



WELSH LIFTING RECORDS

UNDER 15 - MALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
51 kg Category				
Welsh Standard	Snatch	73		
Welsh Standard	Clean and Jerk	87		
Welsh Standard	Total	160		
55 kg Category				
Welsh Standard	Snatch	79		
Welsh Standard	Clean and Jerk	92		
Welsh Standard	Total	171		
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		
70 kg Category				
Welsh Standard	Snatch	72		
Welsh Standard	Clean and Jerk	91		
Welsh Standard	Total	163		
75 kg Category				
Welsh Standard	Snatch	68		
Welsh Standard	Clean and Jerk	86		
Welsh Standard	Total	155		
85 kg Category				
Welsh Standard	Snatch	76		
Welsh Standard	Clean and Jerk	96		
Welsh Standard	Total	172		
85+ kg Category				
Jac ESEN	Snatch	101	British Age Groups, Huddersfield	4th October 2026
Jac ESEN	Clean and Jerk	132	British Age Groups, Huddersfield	4th October 2026
Jac ESEN	Total	233	British Age Groups, Huddersfield	4th October 2026