

WELSH LIFTING RECORDS**SENIOR - FEMALE**

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
49 kg Category				
Welsh Standard	Snatch	74		
Welsh Standard	Clean and Jerk	87		
Welsh Standard	Total	160		
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
57 kg Category				
Welsh Standard	Snatch	83		
Welsh Standard	Clean and Jerk	106		
Welsh Standard	Total	189		
61 kg Category				
Welsh Standard	Snatch	84		
Welsh Standard	Clean and Jerk	104		
Welsh Standard	Total	184		
69 kg Category				
Chloe HOOD	Snatch	87	British Championships, Telford	17th May 2026
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				
Laura HUGHES	Snatch	95	British Championships, Telford	17th May 2026
Laura HUGHES	Clean and Jerk	129	Commonwealth Games, Glasgow	29th July 2026
Laura HUGHES	Total	224	Commonwealth Games, Glasgow	29th July 2026
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		