

**Welsh Summer Open 2022****SATURDAY 11TH JUNE**

Lifting times may change on the day

**Group One - Weightlifting**

Weigh in: 7.00-8.00

Presentation of lifters: 8.50, Competition Start: 9.00

Name		Club	CAT.	Announced Total
Tham	Nguyen	Ireland / CFB WL	49	168
Nurul	Ahman	Loughborough University Powerlifting and Weightlifting	49	104
Marina	Quigley	Ireland	55	136
Dionn	Hargreaves	Stockport Spartans Weight Lifting Club	55	111
Emma	Brooks	Cardiff Metropolitan University	55	78
Hannah	Langton	Unattached	55	100
Elin-Haf	Tossell	SA1 Olympic Weight Lifting Academy	55	79
Sinead	Lenihan	Unattached	55	143
Ffion	Barnikel	SAW - Strength Academy Wales	55	70
Nikole	Roberts	Unattached	55	139

**Group Two Weightlifting**

Weigh in: 9.00-10.00

Presentation of lifters: 10.50, Competition Start: 11.00

Name		Club	CAT.	Announced Total
Tony	Brooks	Unattached	61	130
Ben	Foggo	Unattached	61	200
Hrithik	Reddy	Unattached	61	100
Jack	Clarke	Loughborough University Powerlifting and Weightlifting	67	170
Steven	Boyce	Ireland	73	200
Gary	Harvey	Ireland	73	210
Tomás	Brady	Capital Strength	89	220
Eoin	O'Flaherty	Capital Strength	89	220
Cormac	MacGrory	Ireland	96	250
Ossy	Lawani	Ireland	96	210

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**Group Three - Weightlifting**

Weigh in: 7.00-8.00

Presentation of lifters: 12.50, Competition Start: 13.00

Name		Club	CAT.	Announced Total
Ailbhe	Mulvihill	Ireland	59	153
Maria	Hayes	Ireland	59	110
Leah	Jones	Dragon Athletic Weightlifting Club	59	98
Catrin	Jones	Unattached	59	187
Isla	Hoe	Capital Strength	64	149
Emma	Dungan	Ireland	71	155
Caroline	Birch	Ireland	71	200
Aoife	O'Moore	Capital Strength	76	133

**Group Four - Para Powerlifting**

Weigh in: 13.00-14.00

Presentation of lifters: 15.00, Competition Start: 15.15

Name		Club	CAT.	Announced Total
Nina	Adu	Ghana	50	n/a
Juliet	Ashun	Ghana	50	n/a
Edith	Asare	Ghana	50	n/a
Evelyn	Thomas	SAW	67	n/a
Vida	Antwi	Ghana	67	n/a
Sybel	Konadu	Ghana	67	n/a

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**Group Five - Para Powerlifting**

Weigh in: 14.00-15.00

Presentation of lifters: 16.00, Competition Start: 16.15

Name		Club	CAT.	Announced Total
Isaac	Mensah	Ghana	54	n/a
Ibrahim	Sabur	Ghana	54	n/a
George	Agyemang	Ghana	65	n/a
Emmanuel	Asante	Ghana	65	n/a
Kwame	Minsi	Ghana	72	n/a
Randolf	Asamoah	Ghana	72	n/a
Daniel	Amankwah	Ghana	72	n/a

**Group Six - Para Powerlifting**

Weigh in: 13.00-14.00

Presentation of lifters: 17.15, Competition Start: 17.30

Name		Club	CAT.	Announced Total
Sandra	Gasu	Ghana	55	n/a
Kelyn	Yeboah	Ghana	73	n/a
Adwoa	Boasiako	Ghana	79	n/a
Caroline	Buckle	Unattached	86+	n/a
Gemma	Kemble-Stephenson	Unattached	86+	n/a

**Group Seven - Para Powerlifting**

Weigh in: 14.00-15.00

Presentation of lifters: 18.15, Competition Start: 18.30

Name		Club	CAT.	Announced Total
Isaac	Obeng	Ghana	80	n/a
Scott	Taylor	SPWLC	107	n/a
Prince	Adjei	Ghana	107	n/a
Marshach	Owusu	Ghana	107	n/a
Stephen	Eshun	Ghana	107	n/a
Tahiru	Haruna	Ghana	107+	n/a

