

## WELSH OPEN 2018

## Group 1: Men - 55, 61

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Dylan	Rees	Breezes Gym	95	55	54.5	40	-43	-43	50	53	-57	40	53	93	144.66	3
Daniel	Davies	SAW	98	55	48.7	40	-43	43	52	54	57	43	57	100	170.13	2
Luke	Eardley	NW1	143	55	53.6	57	60	-64	75	79	81	60	81	141	222.14	1
Llyr	Gravell	Llanelli WL	90	61	58.2	36	38	40	50	52	-55	40	52	92	136.33	3
Ben	Foggo	NW1	176	61	58.5	-75	75	80	88	-92	-92	80	88	168	248.04	1
Liam	Davies	Caerphilly Barbell	118	61	58.8	45	48	51	63	66	69	51	69	120	176.53	2

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## Group 2: Women - 49, 55, 59

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Ashleigh	Barnikel	SAW	69	49	47.50	<del>27</del>	<del>27</del>	27	<del>32</del>	32	35	27	35	62	96.23	1
Helen	Qualters	Llanelli WL	131	55	51.30	<del>52</del>	52	<del>54</del>	<del>68</del>	68	<del>73</del>	52	68	120	175.84	3
Beth	Massey	LOWA	105	55	54.30	41	43	<del>45</del>	51	53	<del>55</del>	43	53	96	135.17	
Catrin	Jones	Unattached	110	55	52.30	49	52	<del>54</del>	68	70	<del>72</del>	52	70	122	176.33	2
Cerian	Hope	Llantrisant WL	129	55	54.90	49	52	<del>54</del>	70	73	<del>76</del>	52	73	125	174.70	1
Becky	Hickman	Evolve S&C	115	55	54.20	<del>47</del>	47	50	67	<del>70</del>	<del>70</del>	50	67	117	164.95	
Stephanie	Jones	Llanelli WL	130	59	57.50	58	61	64	70	73	<del>76</del>	64	73	137	185.72	1
Charlotte	Whalley	SAW	95	59	55.10	36	39	41	54	57	60	41	60	101	140.81	
Annie	Clay	NW1	100	59	56.60	<del>40</del>	40	45	52	57	60	45	60	105	143.80	3
Mena	Williams	SPWLC	82	59	56.00	30	33	36	45	50	53	36	53	89	122.75	
Georgina	Williams	Breezes Gym	114	59	57.80	48	50	52	67	69	<del>71</del>	52	69	121	163.48	2

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## Group 3: Men - 67, 73

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Harvey	Morris	Caerphilly Barbell	148	67	63.5	63	-65	-65	78	-81	82	63	82	145	202.36	
Sam	Roberts	NW1	153	67	62	75	-77	-77	88	-91	-92	75	88	163	231.14	2
Sean	Aspinall	SA1	140	67	67	61	65	-70	75	-80	-81	65	75	140	188.76	
Alex	Evans	Celtic Crossfit	150	67	66.3	70	75	77	85	89	-91	77	89	166	225.30	1
Garin	Beams	RCT Weightlifting	145	67	64.2	67	70	74	79	84	-90	74	84	158	218.92	3
Nimai	Mehta	Cardiff Met WL	142	67	65.2	-65	65	70	78	82	-86	70	82	152	208.51	
Joseph	Psaila	Llantrisant WL	167	73	70.3	68	-72	72	88	91	94	72	94	166	217.36	3
Joshua	Jackson	Caerphilly Barbell	138	73	68.6	59	-62	-62	70	74	-77	59	74	133	176.73	
Jacob	Hill-Izani	Bangor WL	190	73	71.3	-75	75	-80	-97	-100	102	75	102	177	229.84	2
Dion	James	Evolve S&C	183	73	73	-77	77	80	97	-101	-101	80	97	177	226.74	1

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## Group 4: Women - 64

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Chloe	Briggs	SA1	150	64	63.60	61	66	70	81	-85	85	70	85	155	197.60	1
Rhiannon	Dobbs	Unattached	148	64	63.80	-61	61	-65	87	90	-95	61	90	151	192.16	2
Lea	Klein	Unattached	140	64	63.30	65	68	-70	76	80	-83	68	80	148	189.19	
Awen	Davies	Evolve S&C	143	64	63.20	60	65	-68	76	-80	-84	65	76	141	180.41	
Gussie	Beech	Unattached	132	64	63.30	56	-60	60	72	-76	76	60	76	136	173.85	
Kathryn	Joseph	Breezes Gym	152	64	62.80	63	-66	66	80	84	-86	66	84	150	192.64	3
Alice	Richardson	Unattached	100	64	63.80	-43	-43	-43	53	57	-61	-43	57	14	17.82	
Bethan	Watkins	Llantrisant WL	145	64	62.60	57	61	-63	77	80	-83	61	80	141	181.41	
Emily	Seymour	Unattached	120	64	62.80	53	56	59	68	-71	-72	59	68	127	163.10	

