

WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

WELSH PARA

POWERLIFTING CHAMPIONSHIPS



2024

INFORMATION PACK

VENUE

The Welsh Championships will be held at Strength Academy Wales in Haverfordwest. This premier facility offers an ideal setting for athletes to showcase their skills in a competitive and supportive environment. With professional equipment and a spacious layout, Strength Academy Wales is committed to providing a first class experience for all competitors and spectators.

Strength Academy Wales
Pembrokeshire Sports Village
Haverfordwest
Pembrokeshire
SA61 2NX



ALL QUERIES, SEND TO HARRY.NELMS@WEIGHTLIFTING.WALES



MEDIA

Grip and Rip will be attending on the day capturing your lifts. These will be available to purchase on their website. Head to @gripandripuk to check out their content ahead of the day.

GRIP AND RIP

 GRIPANDRIPUK

 www.gripandrip.co.uk

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WEIGH INS

Weigh in will take place in four one-hour blocks. Please note your respective block. **Identification and proof of membership is required** and **essential**; please bring these along with you on the day.

Should you **fail to provide** these to the technical official at weigh in you will **not be permitted to lift**.

Athletes are required to weigh-in in their singlets. Only those athletes that are 'over' their category will have a 0.25kg deduction to account for the weight of the singlet in order to help them make weight.

WEIGH IN
SESSIONS 1 & 3

TIME:
7:00-8:00AM

WEIGH IN
SESSIONS 2 & PARA*

TIME:
8:00-9:00AM

WEIGH IN
SESSIONS 5 & 7

TIME:
11:30-12:30PM

WEIGH IN
SESSIONS 6 & 8

TIME:
1:00-2:00PM

*female technical officials in the 7:00-8:00am weigh in session will stay on (8-00-9:00am) to be present to weigh the female para athletes weighin in.

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EVENT INFORMATION

IMPORTANT NOTICES

All weigh in times are absolute and are only subject to change at the discretion of Weightlifting Wales. Any weigh in time changes will be communicated via Weightlifting Wales.

Presentation of the lifters will take place 10 minutes before the start of the group. Medals of the previous group will be presented in the 10 minutes after presentation of lifters for the preceding group.

There will be **no 10 minute break between snatch and clean & jerk** for any session with 8 or more lifters. Session 4 will have a 10 minute break.

SAFEGUARDING

Weightlifting Wales Safeguarding lead: **Simon Roach**

If you suspect a safeguarding concern please contact Simon Roach at simon.roach@weightlifting.wales.

There will be safeguarding signage on the day should you need to contact him with a concern.

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EVENT INFORMATION

REFRESHMENTS

There will be a food hut outside the building where athletes/spectators can purchase food such as sandwiches, hot food, snacks and hot/cold drinks.

NEARBY

There is are several supermarkets nearby including an Aldi and a Morrisons - these are only a short drive.

SPECTATOR TICKETS

Spectator tickets can be purchased on [Eventbrite](#) ahead of the competition. If you do not wish to do so, you will be expected to pay at the door (cash only).

The price of an admission ticket is £5. Concession tickets are available to U10s and over 60.

To avoid any inconveniences on the day, we recommend purchasing your tickets ahead of the competition.

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SCHEDULE

SESSION	CATEGORY	NO. OF LIFTERS	WEIGH-IN	SESSION START
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WEIGHTLIFTING

4	PARA	3	8:00-9:00AM	1:20PM
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WEIGHTLIFTING

NOTE THAT YOUR PRESENTATION TIME WILL BE 10 MINUTES BEFORE YOUR START TIME

HELLO

SESSION 4 PARA

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
EVELYN THOMAS	64	70	SAW CYMRU
SARA JONES	55	0	LLANELLI WEIGHTLIFTING ACADEMY
ASHLEIGH HELLYER	81	50	LLANELLI WEIGHTLIFTING ACADEMY