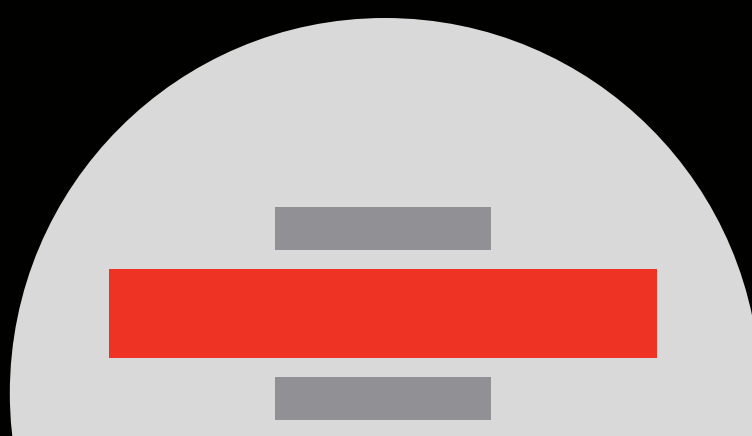


WEIGHTLIFTING WALES
CODI PWYSAU CYMRU



WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

WPPC & WWO 2023

Schedule

Group 1

WPPC

Weigh: 7:30am

Lift: 9:30am

Group 2

W49 - 64

Weigh: 8:00am

Lift: 10:00am

Group 3

M55-109+

Weigh: 10:00am

Lift: 12:00pm

Group 4

W71 - 87

Weigh: 12:00pm

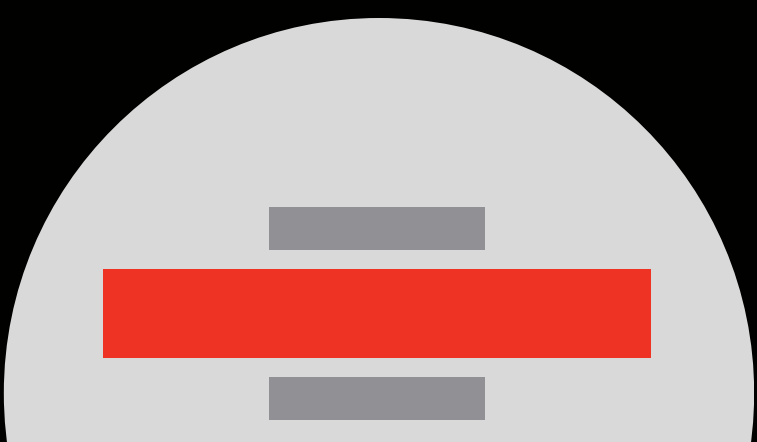
Lift: 2:00pm

Presentation

Presentation is
scheduled 10
minutes before
lift times.

