

HOME NATIONS OPEN (SUMMER)

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

Sunday 14th June

Start List Schedule (Group 5 - Women's 69kg - 69+kg)

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)
249	Anni	WILLIAMS	Evolve Weightlifting Club	88 kg	W69
448	Halle	OKEEFFE	Unattached	100 kg	W69
593	Ava	WYN	Evolve Weightlifting Club	108 kg	W69
294	Elinor	EDWARDS	SSC Weightlifting	118 kg	W69
903	Poppy	JAMES	Evolve Weightlifting Club	123 kg	W69
793	Celyn	MILLERSHIP	Strength Academy Wales (SAW)	132 kg	W69
479	Meg	GWYTHER	Llanelli Weightlifting Academy	160 kg	W69
278	Nyarai	HECTOR	Llanelli Weightlifting Academy	165 kg	W69
742	Lily	McNEIL	Resilience Weightlifting	191 kg	W69
654	Broghan	DAVIES	SSC Weightlifting	92 kg	W69+
806	Addison	WAY	SSC Weightlifting	130 kg	W69+



HOME NATIONS OPEN (SUMMER)

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

Sunday 14th June

Start List Schedule (Group 6 - Men's 88kg - 110+kg)

Weigh in - 9.50 am

Break between Snatch and Clean and Jerk: 5 Minutes

Start Time - 11.50 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.

LOT	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
929	Louis	WILLIAMS	Evolve Weightlifting Club	145 kg	M88
929	Calvin	SIN	Unattached	202 kg	M88
312	Jac	GREEN	Bangor University Weightlifting Club	225 kg	M88
449	Cian	GREEN	Bangor University Weightlifting Club	243 kg	M88
489	Ilir	SURDULLI	University of Galway Weightlifting Club	245 kg	M88
710	Daniel	DAVIES	Strength Academy Wales (SAW)	251 kg	M88
692	Bertie	SPIVEY	Strength Academy Wales (SAW)	225 kg	M94
519	Josiah	KWOK	Unattached	243 kg	M94
965	Luke	FLETCHER	Unattached	268 kg	M94
702	Nico	HEELEY	Unattached	178 kg	M110
119	Ross	MILLER	Unattached	210 kg	M110
381	Jac	ESEN	Llanelli Weightlifting Academy	197 kg	M110+
892	Brychan	GILSON	Llanelli Weightlifting Academy	220 kg	M110+



HOME NATIONS OPEN (SUMMER)

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

Sunday 14th June

Start List Schedule (Group 7 - Women's 77kg - 86+kg)

Weigh in - 12.10 pm

Break between Snatch and Clean and Jerk: 5 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.

LOT	FIRST NAME	LAST NAME	CLUB	ANNOUNCED TOTAL	BW CATEGORY (kg)
301	Sally	GARDNER	Guardian 6 Weightlifting (G6W)	91 kg	W77
442	Bethan	DAVIES	SSC Weightlifting	99 kg	W77
991	Georgia	KNOWLES	Unattached	106 kg	W77
439	Penny	PEARSON	Unattached	163 kg	W77
558	Dannii	BETHELL	SSC Weightlifting	170 kg	W77
832	Isla	TRAVERS	Resilience Weightlifting	185 kg	W77
592	Victoria	REES	Guardian 6 Weightlifting (G6W)	98 kg	W86
716	Ellis	THOMAS	Resilience Weightlifting	162 kg	W86
812	Taylor	ADDICOTT	Strength Academy Wales (SAW)	110 kg	W86+
562	Mercy	BROWN	Crystal Palace Weightlifting Club	230 kg	W86+