

HOME NATIONS OPEN (SUMMER)

Llanelli Weightlifting Academy, Graig Campus, Coleg Sir Gar, Carmarthenshire, SA15 4DN

Saturday 13th June

Start List Schedule (Group 1 - Women's 40kg - 53kg)

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	ANNOUNCED TOTAL	BW CATEGORY (kg)
291	Daisy	DAVIES	Guardian 6 Weightlifting (G6W)	55 kg	N/A (Under 12's)
593	Aiofe	SEMPLE	SSC Weightlifting	72 kg	N/A (Under 12's)
482	Hattie	LAWTON-JONES	Unattached	74 kg	N/A (Under 12's)
194	Zuzanna	TROJAKOVA	Llanelli Weightlifting Academy	94 kg	N/A (Under 12's)
332	Harper	THOMAS	SSC Weightlifting	94 kg	N/A (Under 12's)
448	Lily	ROACH	Strength Academy Wales (SAW)	40 kg	W40
381	Rosie	Richards	SSC Weightlifting	60 kg	W40
209	Isabella	PHILLIPS	Strength Academy Wales (SAW)	36 kg	W44
459	Elsa	HARDY	Strength Academy Wales (SAW)	59 kg	W48
297	Nia	GOODWAY	Llanelli Weightlifting Academy	91 kg	W53
481	Alisha	GRIFFITHS	SSC Weightlifting	121 kg	W53
534	Esther	GIMBLETT	Llanelli Weightlifting Academy	128 kg	W53

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**Start List Schedule (Group 2 - Men's 52kg - 65kg)**

Weigh in - 10 am

Break between Snatch and Clean and Jerk: 5 Minutes

Start Time - 12 midday

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)
582	Dylan	HARRIES	Strength Academy Wales (SAW)	30 kg	N/A (Under 12's)
487	Joel	DAVIES	Guardian 6 Weightlifting (G6W)	46 kg	M52
725	Casey	MCKEE	Strength Academy Wales (SAW)	70 kg	M52
329	Lucas	PHILLIPS	Strength Academy Wales (SAW)	103 kg	M52
447	Trystan	MILES	Strength Academy Wales (SAW)	66 kg	M56
349	Sion	COLEMAN	Evolve Weightlifting Club	153 kg	M60
782	George	BANCROFT	Guardian 6 Weightlifting (G6W)	45 kg	M65
987	Zach	JOHN	Strength Academy Wales (SAW)	93 kg	M65
632	Macsen	LLEWELLYN-OWEN	Llanelli Weightlifting Academy	144 kg	M65
438	Evan	WILLIAMS	Bangor University Weightlifting Club	163 kg	M65
889	Theo	HALE	Guardian 6 Weightlifting (G6W)	40 kg	M88+

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**Start List Schedule (Group 3 - Women's 58kg - 63kg)**

Weigh in - 12 midday

Break between Snatch and Clean and Jerk: 5 Minutes

Start Time - 2 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)
104	Ava	PLACE	Evolve Weightlifting Club	66 kg	W58
429	Grace	GRIFFITHS	Strength Academy Wales (SAW)	83 kg	W58
219	Ffion	RYAN	Llanelli Weightlifting Academy	85 kg	W58
576	Arianwen	WILLIAMS	Llanelli Weightlifting Academy	102 kg	W58
882	Lucy	SUMMERFIELD	Llanelli Weightlifting Academy	103 kg	W58
465	Macey	WILLIAMS	SSC Weightlifting	110 kg	W58
620	Hazel	WILLIAMS	Strength Academy Wales (SAW)	113 kg	W58
528	Ava-Grace	MORGAN	SSC Weightlifting	104 kg	W63
976	Sophie	LORIMER	Unattached	148 kg	W63
702	Janine	DOVEY	SSC Weightlifting	164 kg	W63
599	Bethan	WATKINS	Guardian 6 Weightlifting (G6W)	187 kg	W63
539	Eliza	PRATT	Resilience Weightlifting	198 kg	W63
788	Aoife	O'MOORE	Resilience Weightlifting	175 kg	W77

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Start List Schedule (Group 4 - Men's 71kg - 79kg)

Weigh in - 2.10 pm

Break between Snatch and Clean and Jerk: 10 Minutes

Start Time - 4.10 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.

LOT	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
716	Marley	MATHIAS	Llanelli Weightlifting Academy	140 kg	M71
892	Henry	NEWTON	Unattached	200 kg	M71
193	Garin	BEAMS	Unattached	235 kg	M71
542	Harri	JERMIN-JONES	Llanelli Weightlifting Academy	136 kg	M79
913	Macs	LLEWELYN	Llanelli Weightlifting Academy	150 kg	M79
444	Daithi	JOYCE	Unattached	196 kg	M79
290	Theo	GRAHAM	Evolve Weightlifting Club	216 kg	M79
829	Luke	THOMPSON	Unattached	243 kg	M79