



WELSH LIFTING RECORDS

SENIOR - MALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
60 kg Category				
Welsh Standard	Snatch	92		
Welsh Standard	Clean and Jerk	116		
Welsh Standard	Total	209		
65 kg Category				
Welsh Standard	Snatch	121		
Welsh Standard	Clean and Jerk	156		
Welsh Standard	Total	277		
71 kg Category				
Welsh Standard	Snatch	130		
Welsh Standard	Clean and Jerk	156		
Welsh Standard	Total	286		
79 kg Category				
Welsh Standard	Snatch	127		
Welsh Standard	Clean and Jerk	151		
Welsh Standard	Total	278		
88 kg Category				
Ollie EBENEZER	Snatch	130	Home Nations Open, Haverfordwest	22nd February 2026
Alex MOSELEY	Clean and Jerk	160	Welsh Spring Open, Llanelli	10th May 2025
Alex MOSELEY	Total	287	Welsh Spring Open, Llanelli	10th May 2025
94 kg Category				
Alex MOSELEY	Snatch	133	British Championships, Birmingham	12th July 2025
Welsh Standard	Clean and Jerk	171		
Welsh Standard	Total	297		
110 kg Category				
Welsh Standard	Snatch	149		
Welsh Standard	Clean and Jerk	191		
Welsh Standard	Total	338		
110+ kg Category				
Welsh Standard	Snatch	147		
James WALES	Clean and Jerk	190	European Championships, Batumi	25th April 2026
James WALES	Total	335	European Championships, Batumi	25th April 2026