

## **WELSH SPRING OPEN 2025**

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

**Sunday 11<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 7 – Girls Youth W44 – W53 (7 lifters)**

**Weigh-in: 7AM**

**Presentation: 8.50 AM**

**Competition Start: 9 AM**

(Break between Snatch and Clean and Jerk: 5 minutes)

Lot	Name	Club	Announced Total	CAT.	Age Group
2 9 9	Arianwen WILLIAMS	Llanelli Weightlifting Academy	67 kg	W44 (youth)	Under 15
6 6 7	Bella RYAN	UNATTACHED	0 kg	W44 (youth)	Under 12
9 4 1	Zuzanna TROJAKOVA	Llanelli Weightlifting Academy	55 kg	W44 (youth)	Under 12
9 0 2	Hattie LAWTON-JONES	Liftolygy Weightlifting Club	52 kg	W48 (youth)	Under 12
8 3 1	Macey WILLIAMS	UNATTACHED	73 kg	W48 (youth)	Under 12
7 5 1	Mali GOODWAY	UNATTACHED	30 kg	W53	Under 12
7 9 1	Nia GOODWAY	UNATTACHED	70 kg	W53	Under 15

**Medal Presentation: 10.05 AM**

**Group 8 – Boys Youth M56 – M98+ (6 lifters)**

**Weigh-in: 7AM**

**Presentation: 10 AM**

**Competition Start: 10.10 AM**

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

Lot	Name	Club	Announced Total	CAT.	Age Group
8 8 6	Casey MCKEE	SAW - Strength Academy Wales	39 kg	M56 (Youth)	Under 12
4 6 2	Lucas PHILLIPS	SAW - Strength Academy Wales	75 kg	M56 (youth)	Under 15
6 9 1	Zach JOHN	SAW - Strength Academy Wales	72 kg	M56 (Youth)	Under 15
5 5 8	Harri JERMINE-JONES	Llanelli Weightlifting Academy	74 kg	M79	Under 15
8 1 2	Finley LAWERENCE	SAW - Strength Academy Wales	130 kg	M98+ (Youth)	Under 15
3 1 3	Jac ESEN	Llanelli Weightlifting Academy	158 kg	M98+ (Youth)	Under 15

**Medal Presentation: 11.15 AM**

**Group 9 – Girls Youth W58 – W69 (9 lifters)**

**Weigh-in: 9AM**

**Presentation: 11.10 PM**

**Competition Start: 11.20 PM**

(Break between Snatch and Clean and Jerk: 5 minutes)

Lot	Name	Club	Announced Total	CAT.	Age Group
1 8 5	Emily HATFIELD	Llanelli Weightlifting Academy	67 kg	W58	Under 17
5 1 3	Priya LILEY	Llanelli Weightlifting Academy	77 kg	W58	Under 17
7 4 9	Hazel WILLIAMS	SAW - Strength Academy Wales	94 kg	W58	Under 17
1 1 9	Sienna JONES	Evolve Weightlifting Club	98 kg	W63	Under 15
6 4 3	Cari ADAMS	Llanelli Weightlifting Academy	107 kg	W63	Under 17
7 7 1	Poppy JAMES	Evolve Weightlifting Club	94 kg	W69	Under 15
4 9 3	Ava WYN	Evolve Weightlifting Club	97 kg	W69	Under 17
7 6 7	Sarah SPALDING	Resilience Weightlifting	108 kg	W69	Under 17
9 6 6	Nyarai HECTOR	Llanelli Weightlifting Academy	160 kg	W69	Under 17

**Medal Presentation: 12.35 PM**

**Group 10 – Boys Youth M56 – M98+ (7 lifters)**

**Weigh-in: 9AM**

**Presentation: 12.30 AM**

**Competition Start: 12.40 PM**

(Break between Snatch and Clean and Jerk: 5 minutes)

Lot	Name	Club	Announced Total	CAT.	Age Group
7 3 2	<b>Macsen LLEWELLYN-OWEN</b>	<i>Llanelli Weightlifting Academy</i>	110 kg	M56 (youth)	Under 17
1 4 9	<b>Sion COLEMAN</b>	<i>Evolve Weightlifting Club</i>	136 kg	M60	Under 17
5 4 1	<b>Noah ELLSON</b>	<i>HAWFC</i>	162 kg	M60	Under 17
2 0 7	<b>Llewellyn WAITS</b>	<i>Unattached</i>	198 kg	M65	Under 17
2 3 1	<b>Macs LLEWELYN</b>	<i>Llanelli Weightlifting Academy</i>	115 kg	M71	Under 17
9 5 0	<b>Trystan THOMPSON</b>	<i>UNATTACHED</i>	165 kg	M79	Under 17
1 1 4	<b>Mascen EVANS</b>	<i>UNATTACHED</i>	133 kg	M88	Under 17

**Medal Presentation: 1.45 PM**

**Group 11 – W63 – W69(group B) (10 lifters)**

**Weigh-in: 11.30AM**

**Presentation: 1.40 PM**

**Competition Start: 1.50 PM**

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

Lot	Name	Club	Announced Total	CAT.
5 1 9	Charlotte WHALLEY	<i>Resilience Weightlifting</i>	155 kg	W63
6 5 4	Janine DOVEY	<i>SSC Weightlifting</i>	161 kg	W63
8 8 9	Jo McEWAN	<i>Sarah Davies OLY Coaching</i>	178 kg	W63
5 5 8	Bethan WATKINS	<i>G6Weightlifting</i>	188 kg	W63
9 3 4	Fatiha NUR PRATIWI	<i>CUBC - Cardiff University Barbell Club</i>	55 kg	W69 B
3 5 7	Martha RICHARDS	<i>CUBC - Cardiff University Barbell Club</i>	86 kg	W69 B
6 8 1	Matilda PIKE	<i>CUBC - Cardiff University Barbell Club</i>	90 kg	W69 B
5 8 5	Caroline HURLEY	<i>UNATTACHED</i>	90 kg	W69 B
9 8 4	Hayley McCLELLAND	<i>Evolve Weightlifting Club</i>	105 kg	W69 B
9 2 2	Celyn MILLERSHIP	<i>SAW – Strength Academy Wales</i>	125 kg	W69 B

**Medal Presentation: 3.35 PM**

**Group 12 – Para Powerlifting (3 lifters)**

**Weigh-in: 11.30PM**

**Presentation: 3.30 PM**

**Competition Start: 3.40 PM**

	Name	Club	Announced Total	CAT.	Age Group
2 4 7	Ashleigh HELLYER	Llanelli Weightlifting Academy	60 kg	M80	Senior
8 6 4	Sara JONES	Llanelli Weightlifting Academy	43 kg	W41 (Youth)	Under 17
3 7 8	Evelyn THOMAS	SAW - Strength Academy Wales	75 kg	W67 (Youth)	Under 20

**Medal Presentation: 4.25 PM**

**Group 13 – W86 - W86+ (5 lifters)**

**Weigh-in: 2PM**

**Presentation: 4.20 PM**

**Competition Start: 4.30 PM**

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

	Name	Club	Announced Total	CAT.
5 3 3	Georgia KNOWLES	UNATTACHED	79 kg	W86
4 1 0	Ellie DAVIES	UNATTACHED	106 kg	W86
7 2 9	Ella BEARD	Maidstone Weightlifting Club	170 kg	W86
9 1 5	Beth CALDER	Crazy Strength	150 KG	W86+
8 7 4	Grace MORRIS	SAW - Strength Academy Wales	173 kg	W86+

**Medal Presentation: 5.30 PM**