

## WELSH LIFTING RECORDS

### SENIOR - MALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
<b>60 kg Category</b>				
Welsh Standard	Snatch	92		
Welsh Standard	Clean and Jerk	116		
Welsh Standard	Total	209		
<b>65 kg Category</b>				
Welsh Standard	Snatch	121		
Welsh Standard	Clean and Jerk	156		
Welsh Standard	Total	277		
<b>71 kg Category</b>				
Welsh Standard	Snatch	130		
Welsh Standard	Clean and Jerk	156		
Welsh Standard	Total	286		
<b>79 kg Category</b>				
Welsh Standard	Snatch	127		
Welsh Standard	Clean and Jerk	151		
Welsh Standard	Total	278		
<b>88 kg Category</b>				
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
<b>94 kg Category</b>				
Alex MOSELEY	Snatch	133	British Championships, Birmingham	12th July 2025
Welsh Standard	Clean and Jerk	171		
Welsh Standard	Total	297		
<b>110 kg Category</b>				
Welsh Standard	Snatch	149		
Welsh Standard	Clean and Jerk	191		
Welsh Standard	Total	338		
<b>110+ kg Category</b>				
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