



WELSH LIFTING RECORDS

UNDER 20 - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
49 kg Category				
Welsh Standard	Snatch	72		
Welsh Standard	Clean and Jerk	86		
Welsh Standard	Total	156		
53 kg Category				
Welsh Standard	Snatch	75		
Welsh Standard	Clean and Jerk	99		
Welsh Standard	Total	174		
57 kg Category				
Welsh Standard	Snatch	79		
Welsh Standard	Clean and Jerk	94		
Welsh Standard	Total	173		
61 kg Category				
Welsh Standard	Snatch	71		
Welsh Standard	Clean and Jerk	86		
Welsh Standard	Total	153		
69 kg Category				
Isla TRAVERS	Snatch	78	Celtic Nations Championships, Glasgow	18th October 2025
Meg GWYTHYR	Clean and Jerk	102	Home Nations Open, Llanelli	14th June 2026
Isla TRAVERS	Total	174	Welsh Senior Championships, Bangor	22nd November 2025
77 kg Category				
Isla TRAVERS	Snatch	82	British Championships, Telford	17th May 2026
Isla TRAVERS	Clean and Jerk	100	Welsh Age Groups, Haverfordwest	22nd February 2026
Isla TRAVERS	Total	182	British Championships, Telford	17th May 2026
86 kg Category				
Ella BEARD	Snatch	82	British Age Group Championships, Oldbury	5th September 2025
Ella BEARD	Clean and Jerk	103	British Age Group Championships, Oldbury	5th September 2025
Ella BEARD	Total	185	British Age Group Championships, Oldbury	5th September 2025
86+ kg Category				
Grace MORRIS	Snatch	77	Welsh Senior Championships, Bangor	22nd November 2025
Grace MORRIS	Clean and Jerk	104	Celtic Nations Championships, Glasgow	18th October 2025
Grace MORRIS	Total	178	Welsh Spring Open, Llanelli	11th May 2025