

Welsh National Championships 2023

Qualifying Totals

Qualifying period 1 December 2022 to 22 October 2023

Men

Weight Category (kg)	Total (kg)
55	146
61	158
67	190
73	202
81	212
89	225
96	230
102	231
109	238
109+	244

Women

Weight Category (kg)	Total (kg)
45	98
49	105
55	112
59	126
64	132
71	135
76	138
81	142
87	146
87+	150

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.