





## Welsh Masters Open Championships, Strength Academy Wales, 10th June 2018.

Group One: Weigh in 08:00. Presentation of lifters 9:50. Competition starts at 10:00 - Women

Lot no.	NAME		Club	AT	Age group	BWT Cat.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	S M F points	Pos
								1	2	3	1	2	3	SN	C&J			
3	Dyana	Altenor	Bethnal Green WLC	100	W50	53	52.70	-45	45	-47	53	56	-60	45	56	101	194.20	
68	Angie	Stevens	Unattached	65	W45	69	65.50	27	-31	31	37	41	43	31	43	74	111.64	
34	Bethan	Massey	LOWA	101	W40	58	54.50	45	47	-49	55	-57	57	47	57	104	173.72	
9	Helen	Qualters	Llanelli Weightlifting	117	W40	53	52.10	52	55	58	67	-71	73	58	73	131	215.52	
90	Calli	Rouse	SA1 Weightlifting	84	W35	90+	91.80	30	34	-38	50	55	-	34	55	89	103.11	

## Welsh Masters Open Championships, Strength Academy Wales, 10th June 2018.

Group Two: Weigh in 08:00. Presentation of lifters 11:20. Competition starts at 11:30 - Men

Lot no.	NAME		Club	AT	Age group	BWT Cat.	B/W	SNATCH kg			JERK kg			BEST		TOTAL	S M F points	Pos
								1	2	3	1	2	3	SN	C&J			
15	Ray	Williams	HAWFC	150	M55	77	75.70	67	–	–	85	–	–	67	85	152	284.01	
59	Nick	Hall	Halls Weightlifting	180	M50	85	84.00	80	-85	-85	110	115	-122	80	115	195	315.89	
56	Justin	Head	SPWLC	190	M45	94	93.70	75	83	86	100	110	-120	86	110	196	277.44	
4	Alex	Vaughan-Morris	Unattached	160	M40	77	72.50	70	75	-80	90	95	98	75	98	173	258.55	
27	Darren	Berry	Crossfit Caerphilly	185	M40	85	83.20	73	-77	77	100	104	108	77	108	185	257.09	
18	Rhys	Jones	Crossfit Aberystwyth	195	M40	105	98.70	81	-84	-84	-96	96	–	81	96	177	226.00	
87	James	Richards	Crossfit Shadow Valley	180	M35	69	69.00	-77	77	83	-100	100	104	83	104	187	277.76	
53	Craig	Edwards	Llanelli Weightlifting	195	M35	77	76.90	80	-85	-85	110	115	-120	80	115	195	266.08	
33	John	Pritchard	HAWFC	250	M35	85	85.00	105	–	–	125	–	–	105	125	230	291.85	
64	Jason	Stephenson	Llanelli Weightlifting	250	M35	94	93.20	110	-115	-120	135	142	-145	110	142	252	321.35	