



WELSH LIFTING RECORDS

UNDER 23 - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
49 kg Category				
Welsh Standard	Snatch	74		
Welsh Standard	Clean and Jerk	87		
Welsh Standard	Total	160		
53 kg Category				
Welsh Standard	Snatch	80		
Welsh Standard	Clean and Jerk	101		
Welsh Standard	Total	181		
57 kg Category				
Welsh Standard	Snatch	83		
Welsh Standard	Clean and Jerk	104		
Welsh Standard	Total	186		
61 kg Category				
Welsh Standard	Snatch	84		
Welsh Standard	Clean and Jerk	101		
Welsh Standard	Total	184		
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