

# 2019 Welsh Senior Qualification Totals

*Weightlifting Wales will be setting new record standards for each new bodyweight category, which will be released in due course.*

## **Men**

<b>Category</b>	<b>Senior</b>	<b>Junior</b>	<b>Category</b>
<b>55</b>	160	144	<b>55</b>
<b>61</b>	173	155	<b>61</b>
<b>67</b>	191	171	<b>67</b>
<b>73</b>	211	190	<b>73</b>
<b>81</b>	229	205	<b>81</b>
<b>89</b>	243	219	<b>89</b>
<b>96</b>	252	227	<b>96</b>
<b>102</b>	258	233	<b>102</b>
<b>109</b>	264	238	<b>109</b>
<b>109+</b>	273	246	<b>109+</b>

## **Women**

<b>Category</b>	<b>Senior</b>	<b>Junior</b>	<b>Category</b>
<b>45</b>	101	90	<b>45</b>
<b>49</b>	108	98	<b>49</b>
<b>55</b>	117	108	<b>55</b>
<b>59</b>	128	118	<b>59</b>
<b>64</b>	137	125	<b>64</b>
<b>71</b>	144	129	<b>71</b>
<b>76</b>	150	133	<b>76</b>
<b>81</b>	155	139	<b>81</b>
<b>87</b>	160	145	<b>87</b>
<b>87+</b>	170	155	<b>87+</b>