



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		
70 kg Category				
Welsh Standard	Snatch	128		
Welsh Standard	Clean and Jerk	154		
Welsh Standard	Total	282		
75 kg Category				
Welsh Standard	Snatch	121		
Welsh Standard	Clean and Jerk	143		
Welsh Standard	Total	264		
85 kg Category				
Welsh Standard	Snatch	126		
Welsh Standard	Clean and Jerk	155		
Welsh Standard	Total	277		
95 kg Category				
Welsh Standard	Snatch	134		
Welsh Standard	Clean and Jerk	173		
Welsh Standard	Total	300		
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