



WELSH WINTER OPEN 2025

Canolfan Brailsford Sports Centre, Bangor

Sunday 23rd November

Start List Schedule (Group 1 - Youth Girls)

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)
651	Nancy	SEAGER	New Wave Weightlifting	20 kg	UNDER 12'S
297	Hattie	LAWTON-JONES	Liftology Weightlifting Club	64 kg	UNDER 12'S
732	Noami	BURTON	Diamond Weightlifting	104 kg	W53
529	Bethan	HARRY	Club 646 Weightlifting	128 kg	W53
563	Hazel	WILLIAMS	Strength Academy Wales (SAW)	101 kg	W58
439	Iris	HUGHES	Bangor University Weightlifting Club	75 kg	W63
498	Isabella	JONES	New Wave Weightlifting	109 kg	W63
548	Martha	CULL	Guardian 6 Weightlifting	75 kg	W69
329	Esmee	WILLIAMS	New Wave Weightlifting	85 kg	W69+ (Youth)
384	Della	PEMBERTON	Diamond Weightlifting	123 kg	W69+ (Youth)
618	Izzabelle	DEAKIN	Diamond Weightlifting	141 kg	W69+ (Youth)



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Start List Schedule (Group 2 - Youth Boys)

Weigh in - 9.45 am

Break between Snatch and Clean and Jerk: 5 minutes

Start Time - 11.45 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)
451	Calvin	TIDSWELL	New Wave Weightlifting	38 kg	UNDER 12'S
775	Harri	DAVIES	New Wave Weightlifting	61 kg	UNDER 12'S
547	Mylo	EVANSON	New Wave Weightlifting	36 kg	M52 (Youth)
116	Zach	JONES	New Wave Weightlifting	72 kg	M52 (Youth)
399	Charlie	ELLIS-PERRY	Diamond Weightlifting	120 kg	M56 (Youth)
720	Zach	JOHN	Strength Academy Wales (SAW)	91 kg	M60
699	Evan	WILLIAMS	Bangor University Weightlifting Club	158 kg	M60
658	Iwan	PEMBERTON	Diamond Weightlifting	153 kg	M65
529	Connor	SMITH	Diamond Weightlifting	20 kg	M78
792	Calvin	SIN	Unattached	190 kg	M88



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Start List Schedule (Group 3 - Women's 53kg - 86+kg)

Weigh in - 11.30 am

Break between Snatch and Clean and Jerk: 5 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)
386	Emma	BROOKS	Unattached	86 kg	W53
539	Daisy	PLEWS	Holyhead and Anglesey Weightlifting Fitness Centre (HAWFEC)	80 kg	W58
184	Ashleigh	SPERRY	Holyhead and Anglesey Weightlifting Fitness Centre (HAWFEC)	110 kg	W63
213	Meg	GWYTHYR	SA1 Weightlifting	147 kg	W69
588	Georgia	KNOWLES	Guardian 6 Weightlifting	99 kg	W77
406	Camryn	CARTER	Altas Weightlifting Centre	105 kg	W77
376	Sally	GARDNER	Guardian 6 Weightlifting	20 kg	W86
542	Ellie	DAVIES	Guardian 6 Weightlifting	108 kg	W86
879	Rachel	TAYLOR	Unattached	128 kg	W86
593	Victoria	REES	Guardian 6 Weightlifting	20 kg	W86+
761	Sue	OSBOURNE	New Wave Weightlifting	65 kg	W86+
655	Ellen	WELLER	North Tyneside Barbell Weightlifting Club	125 kg	W86+



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Start List Schedule (Group 4 - Men's 79kg - 110+kg)

Weigh in - 1.40 pm

Break between Snatch and Clean and Jerk: 10 minutes

Start Time - 3.40 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	ANNOUNCED TOTAL	BW CATEGORY (kg)
639	Lloyd	GRIFFITH	New Wave Weightlifting	180 kg	M79
762	Ashely	JONES	New Wave Weightlifting	225 kg	M79
285	Jordan	BURNS	Unattached	220 kg	M88
397	Tom	BENNETT	New Wave Weightlifting	175 kg	M94
689	Edward	SMALE	Atlas Weightlifting Centre	311 kg	M94
733	Rhys	TAPLIN	Unattached	215 kg	M110+