

2019 Weightlifting Wales Competition Calendar

(Main BWL events are included and highlighted in green, please see BWL website for details & their full list of competitions)

Date	Event	Venue
Saturday 2 nd February 2019	South wales National Qualification (Welsh Senior qualification)	SAW, Pembrokeshire Sir Thomas Picton Sports Centre, Pendergast, Haverfordwest SA61 2PE
Sunday 3 rd February 2019	North Wales National Qualification (Welsh Senior qualification)	Canolfan Brailsford Platform 81, Canolfan Brailsford, Ffriddoedd Road, Bangor University, Gwynedd, LL57 2EH
Saturday 2 nd March 2019	Welsh Senior Championships	Canolfan Brailsford Canolfan Brailsford, Ffriddoedd Road, Bangor University, Gwynedd, LL57 2EH
Saturday 13 th -14 th April 2019	British University & College Championships	St Mary's University Twickenham (see BWL website for details)
Thursday 30 th May- Sunday 2 nd June 2019	Junior Battle	Lochen, Austria
Saturday 8 th -Sunday 9 th June 2019	British (Olympic Qualification) Championships, British Para Powerlifting Championships & Open, British Development Open, British Masters Championships	Ricoh Arena, Coventry (see BWL website for details)

Saturday 22 nd June 2019	South Wales National Qualification (Welsh Senior qualification)	TBC
Saturday 22 nd June 2019	North Wales National Qualification (Welsh Senior qualification)	TBC
Friday 5 th July 2019	Gemau Cymru	Sport Wales National Centre Sofia Gardens, Cardiff, CF11 9SW
Saturday 5 th -6 th September 2019	British age Groups 15yrs-23yrs	TBC - (see BWL website for details)
Saturday 7 th September 2019	South Wales National Qualification (Welsh Senior qualification)	TBC
Saturday 7 th September 2019	North Wales National Qualification (Welsh Senior qualification)	TBC
Saturday 12 th -13 th October 2019	Welsh Open	Sport Wales National Centre Sofia Gardens, Cardiff, CF11 9SW
Saturday 2 nd November 2019	Welsh Age Groups	SAW, Pembrokeshire Sir Thomas Picton Sports Centre, Pendergast, Haverfordwest SA61 2PE
Saturday 14 th December 2019	Celtic Nations	Canolfan Brailsford Canolfan Brailsford, Ffriddoedd Road, Bangor University, Gwynedd, LL57 2EH