



HOME NATIONS OPEN (AUTUMN)

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

Saturday 12th September

Start List Schedule - Group 1

Weigh in - 8 am

Break between Snatch and Clean and Jerk: 5 Minutes

Start Time - 10 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	
792	Nancy	SEAGER	New Wave Weightlifting	(Under 12's)
813	Elsa	HARDY	Strength Academy Wales (SAW)	
443	Sue	OSBOURNE	New Wave Weightlifting	
532	Ava	PLACE	Evolve Weightlifting Club	
248	Becky	POWER	Unattached	
219	Grace	GRIFFITHS	Strength Academy Wales (SAW)	
991	Martha	CULL	Guardian 6 Weightlifting (G6W)	

HOME NATIONS OPEN (AUTUMN)

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

Saturday 12th September

Start List Schedule - Group 2

Weigh in - 9.15 am

Break between Snatch and Clean and Jerk: 5 Minutes

Start Time - 11.15 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	
790	Dylan	HARRIES	Strength Academy Wales (SAW)	(Under 12's)
329	Zach	JONES	New Wave Weightlifting	
482	Charlie	ELLIS-PERRY	Diamond Weightlifting	
461	Matt	MORGAN	Unattached	
198	Sion	COLEMAN	Evolve Weightlifting Club	
914	Evan	WILLIAMS	Bangor University Weightlifting Club	
555	Dan	JONES	Bangor University Weightlifting Club	
763	Ryan	DAVIES	Unattached	



HOME NATIONS OPEN (AUTUMN)

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

Saturday 12th September

Start List Schedule - Group 3

Weigh in - 10.10 am

Break between Snatch and Clean and Jerk: 5 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.

LOT	FIRST NAME	LAST NAME	CLUB
417	Anni	WILLIAMS	Evolve Weightlifting Club
718	Sally	GARDNER	Guardian 6 Weightlifting (G6W)
901	Iris	HUGHES	Bangor University Weightlifting Club
667	Victoria	REES	Guardian 6 Weightlifting (G6W)
454	Esmee	WILLIAMS	New Wave Weightlifting
615	Halle	OKEEFFE	Unattached
349	Hazel	WILLIAMS	Strength Academy Wales (SAW)
616	Ashleigh	SPERRY	Unattached
555	Poppy	JAMES	Evolve Weightlifting Club
803	Camryn	CARTER	Unattached
492	Bethan	HARRY	Unattached

GUEST



HOME NATIONS OPEN (AUTUMN)

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

Saturday 12th September

Start List Schedule - Group 4

Weigh in - 11.35 am

Break between Snatch and Clean and Jerk: 5 minutes

Start Time - 2.25 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
728	Ashley	JONES	New Wave Weightlifting
193	Jac	GREEN	Bangor University Weightlifting Club
482	Cian	GREEN	Bangor University Weightlifting Club
873	Benjamin	SIMMONS	Unattached
472	Imanol	CITORES RODRIGUEZ	Zarautz KE (Basque)
889	Daniel	DAVIES	Strength Academy Wales (SAW)
108	Guto	HUGHES	Bangor University Weightlifting Club
988	Luke	FLETCHER	Unattached
761	Harry	NELMS	Unattached
448	Alvaro	JIMENEZ CANO	Indarra Weightlifting Club (Basque)



HOME NATIONS OPEN (AUTUMN)

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

Saturday 12th September

Start List Schedule - Group 5

Weigh in - 1.20 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.

LOT	FIRST NAME	LAST NAME	CLUB
444	Georgia	ROBERTS	Unattached
747	Kiani	GELDARD	New Wave Weightlifting
813	Celyn	MILLERSHIP	Strength Academy Wales (SAW)
619	Annie-Rose	CLAY	Unattached
716	Izaro	PEREZ de ARRILUCEA ARCUAZ	Indarra Weightlifting Club (Basque)
984	Taylor	ADDICOTT	Unattached
761	Rachel	GREASLEY	Bangor University Weightlifting Club
499	Miren	GALARRAGA ZUBIZARRETA	Zarautz KE (Basque)
562	Bethan	WATKINS	Guardian 6 Weightlifting (G6W)