



## WELSH LIFTING RECORDS

### UNDER 15 - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
<b>40 kg Category</b>				
Welsh Standard	Snatch	26		
Welsh Standard	Clean and Jerk	33		
Welsh Standard	Total	59		
<b>44 kg Category</b>				
Welsh Standard	Snatch	27		
Welsh Standard	Clean and Jerk	34		
Welsh Standard	Total	62		
<b>48 kg Category</b>				
Welsh Standard	Snatch	34		
Welsh Standard	Clean and Jerk	45		
Welsh Standard	Total	78		
<b>53 kg Category</b>				
Bethan HARRY	Snatch	63	Celtic Nations Championships, Glasgow	18th October 2025
Bethan HARRY	Clean and Jerk	77	Welsh Winter Open, Bangor	23rd November 2025
Bethan HARRY	Total	140	Welsh Winter Open, Bangor	23rd November 2025
<b>58 kg Category</b>				
Welsh Standard	Snatch	53		
Welsh Standard	Clean and Jerk	72		
Welsh Standard	Total	125		
<b>63 kg Category</b>				
Welsh Standard	Snatch	50		
Sienna JONES	Clean and Jerk	66		
Welsh Standard	Total	116		
<b>69 kg Category</b>				
Poppy JAMES	Snatch	47	Welsh Autumn Open, Haverfordwest	13th September 2025
Welsh Standard	Clean and Jerk	68		
Welsh Standard	Total	115		
<b>69+ kg Category</b>				
Izzabelle DEAKIN	Snatch	63	British Age Group Championships, Oldbury	6th September 2025
Izzabelle DEAKIN	Clean and Jerk	80	Welsh Winter Open, Bangor	23rd November 2025
Izzabelle DEAKIN	Total	143	Welsh Winter Open, Bangor	23rd November 2025