

Welsh Seniors Championships, Welsh Institute of Sport, Cardiff, 21st January 2018.

Group Two: Weigh in 08:00. Presentation of lifters 10:50. Competition starts at 11:00 - Women - 48, 53, 58, 63

Lot no.	NAME		Club	AT	Cat.	AGE 1st Jan	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
								1	2	3	1	2	3	SN	C&J			
32	Bethan	Roberts	NW1	109	48	18	41.95	43	47	-49	54	58	-60	47	58	105	180.36	1
69	Catrin Haf	Jones	Bangor University	155	53	18	51.85	65	-70	-71	-85	85	90	65	90	155	225.40	1
5	Sian	Peters	Unattached	131	58	29	57.40	57	60	62	74	77	-80	62	77	139	188.64	
7	Mari	Shepherd	Unattached	144	58	32	57.50	65	68	-70	-80	80	-86	68	80	148	200.63	2
19	Daisy	Melhuish	SAW	145	58	23	57.85	65	-68	68	82	85	88	68	88	156	210.65	1
27	Niamh	Roach	SAW	115	58	18	58.00	-52	-52	52	65	-68	-68	52	65	117	157.73	
85	Chloe	Briggs	SA1	140	58	20	57.40	58	-61	61	77	-82	82	61	82	143	194.07	3
16	Fflur	Owen	Evolve S&C	135	63	18	62.20	53	56	-59	-73	73	-77	56	73	129	166.60	2
78	Bethan	Watkins	Llantrisant Crossfit	140	63	23	61.00	56	-59	-59	76	-78	-78	56	76	132	172.47	1

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Group Three: Weigh in 08:00. Presentation of lifters 12:20. Competition starts at 12:30 - Men - 56 - 105+

Lot no.	NAME		Club	AT	Cat.	AGE 1st Jan	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
								1	2	3	1	2	3	SN	C&J			
97	Seth	Casidsid	HAWFC	190	62	28	62.00	80	80	85	105	110	115	85	110	195	276.52	1
59	Gareth	Evans	HAWFC	290	69	31	68.70	128	131	133	158	162	165	128	158	286	379.70	1
72	Michael	Farmer	CrossFit Caerphilly	240	69	18	65.60	108	111	113	127	132	138	113	127	240	327.94	2
28	Jordan	Purcell	Unattached	244	77	24	76.10	103	107	110	133	140	147	107	140	247	309.19	1
66	James	Hart	SAW	224	85	17	84.10	100	105	107	115	120	123	107	123	230	273.63	2
68	David	Lewis	Unattached	247	85	24	85.00	105	110	115	135	142	142	110	135	245	290.01	1
21	Laurent	Camps	Unattached	300	105	27	104.60	135	140	144	163	163	169	144	163	307	334.35	1
76	Theo	Morgan	Unattached	290	105	26	102.70	130	130	136	155	155	160	130	160	290	317.81	2
83	Rhodri	West	Unattached	300	105+	28	112.90	123	128	130	160	167	167	130	160	290	308.47	1

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Group Four: Weigh in 8:00. Presentation of lifters 14:20. Competition starts at 14:30 - Women - 69, 75

Lot no.	NAME		Club	AT	Cat.	AGE 1st Jan	B/W	SNATCH kg			JERK kg			BEST		TOTAL	pts	Pos
								1	2	3	1	2	3	SN	C&J			
24	Faye	Pittman	Unattached	188	69	34	67.50	83	-85	-85	104	-108	-108	83	104	187	230.66	1
40	Rhiannon	Dobbs	Unattached	144	69	20	68.65	-62	62	-66	80	-85	85	62	85	147	179.71	3
80	Rebecca	Parker	SA1	161	69	27	68.50	68	71	73	88	90	93	73	93	166	203.17	2
84	Lea	Klein	Unattached	148	69	30	66.05	66	-69	-69	70	75	0	66	75	141	175.98	
31	Chloe	Hood	SAW	149	75	16	70.40	62	65	68	80	-82	-82	68	80	148	178.60	
22	Sophie	Grosvenor	Unattached	160	75	30	73.05	65	70	-72	-90	90	-93	70	90	160	189.60	3
95	Tayla	Howe	SA1	190	75	21	74.50	86	88	-91	-105	105	107	88	107	195	228.93	1
99	Lauren	Burley	Unattached	170	75	24	73.40	-68	-68	68	-95	95	-101	68	95	163	192.71	2