

**The Welsh Open Championships – Saturday 1<sup>st</sup> September 2018**  
**Pontardawe, Swansea, Wales – Promoter: Neil Keddy**

Lifter	bwt	Age	Front Squat	O/H D Bell C&Jerk	Trap Bar D/Lift	Total	Am.
Karen Gardner	75.9	59	35▲	17.5 R▲●	80	132.5	201.2
Sianni Keddy	107.1	41	---	---	115	115	125.9
Mark Rattenberry	63.0	56	92.5▲	15 R▲	165▲	272.5	357.8
Paul Barette	72.8	42	100	42.5 R▲	225	367.5	385.7
Dylan Thomas	73.5	45	95	30 R	160	285	305.9
Pete Tryner	88.7	46	150.5▲	57.5 R▲	280	487.5	472.0
Neil Keddy	90.5	40	120	40 R	205	365	329.8
Paul Hallam	91.2	39	95	37.5 L	175	307.5	273.9
Gary Ell	95.1	47	135	47.5 R▲	216.5▲	397.5	373.7
Simon Thomas	99.6	41	160▲	60 R▲	280▲	500	432.9
Steve Moss	100.2	36	100	46.0 L●	190	335	283.4
Gary Redfern Smith	114.8	45	132.5 <sup>BR</sup>	45 R▲	180	357.5	298.8

Successful 4th Lifts:

Gary Ell R/H DBell C&Jerk 50▲

Sianni Keddy Trap Bar DLift 120▲● - Mark Rattenberry Trap Bar D Lift 167.5▲

A successful Record Attempt following the Competition:

Mark Rattenberry - Straddle Deadlift 155k▲

MC Recorder: Steve Gardner Referees: Paul Barette, Gary Ell, Karen Gardner, Neil Keddy, Steve Gardner - Loaders: Ken Williams and Crew (They did a really great job!)

Overall Best Lifter Rankings:

1<sup>st</sup> Pete Tryner - 2<sup>nd</sup> Simon Thomas - 3<sup>rd</sup> Paul Barette

This year Welsh Championships was a very lively competition with 12 lifters making it onto the platform. A big thank you to Neil and Sianni Keddy for once again organising a great competition, and thank you to all of the lifters who turned out to support it (sorry that Josh Davidson couldn't make it last minute because of serious family matters – hope all turns out ok for Josh). It was great to see a new lifter on the platform: Dylan Thomas, who proved to be a very good lifter indeed, and nice to welcome Simon Thomas back onto the platform too. There were quite a number of record and fourth attempts, so hopefully when ratified we will have some records from the day also! ALL THOUGHTS NOW LOOK TO THE WORLD CHAMPIONSHIPS IN EASTBOURNE 6<sup>th</sup> and 7<sup>th</sup> OCTOBER!