

WELSH LIFTING RECORDS

UNDER 15 - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
40 kg Category				
Rosie RICHARDS	Snatch	27	Welsh Age Groups, Haverfordwest	21st February 2026
Welsh Standard	Clean and Jerk	33		
Rosie RICHARDS	Total	60	Welsh Age Groups, Haverfordwest	21st February 2026
44 kg Category				
Welsh Standard	Snatch	27		
Welsh Standard	Clean and Jerk	34		
Welsh Standard	Total	62		
48 kg Category				
Welsh Standard	Snatch	34		
Welsh Standard	Clean and Jerk	45		
Welsh Standard	Total	78		
53 kg Category				
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
58 kg Category				
Welsh Standard	Snatch	53		
Welsh Standard	Clean and Jerk	72		
Welsh Standard	Total	125		
63 kg Category				
Welsh Standard	Snatch	50		
Sienna JONES	Clean and Jerk	66		
Welsh Standard	Total	116		
69 kg Category				
Poppy JAMES	Snatch	53	Welsh Age Groups, Haverfordwest	21st February 2026
Poppy JAMES	Clean and Jerk	70	Welsh Age Groups, Haverfordwest	21st February 2026
Poppy JAMES	Total	123	Welsh Age Groups, Haverfordwest	21st February 2026
69+ kg Category				
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