

Welsh National Championships, WIS, Cardiff. Saturday 11th march 2017.

**Group one: Weigh in 08:00. Presentation of lifters 09.50. Competition starts at 10.00 - Women - 48 / 53**

Lot no.	NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
							1	2	3	1	2	3	SN	JERK			
36	Hannah	Powell	HAWFC	153	48	46.80	65	-68	-68	-83	-83	83	65	83	148	232.39	1
37	Bethan	Roberts	NW1	102	48	42.20	44	-47	-47	54	58	-60	44	58	102	174.32	2
6	Tiffany	Brannan	HAWFC	142	53	51.75	60	62	-64	80	84	-89	62	84	146	212.61	2
20	Sian	Peters	Second City	130	53	52.25	55	58	-60	68	72	-76	58	72	130	188.02	4
27	Catrin	Jones	Bangor	146	53	49.25	65	-68	-70	75	80	85	65	85	150	226.49	1
42	Ellie	Pryor	Breezes	130	53	52.65	54	57	-59	70	74	-75	57	74	131	188.44	3

**Group two: Weigh in 09:30. Presentation of lifters 11.20. Competition starts at 11.30 - Men - 56 / 69 / 77 / 85**

Lot no.	NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
							1	2	3	1	2	3	SN	JERK			
38	Seth	Casidsid	HAWFC	192	56	56	-82	82	-85	-110	-110	-110	82	-110	0	0.00	-
4	Gareth	Evans	HAWFC	270	69	68.5	125	-130	130	155	160	-166	130	160	290	385.70	1
41	Michael	Farmer	Willpower	228	69	65.3	103	-107	107	-125	-125	125	107	125	232	317.94	2

13	Stuart	Bartley	Penybont	230	77	76.5	100	-105	-105	-120	-120	120	100	120	220	274.61	1
2	John	Pritchard	HAWFC	252	85	84.6	-120	120	-123	150	155	-160	120	155	275	326.25	1
16	Gwilym	Pari	HAWFC	267	85	84.55	-118	118	-123	146	152	-155	118	152	270	320.40	2
21	Rhodri	Beynon	Willpower	250	85	81.8	-120	120	123	-140	140	144	123	144	267	321.95	3
22	Harry	Misangyi	HAWFC	267	85	84.75	120	123	-125	0	0	0	123	0	123	145.80	—

**Group three : Weigh in 11:20. Presentation of lifters 13.10 Competition starts at 13.20 - Women 58 / 63**

Lot no.	NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
							1	2	3	1	2	3	SN	JERK			
11	Cerian	Phelps	Llantrisant	129	58	54.45	-48	48	52	70	-75	75	52	75	127	178.49	G
15	Laura	Prosser	Atlantic Way	131	58	56.50	55	58	61	73	-78	78	61	78	139	190.59	4
19	Mari	Shepherd	Willpower	146	58	57.55	65	-67	-67	80	-83	83	65	83	148	200.52	3
23	Christie	Williams	Willpower	165	58	57.70	70	73	75	-90	90	-95	75	90	165	223.18	1
26	Daisy	Melhuish	Unattached	138	58	57.40	60	64	67	-80	-80	81	67	81	148	200.86	2
8	Holly	knowles	NW1	149	63	62.45	66	-70	-70	81	-85	-85	66	81	147	189.40	1
9	Amy	Salt	NW1	169	63	62.25	0	0	0	0	0	0	0	0	0	0.00	
43	Rebecca	Francis	Fit Performance	132	63	62.55	58	-62	-62	72	-77	-77	58	72	130	167.34	2

**Group four: Weigh in 13:10. Presentation of lifters 15.00. Competition starts at 15.10 - Men - 94 / 105**

Lot no.	NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
							1	2	3	1	2	3	SN	JERK			
10	Gwion	Williams	Unit Performanc	253	94	91.15	110	115	-118	150	-155	-156	115	150	265	304.05	2
12	Ben	Rose-Miles	Unattached	255	94	89.4	-105	105	-110	140	-145	-145	105	140	245	283.46	3
30	Theo	Morgan	willpower	278	94	93.55	-125	125	-130	150	-155	-155	125	150	275	312.14	1
34	Joshua	Parry	Iron Shed	285	94	93.6	90	95	105	120	130	137	105	137	242	274.62	4
17	Ross	Miller	SA1	260	105	99.7	110	120	-125	135	-145	-146	120	135	255	282.41	3
18	Tomos	Ellis-Williams	Evolve	270	105	103.5	-120	-120	120	140	-141	145	120	145	265	289.64	2
40	Jordan	Sakkas	Willpower	291	105	102.1	125	130	133	160	-167	167	133	167	300	329.44	1
7	Rhodri	West	Unattached	300	105+	106.4	127	-132	132	156	161	-168	132	161	293	317.32	1

**Group five: Weigh in 14:40. Presentation of lifters 16.30 Competition starts at 16.40 - Women 69 / 75 / 90**

Lot no.	NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
							1	2	3	1	2	3	SN	JERK			
5	Awen	Davies	Evolve	153	69	65.35	65	-68	-68	85	-88	90	65	90	155	194.59	1
29	anita	madan	SAW	140	69	68.65	66	69	-71	-73	73	76	69	76	145	177.26	2

