



WELSH LIFTING RECORDS

SENIOR - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
48 kg Category				
Nikole ROBERTS	Snatch	72	British Championships, Birmingham	11th July 2025
Nikole ROBERTS	Clean and Jerk	85	British Championships, Birmingham	11th July 2025
Nikole ROBERTS	Total	157	British Championships, Birmingham	11th July 2025
53 kg Category				
Madaline CONNELLY	Snatch	77	British Championships, Birmingham	11th July 2025
Madaline CONNELLY	Clean and Jerk	98	British Championships, Birmingham	11th July 2025
Madaline CONNELLY	Total	175	British Championships, Birmingham	11th July 2025
58 kg Category				
Welsh Standard	Snatch	84		
Catrin HAF JONES	Clean and Jerk	108	Welsh Senior Championships, Bangor	22nd November 2025
Catrin HAF JONES	Total	190	Welsh Senior Championships, Bangor	22nd November 2025
63 kg Category				
Charlotte WHALLEY	Snatch	87	Home Nations Open, Haverfordwest	22nd February 2026
Bethan WATKINS	Clean and Jerk	105	European Championships, Batumi	21st April 2026
Charlotte WHALLEY	Total	190	Home Nations Open, Haverfordwest	22nd February 2026
69 kg Category				
Chloe HOOD	Snatch	86	British Championships, Birmingham	12th July 2025
Chloe HOOD	Clean and Jerk	108	Home Nations Open, Haverfordwest	22nd February 2026
Chloe HOOD	Total	191	British Championships, Birmingham	12th July 2025
77 kg Category				
Welsh Standard	Snatch	94		
Laura HUGHES	Clean and Jerk	122	World Championships, Forde	8th October 2025
Laura HUGHES	Total	214	World Championships, Forde	8th October 2025
86 kg Category				
Nicola STIDDARD	Snatch	95	Home Nations Open, Haverfordwest	22nd February 2026
Nicola STIDDARD	Clean and Jerk	115	Home Nations Open, Haverfordwest	22nd February 2026
Nicola STIDDARD	Total	210	Home Nations Open, Haverfordwest	22nd February 2026
86+ kg Category				
Welsh Standard	Snatch	94		
Welsh Standard	Clean and Jerk	119		
Welsh Standard	Total	213		