

Group 1 - Home Nations Open (Women's 40kg - 53kg)

Group 1 - Home Nations Open (Women's 40kg - 53kg)			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				
291	Daisy	DAVIES	Guardian 6 Weightlifting (G6W)	55 kg	N/A (under 12's)		22	25	27	29	29	33	27	33	60		
							1	1	2	0	6	3			26		4
593	Aoife	SEMPLE	SSC Weightlifting	72 kg	N/A (under 12's)		29	31	33	39	41	43	33	43	76		
							4	3	4	6	7	8			64		1
482	Hattie	LAWTON-JONES	AMG Lifting Lab	74 kg	N/A (under 12's)		30	33	35	41	41	44	35	44	79		
							4	3	3	4	8	7			58		3
194	Zuzanna	TROJAKOVA	Llanelli Weightlifting Academy	94 kg	N/A (under 12's)		41	43	45	52	55	58	45	58	103		
							4	4	3	7	7	7			64		1
332	Harper	THOMAS	SSC Weightlifting	94 kg	N/A (under 12's)		44	46	48	53	56	58	46	58	104		
							4	4	0	8	8	7			62		2
448	Lily	ROACH	Strength Academy Wales (SAW)	40 kg	W40	31.8	17	19	21	24	26	27	19	27	46	107.50	2
381	Rosie	RICHARDS	SSC Weightlifting	60 kg	W40	35.45	27	29	31	35	37	39	29	39	68	141.93	1
209	Isabella	PHILLIPS	Strength Academy Wales (SAW)	36 kg	W48	44.1	16	18	20	22	24	26	18	26	44	74.84	2
459	Elsa	HARDY	Strength Academy Wales (SAW)	59 kg	W48	46.1	22	24	26	32	34	36	26	36	62	101.81	1
297	Nia	GOODWAY	Llanelli Weightlifting Academy	91 kg	W53	50.55	38	40	42	49	50	50	40	50	90	137.38	3
481	Alisha	GRIFFITHS	SSC Weightlifting	121 kg	W53	52.5	53	56	58	68	71	75	58	71	129	191.42	2
534	Esther	GIMBLETT	Llanelli Weightlifting Academy	128 kg	W53	49.55	56	58	60	71	74	76	60	74	134	208.36	1

Home Nations Open (summer) 2026 - Llanelli Weightlifting Academy, Carmarthenshire

Saturday 13th June (Group 2)

Group 2 - Home Nations Open (Men's 52kg - 65kg)

Group 2 - Home Nations Open (Men's 52kg - 65kg)			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				
582	Dylan	HARRIES	Strength Academy Wales (SAW)	30 kg	N/A (under 12's)		12	14	15	22	24	26	15	26	41		
							3	3	3	5	6	6			52		1
725	Casey	MCKEE	Strength Academy Wales (SAW)	70 kg	M52	51.1	32	35	37	43	46	-48	37	46	83	144.86	1
487	Joel	DAVIES	Guardian 6 Weightlifting (G6W)	46 kg	M56	53.25	20	23	-25	25	-28	-30	23	25	48	80.98	1
447	Trystan	MILES	Strength Academy Wales (SAW)	66 kg	M60	56.85	30	33	-35	36	-38	38	33	38	71	113.75	3
987	Zach	JOHN	Strength Academy Wales (SAW)	93 kg	M60	59	-45	45	47	60	-63	63	47	63	110	171.35	2
349	Sion	COLEMAN	Evolve Weightlifting Club	153 kg	M60	59	66	70	72	90	94	96	72	96	168	261.70	1
782	George	BANCROFT	Guardian 6 Weightlifting (G6W)	45 kg	M65	63.55	23	25	-28	28	-32	-32	25	28	53	78.24	3
329	Lucas	PHILLIPS	Strength Academy Wales (SAW)	103 kg	M65	65	45	47	50	59	62	-65	50	62	112	162.78	2
438	Evan	WILLIAMS	Bangor University Weightlifting Club	163 kg	M65	63.55	75	78	80	95	-100	-100	80	95	175	258.35	1
889	Theo	HALE	Guardian 6 Weightlifting	40 kg	M88+	79.6	41	44	47	55	-58	58	47	58	105	134.55	1

