



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

Sunday 14th June (Group 5)

Group 5 - Home Nations Open (Women's 69kg - 69+kg)

Group 5 - Home Nations Open (Women's 69kg - 69+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			
249	Anni	WILLIAMS	<i>Evolve Weightlifting Club</i>	88 kg	W69	93.55	37	40	-43	54	-57	-57	40	54	94	122.75	4
448	Halle	OKEEFFE	<i>Unattached</i>	100 kg	W69	94.05	42	-45	45	53	55	60	45	60	105	136.47	3
903	Poppy	JAMES	<i>Evolve Weightlifting Club</i>	123 kg	W69	67	51	-54	-55	-68	-68	-68	51	-68	X	#VALUE!	
793	Celyn	MILLERSHIP	<i>Strength Academy Wales (SAW)</i>	132 kg	W69	69	54	58	60	74	78	-80	60	78	138	171.86	2
479	Meg	GWYTHER	<i>Llanelli Weightlifting Academy</i>	160 kg	W69	65.1	67	-70	70	96	99	102	70	102	172	221.40	1
742	Lily	MCNEIL	<i>Resilience Weightlifting</i>	191 kg	W69	68.15	81	-84	-85	-108	-108	-113	81	-108	X	#VALUE!	
654	Broghan	DAVIES	<i>SSC Weightlifting</i>	92 kg	W69+	69.15	42	44	46	50	53	55	46	55	101	125.63	2
806	Addison	WAY	<i>SSC Weightlifting</i>	130 kg	W69+	77.15	55	-58	-58	70	73	75	55	75	130	152.76	1
278	Nyarai	HECTOR	<i>Llanelli Weightlifting Academy</i>	165 kg	W77	70.55	72	75	-78	95	-98	-98	75	95	170	209.19	GUEST

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Sunday 14th June (Group 6)

Group 6 - Home Nations Open (Men's 88kg - 110+kg)

Group 6 - Home Nations Open (Men's 88kg - 110+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			
903	Calvin	SIN	Unattached	202 kg	M88	82.6	90	95	-105	110	117	-125	95	117	212	266.23	5
312	Jac	GREEN	Bangor University Weightlifting Club	225 kg	M88	81.4	95	-100	100	128	-133	-135	100	128	228	288.59	4
449	Cian	GREEN	Bangor University Weightlifting Club	243 kg	M88	81.45	100	105	-110	125	130	-135	105	130	235	297.35	3
489	Ilir	SURDULLI	University of Galway Weightlifting Club	245 kg	M88	83.95	-105	105	112	130	138	-145	112	138	250	311.26	2
710	Daniel	DAVIES	Strength Academy Wales (SAW)	251 kg	M88	85.3	-112	112	-115	142	-146	-146	112	142	254	313.63	1
692	Bertie	SPIVEY	Strength Academy Wales (SAW)	225 kg	M94	90.95	91	95	-98	125	-132	132	95	132	227	271.54	2
519	Josiah	KWOK	Unattached	243 kg	M94	93.7	105	-110	110	130	-135	-135	110	130	240	283.15	1
965	Luke	FLETCHER	Unattached	268 kg	M94	93.9	-117	117	-121	-145	-145	-145	117	-145	X	#VALUE!	
702	Nico	HEELEY	Unattached	178 kg	M110	108.5	74	-77	-80	95	100	-105	74	100	174	193.31	2
119	Ross	MILLER	Unattached	210 kg	M110	97.4	85	90	-93	110	115	120	90	120	210	243.54	1
381	Jac	ESEN	Llanelli Weightlifting Academy	197 kg	M110+	112.1	90	-93	-94	115	120	-123	90	120	210	230.64	2
892	Brychan	GILSON	Llanelli Weightlifting Academy	220 kg	M110+	124.4	92	-96	-96	118	123	-128	92	123	215	228.64	1

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Sunday 14th June (Group 7)

Group 7 - Home Nations Open (Women's 77kg - 86+kg)

Group 7 - Home Nations Open (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			
301	Sally	GARDNER	<i>Guardian 6 Weightlifting (G6W)</i>	91 kg	W77	77.3	39	41	-43	50	53	-55	41	53	94	110.49	5
442	Bethan	DAVIS	<i>SSC Weightlifting</i>	99 kg	W77	73.3	50	53	55	55	58	60	55	60	115	138.73	3
991	Georgia	KNOWLES	<i>Unattached</i>	106 kg	W77	76.75	48	51	-53	55	-58	58	51	58	109	128.55	4
439	Penny	PEARSON	<i>Unattached</i>	163 kg	W77	75.65	-77	77	80	85	-89	-90	80	85	165	195.95	2
832	Isla	TRIVERS	<i>Resilience Weightlifting</i>	185 kg	W77	73.2	81	-84	-84	100	-103	-105	81	100	181	218.50	1
592	Victoria	REES	<i>Guardian 6 Weightlifting (G6W)</i>	98 kg	W86	85.35	41	43	45	52	55	-58	45	55	100	112.57	2
716	Ellis	THOMAS	<i>Resilience Weightlifting</i>	162 kg	W86	83.35	74	77	-80	85	88	-91	77	88	165	187.56	1
812	Taylor	ADDICOTT	<i>Strength Academy Wales (SAW)</i>	110 kg	W86+	128.8	60	63	66	79	83	87	66	87	153	154.65	2
562	Mercy	BROWN	<i>Crystal Palace Weightlifting Club</i>	230 kg	W86+	110.3	-102	102	-107	125	130	-135	102	130	232	240.92	1