

WELSH RECORDS MEN UNDER 15

Weight Class	Name	Lift	Date of record
49kg			
54kg			
59kg			
65kg			
72kg			
80kg			
88kg			
97kg			
107kg			
107+kg			

WELSH RECORDS MEN UNDER 17

Weight Class	Name	Lift	Date of record
49kg	Joshua Grist	155	27.06.26
54kg	Harry Thomas	53	16.07.17
59kg			
65kg			
72kg			
80kg			
88kg			
97kg			
107kg			
107+kg			

WELSH RECORDS MEN UNDER 20

Weight Class	Name	Lift	Date of record
49kg	Joshua Grist	155	27.06.26
54kg	Harry Thomas	53	16.07.17
59kg	Harry Thomas	61	29.12.17
65kg			
72kg			
80kg			
88kg			
97kg			
107kg			
107+kg			

WELSH RECORDS MEN UNDER 23

Weight Class	Name	Lift	Date of record
49kg	Joshua Grist	155	27.06.26
54kg	Harry Thomas	53	16.07.17
59kg	Harry Thomas	61	29.12.17
65kg	Matthew Williams	75	14.10.18
72kg	Matthew Williams	80	02.03.19
80kg			
88kg			
97kg			
107kg			
107+kg			

WELSH RECORDS MEN SENIOR

Weight Class	Name	Lift	Date of record
49kg	Joshua Grist	155	27.06.26
54kg	Harry Thomas	53	16.07.17
59kg	Harry Thomas	61	29.12.17
65kg	Shaun Stocker	110	16.07.17
72kg	Nathan Stephens	141	21.01.18
80kg	Nathan Stephens	140	29.12.17
88kg			
97kg			
107kg	Sean Gaffney	172	16.07.16
107+kg	Sean Gaffney	180	07.10.16