Home Nations Open (summer) 2026 - Llanelli Weightlifting Academy, Carmarthenshire

Saturday 13th June (Group 3)

Group 3 - Home Nations Open (Women's 58kg - 63kg)

Group 3 - Home Nations Open (Women's 58kg - 63kg)				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			
104	Ava	PLACE	<i>Evolve Weightlifting Club</i>	66 kg	W58	54.75	28	-30	-32	40	43	-46	28	43	71	102.22	6
429	Grace	GRIFFITHS	<i>Strength Academy Wales (SAW)</i>	83 kg	W58	56.45	36	39	-41	48	-51	-52	39	48	87	122.62	5
219	Ffion	RYAN	<i>Llanelli Weightlifting Academy</i>	85 kg	W58	53.4	-40	40	42	49	-51	53	42	53	95	139.23	4
576	Arainwen	WILLIAMS	<i>Llanelli Weightlifting Academy</i>	102 kg	W58	58.05	42	44	-46	54	57	-59	44	57	101	139.69	3
465	Macey	WILLIAMS	<i>SSC Weightlifting</i>	110 kg	W58	55.6	50	-52	54	58	-61	-64	54	58	112	159.52	2
620	Hazel	WILLIAMS	<i>Strength Academy Wales (SAW)</i>	113 kg	W58	57.4	48	51	54	-60	60	-64	54	60	114	158.86	1
882	Lucy	SUMMERFIELD	<i>Llanelli Weightlifting Academy</i>	103 kg	W63	58.55	42	-45	45	59	61	-64	45	61	106	145.77	3
528	Ava-Grace	MORGAN	<i>SSC Weightlifting</i>	104 kg	W63	62.2	42	45	-47	-55	55	58	45	58	103	136.28	4
976	Sophie	LORIMER	<i>Unattached</i>	148 kg	W63	62.15	60	-64	65	80	85	88	65	88	153	202.53	2
702	Janine	DOVEY	<i>SSC Weightlifting</i>	164 kg	W63	62.2	73	-75	-75	90	-92	-92	73	90	163	215.66	1
788	Aoife	O'MOORE	<i>Resilience Weightlifting</i>	175 kg	W77	71	73	76	79	100	-104	-105	79	100	179	218.52	GUEST

Home Nations Open (summer) 2026 - Llanelli Weightlifting Academy, Carmarthenshire

Saturday 13th June (Group 4)

Group 4 - Home Nations Open (Men's 71kg - 79kg)

Group 4 - Home Nations Open (Men's 71kg - 79kg)				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			
716	Marley	MATHIAS	Llanelli Weightlifting Academy	140 kg	M71	68.7	-55	-55	55	82	-85	85	55	85	140	196.10	3
632	Mascen	LLEWELLYN-OWEN	Llanelli Weightlifting Academy	144 kg	M71	66.6	57	59	-61	-85	85	88	59	88	147	210.16	2
892	Henry	NEWTON	Unattached	200 kg	M71	70.25	87	-90	-90	-110	-110	-112	87	-110	X	#VALUE!	
193	Garin	BEAMS	Unattached	235 kg	M71	69.2	100	-104	105	130	-135	-135	105	130	235	327.62	1
913	Macs	LLEWELLYN	Llanelli Weightlifting Academy	150 kg	M79	75.7	69	73	-77	86	-90	90	73	90	163	214.98	4
444	Daithi	JOYCE	University of Galway Weightlifting Club	196 kg	M79	78.5	-80	80	85	102	108	-112	85	108	193	249.26	3
290	Theo	GRAHAM	Evolve Weightlifting Club	216 kg	M79	73.95	80	85	91	93	98	103	91	103	194	259.46	2
829	Luke	THOMPSON	RAF Weightlifting	243 kg	M79	78.65	-107	-107	107	133	-136	136	107	136	243	313.50	1