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## Group 5: Men - 81

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Thomas	Rees	Llanelli WL	230	81	78.1	95	100	105	<del>118</del>	118	<del>124</del>	105	118	223	275.31	3
Rhodri	Beynon	Synergi	250	81	79.5	<del>111</del>	111	115	128	<del>133</del>	<del>133</del>	115	128	243	297.25	1
Steffan - Jac	Griffiths	Llanelli WL	185	81	78.3	80	83	<del>87</del>	107	111	<del>115</del>	83	111	194	239.19	
Chad	Collins	Synergi	170	81	79.2	<del>75</del>	75	<del>80</del>	<del>90</del>	<del>90</del>	<del>90</del>	75	-90	-15	-18.38	
Craig	Edwards	Llanelli WL	207	81	80.7	83	87	90	115	<del>120</del>	121	90	121	211	256.15	
Hinley	Chan	NW1	215	81	77.6	90	95	101	115	122	<del>131</del>	101	122	223	276.25	
Iwan	Biffin	Aber Barbell	220	81	78.5	100	<del>105</del>	<del>108</del>	<del>120</del>	120	<del>130</del>	100	120	220	270.89	
Liam	Power	Unattached	230	81	77.9	<del>93</del>	93	<del>98</del>	120	<del>126</del>	<del>131</del>	93	120	213	263.32	
Jonny	Cordy	Aber Barbell	235	81	77.6	<del>101</del>	<del>105</del>	<del>105</del>	_0	_0	_0	0	0	0	0.00	
Nathan	Morgan	Unattached	220	81	79.2	100	<del>107</del>	<del>107</del>	129	135	<del>140</del>	100	135	235	288.03	2
Tomos	Protheroe	NW1	94	81	80.7	40	45	49	54	58	<del>61</del>	49	58	107	129.90	
Ryan	Bedwell	NW1	185	81	79.9	78	82	86	105	110	114	86	114	200	244.03	

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Group 6: Women - 76, 81, 87, 87+

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Beth	Jones	NW1	136	76	75.4	58	62	64	<del>81</del>	81	<del>86</del>	64	81	145	169.28	1
Kathryn	Darvill	SA1	155	76	74.4	60	<del>63</del>	<del>63</del>	75	<del>81</del>	<del>81</del>	60	75	135	158.59	2
Seren	Mitchell	SAW	110	76	75	45	<del>48</del>	<del>48</del>	<del>60</del>	60	<del>65</del>	45	60	105	122.89	3
Jodie	Stubbs	Breezes Gym	110	81	81	43	46	48	<del>63</del>	63	<del>65</del>	48	63	111	125.62	1
Sioned	Thomas	HAWFC	75	87	82.2	30	33	36	42	46	<del>50</del>	36	46	82	92.25	2
Sophie	Harrison	Bangor WL	110	87	85.8	50	53	55	62	64	66	55	66	121	133.89	1
Louise	Hurlow	Project Fitness Tenby	112	87+	102	42	45	48	65	<del>68</del>	68	48	68	116	121.55	1

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Group 7: Para Powerlifting Male & Female

Name		Club	Class	BW	Bench Press			Best Result (KG)	AH Coefficient	AH Score	Rank
					1	2	3				
Olivia	Broome	Unattached	up to 61kg	50	81	85	87	87	1.061792	92.375904	1
Francesca	Antoniazzi	Bangor	up to 61kg	49.9	52	54	<del>56</del>	54	1.062771	57.389634	2
Mathew	Williams	HAWFC	up to 72kg	63.1	<del>70</del>	<del>70</del>	75	75	1.039169	77.937675	
Ollie	Brown	BWL	up to 72kg	64.1	160	165	<del>168</del>	165	1.031524	170.20146	2
Nathaniel	Wilding	Suffolk Spartans	up to 72kg	64.8	165	168	170	170	1.026293	174.46981	1
Francis	Cowen	Unattached	up to 72kg	58.8	106	109	110	110	1.074562	118.20182	3
Ross	Austen	Help for Heroes	Over 72kg	78.5	160	<del>165</del>	165	165	0.94016	155.1264	1
Nathan	Stephens	SAW	Over 72kg	77	125	130	<del>135</del>	130	0.94832	123.2816	2

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## Group 8: Men - 89

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Alexander	Yagoub	Unattached	240	89	88.60	100	105	<del>110</del>	<del>130</del>	<del>130</del>	130	105	130	235	272.96	
John	Pritchard	HAWFC	267	89	88.90	115	<del>121</del>	<del>121</del>	<del>145</del>	145	150	115	150	265	307.35	1
David	Lewis	Unattached	246	89	88.00	<del>108</del>	108	<del>113</del>	138	<del>146</del>	<del>151</del>	108	138	246	286.61	3
Ryan	Wilson	Unattached	240	89	88.60	<del>110</del>	110	<del>120</del>	120	125	<del>133</del>	110	125	235	272.96	
Cameron	James	Power Athletics	215	89	85.50	<del>95</del>	95	<del>101</del>	<del>116</del>	<del>116</del>	116	95	116	211	249.08	
Matthew	Kerr	HAWFC	170	89	88.30	70	75	<del>80</del>	95	100	105	75	105	180	209.39	
Daniel	Siegel	Unattached	250	89	87.00	<del>110</del>	110	113	140	145	150	113	150	263	307.99	2



