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	**137**	06.03.26
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	**137**	06.03.26
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	**137**	06.03.26
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	**137**	06.03.26
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