



WELSH LIFTING RECORDS

UNDER 17 - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
45 kg Category				
Welsh Standard	Snatch	32		
Welsh Standard	Clean and Jerk	40		
Welsh Standard	Total	72		
49 kg Category				
Welsh Standard	Snatch	63		
Welsh Standard	Clean and Jerk	74		
Welsh Standard	Total	133		
53 kg Category				
Bethan HARRY	Snatch	65	Welsh Age Groups, Haverfordwest	21st February 2026
Bethan HARRY	Clean and Jerk	80	Welsh Age Groups, Haverfordwest	21st February 2026
Bethan HARRY	Total	145	Welsh Age Groups, Haverfordwest	21st February 2026
57 kg Category				
Bethan HARRY	Snatch	66	Home Nations Open, Bangor	12th September 2026
Welsh Standard	Clean and Jerk	81		
Bethan HARRY	Total	146	Home Nations Open, Bangor	12th September 2026
61 kg Category				
Welsh Standard	Snatch	59		
Welsh Standard	Clean and Jerk	72		
Welsh Standard	Total	131		
69 kg Category				
Welsh Standard	Snatch	69		
Welsh Standard	Clean and Jerk	87		
Welsh Standard	Total	155		
77 kg Category				
Nyarai HECTOR	Snatch	72	British Age Group Championships, Oldbury	6th September 2025
Nyarai HECTOR	Clean and Jerk	92	British Age Group Championships, Oldbury	6th September 2025
Nyarai HECTOR	Total	164	British Age Group Championships, Oldbury	6th September 2025
77+ kg Category				
Welsh Standard	Snatch	71		
Welsh Standard	Clean and Jerk	95		
Welsh Standard	Total	148		