

Welsh National Championships 2026

Qualifying Totals

Qualifying period 22nd November 2025 to 8th November 2026

Women

Weight Category (kg)	Total (kg)
48 (up to 31 st July)	100
49 (beyond 1 st August)	102
53	112
57 (beyond 1 st August)	118
58 (up to 31 st July)	122
61 (beyond 1 st August)	129
63 (up to 31 st July)	133
69	140
77	150
86	162
86+	175

Men

Weight Category (kg)	Total (kg)
60	160
65	182
70 (beyond 1 st August)	192
71 (up to 31 st July)	195
75 (beyond 1 st August)	195
79 (up to 31 st July)	205
85 (beyond 1 st August)	213
88 (up to 31 st July)	220
94 (up to 31 st July)	232
95 (beyond 1 st August)	234
110	245
110+	258

How to qualify

Athlete must lift the minimum total for their weight category in a [British Weight Lifting Tier 1,2 or 3 registered competition](#) before the end of the qualifying period.

<https://weightlifting.wales/events>