



WELSH LIFTING RECORDS

UNDER 15 - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
41 kg Category				
Welsh Standard	Snatch	30		
Welsh Standard	Clean and Jerk	40		
Welsh Standard	Total	70		
44 kg Category				
Welsh Standard	Snatch	26		
Welsh Standard	Clean and Jerk	33		
Welsh Standard	Total	61		
49 kg Category				
Welsh Standard	Snatch	35		
Welsh Standard	Clean and Jerk	46		
Welsh Standard	Total	80		
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
57 kg Category				
Welsh Standard	Snatch	53		
Welsh Standard	Clean and Jerk	71		
Welsh Standard	Total	123		
61 kg Category				
Welsh Standard	Snatch	48		
Welsh Standard	Clean and Jerk	64		
Welsh Standard	Total	112		
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