

Home Nations Open (winter) - Pembrokeshire Sports Village, Haverfordwest

Sunday 22nd February (Group 7 Welsh Age Group Championships & Group 1-4 Home Nations Open)

Group 7 - Welsh Age Group Championships (Women's Under 20's - Under 23's W53-W69)

| Group 7 - Welsh Age Group Championships (Women's Under 20's - Under 23's W53-W69) | | | | Announced Total | Bodyweight Category (kg) | B/W | SNATCH kg | | | CLEAN & JERK kg | | | BEST | | TOTAL | Sinclair | Pos |
|--|--------|------------|---|--------------------|--------------------------------|-------|-----------|-----|----|-----------------|-----|-----|------|------|-------|----------|-----|
| Age Group | NAME | | Club | | | | 1 | 2 | 3 | 1 | 2 | 3 | SN | JERK | | | |
| Under 20's | Celyn | MILLERSHIP | <i>Strength Academy Wales (SAW)</i> | 128 kg | W69 | 68.35 | 54 | -57 | 58 | 70 | 74 | -78 | 58 | 74 | 132 | 165.25 | 2 |
| Under 20's | Meg | GWYTHER | <i>Llanelli Weightlifting Academy</i> | 155 kg | W69 | 67.55 | 66 | -69 | 70 | -92 | 95 | 100 | 70 | 100 | 170 | 214.22 | 1 |
| Under 20's | Nyarai | HECTOR | <i>Llanelli Weightlifting Academy</i> | 158 kg | W77 | 72.7 | 70 | 73 | 75 | 92 | -96 | -96 | 75 | 92 | 167 | 202.30 | 2 |
| Under 20's | Isla | TRAVERS | <i>Resilience Weightlifting</i> | 174 kg | W77 | 71.1 | 76 | 79 | 81 | -97 | 97 | 100 | 81 | 100 | 181 | 221.81 | 1 |
| Under 23's | Millie | LERWILL | <i>Guardian 6 Weightlifting</i> | 132 kg | W58 | 55.4 | -62 | -63 | 63 | 71 | 73 | -75 | 63 | 73 | 136 | 194.18 | 1 |

Group 1 - Home Nations Open (Women's 53kg - 69kg)

| Group 1 - Home Nations Open (winter) (Women's 53kg - 69kg) | | | | Announced Total | Bodyweight Category (kg) | B/W | SNATCH kg | | | CLEAN & JERK kg | | | BEST | | TOTAL | Sinclair | Pos |
|---|------------|-----------|---|--------------------|--------------------------------|-------|-----------|---------------|---------------|-----------------|-----|----------------|------|------|-------|----------|-----|
| LOT | NAME | | Club | | | | 1 | 2 | 3 | 1 | 2 | 3 | SN | JERK | | | |
| 308 | Mae | WILKINSON | <i>Unattached</i> | 105 kg | W53 | 52.6 | 45 | 50 | 55 | 62 | 68 | 72 | 50 | 72 | 122 | 180.78 | 2 |
| 344 | Nikole | ROBERTS | <i>Unattached</i> | 105 kg | W53 | 52.6 | 50 | 55 | 60 | 65 | 70 | 75 | 60 | 75 | 135 | 200.04 | 1 |
| 676 | Madaline | CONNELLY | <i>Resilience Weightlifting</i> | 150 kg | W58 | 55.7 | 68 | 71 | 74 | 87 | 90 | 93 | 74 | 93 | 167 | 237.55 | 3 |
| 491 | Catrin | JONES | <i>Unattached</i> | 170 kg | W58 | 57.95 | 71 | 73 | 76 | 98 | 101 | 103 | 73 | 101 | 174 | 240.93 | 2 |
| 479 | Catrin Haf | JONES | <i>Bangor University Weightlifting Club</i> | 190 kg | W58 | 57.6 | 75 | 77 | 79 | 96 | 99 | ✘ | 79 | 99 | 178 | 247.47 | 1 |
| 376 | Leah | COOPER | <i>Unattached</i> | 145 kg | W63 | 61.8 | 62 | 65 | 67 | 84 | 87 | 90 | 67 | 90 | 157 | 208.55 | 3 |
| 219 | Charlotte | WHALLEY | <i>Resilience Weightlifting</i> | 183 kg | W63 | 62.55 | 81 | 84 | 87 | 100 | 103 | 105 | 87 | 103 | 190 | 250.51 | 1 |
| 348 | Bethan | WATKINS | <i>Unattached</i> | 187 kg | W63 | 62.9 | 80 | 83 | 83 | 102 | 102 | 106 | 80 | 102 | 182 | 239.15 | 2 |
| 799 | Sophie | LORIMER | <i>Unattached</i> | 135 kg | W69 | 67.85 | 58 | 61 | 64 | 78 | 81 | 84 | 64 | 84 | 148 | 186.04 | 3 |
| 775 | Jo | McEWAN | <i>Unattached</i> | 183 kg | W69 | 68.9 | 81 | 84 | 85 | 97 | 101 | 106 | 85 | 101 | 186 | 231.82 | 2 |
| 275 | Chloe | HOOD | <i>Unattached</i> | 191 kg | W69 | 68.55 | 82 | 85 | 85 | 104 | 108 | 111 | 82 | 108 | 190 | 237.48 | 1 |

