

WEIGHTLIFTING WALES
CODI PWYSAU CYMRU



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WELSH SENIOR CHAMPIONSHIPS 2023

Schedule

Group 1

M61,67,73

Weigh: 7am

Lift: 9am

Group 2

W49,55,59

Weigh: 8:30am

Lift: 10:30am

Group 3

M89,96,109+

Weigh: 10:30am

Lift: 12:30pm

Group 4

W64, 76

Weigh: 12:25pm

Lift: 2:25pm

Group 5

W71,81,87,87+

Weigh: 1:40pm

Lift: 3:40pm

Presentation

Presentation is
scheduled 10
minutes before
lift times.

EMAIL ALL ENQUIRIES TO HARRY.NELMS@WEIGHTLIFTING.WALES



Start List

GROUP 1 - M61, 67, 73

Weigh in: 7:00am		Presentation of Lifters: 8:50am		
Lifter	Class	Club	Total	Lot No.
Seth Casidsid	61	S56 Weightlifting	203	1
Ben Foggo	61	Bangor University Weightlifting Club	207	2
Llewellyn Waits	61	Club 646 Weightlifting	162	3
Garin Beams	67	Unattached	222	4
Lewis Thomas	73	Club 646 Weightlifting	233	5
Cian Green	73	Bangor University Weightlifting Club	245	6
Michael Farmer	73	Unattached	285	7



Start List

GROUP 2 - W49, 55, 59

Weigh in: 8:30am		Presentation: 10:20am		
Lifter	Class	Club	Total	Lot No.
Nikole Roberts	55	Bangor University Weightlifting Club	145	1
Emily Baron	55	SA1 Olympic Weight Lifting Academy	139	2
Madeline Connelly	55	Unattached	159	3
Sinead Lenihan	55	Ronin Barbell Club	154	4
Dlonn Hargreaves	59	Stockport Spartans Weight Lifting Club	132	5
Kirstie Milne	59	Titan Weightlifting Club	126	6
Catrin Haf Jones	59	Bangor University Weightlifting Club	191	7
Lindsay Atkinson	59	Club 646 Weightlifting	129	8
Catrin Jones	59	Club 646 Weightlifting	157	9
Charlotte Whalley	59	SAW	160	10



Start List

GROUP 3 - M89, 96, 102, 109+

Weigh in: 10:30am		Presentation of Lifters: 12:20am		
Lifter	Class	Club	Total	Lot No.
Edward Gibson	89	JollySailor Barbell	265	1
Theo Morris	89	SA1 Olympic Weight Lifting Academy	240	2
Oliver Cooke	89	Club 646 Weightlifting	225	3
Luke Fletcher	89	Club 646 Weightlifting	222	4
Timothy Williams	89	Oxford PowerSports	250	5
Oliver Godwin	89	Pride Performance	251	6
Harry Nelms	96	Ronin Barbell Club	270	8
Taylor Probets	102	Unattached	240	7
Joseph Walton	109+	Club 646 Weightlifting	291	9



Start List

GROUP 4 - W64, 76

Weigh in: 12:25pm		Presentation of Lifters: 2:15pm		
Lifter	Class	Club	Total	Lot No.
Molly Greenwood	64	Liftolygy Weightlifting Club	179	1
Jennifer Potter	64	Psych Weightlifting Club	170	2
Janine Dovey	64	Torfaen Strength Academy	154	3
Bethan Watkins	64	Unattached	173	4
Annie Clay	64	Unattached	153	5
Chase Clark	64	JollySailor Barbell	148	6
Ellis Thomas	76	Unattached	161	7
Nadine Kehely	76	Unattached	143	8



Start List

GROUP 5 - W71, 81, 87, 87+

Weigh in: 1:40pm		Presentation: 3:30pm		
Lifter	Class	Club	Total	Lot No.
Holly Knowles	71	CXF Wellbeing	147	1
Tracy Rosser	71	Unattached	155	2
Megan Dixon	71	Torfaen Strength Academy	172	3
Chloe Hood	71	SAW	183	4
Natasha Osgood	71	Ronin Barbell Club (Guest)	179	5
Emma McCready	81	Unattached	204	6
Ella Beard	81	Maidstone weightlifting Club	165	7
Cerys Head	81	Unattached	177	8
Niamh Collins	87	Loughborough University	177	9