WELSH OPEN CHAMPIONSHIPS HELD IN PONTARDAWE, WALES ON 9th SEPTEMBER 2017

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	2" bar Clean & Press KILOS	Trap Bar Deadlift KILOS	2H Zercher KILOS	TOTAL KILOS	TOTAL POINTS
Maddy Ell	49.1	1.3627	22	33	Open	50	25 (4th=28●)	95.0	70.0	190.0	344.3
Sian Keddy	107.0	0.8175	40	34	40+	110	25▲●	110▲● (4th=115▲●)	62.5^{BR}	197.5	216.3
Paul Barette	68.5	1.0601	41	2	40+	70	52.5▲	225▲●	165^{BR}	442.5	478.5
Jamie Livens	73.3	1.0145	24	0	Open	75	67.5	187.5	135.0	390.0	395.7
Ian Thomas	84.0	0.9338	22	0	Open	85	57.5	150.0	125.0	332.5	310.5
Craig Fraser	84.3	0.9319	32	0	Open	85	55.0	231●	162.5	447.5	417.0
Pete Tryner	87.8	0.9103	45	6	45+	90	88▲●	280▲●	190.5▲	557.5	537.9
Neil Keddy	94.3	0.8746	39	0	Open	95	72.5	210.0	140.0	422.5	369.5
Gary Ell	93.2	0.8802	46	7	45+	95	72.5	208▲	145.0	425.0	400.3
Steve Moss	99.5	0.8494	35	0	Open	100	72.5	185.0	130.0	387.5	329.2
David Anderson	106.3	0.8203	39	0	Open	110	0.0	250.0	0.0	250.0	205.1
Gary Redfern Smith	108.4	0.8120	44	5	40+	110	80^{BR}	190.0	0.0	270.0	230.2
Josh Davidson	116.9	0.7815	27	0	Open	120	90^{BR}	275.0	180.0	545.0	425.9

▲ = Junior, masters World Record.   ● = Open World record.   ^{BR} = British record.

13 lifters presented themselves at the Pontardawe Senior Citizens Hall ready to lift by 11:30am.The lifting went off at a good pace giving each lifter plenty of 'warm up time' for the next lift.The only disappointment was that there was no Junior lifter represented.
The level of lifting was good, there were several records broken including 3 noteable lifts from Paul Barette & Pete Tryner. There were also 2 new lifters to the IAWA platform, Jamie Livens & Craig Fraser both giving a creditable performance with Craig attaining a Trapbar record.

Best Ladies lifter: Maddy Ell, with Sian Keddy as runner up.
Best Master lifter: Pete Tryner, with Paul Barette 2nd & Gary Ell 3rd.
Best Open lifter: Josh Davidson with Craig Fraser 2nd & Jamie Livens 3rd.
Best Overall lifter: Peter Tryner with Paul Barette 2nd & Josh Davidson 3rd.