Group 2 - Home Nations Open (Women's 77kg - 86+kg)

| Group 2 - Home Nations Open (winter) (Women's 77kg - 86+kg) | | | | Announced Total | Bodyweight Category (kg) | B/W | SNATCH kg | | | CLEAN & JERK kg | | | BEST | | TOTAL | Sinclair | Pos |
|--|----------|----------|--------------------------------------|--------------------|--------------------------------|-------|-----------|-----|-----|-----------------|-----|------|------|------|-------|----------|-------|
| LOT | NAME | | Club | | | | 1 | 2 | 3 | 1 | 2 | 3 | SN | JERK | | | |
| 993 | Penny | PEARSON | Llanelli Weightlifting Academy | 150 kg | W77 | 75.15 | 72 | 75 | 78 | 82 | 85 | -90 | 78 | 85 | 163 | 194.21 | 1 |
| 404 | Laura | HUGHES | Unattached | 200 kg | W77 | | 83 | 86 | 89 | 108 | 112 | -116 | 89 | 112 | 201 | 235.98 | GUEST |
| 528 | Ellie | DAVIES | Guardian 6 Weightlifting | 112 kg | W86 | 85.65 | 46 | -49 | -50 | 60 | -62 | 62 | 46 | 62 | 108 | 121.41 | 2 |
| 976 | Nicola | STIDDARD | Unattached | 206 kg | W86 | 80.2 | 91 | 95 | -97 | 113 | 115 | -120 | 95 | 115 | 210 | 242.72 | 1 |
| 702 | Victoria | REES | Guardian 6 Weightlifting | 85 kg | W86+ | 93.25 | 40 | -43 | 43 | 51 | 53 | 55 | 43 | 55 | 98 | 106.75 | |
| 397 | Ellen | WELLER | North Tyneside Barbell Club | 129 kg | W86+ | 99.35 | 55 | 58 | 60 | 72 | 77 | -82 | 60 | 77 | 137 | 146.23 | 3 |
| 482 | Vivan | NG | Crystal Palace Weightlifting Club | 156 kg | W86+ | 93.15 | 57 | 60 | 65 | 80 | 85 | 89 | 65 | 89 | 154 | 167.80 | 2 |
| 387 | Krystal | CAMPBELL | Unattached | 180 kg | W86+ | 108.7 | 70 | -73 | 74 | 98 | 101 | 104 | 74 | 104 | 178 | 185.47 | 1 |

Group 3 - Home Nations Open (Para Powerlifting)

| LOT | NAME | | Club | Rack Height | Announced Total | Bodyweight Category | B/W | BENCH kg | | | BEST | POS |
|-----|----------|---------|--------------------------------|-------------|-----------------|---------------------|-------|----------|---------------|---------------|------|-----|
| | | | | | | | | 1 | 2 | 3 | | |
| 564 | Sara | JONES | Llanelli Weightlifting Academy | 1 | 52 kg | W61 | 55.15 | 55 | 57 | 57 | 55 | 1 |
| 473 | John | CERTEZA | Uattached | 3 | 100 kg | M72 | 73.25 | 100 | 105 | 113 | 113 | 1 |
| 710 | Ashleigh | HELLYER | Llanelli Weightlifting Academy | 7 | 64 kg | M80 | 80.5 | 58 | 61 | 61 | 61 | 1 |

Group 4 - Home Nations Open (Men's 65kg - 110+kg)

| Group 6 - Home Nations Open (winter) 65kg - 110+kg | | | | (Men's) | | | SNATCH kg | | | CLEAN & JERK kg | | | BEST | | TOTAL | Sinclair | Pos |
|---|----------|----------|---------------------------------|-----------------|--------------------------|--------|-----------|----------------|----------------|-----------------|----------------|----------------|------|------|-------|----------|-----|
| LOT | NAME | | Club | Announced Total | Bodyweight Category (kg) | B/W | 1 | 2 | 3 | 1 | 2 | 3 | SN | JERK | | | |
| 321 | Garin | BEAMS | <i>Unattached</i> | 226 kg | M65 | 64.95 | 96 | 100 | 102 | 120 | 124 | 127 | 100 | 127 | 227 | 330.10 | 1 |
| 286 | Michael | FARMER | <i>Unattached</i> | 260 kg | M71 | 70.8 | 120 | 123 | 127 | ✘ | ✘ | ✘ | 123 | 0 | X | #VALUE! | |
| 673 | Benjamin | SIMMONS | <i>Unattached</i> | 210 kg | M88 | 83.55 | 93 | 97 | 102 | 125 | 130 | 135 | 102 | 135 | 237 | 295.82 | 2 |
| 864 | Ollie | EBENEZER | <i>Unattached</i> | 269 kg | M88 | 85.65 | 123 | 127 | 130 | 148 | 153 | 158 | 130 | 148 | 278 | 342.55 | 1 |
| 172 | Lewis | THOMAS | <i>Bounce Gym Weightlifting</i> | 257 kg | M94 | 88.25 | 105 | 110 | 115 | 135 | 140 | 140 | 110 | 140 | 250 | 303.45 | 1 |
| 406 | Nico | HEELEY | <i>Unattached</i> | 167 kg | M110+ | 122.2 | 70 | 73 | 75 | 90 | 95 | 100 | 73 | 95 | 168 | 179.55 | 3 |
| 558 | Rhys | TAPLIN | <i>Unattached</i> | 180 kg | M110+ | 131.15 | 70 | 75 | 78 | 95 | 100 | 105 | 78 | 105 | 183 | 191.93 | 2 |
| 228 | JAMES | WALES | <i>Royal Navy Weightlifting</i> | 309 kg | M110+ | 113.9 | 132 | 137 | 142 | 187 | 192 | 192 | 142 | 187 | 329 | 359.39 | 1 |