

WELSH RECORDS WOMEN UNDER 15

Weight Class	Name	Lift	Date of record
41kg			
45kg			
50kg			
55kg			
61kg			
67kg	Evelyn Thomas	58	03.12.22
73kg			
79kg			
86kg			
86+kg			

WELSH RECORDS WOMEN UNDER 17

Weight Class	Name	Lift	Date of record
41kg			
45kg			
50kg			
55kg	Sara Jones	52	07.12.25
61kg			
67kg	Evelyn Thomas	67	01.12.24
73kg			
79kg			
86kg			
86+kg			

WELSH RECORDS WOMEN UNDER 20

Weight Class	Name	Lift	Date of record
41kg			
45kg			
50kg			
55kg			
61kg	Sara Jones	55	22.02.26
67kg	Evelyn Thomas	75	15.03.25
73kg			
79kg			
86kg			
86+kg			

WELSH RECORDS WOMEN UNDER 23

Weight Class	Name	Lift	Date of record
41kg			
45kg			
50kg			
55kg			
61kg			
67kg			
73kg			
79kg			
86kg			
86+kg			

WELSH RECORDS WOMEN SENIOR

Weight Class	Name	Lift	Date of record
41kg			
45kg			
50kg	Francesca Antoniazzi	57	02.03.19
55kg	Francesca Antoniazzi	55	29.02.20
61kg	Francesca Antoniazzi	61	02.03.19
67kg	Evelyn Thomas	70	15.03.25
73kg	Nerys Pearce	75	21.01.18
79kg	Nerys Pearce	73	07.10.16
86kg			
86+kg	Gemma Kemble-Stephenson	83	03.12.22