

## Gemau Cymru 2019

Weigh in for all groups 8 am. Two weigh-in rooms

Lifting times may change on the day

### Group 1: Presentation of lifters 9.50. Competition starts at 10.00

Name		Club	Announced Total	Age
Seren	Lloyd	Unattached	20	U12
Emma	Slocombe	SYNERGI	35	U12
Caitlyn	Mcgrath	SPWLC	20	U12
Lexi	Thomas	SPWLC	68	U12
Ffion	Barnikel	SAW	64	U15
Cerys	Cross	Llanelli WL	30	U15
Charlotte	Whalley	SAW	117	U15
Mena	Williams	SPWLC	96	U15
Seren	Mitchell	SAW	116	U15
Chloe	Hood	SAW	159	U20

### Group 2: Presentation of lifters 11.20. Competition starts at 11.30

Name		Club	Announced Total	Age
Gruff	Jones	Unattached	50	U12
Cai	Owen	SAW	55	U12
Lorenzo	Thomas	Crossfit Caerphilly	35	U12
Zach	Jones	Unattached	20	U12
Daniel	Twigge	Unattached	30	U12
Reece	Jones	SW1	37	U12
Joshua	Williams	SW2	70	U12

**Group 3: Presentation of lifters 12.50 Competition starts at 13.00**

<b>Name</b>		<b>Club</b>	<b>Announced Total</b>	<b>Age</b>
Daniel	Davies	SAW	125	U15
Oliver	Rees	Unattached	82	U15
Liam	Davies	Crossfit Caerphilly	132	U15
Iolo	Griffiths	SPWLC	70	U15
Llyr	Gravell	Llanelli WL	115	U15
Dewi	Jackson	SAW	70	U15
Ben	Rees	Llanelli WL	115	U17
Cian	Green	Unattached	160	U17
Kyle	Colella	SAW	100	U17
Rhyddian	Rees	Unattached	175	U17