



WELSH LIFTING RECORDS

UNDER 20 - MALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
60 kg Category				
Thomas DUGGAN	Snatch	96	British Championships, Telford	16th May 2026
Noah ELLSON	Clean and Jerk	116	Welsh Age Groups, Haverfordwest	21st February 2026
Thomas DUGGAN	Total	212	British Championships, Telford	16th May 2026
65 kg Category				
Welsh Standard	Snatch	114		
Welsh Standard	Clean and Jerk	142		
Welsh Standard	Total	253		
70 kg Category				
Welsh Standard	Snatch	113		
Welsh Standard	Clean and Jerk	139		
Welsh Standard	Total	252		
75 kg Category				
Welsh Standard	Snatch	109		
Welsh Standard	Clean and Jerk	136		
Welsh Standard	Total	245		
85 kg Category				
Welsh Standard	Snatch	117		
Welsh Standard	Clean and Jerk	148		
Welsh Standard	Total	263		
95 kg Category				
Welsh Standard	Snatch	124		
Welsh Standard	Clean and Jerk	147		
Welsh Standard	Total	271		
110 kg Category				
Welsh Standard	Snatch	141		
Welsh Standard	Clean and Jerk	180		
Welsh Standard	Total	321		
110+ kg Category				
Welsh Standard	Snatch	118		
Welsh Standard	Clean and Jerk	148		
Welsh Standard	Total	266		