

2024 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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WOMEN: TOP-25 ABSOLUTE

45kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Sufna Jasmin P.S.	2002	IND	45.00	76	93	169	7-Oct	Nagrota Bagwan, IND
Dipali Gursale	1996	IND	44.50	71	87	168	7-Oct	Nagrota Bagwan, IND
Payal	2009	IND	45.00	70	85	155	19-Dec	Doha, QAT
Rani Nayak	2002	IND	44.76	70	84	154	7-Oct	Nagrota Bagwan, IND
Harshada Sharad Garud	2003	IND	44.94	68	83	151	7-Oct	Nagrota Bagwan, IND
Akanksha Vyavahare	2007	IND	44.44	68	83	151	19-Dec	Doha, QAT
Kajol Sargar	2005	IND	45.00	65	84	149	7-Oct	Nagrota Bagwan, IND
Megha Aher	2006	IND	45.00	63	85	148	26-Jan	Chennai, IND
R. Bhavani	2008	IND	44.90	63	84	147	26-Jan	Chennai, IND
Rinki Nayak	2002	IND	44.74	60	86	146	7-Oct	Nagrota Bagwan, IND
Priteesmita Bhoi	2008	IND	43.62	60	85	145	19-Dec	Doha, QAT
Chandrika Tarafdar	1996	IND	45.00	63	80	143	7-Oct	Nagrota Bagwan, IND
Apeksha Dattatray Dhone	2004	IND	44.85	59	81	140	19-Feb	Doimukh, IND
Anne-Marie Young	1986	CAN	44.80	61	78	139	17-May	Halifax, CAN
Priyanka	2000	IND	44.62	64	75	139	7-Oct	Nagrota Bagwan, IND
Vedika Tole	2007	IND	44.62	61	77	138	7-Oct	Nagrota Bagwan, IND
Alex MacKay	2002	SCO	44.30	59	79	138	30-Nov	Clydebank, Scotland, GBR
Pungni Tara	2008	IND	44.50	59	78	137	7-Oct	Nagrota Bagwan, IND
Spandana K.	2005	IND	44.36	61	75	136	7-Oct	Nagrota Bagwan, IND
Thelma Toua	1991	PNG	44.42	60	75	135	21-Feb	Auckland, NZL
Jyoshnna Sabar	2008	IND	39.77	60	75	135	19-Dec	Doha, QAT
Annu Kumari	2008	IND	44.60	59	75	134	7-Oct	Nagrota Bagwan, IND
Anu	2002	IND	43.95	56	76	132	19-Feb	Doimukh, IND
Rima Maji	2010	IND	44.44	58	73	131	7-Oct	Nagrota Bagwan, IND
Tagrik Naya	2006	IND	45.00	57	73	130	26-Jan	Chennai, IND
Ivy-Marie Buzinhani-Brustello	2010	CAN	44.68	59	71	130	2-Nov	Montreal, CAN

49kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Saikhom Mirabai Chanu	1994	IND	48.80	88	111	199	7-Aug	Paris, FRA
Gyaneshwari Yadav	2003	IND	49.00	82	104	186	8-Oct	Nagrota Bagwan, IND
Komal Kohar	2002	IND	48.94	78	104	182	8-Oct	Nagrota Bagwan, IND
Preeti	2002	IND	48.52	78	103	181	8-Oct	Nagrota Bagwan, IND
Sarika Shingare	1998	IND	48.74	78	95	173	8-Oct	Nagrota Bagwan, IND
Loa Dika Toua	1984	PNG	49.00	75	96	171	31-Mar	Phuket, THA
Bornali Borah	2000	IND	49.00	75	96	171	8-Oct	Nagrota Bagwan, IND
Soumya Sunil Dalvi	2005	IND	48.70	78	90	168	8-Oct	Nagrota Bagwan, IND
Panchami Sonowal	2005	IND	48.80	74	93	167	27-Jan	Chennai, IND
Vani Puri	2005	IND	48.64	71	93	164	8-Oct	Nagrota Bagwan, IND
B. Chandrika	2005	IND	48.90	71	92	163	8-Oct	Nagrota Bagwan, IND
Sapan Kumari	2003	IND	47.82	71	91	162	8-Oct	Nagrota Bagwan, IND
Th. Sanju Devi	2003	IND	49.00	71	91	162	8-Oct	Nagrota Bagwan, IND
Tammy Wong	1996	ENG	49.00	73	89	162	7-Dec	Birmingham, England, GBR
Asmita Dhone	2007	IND	49.00	68	94	162	20-Dec	Doha, QAT
Dinusha Hansani Bomiriyage Gomas	1992	SRI	49.00	76	85	161	31-Mar	Phuket, THA
Nilam Patel	2004	IND	49.00	70	89	159	8-Oct	Nagrota Bagwan, IND
Stella Kingsley	2002	NGR	48.70	68	90	158	5-Jul	Birmingham, England, GBR
Isabella Brown	2003	CAN	47.80	73	84	157	17-Sep	Suva, FIJ
Jhilli Dalabehera	1999	IND	49.00	71	85	156	17-Mar	Nagrota Bagwan, IND
Nikole Roberts	2004	WAL	49.00	70	86	156	5-Jul	Birmingham, England, GBR
K. Nomita Devi	2002	IND	48.50	66	90	156	8-Oct	Nagrota Bagwan, IND
Rebeka Groulx	2006	CAN	48.82	70	85	155	14-Jun	Scarborough, CAN
B. Bhargavi	2009	IND	49.00	69	86	155	17-Sep	Suva, FIJ
Chandrika Byreddi	2005	IND	48.75	67	84	151	27-Jan	Chennai, IND

55kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Onome Omolola Didah	2004	NGR	54.40	90	110	200	8-Dec	Manama, BRN
Josee Gallant	1992	CAN	54.90	89	109	198	25-Feb	Caracas, VEN
Sorokhaibam Bindyarani Devi	1999	IND	55.00	83	113	196	2-Apr	Phuket, THA
Sneha Soren	2001	IND	55.00	83	108	191	8-Oct	Nagrota Bagwan, IND
Lamabam Nilam Devi	2004	IND	55.00	86	104	190	21-Dec	Doha, QAT
Shrabani Das	2002	IND	55.00	81	107	188	8-Oct	Nagrota Bagwan, IND
Rose Harvey	1998	CAN	55.00	80	107	187	17-Sep	Suva, FIJ
L. Nilam Devi	2004	IND	55.00	82	104	186	8-Oct	Nagrota Bagwan, IND
Adijat Adenike Olarinoye	1999	NGR	54.72	80	105	185	11-Mar	Accra, GHA
Ananya Patil	2001	IND	54.76	82	102	184	17-Mar	Nagrota Bagwan, IND
Fraer Morrow	1998	ENG	54.73	82	101	183	6-Jul	Birmingham, England, GBR
Koyel Bar	2008	IND	52.78	79	103	182	21-Dec	Doha, QAT
Jenly Wini Tegu	1983	SOL	55.00	80	100	180	1-Jun	Melbourne, AUS
Brenna Kean	1995	AUS	54.95	76	104	180	1-Jun	Melbourne, AUS
Mina Santa	2007	IND	54.97	81	99	180	17-Sep	Suva, FIJ
My-Only Stephen	2006	NRU	54.73	80	100	180	17-Sep	Suva, FIJ
Haylee Johnson	1998	CAN	54.80	79	97	176	17-May	Halifax, CAN
Tessa Job	1994	AUS	55.00	77	97	174	1-Jun	Melbourne, AUS
V. Susmitha	2008	IND	53.95	76	97	173	27-Jan	Chennai, IND
Madaline Connelly	2003	WAL	54.09	76	97	173	6-Jul	Birmingham, England, GBR
Hannah Kaminski	1994	CAN	54.90	77	95	172	9-Mar	Toronto, CAN
Amelie Pelta	2008	ENG	54.90	75	96	171	7-Dec	Birmingham, England, GBR
K. Hemasri	2011	IND	52.34	76	94	170	8-Oct	Nagrota Bagwan, IND
Ramandeep Kaur	1999	IND	53.66	75	95	170	8-Oct	Nagrota Bagwan, IND
Sakshi Maske	2001	IND	55.00	76	93	169	8-Oct	Nagrota Bagwan, IND
Marjia Akter Ekra	2003	BAN	53.62	74	95	169	8-Dec	Manama, BRN

59kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Maude Charron	1993	CAN	58.94	106	130	236	3-Apr	Phuket, THA
Rafiatu Folashade Lawal	1996	NGR	57.70	100	130	230	8-Aug	Paris, FRA
Kiana Elliott	1997	AUS	58.70	97	114	211	22-Feb	Auckland, NZL
Adijat Adenike Olarinoye	1999	NGR	57.20	94	115	209	5-Feb	Ismailia, EGY
Ann-Sophie Taschereau	2002	CAN	59.00	95	114	209	18-Sep	Suva, FIJ
Popy Hazirika	1998	IND	59.00	90	111	201	9-Oct	Nagrota Bagwan, IND
Jessica Gordon-Brown	1995	ENG	58.96	90	110	200	14-Feb	Sofia, BUL
Zoe Smith	1994	ENG	58.06	85	113	198	3-Apr	Phuket, THA
Rima Bhoi	2002	IND	58.74	85	113	198	9-Oct	Nagrota Bagwan, IND
Polina Bepalova	2000	CAN	58.39	93	103	196	23-Mar	Calgary, CAN
Sonam Singh	2004	IND	58.66	87	106	193	9-Oct	Nagrota Bagwan, IND
Kayla Shepard	1998	CAN	59.00	83	108	191	2-Apr	Phuket, THA
Usha	2003	IND	57.46	87	103	190	1-Jan	Itanagar, IND
Rose Harvey	1998	CAN	58.51	82	108	190	17-Aug	Saint-Hyacinthe, CAN
Harjeet Kour	1993	IND	58.80	83	106	189	1-Jan	Itanagar, IND
Davinder Kaur	1995	IND	58.85	83	105	188	1-Jan	Itanagar, IND
Catrin Jones	1999	WAL	58.80	83	105	188	30-Nov	Haverfordwest, Wales, GBR
Anneke Spies	1993	RSA	59.00	83	104	187	5-Feb	Ismailia, EGY
Balo Yalam	2004	IND	58.90	82	105	187	9-Oct	Nagrota Bagwan, IND
Hannah Gula	1998	CAN	58.60	86	100	186	17-May	Halifax, CAN
Jyoti	2006	IND	58.64	85	101	186	9-Oct	Nagrota Bagwan, IND
Jenly Wini Tegu	1983	SOL	58.70	80	105	185	25-Sep	Suva, FIJ
Bhumika Mohite	2006	IND	58.90	79	105	185	9-Oct	Nagrota Bagwan, IND
Sneha	1999	IND	58.80	83	102	185	9-Oct	Nagrota Bagwan, IND
Rajyashree Biswas	2006	IND	58.50	84	99	183	9-Oct	Nagrota Bagwan, IND
Ly-Anne Bourque	1997	CAN	58.93	83	100	183	30-Nov	Saint-Hyacinthe, CAN

64kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Sarah Davies	1992	ENG	64.00	95	127	222	10-Dec	Manama, BRN
Family-Crystie Notte	2009	NRU	63.80	98	122	220	18-Sep	Suva, FIJ
Charlotte Simoneau	2005	CAN	64.00	96	116	212	26-Feb	Caracas, VEN
S. Nirupama Devi	2000	IND	63.90	91	120	211	10-Jan	Nagrota Bagwan, IND
Ditimoni Sonowal	2003	IND	63.70	92	118	210	10-Oct	Nagrota Bagwan, IND
Ruth Ayodele	2000	NGR	60.90	94	114	208	12-Mar	Accra, GHA
Monica Knowlton	1998	CAN	63.30	87	116	203	31-Aug	Toronto, CAN
Tenishia Thornton	2005	MLT	63.30	90	111	201	5-Apr	Phuket, THA
Reena	2004	IND	63.82	91	110	201	10-Oct	Nagrota Bagwan, IND
Jessica Gordon-Brown	1995	ENG	59.90	90	110	200	27-Jan	Lydney, England, GBR
Nadia Yangui	1992	CAN	63.80	88	110	198	18-May	Halifax, CAN
Emma McIntyre	1991	NZL	64.00	87	110	197	5-Apr	Phuket, THA
Zoe Pukekura (De Gersigny)	1998	AUS	63.75	87	109	196	1-Jun	Melbourne, AUS
Nur Syazwani Radzi	2003	MAS	62.79	88	108	196	18-Sep	Suva, FIJ
K. Roshilata Devi	1999	IND	63.76	87	109	196	10-Oct	Nagrota Bagwan, IND
Tori Gallegos	2003	AUS	63.00	84	111	195	1-Jun	Ipswich, AUS
G. Lalitha	1998	IND	63.82	96	108	194	10-Oct	Nagrota Bagwan, IND
Georgia Theron	2006	NZL	63.60	88	105	193	13-Jan	Auckland, AUS
Darcy Kay	1993	AUS	63.96	87	106	193	23-Feb	Auckland, AUS
Josie Griffiths	2001	ENG	63.31	90	103	193	7-Jul	Birmingham, England, GBR
Gauri Pandey	1998	IND	62.82	80	110	190	10-Oct	Nagrota Bagwan, IND
Hannah Crymble	1995	NIR	63.36	86	104	190	10-Dec	Manama, BRN
Melissa Lin	2002	CAN	64.00	84	105	189	24-Mar	Vancouver, CAN
Himali Nagesh Kamble	2002	IND	63.54	85	104	189	10-Oct	Nagrota Bagwan, IND
Sanapathi Pallavi	2003	IND	63.58	84	104	188	2-Jan	Itanagar, IND
Bethan Watkins	1994	WAL	63.75	84	104	188	4-May	Llanelli, Wales, GBR

71kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Charlotte Simoneau	2005	CAN	70.98	110	130	240	23-Sep	Leon, ESP
Joy Ogbonne Eze	2004	NGR	71.00	103	136	239	6-Apr	Phuket, THA
Alexis Ashworth	1999	CAN	71.00	101	130	231	7-Apr	Phuket, THA
Sarah Davies	1992	ENG	70.74	100	130	230	7-Apr	Phuket, THA
Hajinder Kaur	1996	IND	70.54	98	125	223	10-Oct	Nagrota Bagwan, IND
Olivia Selemaja	2006	NZL	70.28	99	123	222	11-Dec	Manama, BRN
Ketty Lent	2001	MRI	70.60	99	119	218	7-Feb	Ismailia, EGY
Erin Barton	1990	ENG	71.00	94	123	217	16-Feb	Sofia, BUL
Olivia Shelton (Kelly)	1993	AUS	71.00	95	120	215	1-Jun	Ipswich, AUS
Jacqueline Nichelle	2000	AUS	70.22	94	120	214	6-Apr	Phuket, THA
Andreann Lamarre	1996	CAN	71.00	95	118	213	19-Sep	Suva, FIJ
Georgia Theron	2006	NZL	69.58	96	114	210	19-Sep	Leon, ESP
Sarah Cochrane	1989	AUS	69.96	97	112	209	23-Feb	Auckland, NZL
Darcy Kay	1993	AUS	69.20	96	113	209	19-Sep	Suva, FIJ
S. Pallavi	2003	IND	64.52	94	114	208	10-Oct	Nagrota Bagwan, IND
Nya Hayman	2005	AUS	70.55	94	114	208	14-Dec	Gold Coast, AUS
Maximina Uepa	2002	NRU	70.68	90	115	205	23-Feb	Auckland, NZL
Naomie Lusignan	2005	CAN	69.68	95	110	205	23-Sep	Leon, ESP
Mabia Akter	1999	BAN	70.64	88	114	202	11-Dec	Manama, BRN
Kathryn Lee	2003	CAN	69.90	86	114	200	19-May	Halifax, CAN
Rachel Bemrose	2002	ENG	70.16	90	110	200	7-Jul	Birmingham, England, GBR
Madeline Rosher	2007	SCO	70.55	92	108	200	30-Nov	Clydebank, Scotland, GBR
Sarbjeet Kaur	1992	IND	70.42	87	112	199	3-Jan	Itanagar, IND
Shandler Benson-Kohlman	1995	CAN	70.65	93	106	199	27-Feb	Caracas, VEN
Taiamoni Pakoti	2007	AUS	68.10	87	111	198	19-Sep	Suva, FIJ
Erin Friel	2004	ENG	70.65	87	111	198	30-Oct	Raszyn, POL

76kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Sarah Matthew	2006	NGR	74.18	110	135	245	12-Dec	Manama, BRN
Charlotte Simoneau	2005	CAN	72.81	108	129	237	3-Nov	Montreal, CAN
<i>Shania Bedward</i>	1996	CAN	75.36	102	132	234	8-Apr	Phuket, THA
Olivia Shelton (Kelly)	1993	AUS	75.95	100	125	225	3-Feb	Ipswich, AUS
Harmanpreet Kaur	2001	IND	75.50	96	127	223	11-Oct	Nagrota Bagwan, IND
Rosalie Dumas	1992	CAN	75.95	101	122	223	30-Nov	Saint-Hyacinthe, CAN
Isabella Brown	2004	ENG	74.80	101	121	222	24-Sep	Leon, ESP
Andreanne Messier	1999	CAN	75.20	97	119	216	19-May	Halifax, CAN
Thea Wall	1995	CAN	76.00	100	115	215	23-Mar	Dartmount, CAN
Rakhi	1996	IND	74.92	92	123	215	11-Oct	Nagrota Bagwan, IND
Avutu Opeloge	2003	SAM	75.12	91	120	211	24-Feb	Auckland, NZL
Andreann Lamarre	1996	CAN	72.40	95	116	211	17-Aug	Saint-Hyacinthe, CAN
Heena	2006	IND	73.26	88	123	211	11-Oct	Nagrota Bagwan, IND
Madison Farley	2001	ENG	73.50	91	119	210	12-Apr	Cosford, England, GBR
Sanjana	2007	IND	75.61	90	120	210	25-May	Lima, PER
Maximina Uepa	2002	NRU	73.90	90	118	208	19-Sep	Suva, FIJ
Seine Stowers	2008	SAM	76.00	93	114	207	19-Sep	Suva, FIJ
Rose Beaudoin	2006	CAN	75.50	93	113	206	23-Jun	Palmira, COL
Heather Forde	1990	ENG	74.54	95	111	206	7-Dec	Birmingham, England, GBR
Agata Herbert	1988	SCO	75.85	93	112	205	30-Nov	Clydebank, Scotland, GBR
Pooja Yadav	1996	IND	75.54	91	113	204	4-Jan	Itanagar, IND
Deepika Handa	1985	IND	72.00	90	114	204	11-Oct	Nagrota Bagwan, IND
Laura Carruthers	2000	CAN	75.10	90	113	203	17-Nov	Richmond, CAN
Miriama Taletawa	2005	FIJ	74.70	90	112	202	19-Sep	Suva, FIJ
Teagan Newman	1998	AUS	73.80	94	108	202	27-Oct	Melbourne, AUS
Georgia Radley	1996	ENG	75.93	88	114	202	7-Dec	Birmingham, England, GBR

81kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Eileen Cikamatana	1999	AUS	81.00	114	149	263	9-Apr	Phuket, THA
Maya Laylor	1995	CAN	80.65	103	132	235	27-Feb	Caracas, VEN
Rosalie Dumas	1992	CAN	80.80	104	125	229	27-Feb	Caracas, VEN
Katrina Feklistova	1997	ENG	80.66	102	127	229	9-Apr	Phuket, THA
Jeanne Gaelle Evenga Mboosi	1999	CMR	79.10	96	127	223	8-Feb	Ismailia, EGY
Ketty Lent	2001	MRI	76.36	100	123	223	20-Sep	Suva, FIJ
Vanshita Verma	2001	IND	80.80	96	124	220	5-Jan	Itanagar, IND
Thea Wall	1995	CAN		98	120	218	12-Oct	Halifax, CAN
Hayley Whiting	1993	NZL	80.65	98	120	218	23-Nov	Christchurch, NZL
Funmi Morgan	2001	ENG	80.48	97	116	213	7-Dec	Birmingham, England, GBR
Avatu Opeloge	2004	SAM	77.85	94	117	211	20-Sep	Suva, FIJ
Rose Beaudoin	2006	CAN	77.56	95	115	210	3-Nov	Montreal, CAN
Catherine Goupil	2004	CAN	79.51	92	116	208	30-Nov	Saint-Hyacinthe, CAN
Elizabeth Waqavou	2005	FIJ	80.32	90	115	205	20-Sep	Suva, FIJ
Katie Mills	2003	CAN	78.89	91	113	204	9-Nov	Toronto, CAN
Rosalie Belanger	1997	CAN	78.14	93	110	203	23-Mar	Sherbrooke, CAN
Sarah Wiltshire	1990	ENG	80.59	91	111	202	7-Dec	Birmingham, England, GBR
Ajah Pritchard-Lolo	2002	VAN	81.00	89	111	200	15-Jun	Auckland, NZL
Manpreet Kaur	1996	IND	77.74	86	114	200	12-Oct	Nagrota Bagwan, IND
Oviya Karthikeyan	2007	IND	80.72	85	113	198	12-Oct	Nagrota Bagwan, IND
Estelle Tilley	1999	AUS	80.75	88	110	198	27-Oct	Melbourne, AUS
Emma McCready	1990	WAL	81.00	90	107	197	5-May	Dundee, Scotland, GBR
Holly Drain	1998	AUS	78.72	88	107	195	1-Sep	Sydney, AUS
Tamana	2002	IND	80.24	82	113	195	12-Oct	Nagrota Bagwan, IND
Lottie Absolom	2006	ENG	79.80	89	103	192	23-Feb	Maidstone, England, GBR

87kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Eileen Cikamatana	1999	AUS	87.00	113	144	257	14-Dec	Manama, BRN
Madias D.N. Ngake	1992	ENG	86.32	116	130	246	6-Jul	Birmingham, England, GBR
Mary Taiwo Osijo	1996	NGR	85.05	103	128	231	14-Mar	Accra, GHA
Medea Jones	2003	NZL	86.84	103	121	224	15-Jun	Auckland, NZL
R. Arockiya Alish	2000	IND	85.34	94	128	222	13-Oct	Nagrota Bagwan, IND
Deborah Alawode	1997	ENG	86.46	95	125	220	7-Dec	Birmingham, England, GBR
Litia Nacigilevu	2007	NZL	84.98	93	124	217	26-Oct	Auckland, NZL
Lotti Absolom	2006	ENG	86.95	100	116	216	7-Dec	Birmingham, England, GBR
Komal Wakale	1990	IND	87.00	93	119	212	6-Jan	Itanagar, IND
Tasha Willing	1998	CAN	86.80	96	114	210	17-Nov	Richmond, CAN
Usha S.R.	2000	IND	86.82	91	118	209	6-Jan	Itanagar, IND
Kristel Ngarlem	1995	CAN	84.45	89	120	209	19-May	Halifax, CAN
Renee Baarspul	1986	NZL	86.52	96	111	207	25-Feb	Auckland, NZL
Lexis Ross	1995	CAN	85.80	88	117	205	19-May	Halifax, CAN
Tammana	2002	IND	83.64	92	113	205	13-Oct	Nagrota Bagwan, IND
Jeanne Gaelle Evenga Mboosi	1999	CMR	85.60	85	120	205	14-Dec	Manama, BRN
Julia Ryan	1990	CAN	85.85	91	113	204	19-May	Halifax, CAN
Tamanna	2002	IND	85.45	91	110	201	22-Feb	Doimukh, IND
Angela McDade	1991	CAN	85.80	87	113	200	23-Mar	Prince Albert, CAN
Chathurika Priyanthi Balage	1992	SRI		86	114	200	9-Jun	Polonnaruwa, SRI
Modhusmrita Baruah	1993	IND	86.10	88	112	200	13-Oct	Nagrota Bagwan, IND
Naza Grant	2006	CAN	85.35	90	108	198	19-May	Halifax, CAN
Maddison Power	2003	AUS	84.14	88	110	198	14-Dec	Gold Coast, AUS
Shivani Yadav	2001	IND	83.98	85	110	195	6-Jan	Itanagar, IND
Dimpi Dutta	1999	IND	86.34	88	106	194	6-Jan	Itanagar, IND

