



WELSH LIFTING RECORDS

UNDER 15 - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
40 kg Category				
Rosie RICHARDS	Snatch	29	Home Nations Open, Llanelli	13th June 2026
Rosie RICHARDS	Clean and Jerk	39	Home Nations Open, Llanelli	13th June 2026
Rosie RICHARDS	Total	68	Home Nations Open, Llanelli	13th June 2026
44 kg Category				
Welsh Standard	Snatch	27		
Welsh Standard	Clean and Jerk	34		
Welsh Standard	Total	62		
48 kg Category				
Welsh Standard	Snatch	34		
Welsh Standard	Clean and Jerk	45		
Welsh Standard	Total	78		
53 kg Category				
Bethan HARRY	Snatch	63	Celtic Nations Championships, Glasgow	18th October 2025
Bethan HARRY	Clean and Jerk	77	Welsh Winter Open, Bangor	23rd November 2025
Bethan HARRY	Total	140	Welsh Winter Open, Bangor	23rd November 2025
58 kg Category				
Macey WILLIAMS	Snatch	54	Home Nations Open, Llanelli	13th June 2026
Welsh Standard	Clean and Jerk	72		
Welsh Standard	Total	125		
63 kg Category				
Welsh Standard	Snatch	50		
Welsh Standard	Clean and Jerk	66		
Welsh Standard	Total	116		
69 kg Category				
Poppy JAMES	Snatch	53	Welsh Age Groups, Haverfordwest	21st February 2026
Poppy JAMES	Clean and Jerk	70	Welsh Age Groups, Haverfordwest	21st February 2026
Poppy JAMES	Total	123	Welsh Age Groups, Haverfordwest	21st February 2026
69+ kg Category				
Izzabelle DEAKIN	Snatch	63	British Age Group Championships, Oldbury	6th September 2025
Izzabelle DEAKIN	Clean and Jerk	80	Welsh Winter Open, Bangor	23rd November 2025
Izzabelle DEAKIN	Total	143	Welsh Winter Open, Bangor	23rd November 2025

WELSH LIFTING RECORDS**UNDER 17 - FEMALE**

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
44 kg Category				
Welsh Standard	Snatch	31		
Welsh Standard	Clean and Jerk	39		
Welsh Standard	Total	70		
48 kg Category				
Welsh Standard	Snatch	62		
Welsh Standard	Clean and Jerk	72		
Welsh Standard	Total	130		
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
58 kg Category				
Welsh Standard	Snatch	65		
Welsh Standard	Clean and Jerk	82		
Welsh Standard	Total	146		
63 kg Category				
Welsh Standard	Snatch	61		
Welsh Standard	Clean and Jerk	74		
Welsh Standard	Total	135		
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		



WELSH LIFTING RECORDS

UNDER 20 - FEMALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
48 kg Category				
Welsh Standard	Snatch	71		
Welsh Standard	Clean and Jerk	84		
Welsh Standard	Total	153		
53 kg Category				
Welsh Standard	Snatch	75		
Welsh Standard	Clean and Jerk	99		
Welsh Standard	Total	174		
58 kg Category				
Welsh Standard	Snatch	80		
Welsh Standard	Clean and Jerk	96		
Welsh Standard	Total	176		
63 kg Category				
Welsh Standard	Snatch	73		
Welsh Standard	Clean and Jerk	89		
Welsh Standard	Total	158		
69 kg Category				
Isla TRAVERS	Snatch	78	Celtic Nations Championships, Glasgow	18th October 2025
Meg GWYTHYR	Clean and Jerk	102	Home Nations Open, Llanelli	14th June 2026
Isla TRAVERS	Total	174	Welsh Senior Championships, Bangor	22nd November 2025
77 kg Category				
Isla TRAVERS	Snatch	82	British Championships, Telford	17th May 2026
Isla TRAVERS	Clean and Jerk	100	Welsh Age Groups, Haverfordwest	22nd February 2026
Isla TRAVERS	Total	182	British Championships, Telford	17th May 2026
86 kg Category				
Ella BEARD	Snatch	82	British Age Group Championships, Oldbury	5th September 2025
Ella BEARD	Clean and Jerk	103	British Age Group Championships, Oldbury	5th September 2025
Ella BEARD	Total	185	British Age Group Championships, Oldbury	5th September 2025
86+ kg Category				
Grace MORRIS	Snatch	77	Welsh Senior Championships, Bangor	22nd November 2025
Grace MORRIS	Clean and Jerk	104	Celtic Nations Championships, Glasgow	18th October 2025
Grace MORRIS	Total	178	Welsh Spring Open, Llanelli	11th May 2025

