

**WELSH RECORDS  
WOMEN UNDER 15**

| <i>Weight Class</i> | <i>Name</i>   | <i>Lift</i> | <i>Date of record</i> |
|---------------------|---------------|-------------|-----------------------|
| 41kg                |               |             |                       |
| 45kg                |               |             |                       |
| 50kg                |               |             |                       |
| 55kg                |               |             |                       |
| 61kg                |               |             |                       |
| 67kg                | Evelyn Thomas | <b>58</b>   | 03.12.22              |
| 73kg                |               |             |                       |
| 79kg                |               |             |                       |
| 86kg                |               |             |                       |
| 86+kg               |               |             |                       |

**WELSH RECORDS  
WOMEN UNDER 17**

| <i>Weight Class</i> | <i>Name</i>   | <i>Lift</i> | <i>Date of record</i> |
|---------------------|---------------|-------------|-----------------------|
| 41kg                |               |             |                       |
| 45kg                |               |             |                       |
| 50kg                |               |             |                       |
| 55kg                | Sara Jones    | <b>43</b>   | 15.03.25              |
| 61kg                |               |             |                       |
| 67kg                | Evelyn Thomas | <b>67</b>   | 01.12.24              |
| 73kg                |               |             |                       |
| 79kg                |               |             |                       |
| 86kg                |               |             |                       |
| 86+kg               |               |             |                       |

**WELSH RECORDS  
WOMEN UNDER 20**

| <i>Weight Class</i> | <i>Name</i>   | <i>Lift</i> | <i>Date of record</i> |
|---------------------|---------------|-------------|-----------------------|
| 41kg                |               |             |                       |
| 45kg                |               |             |                       |
| 50kg                |               |             |                       |
| 55kg                |               |             |                       |
| 61kg                |               |             |                       |
| 67kg                | Evelyn Thomas | <b>75</b>   | 15.03.25              |
| 73kg                |               |             |                       |
| 79kg                |               |             |                       |
| 86kg                |               |             |                       |
| 86+kg               |               |             |                       |

**WELSH RECORDS  
WOMEN UNDER 23**

| <i>Weight Class</i> | <i>Name</i> | <i>Lift</i> | <i>Date of record</i> |
|---------------------|-------------|-------------|-----------------------|
| 41kg                |             |             |                       |
| 45kg                |             |             |                       |
| 50kg                |             |             |                       |
| 55kg                |             |             |                       |
| 61kg                |             |             |                       |
| 67kg                |             |             |                       |
| 73kg                |             |             |                       |
| 79kg                |             |             |                       |
| 86kg                |             |             |                       |
| 86+kg               |             |             |                       |

**WELSH RECORDS  
WOMEN SENIOR**

| <i>Weight Class</i> | <i>Name</i>             | <i>Lift</i> | <i>Date of record</i> |
|---------------------|-------------------------|-------------|-----------------------|
| 41kg                |                         |             |                       |
| 45kg                |                         |             |                       |
| 50kg                | Francesca Antoniazzi    | <b>57</b>   | 02.03.19              |
| 55kg                | Francesca Antoniazzi    | <b>55</b>   | 29.02.20              |
| 61kg                | Francesca Antoniazzi    | <b>61</b>   | 02.03.19              |
| 67kg                | Evelyn Thomas           | <b>70</b>   | 15.03.25              |
| 73kg                | Nerys Pearce            | <b>75</b>   | 21.01.18              |
| 79kg                | Nerys Pearce            | <b>73</b>   | 07.10.16              |
| 86kg                |                         |             |                       |
| 86+kg               | Gemma Kemble-Stephenson | <b>83</b>   | 03.12.22              |

04/04/2025