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**Group Eight - Weightlifting**

Weigh in: 7.00-8.00

Presentation of lifters: 8.50, Competition Start: 9.00

Name		Club	CAT.	Announced Total
Megan	Dixon	Unattached	64	159
Bethan	Watkins	Unattached	64	168
Ella	Rees	Unattached	64	95
Seren	Evans	Unattached	64	102
Kelly	McKeeman	Unattached	64	110
Joanne	Madden-McKee	Loughborough University Powerlifting and Weightlifting	64	90

**Group Nine - Weightlifting**

Weigh in:9.00-10.00

Presentation of lifters: 10.10, Competition Start: 10.20

Name		Club	CAT.	Announced Total
Steven	Kitchen	Unattached	73	140
Sean	Aspinall	Unattached	73	181
Ji Fung Ethan	Lam	Loughborough University Powerlifting and Weightlifting	73	211
Lewis Rhys	Evans	Unattached	73	190
Nimai	Mehta	Unattached	73	195
Garin	Beams	Unattached	73	221
Cian	Green	Unattached	73	230
Meirion	Williams	Unattached	81	117
William	Ridge	Unattached	81	241
Leighton	Yates	HAWFC	81	190
Chris	Lunt	Stockport Spartans Weight Lifting Club	81	180

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**Group Ten - Weightlifting**

Weigh in: 7.00-8.00

Presentation of lifters: 12.30, Competition Start: 12.40

Name		Club	CAT.	Announced Total
Jennifer	Potter	Altrincham Weightlifting Club	71	169
Rae	Trowbridge	Unattached	71	156
Tracy	Rosser	SA1 Olympic Weight Lifting Academy	71	153
Sophie	Harrison	Unattached	71	140
Elinor	Edwards	Unattached	71	123
Fflur	Owen	Evolve S&C Club	71	142
Leanne	Talbot	Unattached	71	92
Elicia	Agar	Unattached	71	130
Megan	Webley	Cardiff Metropolitan University	71	142
Emily	Storey	Cardiff Metropolitan University	71	82

**Group Eleven - Weightlifting**

Weigh in: 9.00-10.00

Presentation of lifters: 14.30, Competition Start: 14.40

Name		Club	CAT.	Announced Total
Stavros	Stavrou	Altrincham Weightlifting Club	89	131
Timothy	Williams	Oxford PowerSports	89	236
Liam	Davies	Unattached	89	213
Charlie	McCloy	Unattached	89	252
Rich	Mathewson	Unattached	89	167
Jake	Benson	Unattached	89	230
Luke	Fletcher	Dragon Athletic Weightlifting Club	89	180
Oliver	White	Unattached	89	201

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**Group Twelve - Weightlifting**

Weigh in: 7.00-8.00

Presentation of lifters: 16.20, Competition Start: 16.30

Name		Club	CAT.	Announced Total
Sarah	Kedward	Unattached	76	158
Olivia	Lennon	Unattached	76	140
Cerys	Head	Unattached	76	152
Shelley	Caviell	Unattached	76	114
Amy	Stuckey	Cardiff Metropolitan University	76	105
Niamh	Collins	Loughborough University Powerlifting and Weightlifting	87	167
Gillian	Green	Unattached	87	60
Isobelle	Garrett	Unattached	87+	140
Calli	Rouse	SA1 Olympic Weight Lifting Academy	87+	121

**Group Thirteen - Weightlifting**

Weigh in: 9.00-10.00

Presentation of lifters: 18.20, Competition Start: 18.30

Name		Club	CAT.	Announced Total
John	Williams	SA1 Olympic Weight Lifting Academy	96	210
Guto	Hughes	Unattached	96	258
Gareth	Braisdell	Hallam Barbell Club	96	218
Luke	Wooding	Unattached	96	140
Kyle	Colella	SAW - Strength Academy Wales	96	217
Ben	Slessor	Loughborough University Powerlifting and Weightlifting	102	238
Taylor	Probets	Ronin Barbell Club	109	221
Aaron	Lindsey	Unattached	109+	193
Daffyd	Stevens	Unattached	109+	160
Joseph	Walton	Unattached	109+	315