

WELSH AGE GROUP CHAMPIONSHIPS 2026

Pembrokeshire Sports Village, Haverfordwest, SA61 2NX

Saturday 21st February

Start List Schedule (Group 1 - Girls Under 12's - Under 15's W40-W58)

Weigh in - 7 am

Break between Snatch and Clean and Jerk: 5 Minutes

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

AGE CATEGORY	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
Under 12's	Aoife	SEMPLE	SSC Weightlifting	55 kg	
Under 12's	Hattie	LAWTON-JONES	Liftology Weightlifting Club	60 kg	
Under 12's	Zuzanna	TROJAKOVA	Llanelli Weightlifting Academy	80 kg	
Under 12's	Harper	THOMAS	SSC Weightlifting	84 kg	
Under 12's	Daisy	DAVIES	Guardian 6 Weightlifting	20 kg	
Under 15's	Isabella	PHILLIPS	Strength Academy Wales (SAW)	27 kg	W40
Under 15's	Rosie	RICHARDS	SSC Weightlifting	30 kg	W40
Under 15's	Lily	ROACH	Strength Academy Wales (SAW)	39 kg	W40
Under 15's	Ava	PLACE	Evolve Weightlifting Club	63 kg	W53
Under 15's	Arianwen	WILLIAMS	Llanelli Weightlifting Academy	88 kg	W58
Under 15's	Macey	WILLIAMS	SSC Weightlifting	90 kg	W58



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Saturday 21st February

Start List Schedule (Group 2 - Boys Under 12's - Under 15's M52 - M88+)

Weigh in - 8.50 am

Break between Snatch and Clean and Jerk: 5 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.

AGE CATEGORY	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
Under 12's	Zachary	CHENNELLS	Evolve Weightlifting Club	56 kg	
Under 15's	Joel	DAVIES	Guardian 6 Weightlifting	40 kg	M52
Under 15's	Casey	MCKEE	Strength Academy Wales (SAW)	55 kg	M52
Under 15's	Zach	JONES	New Wave Weightlifting	74 kg	M52
Under 15's	Trystan	MILES	Strength Academy Wales (SAW)	60 kg	M56
Under 15's	Charlie	ELLIS-PERRY	Diamond Weightlifting	123 kg	M56
Under 15's	Zach	JOHN	Strength Academy Wales (SAW)	91 kg	M60
Under 15's	George	BANCROFT	Guardian 6 Weightlifting	40 kg	M65
Under 15's	Lucas	PHILLIPS	Strength Academy Wales (SAW)	94 kg	M65
Under 15's	Theo	HALE	Guardian 6 Weightlifting	40 kg	M88
Under 15's	Jac	ESEN	Llanelli Weightlifting Academy	175 kg	M88+



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Saturday 21st February

Start List Schedule (Group 3 - Girls Under 15's W63-W69+)

Weigh in - 10.40 am

Break between Snatch and Clean and Jerk: 10 Minutes

Start Time - 12.40 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.

AGE CATEGORY	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
Under 15's	Lucy	SUMMERFIELD	Llanelli Weightlifting Academy	87 kg	W63
Under 15's	Ava-Grace	MORGAN	SSC Weightlifting	99 kg	W63
Under 15's	Anni	WILLIAMS	Evolve Weightlifting Club	92 kg	W69
Under 15's	Poppy	JAMES	Evolve Weightlifting Club	117 kg	W69
Under 15's	Broghan	DAVIES	SSC Weightlifting	80 kg	W69+
Under 15's	Esmee	WILLIAMS	New Wave Weightlifting	97 kg	W69+
Under 15's	Addison	WAY	SSC Weightlifting	125 kg	W69+
Under 15's	Izzabelle	DEAKIN	Diamond Weightlifting	141 kg	W69+



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Saturday 21st February

Start List Schedule (Group 4 - Boys Under 17's - Under 20's)

Weigh in - 12.10 pm

Break between Snatch and Clean and Jerk: 10 Minutes

Start Time - 2.10 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.

AGE CATEGORY	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
Under 17's	Sion	COLEMAN	Evolve Weightlifting Club	154 kg	M60
Under 17's	Thomas	DUGGAN	SSC Weightlifting	198 kg	M60
Under 17's	Mascen	LLEWELLYN-OWEN	Llanelli Weightlifting Academy	110 kg	M65
Under 17's	Iwan	PEMBERTON	Diamond Weightlifting	153 kg	M71
Under 17's	Harri	JERMIN-JONES	Llanelli Weightlifting Academy	125 kg	M79
Under 17's	Marley	TILLEY	Strength Academy Wales (SAW)	105 kg	M88
Under 20's	Noah	ELLSON	HAWFC	197 kg	M60
Under 20's	Llewellyn	WAITS	Unattached	216 kg	M65
Under 20's	Trystan	THOMPSON	Unattached	160 kg	M79

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Start List Schedule (Group 5 - Girls Under 17's - Under 23's W53-W77+)

Weigh in - 2 pm

Break between Snatch and Clean and Jerk: 5 Minutes

Start Time - 4 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.

AGE CATEGORY	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
Under 17's	Nia	GOODWAY	Llanelli Weightlifting Academy	82 kg	W53
Under 17's	Bethan	HARRY	Unattached	134 kg	W53
Under 17's	Emily	HATFIELD	Llanelli Weightlifting Academy	70 kg	W58
Under 17's	Hazel	WILLIAMS	Strength Academy Wales (SAW)	106 kg	W58
Under 17's	Martha	CULL	Guardian 6 Weightlifting	81 kg	W69
Under 17's	Lilly	NICHOLLS	SSC Weightlifting	99 kg	W77+
Under 17's	Della	PEMBERTON	Diamond Weightlifting	120 kg	W77+
Under 20's	Isabella	JONES	New Wave Weightlifting	109 kg	W63
Under 23's	Emma	BROOKS	Unattached	85 kg	W53
Under 23's	Martha	RICHARDS	Codi Pwysau Caerdydd	86 kg	W69



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Start List Schedule (Group 6 - Mens Under 20's - Under 23's M71 - M110+)

Weigh in - 3.45 pm

Break between Snatch and Clean and Jerk: 5 Minutes

Start Time - 5.45 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.

AGE CATEGORY	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
Under 20's	Bertie	SPIVEY	Strength Academy Wales (SAW)	225 kg	M94
Under 20's	Luke	FLETCHER	Unattached	266 kg	M94
Under 20's	Brychan	GILSON	Llanelli Weightlifting Academy	210 kg	M110+
Under 23's	Dimitar	KUZMANOV	Unattached	140 kg	M71
Under 23's	Joshua	SMITH	Codi Pwysau Caerdydd	230 kg	M88
Under 23's	Daniel	DAVIES	Strength Academy Wales (SAW)	251 kg	M88
Under 23's	Hamish	WINTON	Codi Pwysau Caerdydd	181 kg	M94
Under 23's	Henry	OSBOURNE	Unattached	185 kg	M94
Under 23's	Charles	TEMPEST	Unattached	220 kg	M94
Under 23's	Richard	TWITCHEN	Unattached	170 kg	M110