

# Welsh National Championships 2025

## Qualifying Totals

*Qualifying period 30th November 2024 to 20 October 2025*

### Men

Weight Category (kg)	Total (kg)
60	160
65	182
71	195
79	205
88	220
94	232
110	245
110+	258

### Women

Weight Category (kg)	Total (kg)
48	100
53	112
58	122
63	133
69	140
77	150
86	162
86+	175

### 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.