



## WELSH LIFTING RECORDS

### UNDER 15 - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
<b>40 kg Category</b>				
Rosie RICHARDS	Snatch	29	Home Nations Open, Llanelli	13th June 2026
Rosie RICHARDS	Clean and Jerk	39	Home Nations Open, Llanelli	13th June 2026
Rosie RICHARDS	Total	68	Home Nations Open, Llanelli	13th June 2026
<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>				
Macey WILLIAMS	Snatch	54	Home Nations Open, Llanelli	13th June 2026
Welsh Standard	Clean and Jerk	72		
Welsh Standard	Total	125		
<b>63 kg Category</b>				
Welsh Standard	Snatch	50		
Welsh Standard	Clean and Jerk	66		
Welsh Standard	Total	116		
<b>69 kg Category</b>				
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
<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