



WELSH AGE GROUP CHAMPIONSHIPS 2026

Pembrokeshire Sports Village, Haverfordwest, SA61 2NX

Sunday 22nd February

Start List Schedule (Group 7 - Women's Under 20's - Under 23's)

Weigh in - 7.30am

Break between Snatch and Clean and Jerk: 15 Minutes

Start Time - 9.30am

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, but ALL weigh in times are absolute.

AGE CATEGORY	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
Under 20's	Celyn	MILLERSHIP	Strength Academy Wales (SAW)	128 kg	W69
Under 20's	Meg	GWYTHYR	Llanelli Weightlifting Academy	138 kg	W69
Under 20's	Nyarai	HECTOR	Llanelli Weightlifting Academy	158 kg	W77
Under 20's	Isla	TRAVERS	Resilience Weightlifting	174 kg	W77
Under 23's	Emma	BROOKS	Unattached	85 kg	W53
Under 23's	Millie	LERWILL	Guardian 6 Weightlifting	132 kg	W58



HOME NATIONS OPEN (WINTER)
Pembrokeshire Sports Village, Haverfordwest, SA61 2NX
Sunday 22nd February

Start List Schedule (Group 1 - Women's 53kg - 69kg)

Weigh in - 8.30 am

Break between Snatch and Clean and Jerk: 10 Minutes

Start Time - 10.50 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, but ALL weigh in times are absolute.

LOT	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
308	Mae	WILKINSON	Unattached	105 kg	W53
344	Nikole	ROBERTS	Unattached	105 kg	W53
676	Madaline	CONNELLY	Resilience Weightlifting	150 kg	W58
491	Catrin	JONES	Unattached	170 kg	W58
479	Catrin Haf	JONES	Bangor University Weightlifting Club	190 kg	W58
376	Leah	COOPER	Unattached	145 kg	W63
219	Charlotte	WHALLEY	Resilience Weightlifting	183 kg	W63
348	Bethan	WATKINS	Unattached	187 kg	W63
799	Sophie	LORIMER	Unattached	135 kg	W69
775	Jo	McEWAN	Unattached	183 kg	W69
775	Chloe	HOOD	Unattached	191 kg	W69



HOME NATIONS OPEN (WINTER)
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Sunday 22nd February

Start List Schedule (Group 2 - Women's 77kg - 86+kg)

Weigh in - 11 am

Break between Snatch and Clean and Jerk: 10 Minutes

Start Time - 1 pm

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, but ALL weigh in times are absolute.

LOT	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
387	Sally	GARDNER	Guardian 6 Weightlifting	91 kg	W77
993	Penny	PEARSON	Unattached	150 kg	W77
404	Laura	HUGHES	Unattached	200 kg	W77
528	Ellie	DAVIES	Guardian 6 Weightlifting	112 kg	W86
976	Nicola	STIDDARD	Unattached	206 kg	W86
702	Victoria	REES	Guardian 6 Weightlifting	85 kg	W86+
397	Ellen	WELLER	North Tyneside Barbell Club	129 kg	W86+
482	Vivan	NG	Crystal Palace Weightlifting Club	156 kg	W86+
387	Krystal	CAMPBELL	Unattached	180 kg	W86+
201	Mercy	BROWN	Unattached	237 kg	W86+



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Start List Schedule (Group 3 - Para Powerlifting)

Weigh in - 12.50 pm

Start Time - 2.50 pm

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, but ALL weigh in times are absolute.

LOT	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
564	Sara	JONES	Llanelli Weightlifting Academy	52 kg	W58
710	Ashleigh	SPERRY	Llanelli Weightlifting Academy	64 kg	M79



HOME NATIONS OPEN (WINTER)
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Sunday 22nd February

Start List Schedule (Group 4 - Men's 65kg - 110+)

Weigh in - 1.30 pm

Break between Snatch and Clean and Jerk: 10 Minutes

Start Time - 3.30 pm

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, but ALL weigh in times are absolute.

LOT	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
321	Garin	BEAMS	Unattached	226 kg	M65
286	Michael	FARMER	Unattached	260 kg	M71
673	Benjamin	SIMMONS	Unattached	210 kg	M79
172	Lewis	THOMAS	Unattached	257 kg	M88
864	Ollie	EBENEZER	Unattached	269 kg	M88
406	Nico	HEELEY	Royal Navy Weightlifting	167 kg	M110+
558	Rhys	TAPLIN	Unattached	180 kg	M110+
439	Liam	RODGERS	Unattached	305 kg	M110+
228	James	WALES	Royal Navy Weightlifting	309 kg	M110+