

**WEIGHTLIFTING WALES**  
**CODI PWYSAU CYMRU**



# **WINTER OPEN**

## **WEIGHTLIFTING CHAMPIONSHIPS**

**2024**

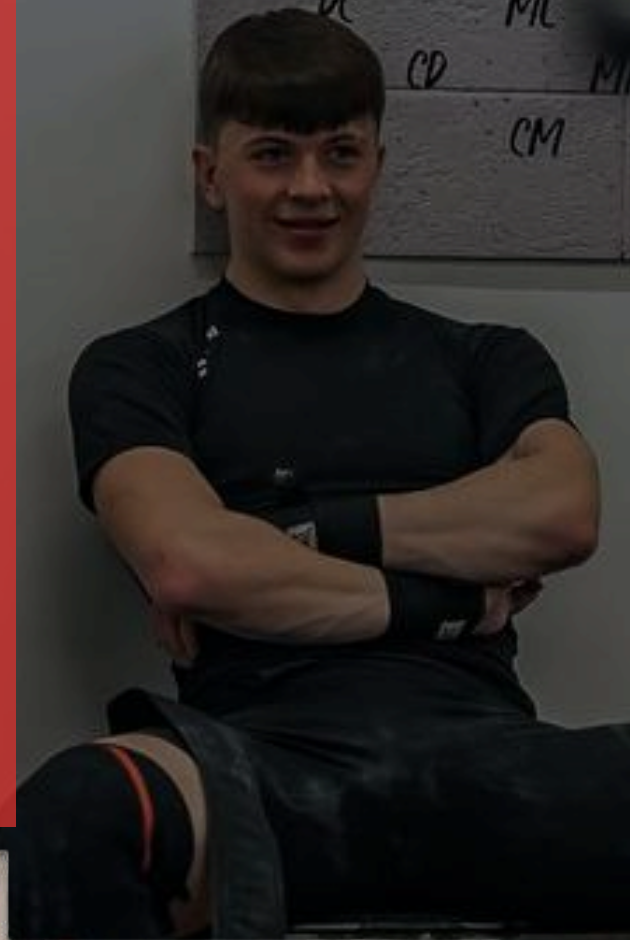
**INFORMATION PACK**

*Hickman*

# 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



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ALL QUERIES, SEND TO [HARRY.NELMS@WEIGHTLIFTING.WALES](mailto: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](http://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](mailto: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
1	W45-55KGS	11	7:00-8:00AM	9:00AM
2	M55-73KGS	8	8:00-9:00AM	10:40AM
3	W59-54KGS	9	7:00-8:00AM	12:00PM
<b>PARA CHAMPS</b>				
5	M81-89KGS	7	11:30-12:30PM	1:50PM
6	W71KGS	8	1:00-2:00PM	3:05PM
7	M96-109+KGS	8	11:30-12:30PM	4:15PM
8	W76-87+KGS	9	1:00-2:00PM	5:25PM

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

# SESSION 1

## W45-55KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
MACEY WILLIAMS	45	67	TORFAEN STRENGTH ACADEMY
CERYS DAVIES	49	80	
ANNI WILLIAMS	55	59	EVOLVE WEIGHTLIFTING CLUB
HAZEL WILLIAMS	55	82	SAW
EMMA BROOKS	55	85	
BETSAN DANIEL	55	85	COLEG SIR GAR LLANELLI
MOLLY BARLOW	55	86	NEW WAVE WEIGHTLIFTING
SIENNA JONES	55	88	EVOLVE WEIGHTLIFTING CLUB
ESTHER GIMBLETT	55	99	CUBC WEIGHTLIFTING
BETHAN HARRY	55	111	
YASMIN ALMAHFOUDH	55	120	CUBC WEIGHTLIFTING





# SESSION 2

## M55-73KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
CASEY MCKEE	55	45	SAW
LUCAS PHILLIPS	55	47	SAW
FINN MARSHALL	55	48	SAW
ZACH JOHN	55	64	SAW
SION COLEMAN	61	115	EVOLVE WEIGHTLIFTING CLUB
LOUIS WILLIAMS	73	121	EVOLVE WEIGHTLIFTING CLUB
OSIAN BROWN	73	167	COLEG SIR GAR LLANELLI WEIGHTLIFTING ACADEMY
THEO GRAHAM	73	167	EVOLVE WEIGHTLIFTING CLUB
WILLIAM DAVIES	73	170	



# SESSION 3

## W71KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
AVA-GRACE MORGAN	59	80	TORFAEN STRENGTH ACADEMY
LUNED JONES	59	104	
FFION DAVIES	64	72	NEW WAVE WEIGHTLIFTING
CHARLOTTE MABER	64	77	
POPPY JAMES	64	86	EVOLVE WEIGHTLIFTING CLUB
KIANI GERALD	64	113	NEW WAVE WEIGHTLIFTING
ELINOR EDWARDS	64	123	
CLAUDIA HOLLIDAY-WILLIAMS	64	131	CUBC WEIGHTLIFTING
KATE RENDALL	64	153	RONIN BARBELL CLUB

# SESSION 5

## M81-89KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
TOM JEANES	81	193	
RHYS PILLEY	81	-	
BILLY KHADAROO-FINLOW	89	140	
STEVEN JONES	89	168	NEW WAVE WEIGHTLIFTING
HAMISH WINTON	89	168	CUBC
CEARN MCDONNELL	89	180	
CAMERON LEWIS	89	180	

# SESSION 6

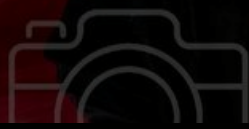
## W71KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
ADDISON WAY	71	0	
CELYN MILLERSHIP	71	83	SAW - STRENGTH ACADEMY WALES
GABRIELLE MABER	71	84	
AVA WYN	71	86	EVOLVE WEIGHTLIFTING CLUB
TINA HOYLES	71	95	NEW WAVE WEIGHTLIFTING
PAMELA CHEUNG	71	108	CUBC WEIGHTLIFTING
OLIVIA RODERICK	71	119	
SOPHIE LORIMER	71	127	

# SESSION 7

## M96-109+KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
JAC ESEN	96	136	LLANELLI WEIGHTLIFTING ACADEMY
MATTHEW COLLINS	96	205	
CHARLES TEMPEST	96	205	CUBC
JOSIAH KWOK	96	210	CARDIFF MET
ALEXANDER LEWIS	96	219	
ALEX COLSTON	102	170	
BRYCHAN GILSON	109	184	LLANELLI WEIGHTLIFTING ACADEMY
LOUIS WESTON	109+	251	CARDIFF MET



Becky Hickman

# SESSION 8

## W76-87+KGS

LIFTER	WEIGHT CLASS	ENTRY TOTAL	CLUB
DANNII BETHELL	76	0	
BETH JONES	76	137	
OLIVIA LENNON	76	149	
SARAH KEDWARD	76	153	
RACHEL TAYLOR	81	111	CUBC WEIGHTLIFTING
ELLEN WELLER	87	116	CUBC WEIGHTLIFTING
EMILY LINNANE	87	118	RONIN BARBELL CLUB
SUE OSBOURNE	87+	61	NEW WAVE WEIGHTLIFTING
DELLA PEMBERTON	87+	133	DIAMOND WEIGHTLIFTING