Clean and Jerk:
10 minutes)

Lot	Name	Club	Announced Total	CAT.
2 1 5	Lauren HOLT	Llanelli Weightlifting Academy	147 kg	W69 A
2 1 9	Ciara COOPER	Asylum	160 kg	W69 A
6 8 5	Isla TRAVERS	Resilience Weightlifting	162 kg	W69 A
5 8 2	Molly GREENWOOD	Liftolygy weightlifting club	174 kg	W69 A
1 1 6	Chloe HOOD	UNATTACHED	188 kg	W69 A
1 0 3	Roberta TABONE	Capital Strength Weightlifting Club, Dublin	195 kg	W69 A
Medal Presentation: 1.20 PM				

Group 4 – M79 – M88 (7 lifters)

Weigh-in: 11.15AM

Presentation: 1.15 PM

Competition Start: 1.25 PM

(Break between Snatch and Clean and Jerk: 10 minutes)

Lot	Name	Club	Announced Total	CAT.
3 1 0	Shane KELLY	<i>Capital Strength Weightlifting Club, Dublin</i>	186 kg	M79
4 6 1	Ben ADDISION-SCOTT	<i>Crazy Strength</i>	190 kg	M79
9 5 5	Cormac MAC GRORY	<i>Capital Strength Weightlifting Club, Dublin</i>	220 kg	M88
4 7 6	Joshua SMITH	<i>CUBC - Cardiff University Barbell Club</i>	229 kg	M88
5 7 2	Lewis THOMAS	<i>UNATTACHED</i>	240 kg	M88
8 8 9	Oliver EBENEZER	<i>UNATTACHED</i>	255 kg	M88
6 7 3	Alex MOSELEY	<i>UNATTACHED</i>	293 kg	M88

Medal Presentation: 2.50 PM

Group 5 – W77 (6 lifters)

Weigh-in: 12.30PM

Presentation: 2.45 PM

Competition Start: 2.55 PM

(Break between Snatch and Clean and Jerk: 10 minutes)

Lot	Name	Club	Announced Total	CAT.
1 0 8	Olivia Lennon	UNATTACHED	143 kg	W77
6 1 1	Dannii BETHALL	UNATTACHED	150 kg	W77
3 2 2	Abby MEENAN	Aslyum	175 kg	W77
5 7 1	Aoife O'MOORE	Capital Strength Weightlifting Club, Dublin	177 kg	W77
6 3 7	Sabrina BUTLER	UNATTACHED	187 kg	W77
8 1 5	Nicola STIDDARD	South East London Weightlifting	194 kg	W77

Medal Presentation: 4.05 PM

Group 6 – M98 – M110+ (10 lifters)

Weigh-in: 2PM

Presentation: 4 PM

Competition Start: 4.10 PM

(Break between Snatch and Clean and Jerk: 10 minutes)

Lot	Name	Club	Announced Total	CAT.
3 1 9	Theo MORRIS	SA1	220 kg	M98
7 1 1	Josiah KWOK	UNATTACHED	225 kg	M98
1 6 2	Finn CONROY	University of Galway weightlifting club	264 kg	M98
4 3 2	Oliver DODDS	SA1 Olympic Weightlifting Academy	270 kg	M98
3 6 1	Edward SMALE	Atlas Weightlifting Centre	306 kg	M98
1 4 5	Scott BLACKMORE	Crazy Strength	180 kg	M110
8 3 1	Rhodri WEST	UNATTACHED	280 kg	M110
5 3 9	James WALES	Royal Navy Weightlifting / London Weightlifting Club	306 kg	M110
4 4 5	Brychan GILSON	Llanelli Weightlifting Academy	212 kg	M110+
7 4 4	Louis WESTON	UNATTACHED	292 kg	M110+

Medal Presentation: 6.15 PM