WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

WELSH SENIOR CHAMPIONSHIPS 2026

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

Saturday 28th 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)
222	Sion	COLEMAN	Evolve Weightlifting Club	164 kg	M60
378	Noah	ELLSON	Holyhead & Anglesey Weightlifting Fitness Centre (HAWFC)	210 kg	M60
727	Thomas	DUGGAN	SSC Weightlifting	220 kg	M65
813	Llewellyn	WAITS	Unattached	231 kg	M65
682	Garin	BEAMS	Unattached	228 kg	M70
615	Dan	JONES	Bangor University Weightlifting Club	190 kg	M75
889	Henry	NEWTON	Unattached	200 kg	M75
624	Jimmy	LANFEAR	Unattached	205 kg	M75
539	Luke	THOMPSON	Unattached	231 kg	M75

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Saturday 28th November

Start List Schedule - Group 2

Weigh in - 9.40 am
Start Time - 11.40 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)
797	Chloe	DAVIES	Bounce Gym Weightlifting	110 kg	W49
906	Georgia	ROBERTS	Unattached	135 kg	W53
315	Bethan	HARRY	Unattached	145 kg	W57
549	Millie	LERWILL	Guardian 6 Weightlifting (G6W)	146 kg	W57
726	Sara	RUDD	Unattached	142 kg	W61
903	Catrin	JONES	Unattached	178 kg	W61
938	Ellis	THOMAS	Resilience Weightlifting	165 kg	W86

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Start List Schedule - Group 3 (Para Powerlifting)

Weigh in - 10.40 am
Start Time - 1.10 pm

Break between each round of lifts: 2 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 BEST LIFT	BW CATEGORY
683	Ashleigh	HELLYER	Llanelli Weightlifting Academy	64 kg	Mens Heavyweight
819	Hannah	HARVEY	Unattached	72 kg	Womens Lightweight

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Saturday 28th November

Start List Schedule - Group 4

Weigh in - 11.40 am

Start Time - 1.40 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)
271	Theo	GRAHAM	Evolve Weightlifting Club	216 kg	M85
365	Jac	GREEN	Bangor University Weightlifting Club	227 kg	M85
762	Lewis	THOMAS	Bounce Gym Weightlifting	240 kg	M85
968	Daniel	DAVIES	Strength Academy Wales (SAW)	254 kg	M85
879	Ollie	EBENEZER	Unattached	277 kg	M85
127	Luke	FLETCHER	Unattached	268 kg	M95
587	James	WALES	Royal Navy Weightlifting	333 kg	M110

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Saturday 28th November

Start List Schedule - Group 5

Weigh in - 1.10 pm
Start Time - 3.10 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)
422	Kiani	GELDARD	Unattached	136 kg	W69
224	Annie	CLAY	Bangor University Weightlifting Club	155 kg	W69
289	Meg	GWYTHER	Llanelli Weightlifting Academy	168 kg	W69
310	Chase	CLARK	Unattached	173 kg	W69
641	Jessica	DAVID	Ronin Barbell Club	180 kg	W69
883	Bethan	WATKINS	Guardian 6 Weightlifting (G6W)	189 kg	W69
853	Lauren	HOLT	Unattached	150 kg	W77
912	Nyarai	HECTOR	Llanelli Weightlifting Academy	175 kg	W77
656	Isla	TRAVERS	Resilence Weightlifting	185 kg	W77
290	Nicola	STIDDARD	Unattached	200 kg	W77