

### WELSH RECORDS MEN UNDER 15

| <b>Weight Class</b> | <b>Name</b> | <b>Lift</b> | <b>Date of record</b> |
|---------------------|-------------|-------------|-----------------------|
| 49kg                |             |             |                       |
| 54kg                |             |             |                       |
| 59kg                |             |             |                       |
| 65kg                |             |             |                       |
| 72kg                |             |             |                       |
| 80kg                |             |             |                       |
| 88kg                |             |             |                       |
| 97kg                |             |             |                       |
| 107kg               |             |             |                       |
| 107+kg              |             |             |                       |

### WELSH RECORDS MEN UNDER 17

| <b>Weight Class</b> | <b>Name</b>  | <b>Lift</b> | <b>Date of record</b> |
|---------------------|--------------|-------------|-----------------------|
| 49kg                | Joshua Grist | <b>156</b>  | 13.09.26              |
| 54kg                | Harry Thomas | <b>53</b>   | 16.07.17              |
| 59kg                |              |             |                       |
| 65kg                |              |             |                       |
| 72kg                |              |             |                       |
| 80kg                |              |             |                       |
| 88kg                |              |             |                       |
| 97kg                |              |             |                       |
| 107kg               |              |             |                       |
| 107+kg              |              |             |                       |

### WELSH RECORDS MEN UNDER 20

| <b>Weight Class</b> | <b>Name</b>  | <b>Lift</b> | <b>Date of record</b> |
|---------------------|--------------|-------------|-----------------------|
| 49kg                | Joshua Grist | <b>156</b>  | 13.09.26              |
| 54kg                | Harry Thomas | <b>53</b>   | 16.07.17              |
| 59kg                | Harry Thomas | <b>61</b>   | 29.12.17              |
| 65kg                |              |             |                       |
| 72kg                |              |             |                       |
| 80kg                |              |             |                       |
| 88kg                |              |             |                       |
| 97kg                |              |             |                       |
| 107kg               |              |             |                       |
| 107+kg              |              |             |                       |

### WELSH RECORDS MEN UNDER 23

| <b>Weight Class</b> | <b>Name</b>      | <b>Lift</b> | <b>Date of record</b> |
|---------------------|------------------|-------------|-----------------------|
| 49kg                | Joshua Grist     | <b>156</b>  | 13.09.26              |
| 54kg                | Harry Thomas     | <b>53</b>   | 16.07.17              |
| 59kg                | Harry Thomas     | <b>61</b>   | 29.12.17              |
| 65kg                | Matthew Williams | <b>75</b>   | 14.10.18              |
| 72kg                | Matthew Williams | <b>80</b>   | 02.03.19              |
| 80kg                |                  |             |                       |
| 88kg                |                  |             |                       |
| 97kg                |                  |             |                       |
| 107kg               |                  |             |                       |
| 107+kg              |                  |             |                       |

### WELSH RECORDS MEN SENIOR

| <b>Weight Class</b> | <b>Name</b>     | <b>Lift</b> | <b>Date of record</b> |
|---------------------|-----------------|-------------|-----------------------|
| 49kg                | Joshua Grist    | <b>156</b>  | 13.09.26              |
| 54kg                | Harry Thomas    | <b>53</b>   | 16.07.17              |
| 59kg                | Harry Thomas    | <b>61</b>   | 29.12.17              |
| 65kg                | Shaun Stocker   | <b>110</b>  | 16.07.17              |
| 72kg                | Nathan Stephens | <b>141</b>  | 21.01.18              |
| 80kg                | Nathan Stephens | <b>140</b>  | 29.12.17              |
| 88kg                |                 |             |                       |
| 97kg                |                 |             |                       |
| 107kg               | Sean Gaffney    | <b>172</b>  | 16.07.16              |
| 107+kg              | Sean Gaffney    | <b>180</b>  | 07.10.16              |