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Group 9: Women - 71 B group

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Sioned	Llywelyn	Unattached	110	71	69.60	45	-48	-48	55	58	60	45	60	105	127.45	
Sarah	Dawes-Clark	Sakura	115	71	67.10	52	54	-57	68	71	-75	54	71	125	154.67	
Chloe	Bolton	CF Wrexham	134	71	69.50	60	63	-66	74	78	-81	63	78	141	171.27	
Tracy	Rosser	Evolve S&C	107	71	67.80	-45	45	-48	60	-63	-65	45	60	105	129.21	
Janine	Dovey	Unattached	128	71	67.80	57	59	61	70	-74	-74	61	70	131	161.20	
Shannon	Hughes	SA1	100	71	67.20	40	45	48	-58	58	62	48	62	110	136.00	
Beth	Jones	Llantrisant WL	120	71	64.60	45	48	-51	65	68	-71	48	68	116	146.57	

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## Group 10: Men - 96

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Alex	Persse	Llantrisant WL	186	96	93.6	80	-85	-85	93	96	100	80	100	180	204.26	
Jason	Stephenson	Llanelli WL	252	96	94.2	110	115	-118	-137	137	-142	115	137	252	285.23	3
Lee	Duance	Unattached	265	96	91.8	105	108	112	142	145	147	112	147	259	296.28	2
Filip	Taylor	Cardiff Met WL	260	96	93.8	108	-113	-115	140	145	152	108	152	260	294.79	1
Kyle	Colella	SAW	85	96	94.6	35	38	40	45	48	51	40	51	91	102.83	
Carl	Rees	SAW	225	96	93.5	98	103	-106	125	-130	130	103	130	233	264.52	
Ryan	Hopkins	SA1	245	96	92.5	-100	100	105	-125	125	-130	105	125	230	262.27	
Guto	Hughes	Cardiff Met WL	220	96	90.9	90	94	98	115	120	125	98	125	223	256.16	
Tom	Wain	Unattached	230	96	94.4	-98	98	-102	-130	-130	-130	98	-130	-32	-36.19	
Steffan	Evans	Unattached	202	96	92.8	80	83	86	110	-113	113	86	113	199	226.62	

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## Group 11: Women - 71 A group

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Macy	John	SA1	140	71	68.20	58	62	-65	78	-82	-82	62	78	140	171.74	
Lauren	Evans	Caerphilly Barbell	135	71	70.20	-62	-63	64	-75	75	80	64	80	144	174.02	
Lauren	Burley	Unattached	175	71	69.60	70	73	75	95	-100	-103	75	95	170	206.35	2
Shanice	Parry	SA1	157	71	69.30	65	70	-73	82	-86	-87	70	82	152	184.91	
Enlli	Jones	Bangor WL	160	71	69.50	68	70	73	95	100	-103	73	100	173	210.15	1
Leah	Timms	Breezes Gym	146	71	68.80	-62	62	-65	77	-81	-83	62	77	139	169.73	
Amy	Walker	Aber Barbell	135	71	67.50	52	-55	55	65	72	77	55	77	132	162.82	
Chloe	Hood	SAW	156	71	70.10	-65	65	70	83	86	-90	70	86	156	188.66	3
Cleo	Hardy	Unattached	135	71	67.10	60	63	-65	75	78	-81	63	78	141	174.47	
Jessica	Watling	Unattached	139	71	68.40	56	-59	-59	72	76	-80	56	76	132	161.68	

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Group 12: Men - 102, 109, 109+

NAME		Club	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
						1	2	3	1	2	3	SN	C&J			
Ross	Miller	SA1	260	102	101	103	108	<del>111</del>	133	138	141	108	141	249	274.58	
Ben	Wasley	Unattached	220	102	100	95	<del>100</del>	<del>100</del>	<del>120</del>	<del>120</del>	<del>120</del>	95	-120	-25	-27.65	
Joshua	Parry	SA1	270	102	97	115	<del>123</del>	<del>123</del>	0	0	0	115	0	115	128.68	
Theo	Morgan	Unattached	290	102	102	126	131	<del>136</del>	150	<del>155</del>	0	131	150	281	309.10	1
George	Latter	Unattached	160	102	100	<del>70</del>	<del>70</del>	<del>70</del>	90	96	<del>101</del>	-70	96	26	28.75	
Tomos	Ellis-Williams	Unattached	260	102	101	110	115	120	138	<del>144</del>	145	120	145	265	291.91	2
Harry	Nelms	Power Athletics	240	102	99.8	100	105	110	135	140	145	110	145	255	282.31	3
Jake	Lewis	Project fitness Tenby	190	109	108	80	85	<del>90</del>	110	<del>115</del>	<del>115</del>	85	110	195	210.18	2
Jack	Crosse	Unattached	235	109	105	<del>100</del>	100	<del>105</del>	125	130	<del>133</del>	100	130	230	250.41	1