

WELSH LIFTING RECORDS**UNDER 15 - MALE**

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
52 kg Category				
Welsh Standard	Snatch	74		
Welsh Standard	Clean and Jerk	89		
Welsh Standard	Total	163		
56 kg Category				
Welsh Standard	Snatch	80		
Welsh Standard	Clean and Jerk	94		
Welsh Standard	Total	174		
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		
71 kg Category				
Welsh Standard	Snatch	73		
Welsh Standard	Clean and Jerk	92		
Welsh Standard	Total	165		
79 kg Category				
Welsh Standard	Snatch	72		
Welsh Standard	Clean and Jerk	91		
Welsh Standard	Total	163		
88 kg Category				
Welsh Standard	Snatch	79		
Welsh Standard	Clean and Jerk	99		
Welsh Standard	Total	178		
88+ kg Category				
Jac ESEN	Snatch	90	Home Nations Open, Llanelli	14th June 2026
Jac ESEN	Clean and Jerk	120	Home Nations Open, Llanelli	14th June 2026
Jac ESEN	Total	210	Home Nations Open, Llanelli	14th June 2026

WELSH LIFTING RECORDS**UNDER 17 - MALE**

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
56 kg Category				
Thomas DUGGAN	Snatch	89	Welsh Senior Championships, Bangor	22nd November 2025
Thomas DUGGAN	Clean and Jerk	110	European Union Cup, Malta	6th December 2025
Thomas DUGGAN	Total	198	European Union Cup, Malta	6th December 2025
60 kg Category				
Thomas DUGGAN	Snatch	96	British Championships, Telford	16th May 2026
Thomas DUGGAN	Clean and Jerk	116	British Championships, Telford	16th May 2026
Thomas DUGGAN	Total	212	British Championships, Telford	16th May 2026
65 kg Category				
Llewellyn WAITS	Snatch	96	Welsh Senior Championships, Bangor	22nd November 2025
Llewellyn WAITS	Clean and Jerk	122	Celtic Nations Championships, Glasgow	18th October 2025
Llewellyn WAITS	Total	216	Welsh Senior Championships, Bangor	22nd November 2025
71 kg Category				
Theo GRAHAM	Snatch	89	Welsh Autumn Open, Haverfordwest	13th September 2025
Welsh Standard	Clean and Jerk	118		
Welsh Standard	Total	207		
79 kg Category				
Welsh Standard	Snatch	102		
Jac GREEN	Clean and Jerk	130	Welsh Senior Championships, Bangor	22nd November 2025
Welsh Standard	Total	230		
88 kg Category				
Welsh Standard	Snatch	109		
Welsh Standard	Clean and Jerk	129		
Welsh Standard	Total	235		
94 kg Category				
Welsh Standard	Snatch	102		
Welsh Standard	Clean and Jerk	134		
Welsh Standard	Total	235		
94+ kg Category				
Welsh Standard	Snatch	111		
Welsh Standard	Clean and Jerk	147		
Welsh Standard	Total	255		

WELSH LIFTING RECORDS**UNDER 20 - MALE**

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
60 kg Category				
Thomas DUGGAN	Snatch	96	British Championships, Telford	16th May 2026
Noah ELLSON	Clean and Jerk	116	Welsh Age Groups, Haverfordwest	21st February 2026
Thomas DUGGAN	Total	212	British Championships, Telford	16th May 2026
65 kg Category				
Welsh Standard	Snatch	114		
Welsh Standard	Clean and Jerk	142		
Welsh Standard	Total	253		
71 kg Category				
Welsh Standard	Snatch	115		
Welsh Standard	Clean and Jerk	141		
Welsh Standard	Total	256		
79 kg Category				
Welsh Standard	Snatch	115		
Welsh Standard	Clean and Jerk	143		
Welsh Standard	Total	258		
88 kg Category				
Welsh Standard	Snatch	121		
Welsh Standard	Clean and Jerk	153		
Welsh Standard	Total	272		
94 kg Category				
Luke Fletcher	Snatch	123	Welsh Age Groups, Haverfordwest	21st February 2026
Luke Fletcher	Clean and Jerk	145	British Age Group Championships, Oldbury	5th September 2025
Luke Fletcher	Total	268	Welsh Age Groups, Haverfordwest	21st February 2026
110 kg Category				
Welsh Standard	Snatch	141		
Welsh Standard	Clean and Jerk	180		
Welsh Standard	Total	321		
110+ kg Category				
Welsh Standard	Snatch	118		
Welsh Standard	Clean and Jerk	148		
Welsh Standard	Total	266		



WELSH LIFTING RECORDS

UNDER 23 - MALE

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
60 kg Category				
Thomas DUGGAN	Snatch	96	British Championships, Telford	16th May 2026
Noah ELLSON	Clean and Jerk	116	Welsh Age Groups, Haverfordwest	21st February 2026
Thomas DUGGAN	Total	212	British Championships, Telford	16th May 2026
65 kg Category				
Welsh Standard	Snatch	114		
Welsh Standard	Clean and Jerk	142		
Welsh Standard	Total	235		
71 kg Category				
Welsh Standard	Snatch	130		
Welsh Standard	Clean and Jerk	156		
Welsh Standard	Total	286		
79 kg Category				
Welsh Standard	Snatch	127		
Welsh Standard	Clean and Jerk	151		
Welsh Standard	Total	278		
88 kg Category				
Welsh Standard	Snatch	129		
Welsh Standard	Clean and Jerk	153		
Welsh Standard	Total	272		
94 kg Category				
Welsh Standard	Snatch	128		
Welsh Standard	Clean and Jerk	165		
Welsh Standard	Total	293		
110 kg Category				
Welsh Standard	Snatch	149		
Welsh Standard	Clean and Jerk	191		
Welsh Standard	Total	338		
110+ kg Category				
Welsh Standard	Snatch	121		
Welsh Standard	Clean and Jerk	151		
Welsh Standard	Total	272		

WELSH LIFTING RECORDS**SENIOR - MALE**

NAME	LIFT TYPE	RECORD	COMPETITION	DATE OF LIFT
60 kg Category				
Thomas DUGGAN	Snatch	96	British Championships, Telford	16th May 2026
Welsh Standard	Clean and Jerk	116		
Thomas DUGGAN	Total	212	British Championships, Telford	16th May 2026
65 kg Category				
Welsh Standard	Snatch	121		
Welsh Standard	Clean and Jerk	156		
Welsh Standard	Total	277		
71 kg Category				
Welsh Standard	Snatch	130		
Welsh Standard	Clean and Jerk	156		
Welsh Standard	Total	286		
79 kg Category				
Welsh Standard	Snatch	127		
Welsh Standard	Clean and Jerk	151		
Welsh Standard	Total	278		
88 kg Category				
Ollie EBENEZER	Snatch	130	Home Nations Open, Haverfordwest	22nd February 2026
Alex MOSELEY	Clean and Jerk	160	Welsh Spring Open, Llanelli	10th May 2025
Alex MOSELEY	Total	287	Welsh Spring Open, Llanelli	10th May 2025
94 kg Category				
Alex MOSELEY	Snatch	133	British Championships, Birmingham	12th July 2025
Welsh Standard	Clean and Jerk	171		
Welsh Standard	Total	297		
110 kg Category				
Welsh Standard	Snatch	149		
Welsh Standard	Clean and Jerk	191		
Welsh Standard	Total	338		
110+ kg Category				
James WALES	Snatch	150	British Championships, Telford	17th May 2026
James WALES	Clean and Jerk	191	Commonwealth Games, Glasgow	30th July 2026
James WALES	Total	340	British Championships, Telford	17th May 2026