

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

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

Women

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