

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 | | | | |
| Welsh Standard | Snatch | 129 | | |
| 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 | 187 | Home Nations Open, Haverfordwest | 22nd February 2026 |
| James WALES | Total | 329 | Home Nations Open, Haverfordwest | 22nd February 2026 |