



WELSH SENIOR CHAMPIONSHIPS 2025

Canolfan Brailsford Sports Centre, Bangor

Saturday 22nd November

Start List Schedule (Group 1 - Women's 48kg - 63kg)

Weigh in - 7.30 am

Break between Snatch and Clean and Jerk: 10 minutes

Start Time - 9.30 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)
178	Esther	GIMBLETT	Llanelli Weightlifting Academy	114 kg	W48
422	Georgia	ROBERTS	Unattached	130 kg	W48
319	Millie	LERWILL	Guardian 6 Weightlifting	125 kg	W58
287	Tegan	CROWLE	Unattached	160 kg	W58
546	Catrin	JONES	Unattached	170 kg	W58
737	Catrin Haf	JONES	Bangor University Weightlifting Club	186 kg	W58
651	Kiani	GELDARD	New Wave Weightlifting	133 kg	W63
927	Sara	RUDD	Unattached	134 kg	W63
231	Lindsay	ATKINSON	Club 646 Weightlifting	142 kg	W63
878	Janine	DOVEY	Unattached	165 kg	W63
438	Charlotte	WHALLEY	Resilience Weightlifting	170 kg	W63
904	Bethan	WATKINS	Guardian 6 Weightlifting	180 kg	W63



Canolfan Brailsford Sports Centre, Bangor

Saturday 22nd November

Start List Schedule (Group 2 - Men's 60kg - 79kg)

Weigh in - 9.50 am

Break between Snatch and Clean and Jerk: 10 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)
270	Noah	ELLSON	Holyhead and Anglesey Weightlifting Fitness Centre (HAWFC)	179 kg	M60
497	Thomas	DUGGAN	SSC Weightlifting	182 kg	M60
658	Llewellyn	WAITS	Unattached	207 kg	M65
399	Garin	BEAMS	Unattached	226 kg	M65
658	Michael	FARMER	Unattached	240 kg	M71
981	Lewis	HODGSON	Unattached	208 kg	M79
391	Jac	GREEN	Bangor University Weightlifting Club	219 kg	M79
904	Cian	GREEN	Unattached	249 kg	M79



WELSH SENIOR CHAMPIONSHIPS 2025

Canolfan Brailsford Sports Centre, Bangor

Saturday 22nd November

Start List Schedule (Group 3 - Women's 69kg)

Weigh in - 11.30 am

Break between Snatch and Clean and Jerk: 10 minutes

Start Time - 1.30 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)
550	Chase	CLARK	Unattached	165 kg	W69
421	Jess	WHEELER	Ronin Barbell Weightlifting Club	170 kg	W69
470	Isla	TRAVERS	Resilience Weightlifting	171 kg	W69
658	Molly	GREENWOOD	Liftology Weightlifting Club	180 kg	W69
589	Jo	McEWAN	Unattached	181 kg	W69
615	Megan	DIXON	SSC Weighlifting	186 kg	W69



WELSH SENIOR CHAMPIONSHIPS 2025

Canolfan Brailsford Sports Centre, Bangor

Saturday 22nd November

Start List Schedule (Group 4 - Para Powerlifting)

Weigh in - 12.00 pm

Start Time - 2.50 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)
621	Evelyn	THOMAS	Strength Academy Wales (SAW)	75 kg	W67



WELSH SENIOR CHAMPIONSHIPS 2025

Canolfan Brailsford Sports Centre, Bangor

Saturday 22nd November

Start List Schedule (Group 5 - Men's 88kg - 110+kg)

Weigh in - 1.20 pm

Break between Snatch and Clean and Jerk: 10 minutes

Start Time - 3.20 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)
380	Nick	JONES	Ronin Barbell Weightlifting Club	220 kg	M88
276	Jamie	BRINE	Unattached	226 kg	M88
572	Daniel	DAVIES	Strength Academy Wales (SAW)	251 kg	M88
806	Edward	GIBSON	Royal Navy Weightlifting	258 kg	M88
993	Oliver	EBENEZER	Unattached	273 kg	M88
801	Leon	BRADY	Unattached	241 kg	M94
632	Josiah	KWOK	Unattached	245 kg	M94
684	Theo	MORRIS	Unattached	256 kg	M94
192	Luke	FLETCHER	Club 646 Weightlifting	266 kg	M94
328	Alex	MOSELEY	Unattached	290 kg	M94
886	Carwyn	JONES	Unattached	248 kg	M110
214	James	WALES	Royal Navy Weightlifting	319 kg	M110
389	Louis	WESTON	Unattached	296 kg	M110+



WELSH SENIOR CHAMPIONSHIPS 2025

Canolfan Brailsford Sports Centre, Bangor

Saturday 22nd November

Start List Schedule (Group 6 - Women's 77kg - 86+kg)

Weigh in - 3.50 pm

Break between Snatch and Clean and Jerk: 10 minutes

Start Time - 5.50 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)
476	Lauren	HOLT	Llanelli Weightlifting Academy	146 kg	W77
374	Penny	PEARSON	Unattached	153 kg	W77
871	Emma	NASH	SSC Weightlifting	155 kg	W77
377	Danielle	BETHELL	SSC Weightlifting	158 kg	W77
524	Sabrina	BUTLER	Unattached	190 kg	W77
301	Laura	HUGHES	Unattached	214 kg	W77
682	Niamh	COLLINS	Ronin Barbell Weightlifting Club	172 kg	W86
663	Nicola	STIDDARD	Unattached	205 kg	W86
749	Grace	MORRIS	Strength Academy Wales (SAW)	178 kg	W86+