WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

Home Nations Open

Canolfan Brailsford Sports Centre, Bangor University, Gwynedd, LL57 2EH

Sunday 29th November

Start List Schedule - Group 1

Weigh in - 8 am
Start Time - 10 am

Break between Snatch and Clean and Jerk: 10 Minutes

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)
923	Charlie	ELLIS-PERRY	Diamond Weightlifting	126 kg	M60
771	George	BANCROFT	Guardian 6 Weightlifting (G6W)	61 kg	M65
798	Rhys	PILLEY	Unattached	175 kg	M85
153	Matt	JONES	Unattached	237 kg	M95

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HOME NATIONS OPEN

Canolfan Brailsford Sports Centre, Bangor University, Gwynedd, LL57 2EH

Sunday 29th November

Start List Schedule - Group 2

Weigh in - 8.50 am
Start Time - 10.50 am

Break between Snatch and Clean and Jerk: 10 Minutes

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)
748	Maisy	ROBERTS	Bangor University Weightlifting Club	70 kg	W53
561	Olivia	SLANE	Guardian 6 Weightlifting (G6W)	67 kg	W69
817	Iris	HUGHES	Bangor University Weightlifting Club	103 kg	W69
980	Ashleigh	SPERRY	Unattached	118 kg	W69
336	Taylor	ADDICOTT	Guardian 6 Weightlifting (G6W)	140 kg	W86+

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Welsh Masters Open

Canolfan Brailsford Sports Centre, Bangor University, Gwynedd, LL57 2EH

Sunday 29th November

Start List Schedule - Group 3

Weigh in - 9.50 am

Start Time - 11.50 am

Break between Snatch and Clean and Jerk: 10 minutes

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)
763	Matt	MORGAN	Unattached	165 kg	M75
414	Niall	MEENAN	Wirral Weightlifting Club	170 kg	M85
487	Christian	GLINISTER	Wirral Weightlifting Club	175 kg	M85
219	Yuk	LAM	Unattached	140 kg	M95
530	Briah	ANDREWS	Wirral Weightlifting Club	180 kg	M95
153	Ross	MILLER	Llanelli Weightlifting Academy	180 kg	M95
891	Kayle	ISAACS	Wirral Weightlifting Club	204 kg	M95
112	Daniel	HEAFEY	Unattached	107 kg	M110
717	Alexander	DINSDALE	Unattached	185 kg	M110
653	Toby	LEEDS	Unattached	240 kg	M110

WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

Welsh Masters Open

Canolfan Brailsford Sports Centre, Bangor University, Gwynedd, LL57 2EH

Sunday 29th November

Start List Schedule - Group 4

Weigh in - 11.30 pm
Start Time - 1.30 pm

Break between Snatch and Clean and Jerk: 10 Minutes

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)
346	Ailsa	MCKEON	Unattached	136 kg	W61
615	Claire	SIMMONS	Unattached	85 kg	W69
217	Sophie	ROBINSON	Unattached	111 kg	W69
577	Sally	GARDNER	Guardian 6 Weightlifting (G6W)	85 kg	W77
839	Penny	PEARSON	Unattached	165 kg	W77
526	Victoria	REES	Guardian 6 Weightlifting (G6W)	95 kg	W86
920	Rachel	GREASLEY	Bangor University Weightlifting Club	145 kg	W86