



WELSH LIFTING RECORDS

UNDER 15 - MALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
52 kg Category				
Welsh Standard	Snatch	74		
Welsh Standard	Clean and Jerk	89		
Welsh Standard	Total	163		
56 kg Category				
Welsh Standard	Snatch	80		
Welsh Standard	Clean and Jerk	94		
Welsh Standard	Total	174		
60 kg Category				
Welsh Standard	Snatch	72		
Welsh Standard	Clean and Jerk	88		
Welsh Standard	Total	159		
65 kg Category				
Welsh Standard	Snatch	80		
Welsh Standard	Clean and Jerk	107		
Welsh Standard	Total	183		
71 kg Category				
Welsh Standard	Snatch	73		
Welsh Standard	Clean and Jerk	92		
Welsh Standard	Total	165		
79 kg Category				
Welsh Standard	Snatch	72		
Welsh Standard	Clean and Jerk	91		
Welsh Standard	Total	163		
88 kg Category				
Welsh Standard	Snatch	79		
Welsh Standard	Clean and Jerk	99		
Welsh Standard	Total	178		
88+ kg Category				
Jac ESEN	Snatch	90	Home Nations Open, Llanelli	14th June 2026
Jac ESEN	Clean and Jerk	120	Home Nations Open, Llanelli	14th June 2026
Jac ESEN	Total	210	Home Nations Open, Llanelli	14th June 2026