

WELSH LIFTING RECORDS**UNDER 23 - FEMALE**

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
48 kg Category				
Nikole ROBERTS	Snatch	72	British Championships, Birmingham	11th July 2025
Nikole ROBERTS	Clean and Jerk	85	British Championships, Birmingham	11th July 2025
Nikole ROBERTS	Total	157	British Championships, Birmingham	11th July 2025
53 kg Category				
Welsh Standard	Snatch	80		
Welsh Standard	Clean and Jerk	101		
Welsh Standard	Total	181		
58 kg Category				
Welsh Standard	Snatch	84		
Welsh Standard	Clean and Jerk	106		
Welsh Standard	Total	189		
63 kg Category				
Charlotte WHALLEY	Snatch	87	Home Nations Open, Haverfordwest	22nd February 2026
Charlotte WHALLEY	Clean and Jerk	103	Home Nations Open, Haverfordwest	22nd February 2026
Charlotte WHALLEY	Total	190	Home Nations Open, Haverfordwest	22nd February 2026
69 kg Category				
Welsh Standard	Snatch	80		
Welsh Standard	Clean and Jerk	105		
Welsh Standard	Total	185		
77 kg Category				
Welsh Standard	Snatch	94		
Welsh Standard	Clean and Jerk	111		
Welsh Standard	Total	206		
86 kg Category				
Welsh Standard	Snatch	86		
Welsh Standard	Clean and Jerk	109		
Welsh Standard	Total	193		
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