

Gemau Cymru, Welsh Institute of Sport, Cardiff, 6th July 2018.

Group One: Boys U13, Presentation of lifters 9.50 competition starts at 10.00

NAME		Club	Age Group	AT	Cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
Lorenzo	Thomas	Crossfit Caerphilly	U13	40	45	38.80	18	20	22	21	22	24	20	24	44	92.00	
Leo	Yates	HAWFC	U13	50	45	33.50	16	16	18	25	27	29	18	29	47	114.32	best lifter
Eddy	Mortimer	SAW	U13	36	69	65.40	16	16	19	20	23	23	19	23	42	57.50	
Lewis	Williams-Owen	NW1	U13	46	77	71.40	24	25	28	32	35	38	28	35	63	81.74	
Joshua	Williams	NW1	U13	60	69	65.00	24	26	29	32	32	35	26	35	61	83.84	
Tomos	Protheroe	NW1	U13	63	77	73.70	35	40	44	45	50	50	44	50	94	119.77	
Dewi	Jackson	Project Fitness	U13	64	77	72.80	26	29	31	33	36	40	31	36	67	85.96	

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Group Two: Girls U13, U15, U17 & U20 Presentation of lifters 11.20 competition starts 11.30

NAME		Club	Age Group	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
Lexi	Thomas	SPWLC	U13	50	53	50.50	20	23	26	30	33	-36	26	33	59	87.45	best lifter
Anna-may	Williams	NW1	U13	45	58	53.30	20	23	-28	33	35	37	23	37	60	85.57	
Sophie	Maloney	NW1	U13	69	58	54.10	25	30	-34	41	-45	-45	30	41	71	100.23	
Ellie	Waters	SPWLC	U13	40	58	57.10	14	16	18	20	22	24	18	24	42	57.19	
Charlotte	Whalley	SAW	U15	60	58	55.80	24	26	28	41	45	48	28	48	76	105.07	
Mena	Williams	SPWLC	U15	65	58	55.00	20	23	26	40	43	46	26	46	72	100.50	best lifter
Romany	Carlisle	NW1	U15	58	69	64.60	20	25	28	35	38	-41	28	38	66	83.40	
Lucy	Clark	Sakura	U15	72	63	59.30	30	32	35	41	44	47	35	47	82	109.01	
Bethan	Jones	Crossfit Llantrissant	U15	120	69	64.70	45	48	50	60	65	68	50	68	118	148.97	
Seren	Mitchell	SAW	U15	103	75	75.00	40	43	45	58	-61	61	45	61	106	124.06	
Grace	Mclean	SAW	U15	78	75+	87.50	30	33	35	47	-50	50	35	50	85	93.38	
Ashleigh	Barnikel	SAW	U17	58	48	47.80	22	25	-28	30	33	35	25	35	60	92.68	
Catrin	Jones	Ion S & C	U17	110	53	53.00	47	50	-53	-65	65	-69	50	65	115	164.66	best lifter
Fflur	Owen	Evolve S&C	U20	141	69	64.50	57	60	62	77	-80	80	62	80	142	179.58	best lifter

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Group Three: Boys U15 Presentation of lifters 13.50. Competition starts at 14.00

NAME		Club	Age Group	AT	cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
Rhys	Fletcher	Bangor	U15	85	50	47.40	34	37	39	45	48	51	39	51	90	156.65	
James	Clark	Sakura	U15	50	50	39.60	20	23	-26	23	26	-30	23	26	49	100.44	
Liam	Davies	Crossfit Caerphilly	U15	105	56	55.80	45	48	51	60	64	67	51	67	118	180.32	
Jack	Thomas	SPWLC	U15	115	69	62.80	50	53	56	66	68	-70	56	68	124	174.33	
Leighton	Yates	HAWFC	U15	120	62	61.80	-63	-63	-63	-80	-80	-80	-63	-80	-143	-203.22	
Leon	Finnegan	SA1	U15	130	69	63.00	-53	53	55	63	67	72	55	72	127	178.17	best lifter
Harvey	Morris	Crossfit Caerphilly	U15	135	69	63.20	-63	63	-66	78	81	84	63	84	147	205.79	
Simon	Griffiths	HAWFC	U15	140	77	74.70	68	70	-72	80	85	-91	70	85	155	196.01	
Joshua	Jackson	Crossfit Caerphilly	U15	115	69	67.70	53	-57	57	65	-69	69	57	69	126	168.79	
Kyle	Colella	SAW	U15	72	94	91.90	30	34	38	48	51	-53	38	51	89	101.76	
Calum	Edwards	Sakura	U15	117	94+	120.10	53	58	61	60	65	-70	61	65	126	131.86	
Callum	Tucker	Sakura	U15	84	94+	113.10	-40	43	48	50	55	60	48	60	108	114.82	

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Group Four: Boys U15, U17 & U20 Presentation of lifters 15.50. Competition starts at 16.00

NAME		Club	Age Group	AT	Cat	B/W	SNATCH kg			JERK kg			BEST		TOTAL	sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
Sam	Roberts	NW1	U17	144	62	58.50	65	-69	-69	85	-90	-90	65	85	150	221.46	
Alfie	King	SAW	U17	100	77	76.50	46	50	53	-68	68	72	53	72	125	156.03	best lifter
Theo	Morris	SA1	U17	195	85	80.90	-93	-93	-93	-	-	-	-93	0	-93	-112.76	
Daniel	Wonfor	SPWLC	U20	73	56	54.30	32	34	37	42	45	48	37	48	85	132.59	best lifter
Josh	Lewis	Eirias WL	U20	188	85	82.80	85	-89	-90	-98	100	-104	85	100	185	221.75	
Jordan	Sakkas	Unattached	U20	290	105	104.70	133	140	-	160	170	-	140	170	310	337.51	