



WELSH LIFTING RECORDS

UNDER 23 - 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	235		
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	125		
Welsh Standard	Clean and Jerk	148		
Welsh Standard	Total	263		
95 kg Category				
Welsh Standard	Snatch	129		
Welsh Standard	Clean and Jerk	167		
Welsh Standard	Total	296		
110 kg Category				
Welsh Standard	Snatch	149		
Welsh Standard	Clean and Jerk	191		
Welsh Standard	Total	338		
110+ kg Category				
Welsh Standard	Snatch	121		
Welsh Standard	Clean and Jerk	151		
Welsh Standard	Total	272		