

## **WELSH SPRING OPEN 2025**

### ***Start-list Schedule (Version 3)***

**Saturday 10<sup>th</sup> 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)

<b>Lot</b>	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>
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)

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

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

<b>Lot</b>	<b>Name</b>	<b>Club</b>	<b>Announced Total</b>	<b>CAT.</b>
3 1 0	<b>Shane KELLY</b>	<i>Capital Strength Weightlifting Club, Dublin</i>	186 kg	M79
4 6 1	<b>Ben ADDISION-SCOTT</b>	<i>Crazy Strength</i>	190 kg	M79
9 5 5	<b>Cormac MAC GRORY</b>	<i>Capital Strength Weightlifting Club, Dublin</i>	220 kg	M88
4 7 6	<b>Joshua SMITH</b>	<i>CUBC - Cardiff University Barbell Club</i>	229 kg	M88
5 7 2	<b>Lewis THOMAS</b>	<i>UNATTACHED</i>	240 kg	M88
8 8 9	<b>Oliver EBENEZER</b>	<i>UNATTACHED</i>	255 kg	M88
6 7 3	<b>Alex MOSELEY</b>	<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.
108	Olivia Lennon	UNATTACHED	143 kg	W77
611	Dannii BETHALL	UNATTACHED	150 kg	W77
322	Abby MEENAN	Aslyum	175 kg	W77
571	Aoife O'MOORE	Capital Strength Weightlifting Club, Dublin	177 kg	W77
637	Sabrina BUTLER	UNATTACHED	187 kg	W77
815	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**