EMAIL ALL ENQUIRIES TO HARRY.NELMS@WEIGHTLIFTING.WALES

WEIGHTLIFTING WALES
CODI PWYSAU CYMRU



WEIGHTLIFTING WALES
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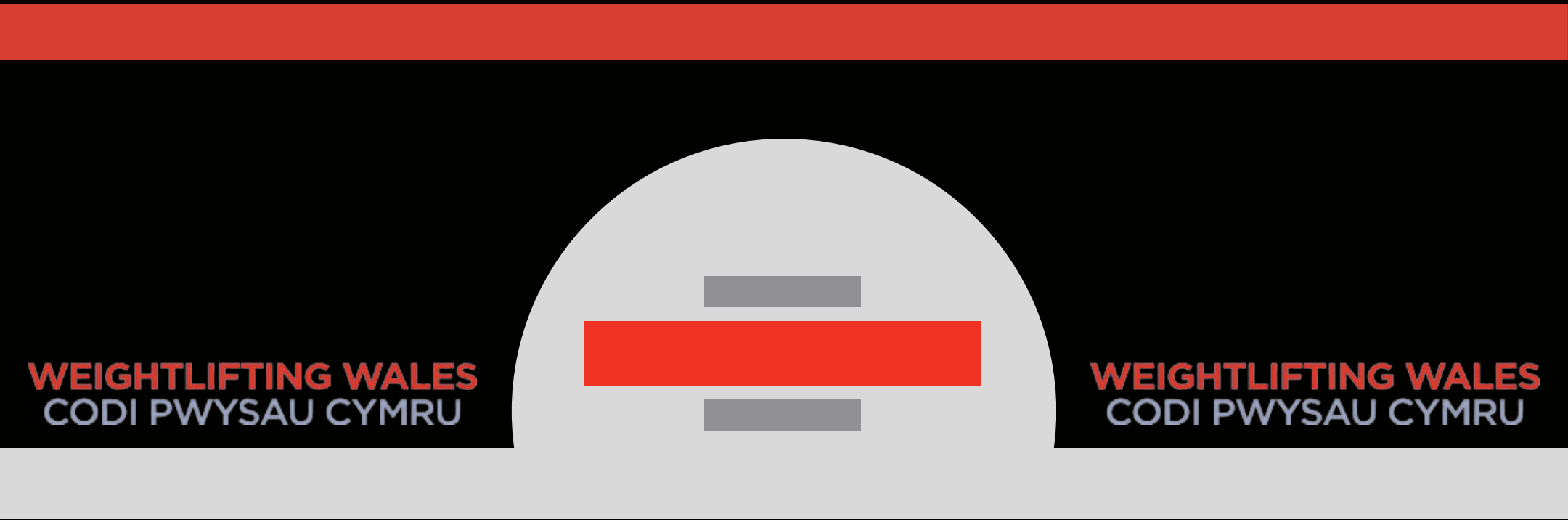
WPPC & WWO 2023

Start List

GROUP 1 - WELSH PARA-POWERLIFTING CHAMPIONSHIPS

Weigh in: 7:30am		Presentation of Lifters: 9:20am		
Lifter	Class	Club	Total	Lot No.
Evelyn Thomas	64	SAW	62	1

EMAIL ALL ENQUIRIES TO HARRY.NELMS@WEIGHTLIFTING.WALES



Start List

GROUP 2 - W49, 55, 59, 64

Weigh in: 8:00am		Presentation: 9:50am		
Lifter	Class	Club	Total	Lot No.
Cerys Davies	49		67	1
Elin-haf Tossell	55	Club 646 Weightlifting	91	2
Molly Barlow	55	CXF Weightlifting	72	3
Daisy Plews	55	HAWFC	60	4
Alys Le Roux	59	Club 646 Weightlifting	111	5
Kiani Geldard	59	CXF Weightlifting	72	6
Victoria Friss de Kereki	59		134	7
Francesca Paolo	64	Stockport Spartans Weight Lifting Club	140	8
Charlotte Maber	64		75	9
Ashleigh Sperry	64	HAWFC	110	10
Nell McDonagh	64	Club 646 Weightlifting	104	11
Cerys Johnson	64		137	12



Start List

GROUP 3 - M55 - 109+

Weigh in: 10:00am		Presentation: 11:50am		
Lifter	Class	Club	Total	Lot No.
Noah Marsden	55	HAWFC	100	1
Hrithik Reddy	67	Ronin Barbell Club	92	2
Jac Green	73	Bangor University Weightlifting Club	126	3
Oliver Ward	73	Psych Weightlifting Club	173	4
Alasdair Brydon	73	Liftolygy Weightlifting Club	100	5
Tom Jeanes	81		180	6
Daniel Steele	89	Psych Weightlifting Club	210	7
Tom Bennett	96	CXF Weightlifting	175	8
Jake Benson	96		250	9
Daniel Heafey	102	HAWFC	102	10
Nico Heeley	109		145	11
Simon Donnelly	109	Liftolygy Weightlifting Club	100	12
Benedict Millson	109+	Mem's Weightlifting Club	280	13



Start List

GROUP 3 - W71 - 87

Weigh in: 12:30pm		Presentation: 2:20pm		
Lifter	Class	Club	Total	Lot No.
Joanne Reay	71	Psych Weightlifting Club	112	1
Serrinah Drammeh	71	Psych Weightlifting Club	148	2
Alicia Piper	71	Club 646 Weightlifting	107	3
Tanya Beattie	71	CXF Weightlifting	88	4
Honey Seaton	76	CXF Weightlifting	135	5
Chloe Whitham	81	Psych Weightlifting Club	117	6
Julie Kearton	81		60	7
Emily Linnane	87	Ronin Barbell Club	121	8
Ellie Davis	87		83	9
Ruby Pearce	87		77	10