



PARA POWERLIFTING HOME NATIONS OPEN



Canolfan Brailsford Sports Centre, Bangor University, Gwynedd, LL57 2EH

Sunday 13th September

Start List Schedule - Group 1

Women's Lightweight (-61kg)

Start Time - 10 am

Kit Check - Approx 9 am

The presentation of lifters will take place 10 minutes before the start of each group session.

Medals will be presented in the 10 minutes after presentations for the preceding group have been completed.

Session timings may vary on the day and the start times may be brought forward.

LOT	FIRST NAME	LAST NAME	NATION	ANNOUNCED BEST LIFT	AGE CATEGORY
921	Amelia	HALL	England	50 kg	Elite (Senior)
301	Freya	WOODHEAD	England	53 kg	Next Gen (U20)
449	Sara	JONES	Wales	60 kg	Next Gen (U20)
871	Hannah	HARVEY	England	71 kg	Elite (Senior)
613	Lottie	McGUINNESS	England	110 kg	Elite (Senior)
782	Olivia	BROOME	England	123 kg	Elite (Senior)



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Start List Schedule - Group 2

Men's Lightweight (-72kg)

Start Time - 11 am

Kit Check - Approx 10 am

The presentation of lifters will take place 10 minutes before the start of each group session.

Medals will be presented in the 10 minutes after presentations for the preceding group have been completed.

Session timings may vary on the day and the start times may be brought forward.

LOT	FIRST NAME	LAST NAME	NATION	ANNOUNCED BEST LIFT	AGE CATEGORY
276	Archie	MACEY	<i>England</i>	90 kg	Rookie (U17)
582	Ethan	BACKHURST	<i>England</i>	100 kg	Next Gen (U20)
432	Joshua	GRIST	<i>Wales</i>	155 kg	Rookie (U17)
885	Finlay	DAVIDSON	<i>Scotland</i>	168 kg	Elite (Senior)



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Start List Schedule - Group 3

Women's Heavyweight (+61kg)

Start Time - 11.40 am

Kit Check - Approx 10.40 am

The presentation of lifters will take place 10 minutes before the start of each group session.

Medals will be presented in the 10 minutes after presentations for the preceding group have been completed.

Session timings may vary on the day and the start times may be brought forward.

LOT	FIRST NAME	LAST NAME	NATION	ANNOUNCED BEST LIFT	AGE CATEGORY
372	Evelyn	THOMAS	<i>Wales</i>	83 kg	Next Gen (U20)
119	Doaa	SHAYEA	<i>England</i>	110 kg	Elite (Senior)
291	Cassy	MALYON	<i>England</i>	120 kg	Elite (Senior)
766	Louise	SUGDEN	<i>England</i>	133 kg	Elite (Senior)



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Sunday 13th September

Start List Schedule - Group 4

Men's Heavyweight (+72kg)

Start Time - 12.20 pm

Kit Check - Approx 11.20 am

The presentation of lifters will take place 10 minutes before the start of each group session.

Medals will be presented in the 10 minutes after presentations for the preceding group have been completed.

Session timings may vary on the day and the start times may be brought forward.

LOT	FIRST NAME	LAST NAME	NATION	ANNOUNCED BEST LIFT	AGE CATEGORY
488	John Reginald	CERTEZA	<i>Wales</i>	113 kg	Elite (Senior)
517	Oscar	MOUSSIMA	<i>England</i>	150 kg	Elite (Senior)
286	Mark	SWAN	<i>England</i>	222 kg	Elite (Senior)