



WELSH LIFTING RECORDS

SENIOR - MALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
60 kg Category				
Thomas DUGGAN	Snatch	96	British Championships, Telford	16th May 2026
Welsh Standard	Clean and Jerk	116		
Thomas DUGGAN	Total	212	British Championships, Telford	16th May 2026
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				
James WALES	Snatch	150	British Championships, Telford	17th May 2026
James WALES	Clean and Jerk	191	Commonwealth Games, Glasgow	30th July 2026
James WALES	Total	340	British Championships, Telford	17th May 2026