



WELSH LIFTING RECORDS

UNDER 17 - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
44 kg Category				
Welsh Standard	Snatch	31		
Welsh Standard	Clean and Jerk	39		
Welsh Standard	Total	70		
48 kg Category				
Welsh Standard	Snatch	62		
Welsh Standard	Clean and Jerk	72		
Welsh Standard	Total	130		
53 kg Category				
Welsh Standard	Snatch	60		
Welsh Standard	Clean and Jerk	78		
Welsh Standard	Total	138		
58 kg Category				
Welsh Standard	Snatch	65		
Welsh Standard	Clean and Jerk	82		
Welsh Standard	Total	146		
63 kg Category				
Welsh Standard	Snatch	61		
Welsh Standard	Clean and Jerk	74		
Welsh Standard	Total	135		
69 kg Category				
Welsh Standard	Snatch	69		
Welsh Standard	Clean and Jerk	87		
Welsh Standard	Total	155		
77 kg Category				
Nyarai HECTOR	Snatch	72	British Age Group Championships, Oldbury	6th September 2025
Nyarai HECTOR	Clean and Jerk	92	British Age Group Championships, Oldbury	6th September 2025
Nyarai HECTOR	Total	164	British Age Group Championships, Oldbury	6th September 2025
77+ kg Category				
Welsh Standard	Snatch	71		
Welsh Standard	Clean and Jerk	95		
Welsh Standard	Total	148		