WELSH LIFTING RECORDS**UNDER 23 - FEMALE**

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
48 kg Category				
Nikole ROBERTS	Snatch	72	British Championships, Birmingham	11th July 2025
Nikole ROBERTS	Clean and Jerk	85	British Championships, Birmingham	11th July 2025
Nikole ROBERTS	Total	157	British Championships, Birmingham	11th July 2025
53 kg Category				
Welsh Standard	Snatch	80		
Welsh Standard	Clean and Jerk	101		
Welsh Standard	Total	181		
58 kg Category				
Welsh Standard	Snatch	84		
Welsh Standard	Clean and Jerk	106		
Welsh Standard	Total	189		
63 kg Category				
Charlotte WHALLEY	Snatch	87	Home Nations Open, Haverfordwest	22nd February 2026
Charlotte WHALLEY	Clean and Jerk	104	Commonwealth Games, Glasgow	28th July 2026
Charlotte WHALLEY	Total	190	Home Nations Open, Haverfordwest	22nd February 2026
69 kg Category				
Welsh Standard	Snatch	80		
Welsh Standard	Clean and Jerk	105		
Welsh Standard	Total	185		
77 kg Category				
Welsh Standard	Snatch	94		
Welsh Standard	Clean and Jerk	111		
Welsh Standard	Total	206		
86 kg Category				
Welsh Standard	Snatch	86		
Welsh Standard	Clean and Jerk	109		
Welsh Standard	Total	193		
86+ kg Category				
Grace MORRIS	Snatch	77	Welsh Senior Championships, Bangor	22nd November 2025
Grace MORRIS	Clean and Jerk	104	Celtic Nations Championships, Glasgow	18th October 2025
Grace MORRIS	Total	178	Welsh Spring Open, Llanelli	11th May 2025

WELSH LIFTING RECORDS**SENIOR - FEMALE**

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
48 kg Category				
Nikole ROBERTS	Snatch	72	British Championships, Birmingham	11th July 2025
Nikole ROBERTS	Clean and Jerk	85	British Championships, Birmingham	11th July 2025
Nikole ROBERTS	Total	157	British Championships, Birmingham	11th July 2025
53 kg Category				
Madaline CONNELLY	Snatch	77	British Championships, Birmingham	11th July 2025
Madaline CONNELLY	Clean and Jerk	98	British Championships, Birmingham	11th July 2025
Madaline CONNELLY	Total	175	British Championships, Birmingham	11th July 2025
58 kg Category				
Welsh Standard	Snatch	84		
Catrin HAF JONES	Clean and Jerk	108	Welsh Senior Championships, Bangor	22nd November 2025
Catrin HAF JONES	Total	192	British Championships, Telford	16th May 2026
63 kg Category				
Charlotte WHALLEY	Snatch	87	Home Nations Open, Haverfordwest	22nd February 2026
Catrin Ann JONES	Clean and Jerk	107	British Championships, Telford	16th May 2026
Charlotte WHALLEY	Total	190	Home Nations Open, Haverfordwest	22nd February 2026
69 kg Category				
Chloe HOOD	Snatch	87	British Championships, Telford	17th May 2026
Chloe HOOD	Clean and Jerk	108	Home Nations Open, Haverfordwest	22nd February 2026
Chloe HOOD	Total	191	British Championships, Birmingham	12th July 2025
77 kg Category				
Laura HUGHES	Snatch	95	British Championships, Telford	17th May 2026
Laura HUGHES	Clean and Jerk	129	Commonwealth Games, Glasgow	29th July 2026
Laura HUGHES	Total	224	Commonwealth Games, Glasgow	29th July 2026
86 kg Category				
Nicola STIDDARD	Snatch	95	Home Nations Open, Haverfordwest	22nd February 2026
Nicola STIDDARD	Clean and Jerk	115	Home Nations Open, Haverfordwest	22nd February 2026
Nicola STIDDARD	Total	210	Home Nations Open, Haverfordwest	22nd February 2026
86+ kg Category				
Welsh Standard	Snatch	94		
Welsh Standard	Clean and Jerk	119		
Welsh Standard	Total	213		