+87kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Emily Campbell	1994	ENG	135.45	126	162	288	11-Aug	Paris, FRA
Iuniarra Sipaia	1993	SAM	141.64	112	155	267	10-Apr	Phuket, THA
Etta Love	2007	CAN	130.70	108	146	254	27-Sep	Leon, ESP
Lesila Fiapule	2001	SAM	121.85	112	140	252	1-Jun	Melbourne, AUS
Mehak Sharma	1995	IND	109.10	104	140	244	13-Oct	Nagrota Bagwan, IND
Mercy Brown	1996	ENG	105.20	105	133	238	6-Oct	Epsom, England, GBR
Maibam Martina Devi	2006	IND	108.20	101	136	237	27-Sep	Leon, ESP
Manpreet Kaur	1989	IND	108.36	99	133	232	6-Jan	Itanagar, IND
Angel Billen	2007	CAN	112.06	97	127	224	20-Sep	Suva, FIJ
Susana Nimo	1996	NZL	101.98	103	118	221	10-Apr	Phuket, THA
T. Satya Jyothi	1998	IND	98.96	94	124	218	13-Oct	Nagrota Bagwan, IND
Ann Mariya M.T.	1998	IND	123.52	93	120	213	6-Jan	Itanagar, IND
Deborah Alawode	1997	ENG	88.66	91	122	213	19-Jul	London, England, GBR
Purnima Pandey	1997	IND	108.42	99	114	213	13-Oct	Nagrota Bagwan, IND
Molly King	2008	NZL	116.14	96	115	211	27-Oct	Auckland, NZL
Leah Clarke	1995	WAL	114.00	92	118	210	27-Apr	Lydney, England, GBR
Emma Friesen	2002	CAN	123.00	93	114	207	9-Mar	Toronto, CAN
Anais Michaud	2001	CAN	120.09	90	113	203	30-Nov	Saint-Hyacinthe, CAN
Muskan Singh	2002	IND	100.74	84	117	201	6-Jan	Itanagar, IND
Tracey Winter	1990	NZL	131.40	86	114	200	20-Apr	Auckland, NZL
Eliza Brebner-Griffin	1991	AUS	109.40	85	111	196	23-Jun	Gold Coast, AUS
Minia Teuila Prescott	2006	NZL	103.58	86	110	196	7-Sep	Auckland, NZL
Judy Soloai	1994	NZL	175.06	84	112	196	27-Oct	Auckland, NZL
Caleigh Wellen	1994	CAN	117.60	85	111	196	17-Nov	Richmond, CAN
Estelle Momeni	1993	CMR	94.10	87	108	195	9-Feb	Ismailia, EGY
Malia Timo	2004	TUV	97.34	85	110	195	21-Sep	Suva, FIJ

2024 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

CFW Statistician

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MEN: TOP-25 ABSOLUTE

55kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Mukend Aher	2003	IND	54.90	113	141	254	7-Oct	Nagrota Bagwan, IND
Goud Akash Shrinivas	2000	IND	55.00	111	139	250	7-Oct	Nagrota Bagwan, IND
Dilanka Isuru Kumara Yodage	1996	SRI	55.00	112	135	247	1-Apr	Phuket, THA
Vijay Kumar Maheshwari	1999	IND	54.90	101	139	240	7-Oct	Nagrota Bagwan, IND
Muna Nyak	2002	IND	54.95	104	135	239	7-Oct	Nagrota Bagwan, IND
N. Tomchoo Meeti	2006	IND	54.80	105	133	238	7-Oct	Nagrota Bagwan, IND
S. Gurunaidu	2006	IND	54.90	105	130	235	7-Oct	Nagrota Bagwan, IND
Dhanush Loganathan	2006	IND	55.00	107	124	231	19-Sep	Leon, ESP
Haider Salman		PAK				230	9-Oct	Lahor, PAK
Raja Bharti	2003	IND	54.94	104	125	229	7-Oct	Nagrota Bagwan, IND
Muhammad Rahimi Sulaiman	2003	MAS	55.00	103	125	228	17-Sep	Suva, FIJ
A. Maharajan	2008	IND	55.00	104	123	227	20-Dec	Doha, QAT
Sathish V.	2000	IND	54.94	100	126	226	7-Oct	Nagrota Bagwan, IND
Kumbheswar Mallik	2002	IND	54.96	102	123	225	7-Oct	Nagrota Bagwan, IND
Antonin Lanoue	2005	CAN	54.85	97	127	224	17-May	Halifax, CAN
Balaji P.	2002	IND	54.70	97	120	217	19-Feb	Doimukh, IND
Laithanpuia	2009	IND	54.75	99	117	216	7-Oct	Nagrota Bagwan, IND
Donigolla Veeresh	2005	IND	54.80	98	115	213	19-Feb	Doimukh, IND
Sanjay Kannan	2001	IND	55.00	96	117	213	19-Feb	Doimukh, IND
Nikhil Koli	2006	IND	55.00	93	119	212	26-Jan	Chennai, IND
Sosar Tama	2006	IND	55.00	91	121	212	26-Jan	Chennai, IND
Davis Niyoyita	2004	UGA	54.20	90	120	210	10-Mar	Accra, GHA
Bishnu Snowal	2006	IND	54.45	89	120	209	7-Oct	Nagrota Bagwan, IND
King Kalu	1995	NGR	54.70	89	115	204	10-Mar	Accra, GHA
Mukesh Gamango	2008	IND	54.80	93	111	204	7-Oct	Nagrota Bagwan, IND
61kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Mohamad Aniq Kasdan	2002	MAS	60.90	131	167	298	17-Sep	Suva, FIJ
M. Raja	2000	IND	61.00	124	165	289	8-Oct	Nagrota Bagwan, IND
Muhamad Aznil Bidin	1994	MAS	61.00	125	159	284	2-Apr	Phuket, THA
Morea Baru	1990	PNG	61.00	124	157	281	2-Apr	Phuket, THA
Ch. Rishikanta Singh	1998	IND	60.72	124	147	271	8-Oct	Nagrota Bagwan, IND
Charu Pesi	2002	IND	60.60	117	152	269	8-Oct	Nagrota Bagwan, IND
Dhanush Kumar P.	2003	IND	61.00	120	143	263	8-Oct	Nagrota Bagwan, IND
Sanket Sargar	2000	IND	60.10	119	143	262	8-Jan	Nagrota Bagwan, IND
Sankar Lapung	2004	IND	61.00	116	146	262	21-Dec	Doha, QAT
Golam Tinku	2006	IND	60.72	117	143	260	8-Oct	Nagrota Bagwan, IND
S. Muthumaniyan	2004	IND	61.00	114	145	259	8-Oct	Nagrota Bagwan, IND
A. Rudreshwar	2004	IND	61.00	119	140	259	8-Oct	Nagrota Bagwan, IND
Muhammad Yusuf		PAK		110	148	258	9-Oct	Lahor, PAK
Muhammad Ali Ghani		PAK				257	9-Oct	Lahor, PAK
Subrahmanya	2001	IND	60.96	114	141	255	8-Oct	Nagrota Bagwan, IND
Favour Agboro	1999	NGR	60.50	113	140	253	10-Mar	Accra, GHA
Sadananda Bariha	2006	IND	60.50	110	139	249	8-Oct	Nagrota Bagwan, IND
Riki Gogoi	2005	IND	60.62	107	141	248	8-Oct	Nagrota Bagwan, IND
Lalzuidika	1999	IND	60.56	111	136	247	8-Oct	Nagrota Bagwan, IND
Muhammad A.H. Mohd Shukry	2004	MAS	60.80	105	138	243	17-Sep	Suva, FIJ
V. Kishore	2007	IND	59.90	109	134	243	8-Oct	Nagrota Bagwan, IND
D. Moulali	2003	IND	60.90	111	131	242	8-Oct	Nagrota Bagwan, IND
Sunil Singh	2009	IND	59.90	111	131	242	8-Oct	Nagrota Bagwan, IND
Himanshu Maheshwari	2003	IND	60.40	105	134	239	8-Oct	Nagrota Bagwan, IND
Timur Khan		PAK				239	9-Oct	Lahor, PAK

67kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Muhamad Aznil Bidin	1994	MAS	66.74	137	171	308	7-Dec	Manama, BRN
Edidiong Joseph Umoafia	2002	NGR	67.00	135	165	300	11-Mar	Accra, GHA
Thirumurugan Madhavan	2004	IND	66.85	133	162	295	18-Sep	Suva, FIJ
K. Neelam Raju	1999	IND	66.50	133	162	295	9-Oct	Nagrota Bagwan, IND
Jeremy Lalrinnunga	2002	IND	67.00	133	161	294	9-Oct	Nagrota Bagwan, IND
Sidhanta Gogoi	2004	IND	67.00	122	164	286	9-Oct	Nagrota Bagwan, IND
Vaipava Nevo Ioane	1988	SAM	66.65	125	160	285	1-Jun	Melbourne, AUS
Markio Tario	2004	IND	67.00	120	165	285	9-Oct	Nagrota Bagwan, IND
Bengia Tani	2004	IND	66.95	123	162	285	22-Dec	Doha, QAT
Aniruddha Nipane	2003	IND	67.00	126	158	284	9-Oct	Nagrota Bagwan, IND
Yash Khandagale	2007	IND	67.00	129	152	281	9-Oct	Nagrota Bagwan, IND
Subhash Lahre	2002	IND	67.00	125	156	281	9-Oct	Nagrota Bagwan, IND
Morea Baru	1990	PNG	63.10	116	161	277	1-Jun	Melbourne, AUS
Sagar Madar	1998	IND	66.00	126	147	273	9-Oct	Nagrota Bagwan, IND
MH. Silvan Beihrothlatlo	2004	IND	66.75	122	150	272	9-Oct	Nagrota Bagwan, IND
Dimitris Minasidis	1989	CYP	67.00	121	150	271	14-Feb	Sofia, BUL
Youri Simard	2001	CAN	65.70	120	151	271	17-May	Halifax, CAN
Kanhaiya Kumar	2002	IND	67.00	121	150	271	9-Oct	Nagrota Bagwan, IND
Ditto Ika	2006	NRU	67.00	115	155	270	18-Sep	Suva, FIJ
Jaswant Shergill	1993	ENG	66.89	120	150	270	7-Dec	Birmingham, England, GBR
Akash P.	2005	IND	66.70	120	145	265	9-Oct	Nagrota Bagwan, IND
Abu Bakar Ghani	2004	PAK				263	9-Oct	Lahor, PAK
Emmanuel Amo Boateng	2007	GHA	66.50	116	142	258	11-Mar	Accra, GHA
Kollal Mal	2005	IND	67.00	117	140	257	9-Oct	Nagrota Bagwan, IND
Tharun T.	2002	IND	67.00	112	143	255	20-Feb	Doimukh, IND
Abhinob Gogoi	2009	IND	66.50	117	138	255	9-Oct	Nagrota Bagwan, IND

73kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Edidiong Joseph Umoafia	2002	NGR	72.42	147	172	319	3-Apr	Phuket, THA
N. Ajith	1999	IND	73.00	140	178	318	9-Oct	Nagrota Bagwan, IND
Muhammad Erry Hidayat	1999	MAS	72.52	140	170	310	3-Apr	Phuket, THA
John Tafi	2002	SAM	72.32	135	174	309	18-Sep	Suva, FIJ
Nicolas Vachon	1996	CAN	73.00	135	170	305	4-Apr	Phuket, THA
Ezekiel Moses	2001	NRU	73.00	135	169	304	18-Sep	Suva, FIJ
Bedabrat Bharali	2007	IND	72.94	136	164	300	18-Sep	Suva, FIJ
Lalhunthara	2002	IND	73.00	127	171	298	9-Oct	Nagrota Bagwan, IND
Deepak Lather	2000	IND	72.60	136	161	297	9-Oct	Nagrota Bagwan, IND
Shad Darsigny	2003	CAN	72.75	135	160	295	17-May	Halifax, CAN
Matt Darsigny	2001	CAN	72.86	133	160	293	30-Nov	Saint-Hyacinthe, CAN
Devapreedhan B.	1998	IND	72.76	133	158	291	1-Jan	Itanagar, IND
D.M. Indika C. Dissanayake	1989	SRI	73.00	131	160	291	3-Apr	Phuket, THA
S. Lokeshwaran	2004	IND	72.84	130	161	291	9-Oct	Nagrota Bagwan, IND
Jonathan Chin	1994	ENG	73.00	125	163	288	15-Feb	Sofia, BUL
Gerard Abeussa	1998	CMR	70.72	125	162	287	6-Feb	Ismailia, EGY
R. Samsundar Raja	1999	IND	72.70	130	157	287	9-Oct	Nagrota Bagwan, IND
Michael Farmer	1999	WAL	72.50	130	155	285	30-Nov	Haverfordwest, Wales, GBR
Akshay Gaikwad	1996	IND	72.10	127	155	282	9-Oct	Nagrota Bagwan, IND
Shivalingeshwara Sai	2001	IND	73.00	121	160	281	1-Jan	Itanagar, IND
V. Purushothaman	1995	IND	72.45	126	154	280	1-Jan	Itanagar, IND
Ranjit Chavan	1998	IND	73.00	122	158	280	1-Jan	Itanagar, IND
James Whiteman	1994	CAN	72.32	122	157	279	18-Sep	Suva, FIJ
P Yesu Babu	1999	IND	73.00	123	156	279	9-Oct	Nagrota Bagwan, IND
Hasin	2001	IND	71.36	124	154	278	1-Jan	Itanagar, IND

81kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ajaya Babu Valluri	2004	IND	80.95	147	179	326	19-Sep	Suva, FIJ
Samuel Guertin	2000	CAN	80.20	145	178	323	10-Dec	Manama, BRN
Abhishek Nipane	2001	IND	80.14	140	178	318	10-Oct	Nagrota Bagwan, IND
Achinta Sheuli	2001	IND	80.20	145	172	317	10-Oct	Nagrota Bagwan, IND
Shad Darsigny	2003	CAN	80.67	135	176	311	17-Aug	Saint-Hyacinthe, CAN
Sairaj Pardeshi	2007	IND	81.00	139	171	310	23-Dec	Doha, QAT
Deepak Lather	2000	IND	77.54	144	164	308	2-Jan	Itanagar, IND
Gurkaran Singh	2003	IND	78.75	140	167	307	21-Feb	Doimukh, IND
Rory Scott	1999	AUS	80.90	135	170	305	13-Jul	Brisbane, AUS
Kanhu Charana Sahu	1997	IND	80.94	136	168	304	2-Jan	Itanagar, IND
Skilton Paul	2000	IND	80.12	136	166	302	2-Jan	Itanagar, IND
Jeremie Junior Ngouanom Nzali	2004	CMR	81.00	137	165	302	12-Mar	Accra, GHA
Hrudananda Das	2007	IND	81.00	132	170	302	10-Oct	Nagrota Bagwan, IND
Bhavesh Sarang	2002	IND	80.40	136	165	301	10-Oct	Nagrota Bagwan, IND
Mathan Kumar M.	2004	IND	80.70	129	170	299	10-Oct	Nagrota Bagwan, IND
Bandaru Khrisna	2002	IND	80.68	132	165	297	2-Jan	Itanagar, IND
Nicolas Vachon	1996	CAN	79.50	127	170	297	30-Nov	Saint-Hyacinthe, CAN
Adinarayana Battu	2004	IND	81.00	135	160	295	21-Feb	Doimukh, IND
Ruben Katoatau	1997	KIR	80.30	129	166	295	19-Sep	Suva, FIJ
Marco Mollo	1996	NZL	80.55	133	160	293	19-Sep	Suva, FIJ
N. Krishna Bharathi	2003	IND	80.62	130	162	292	2-Jan	Itanagar, IND
Devin Woles	1998	CAN	80.60	128	163	291	16-Mar	Vancouver, CAN
B. Adinarayana	2004	IND	80.80	130	161	291	10-Oct	Nagrota Bagwan, IND
B. Venkata Krishna	2006	IND	79.10	127	164	291	10-Oct	Nagrota Bagwan, IND
Jon-Antohein Phillips	2000	RSA	78.52	123	168	291	10-Dec	Manama, BRN

89kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Alex Bellemarre	1998	CAN	88.86	167	195	362	6-Apr	Phuket, THA
Braydon Kennedy	1996	CAN	89.00	163	186	349	11-Dec	Manama, BRN
Kyle Bruce	1999	AUS	86.00	149	187	336	5-Apr	Phuket, THA
Oliver Saxton	2003	AUS	88.90	150	185	335	5-Apr	Phuket, THA
Cameron McTaggart	1997	NZL	87.02	148	179	327	26-Oct	Auckland, NZL
Ajay Singh	1997	IND	88.76	143	177	320	11-Oct	Nagrota Bagwan, IND
Marush P.S.	1999	IND	88.75	142	177	319	3-Jan	Itanagar, IND
William Swart	1998	RSA	88.92	139	179	318	11-Dec	Manama, BRN
Ryven Ewing	2002	AUS	88.50	136	179	315	2-Jun	Melbourne, AUS
Suditya Baruah	2004	IND	87.64	140	175	315	11-Oct	Nagrota Bagwan, IND
Stefano Cataldi	2003	ENG	88.07	140	174	314	6-Jul	Birmingham, England, GBR
Craig Richey	1993	ENG	88.00	150	163	313	6-Jul	Birmingham, England, GBR
Nehemiah Elder	2009	FIJ	84.40	141	172	313	19-Sep	Suva, FIJ
Furqan Anwar	1995	PAK		146	166	312	10-Oct	Lahor, PAK
Krishnabharathi N.	2003	IND	84.94	137	175	312	11-Oct	Nagrota Bagwan, IND
Wyatt Hunter	1999	CAN	88.40	137	175	312	17-Nov	Richmond, CAN
Edward Smale	1997	ENG	89.00	139	172	311	6-Jul	Birmingham, England, GBR
G. Ravisankar	2004	IND	88.64	138	173	311	11-Oct	Nagrota Bagwan, IND
Prince Malik	2002	IND	88.80	140	169	309	3-Jan	Itanagar, IND
Baldev Guru	2000	IND	82.72	140	168	308	3-Jan	Itanagar, IND
Kang Yim Lim	1996	SGP	88.10	135	172	307	19-Sep	Suva, FIJ
Azan Ali Butt		PAK				307	10-Oct	Lahor, PAK
Shubham Kumar	2000	IND	88.24	130	177	307	11-Oct	Nagrota Bagwan, IND
Lalruatfela	2006	IND	87.94	132	174	306	11-Oct	Nagrota Bagwan, IND
V. Arulpandiyam	1999	IND	88.70	133	172	305	3-Jan	Itanagar, IND
Nicolaas Du Plooy	2000	RSA	89.00	138	167	305	15-Jun	Stellenbosch, RSA
Gulap Gogoi	2000	IND	88.34	139	166	305	11-Oct	Nagrota Bagwan, IND

96kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Jack Opeloge	2000	SAM	95.35	158	202	360	1-Jun	Melbourne, AUS
Braydon Kennedy	1996	CAN	93.84	165	193	358	7-Apr	Phuket, THA
Maeu Nanai Livi	1999	SAM	95.76	155	192	346	7-Apr	Phuket, THA
Jagdish Vishwakarma	1994	IND	95.52	151	189	340	4-Jan	Itanagar, IND
Cyrille Fagat Tchatchet II	1995	ENG	93.39	151	188	339	18-Feb	Sofia, BUL
Desmond Akano	1997	NGR	94.00	145	191	336	13-Mar	Accra, GHA
Harshad Wadekar	1995	IND	95.82	146	188	334	4-Jan	Itanagar, IND
Sambo Lapung	1997	IND	95.70	146	188	334	11-Oct	Nagrota Bagwan, IND
Alex Bellemarre	1998	CAN	89.60	153	179	332	5-Oct	Bordeaux, FRA
Myren Madden	2002	ENG	94.87	148	182	330	23-Feb	Maidstone, England, GBR
Oliver Saxton	2003	AUS	95.75	150	180	330	8-Dec	Perth, AUS
Dilbag Singh	2004	IND	94.25	146	182	328	11-Oct	Nagrota Bagwan, IND
Noah Milford	2004	AUS	95.50	138	188	326	25-Sep	Leon, ESP
Drew Burns	2003	SCO	95.48	145	175	320	7-Jul	Birmingham, England, GBR
Stephen Bestman	2001	ENG	94.06	140	178	318	23-Feb	Maidstone, England, GBR
Xavier Albert	1998	NZL	95.38	147	170	317	20-Sep	Suva, FIJ
Suresh Kumar Yadav	1994	IND	95.50	136	178	314	11-Oct	Nagrota Bagwan, IND
Parv Chaudhary	2008	IND	95.72	141	170	311	20-Sep	Suva, FIJ
A. Komal Karteek	2004	IND	95.26	135	175	310	4-Jan	Itanagar, IND
Etienne Gravel	1999	CAN	94.40	138	170	308	18-May	Halifax, CAN
Ankush Kumar	2001	IND	94.46	141	165	306	4-Jan	Itanagar, IND
Taj Marsh	2004	AUS	95.62	136	170	306	23-Feb	Auckland, NZL
Ethan Dombroski	2001	NZL	92.60	135	168	303	23-Mar	Whanganui, NZL
Cameron Urgert	1993	NZL	94.26	138	165	303	19-Jun	Gold Coast, AUS
Ch. Vinay Kumar	2000	IND	95.30	135	168	303	11-Oct	Nagrota Bagwan, IND

102kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Don Opeloge	2000	SAM	101.68	170	221	391	8-Apr	Phuket, THA
Taniela Rainibogi	1998	FIJ	100.22	160	205	365	24-Feb	Auckland, NZL
Xavier Lusignan	2003	CAN	99.34	161	202	363	13-Dec	Manama, BRN
Jagdish V.	1994	IND	102.00	157	196	353	12-Oct	Nagrota Bagwan, IND
Pierre-Alexandre Bessette	1999	CAN	101.30	158	187	345	31-Aug	Toronto, CAN
Abayomi Adeyemi	2002	NGR	100.20	151	190	341	13-Mar	Accra, GHA
Andrew Griffiths	1993	ENG	101.94	157	182	339	18-Feb	Sofia, BUL
Sambo Lapung	1997	IND	98.54	147	191	338	5-Jan	Itanger, IND
Noah Santavy	1998	CAN	99.21	153	185	338	20-Sep	Suva, FIJ
R. Ramkumar	2001	IND	101.85	154	180	334	12-Oct	Nagrota Bagwan, IND
Joshua Makafana Ulkilifi Jr	1990	TGA	101.08	145	185	330	7-Apr	Phuket, THA
Kojum Taba	1997	IND	98.70	147	183	330	12-Oct	Nagrota Bagwan, IND
Harshit Sehrawat	2000	IND	101.20	148	180	328	5-Jan	Itanger, IND
Leon Vogeler-Schmid	2000	AUS	101.90	145	180	325	19-May	Sydney, AUS
Taj Marsh	2004	AUS	101.50	143	180	323	20-Sep	Suva, FIJ
Ajeet Singh	1997	IND	101.10	140	182	322	12-Oct	Nagrota Bagwan, IND
Christopher Forrester Osei	1989	GHA	96.40	140	180	320	13-Mar	Accra, GHA
Kitini Taihuka	2003	NZL	101.92	140	178	318	15-Jun	Auckland, NZL
Jaxon Severo	2005	CAN	101.70	141	176	317	17-Nov	Richmond, CAN
Amit	2001	IND	97.72	139	177	316	5-Jan	Itanger, IND
Gursewak Singh	2000	IND	100.50	141	174	315	5-Jan	Itanger, IND
Shubham	1996	IND	101.70	136	179	315	5-Jan	Itanger, IND
Aaron Cathcart-McKinnon	1997	CAN	101.90	145	170	315	5-Oct	Calgary, CAN
Vaishnav Thakur	2002	IND	101.12	147	162	309	12-Oct	Nagrota Bagwan, IND
Joshua Hutton	2004	ENG	100.48	144	163	307	23-Feb	Maidstone, England, GBR
Charlie Stone	1986	ENG	101.90	140	167	307	10-Sep	Rovaniemi, FIN
Mani Dhiman	2006	IND	96.15	138	169	307	12-Oct	Nagrota Bagwan, IND

109kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Taniela Rainibogi	1998	FIJ	108.20	167	211	378	21-Sep	Suva, FIJ
Maeu Nanai Livi	1999	SAM	108.90	160	200	360	21-Sep	Suva, FIJ
Junior P. Ngadja Nyabeyeu	1993	CMR	105.00	152	205	357	14-Mar	Accra, GHA
Andrew Griffiths	1993	ENG	102.50	163	190	353	4-May	Oxford, England, GBR
Harcharan Singh	2001	IND	106.50	157	191	348	13-Oct	Nagrota Bagwan, IND
Lovepreet Singh	1997	IND	109.00	160	185	345	7-Jan	Itanger, IND
Jackson Roberts-Young	1996	AUS	108.80	146	197	343	24-Mar	Sydney, AUS
Vikas Thakur	1993	IND	104.50	149	187	336	13-Oct	Nagrota Bagwan, IND
Thomas Wilbur	2000	VAN		150	186	336	27-Oct	Auckland, NZL
Jonathan Sarrazin	1995	CAN	109.00	147	186	333	17-Aug	Saint-Hyacinthe, CAN
Md Jameer Hussain	1993	IND	105.56	148	184	332	7-Jan	Itanger, IND
Manish	1999	IND	106.30	148	184	332	13-Oct	Nagrota Bagwan, IND
Khelwin Juboo	2002	MRI	104.20	141	188	329	14-Mar	Accra, GHA
Naveen	1996	IND	108.60	144	184	328	7-Jan	Itanger, IND
Patrick Boileau	19945	CAN	109.00	140	182	322	9-Nov	Toronto, CAN
Akash Kaushal	2002	IND	106.80	145	175	320	13-Oct	Nagrota Bagwan, IND
Kitini Taihuka	2003	NZL	108.64	137	179	316	24-Feb	Auckland, NZL
Donovan Dale	1991	CAN	107.30	146	170	316	17-Nov	Lahor, CAN
Thomas Grieve	1995	CAN	108.40	140	174	314	19-May	Halifax, CAN
Gursewak Singh	2000	IND	103.00	140	173	313	13-Oct	Nagrota Bagwan, IND
Kun Mo Yang	2004	ENG	108.66	135	176	311	7-Jul	Birmingham, England, GBR
Usman Ghani		PAK				310	10-Oct	Lahor, PAK
Prathyush	2000	IND	108.68	134	175	309	7-Jan	Itanger, IND
Chirag Waghware	2001	IND	104.64	139	170	309	13-Oct	Nagrota Bagwan, IND
Ankur Singh	1996	IND	107.70	140	167	307	7-Jan	Itanger, IND
Ashish	1992	IND	108.36	136	171	307	7-Jan	Itanger, IND
Muhammad Iqbal		PAK				307	10-Oct	Lahor, PAK

+109kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
David Liti	1996	NZL	175.95	184	231	415	10-Aug	Paris, FRA
Sanele Mao	1988	SAM	135.75	183	230	413	1-Jun	Melbourne, AUS
Suamili Nanai	1995	AUS	148.60	170	210	380	1-Sep	Sydney, AUS
Reza Rouhi	1995	ENG	142.05	162	203	365	7-Jul	Birmingham, England, GBR
Gurdeep Singh	1995	IND	161.80	161	201	362	7-Jan	Itanger, IND
Lovepreet Singh	1997	IND	119.80	164	195	359	13-Oct	Nagrota Bagwan, IND
Quinn Everett	1992	CAN	145.00	155	200	355	19-May	Halifax, CAN
S. Rudramayan	2002	IND	135.00	165	187	352	7-Jan	Itanger, IND
Vipan Kumar	1994	IND	141.58	153	191	344	13-Oct	Nagrota Bagwan, IND
Numi Tepulolo	2004	NZL	152.66	161	182	343	27-Sep	Leon, ESP
Lucky Joseph	1992	NGR	124.40	152	190	342	14-Mar	Accra, GHA
Benedict Millson	1996	ENG	121.40	156	185	341	17-Nov	Liverpool, England, GBR
Abdullah Idrees Butt		PAK				340	10-Oct	Lahor, PAK
Hitesh Kumar	1997	IND	143.60	147	190	337	7-Jan	Itanger, IND
Ashish	2003	IND	145.00	148	189	337	13-Oct	Nagrota Bagwan, IND
Malachi Faamausili-Fala	2001	NZL	127.70	155	180	335	21-Sep	Suva, FIJ
Gagandeep Gill	2002	IND	139.70	144	189	333	7-Jan	Itanger, IND
Dilabardeep Singh	2000	IND	149.45	148	184	332	7-Jan	Itanger, IND
Hugo Martin	1998	CAN	122.85	151	181	332	19-May	Halifax, CAN
Isyss Schuster	2007	NZL	129.80	145	180	325	7-Dec	Auckland, NZL
Shyopat Singh	1989	IND	127.06	146	177	323	7-Jan	Itanger, IND
Vinod Lakhani	2003	IND	111.52	151	171	322	7-Jan	Itanger, IND
Jackson Roberts-Young	1996	AUS	112.68	138	180	318	14-Jul	Sydney, AUS
Daniel Charette	1998	CAN	117.10	140	178	318	30-Nov	Saint-Hyacinthe, CAN
Banshi Sihag	2003	IND	120.00	144	170	314	7-Jan	Itanger, IND

2024 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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WOMEN: ONE PER COUNTRY

45kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Sufna Jasmin P.S.	2002	IND	45.00	76	93	169	7-Oct	Nagrota Bagwan, IND
Anne-Marie Young	1986	CAN	44.80	61	78	139	17-May	Halifax, CAN
Alex MacKay	2002	SCO	44.30	59	79	138	30-Nov	Clydebank, Scotland, GBR
Thelma Toua	1991	PNG	44.42	60	75	135	21-Feb	Auckland, NZL
Melanie Bennett	1996	AUS	44.62	53	72	125	16-Mar	Adelaide, AUS
Ester Kavesa Mboya	2001	KEN	44.71	50	65	115	10-Mar	Accra, GHA
Julia Walesa	2007	ENG	42.40	50	65	115	19-Oct	Leeds, England, GBR
Faith Arries	2010	RSA	42.90	22	25	47	15-Jun	Stellenbosch, RSA
Lucia Mifsud	2012	MLT	36.95	16	22	38	1-Jun	Cospicua, MLT

49kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Saikhom Mirabai Chanu	1994	IND	48.80	88	111	199	7-Aug	Paris, FRA
Loa Dika Toua	1984	PNG	49.00	75	96	171	31-Mar	Phuket, THA
Tammy Wong	1996	ENG	49.00	73	89	162	7-Dec	Birmingham, England, GBR
Dinusha Hansani Bomiriyage Gomas	1992	SRI	49.00	76	85	161	31-Mar	Phuket, THA
Stella Kingsley	2002	NGR	48.70	68	90	158	5-Jul	Birmingham, England, GBR
Isabella Brown	2003	CAN	47.80	73	84	157	17-Sep	Suva, FIJ
Nikole Roberts	2004	WAL	49.00	70	86	156	5-Jul	Birmingham, England, GBR
Rebeka Groulx	2006	CAN	48.82	70	85	155	14-Jun	Scarborough, CAN
Kim Camilleri-Lagana	2008	MLT	49.00	64	86	150	19-Sep	Leon, ESP
Michaela Warwick	1998	AUS	49.00	68	81	149	7-Dec	Melbourne, AUS
Winnifred Ntumi	2002	GHA	49.00	63	81	144	10-Mar	Accra, GHA
Jo-Beth Deireragea	2008	NRU	48.77	64	78	142	17-Sep	Suva, FIJ
Sheridane Pasnin	2002	MRI	49.00	64	75	139	10-Mar	Accra, GHA
Karen Saint	1990	SCO	47.95	50	70	120	30-Nov	Clydebank, Scotland, GBR
Leseigh Adriaanse	2009	RSA	48.05	45	57	102	15-Jun	Stellenbosch, RSA
Abigail Wong	2004	SGP	48.71	45	56	101	17-Sep	Suva, FIJ
Sachiko Kawakami	1969	NZL	48.38	42	52	94	15-Jun	Auckland, NZL
Andria Papisoteriou	2000	CYP	49.00	38	46	84	14-Dec	Nicosia, CYP

55kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Onome Omolola Didah	2004	NGR	54.40	90	110	200	8-Dec	Manama, BRN
Josee Gallant	1992	CAN	54.90	89	109	198	25-Feb	Caracas, VEN
Sorokhaibam Bindyarani Devi	1999	IND	55.00	83	113	196	2-Apr	Phuket, THA
Fraer Morrow	1998	ENG	54.73	82	101	183	6-Jul	Birmingham, England, GBR
Jenly Wini Tegu	1983	SOL	55.00	80	100	180	1-Jun	Melbourne, AUS
Brenna Kean	1995	AUS	54.95	76	104	180	1-Jun	Melbourne, AUS
My-Only Stephen	2006	NRU	54.73	80	100	180	17-Sep	Suva, FIJ
Madaline Connelly	2003	WAL	54.09	76	97	173	6-Jul	Birmingham, England, GBR
Marjia Akter Ekra	2003	BAN	53.62	74	95	169	8-Dec	Manama, BRN
Kim Camilleri-Lagana	2008	MLT	52.10	70	90	160	8-Dec	Manama, BRN
Alexandra Mundell	1999	RSA	54.75	74	85	159	5-Feb	Ismailia, EGY
Jiin-Linn Chua	1998	SGP	54.36	68	90	158	17-Sep	Suva, FIJ
Loa Dika Toua	1984	PNG	50.00	68	90	158	25-Sep	Suva, FIJ
Lorah Maelosia	2006	SOL	54.20	72	85	157	21-Feb	Auckland, NZL
Serife Ustuner	1992	CYP	54.50	63	82	145	14-Dec	Nicosia, CYP
Shona Oldham	1986	SCO	54.45	65	78	143	11-Feb	Broxburn, Scotland, GBR
Liyana Safiah Sidek	1995	BRU	54.13	58	73	131	17-Sep	Suva, FIJ
Antonia Sturt	1993	NZL	53.80	55	75	130	3-Sep	Suva, FIJ
Maeva Marie Matelot	2004	MRI	54.65	55	67	122	11-Mar	Accra, GHA

59kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Maude Charron	1993	CAN	58.94	106	130	236	3-Apr	Phuket, THA
Rafiatu Folashade Lawal	1996	NGR	57.70	100	130	230	8-Aug	Paris, FRA
Kiana Elliott	1997	AUS	58.70	97	114	211	22-Feb	Auckland, NZL
Popy Hazirika	1998	IND	59.00	90	111	201	9-Oct	Nagrota Bagwan, IND
Jessica Gordon-Brown	1995	ENG	58.96	90	110	200	14-Feb	Sofia, BUL
Catrin Jones	1999	WAL	58.80	83	105	188	30-Nov	Haverfordwest, Wales, GBR
Anneke Spies	1993	RSA	59.00	83	104	187	5-Feb	Ismailia, EGY
Jenly Wini Tegu	1983	SOL	58.70	80	105	185	25-Sep	Suva, FIJ
Riana Froger	1996	NZL	58.94	77	103	180	22-Feb	Auckland, NZL
Srity Akther	1994	BAN	58.30	76	99	175	5-Feb	Tashkent, UZL
Demetra Ioannou Ahmhtpa	1993	CYP	57.08	68	88	156	23-Mar	Monaco, MON
Narul Syasya Samsur	2009	MAS	58.00	67	88	155	18-Sep	Suva, FIJ
Katarzyna Moszyk	1995	SCO	58.77	67	85	152	30-Nov	Clydebank, Scotland, GBR
Aaliyah Gatt	2008	MLT	59.00	61	80	141	1-Jun	Cospicua, MLT
Mereia Turaganibvalu	2009	FIJ	58.21	53	70	123	18-Sep	Suva, FIJ

64kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Sarah Davies	1992	ENG	64.00	95	127	222	10-Dec	Manama, BRN
Family-Crystie Notte	2009	NRU	63.80	98	122	220	18-Sep	Suva, FIJ
Charlotte Simoneau	2005	CAN	64.00	96	116	212	26-Feb	Caracas, VEN
S. Nirupama Devi	2000	IND	63.90	91	120	211	10-Jan	Nagrota Bagwan, IND
Ruth Ayodele	2000	NGR	60.90	94	114	208	12-Mar	Accra, GHA
Tenishia Thornton	2005	MLT	63.30	90	111	201	5-Apr	Phuket, THA
Emma McIntyre	1991	NZL	64.00	87	110	197	5-Apr	Phuket, THA
Zoe Pukekura (De Gersigny)	1998	AUS	63.75	87	109	196	1-Jun	Melbourne, AUS
Nur Syazwani Radzi	2003	MAS	62.79	88	108	196	18-Sep	Suva, FIJ
Hannah Crymble	1995	NIR	63.36	86	104	190	10-Dec	Manama, BRN
Bethan Watkins	1994	WAL	53.75	84	104	188	4-May	Llanelli, Wales, GBR
Holly O'Shea	1996	GIB	63.30	81	104	185	24-Aug	Baden, AUT
Beth Ashby	1997	SCO	61.45	85	95	180	30-Nov	Clydebank, Scotland, GBR
Johanni Taljaard	1984	RSA	59.39	77	97	174	15-Jun	Stellenbosch, RSA
Nicole Heng Lin Li	1995	SGP	62.78	76	94	170	5-Apr	Phuket, THA
Seforah Lent	2005	MRI	63.85	78	92	170	22-Nov	Nairobi, KEN
Lydia Nakidde	1999	UGA	63.78	72	92	164	5-Apr	Phuket, THA
Clementina Agricole	1988	SEY	63.45	70	92	162	12-Mar	Accra, GHA
Mercy Kerubo	2009	KEN	62.10	72	88	160	22-Nov	Nairobi, KEN
Miliah Dinh	2008	VAN	61.30	65	88	153	18-Sep	Suva, FIJ
Khrystalle Kai	2007	FIJ	63.36	66	83	149	18-Sep	Suva, FIJ
Teangiro Taauta	2004	KIR	63.02	63	85	148	18-Sep	Suva, FIJ
Katerina Stavri	1995	CYP	63.99	63	83	146	23-Mar	Monaco, MON

71kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Charlotte Simoneau	2005	CAN	70.98	110	130	240	23-Sep	Leon, ESP
Joy Ogbonne Eze	2004	NGR	71.00	103	136	239	6-Apr	Phuket, THA
Alexis Ashworth	1999	CAN	71.00	101	130	231	7-Apr	Phuket, THA
Sarah Davies	1992	ENG	70.74	100	130	230	7-Apr	Phuket, THA
Olivia Selemaia	2006	NZL	70.28	99	123	222	11-Dec	Manama, BRN
Hajinder Kaur	1996	IND	70.54	98	125	223	10-Oct	Nagrota Bagwan, IND
Ketty Lent	2001	MRI	70.60	99	119	218	7-Feb	Ismailia, EGY
Olivia Shelton (Kelly)	1993	AUS	71.00	95	120	215	1-Jun	Ipswich, AUS
Maximina Uepa	2002	NRU	70.68	90	115	205	23-Feb	Auckland, NZL
Mabia Akter	1999	BAN	70.64	88	114	202	11-Dec	Manama, BRN
Madeline Roshier	2007	SCO	70.55	92	108	200	30-Nov	Clydebank, Scotland, GBR
Laryne Jefferies	1991	RSA	70.40	86	107	193	12-Mar	Accra, GHA
Roberta Tabone	1994	MLT	70.60	88	105	193	6-Apr	Phuket, THA
Chloe Hood	2001	WAL	69.95	82	106	188	30-Nov	Haverfordwest, Wales, GBR
Seine Stowers	2008	SAM	70.82	79	99	178	23-Feb	Auckland, NZL
Rachelle Sim	2000	SGP	69.16	82	96	178	19-Sep	Suva, FIJ
Brooke Vulaca	2008	FIJ	70.00	78	98	176	19-Sep	Suva, FIJ
Madeleine Matam	1995	CMR	70.10	77	96	173	7-Feb	Ismailia, EGY
Lydia Nakidde	1999	UGA	68.96	75	95	170	11-Dec	Manama, BRN
Rachel Achieng Enock	2004	KEN	70.70	76	88	164	6-Apr	Phuket, THA
Elli McEvert	2006	CYP	69.30	68	88	156	14-Dec	Nicosia, CYP
Shangita Nagarajan	2006	SEY	69.55	63	75	138	22-Nov	Nairobi, KEN

76kg Category	Born	Nation	Body.Wt	Snatch	CI & Jk	Total	Date	Where (City, Nation)
Sarah Matthew	2006	NGR	74.18	110	135	245	12-Dec	Manama, BRN
Charlotte Simoneau	2005	CAN	72.81	108	129	237	3-Nov	Montreal, CAN
Olivia Shelton (Kelly)	1993	AUS	75.95	100	125	225	3-Feb	Ipswich, AUS
Harmanpreet Kaur	2001	IND	75.50	96	127	223	11-Oct	Nagrota Bagwan, IND
Isabella Brown	2004	ENG	74.80	101	121	222	24-Sep	Leon, ESP
Avutu Opeloge	2003	SAM	75.12	91	120	211	24-Feb	Auckland, NZL
Maximina Uepa	2002	NRU	73.90	90	118	208	19-Sep	Suva, FIJ
Agata Herbert	1988	SCO	75.85	93	112	205	30-Nov	Clydebank, Scotland, GBR
Miriama Taletawa	2005	FIJ	74.70	90	112	202	19-Sep	Suva, FIJ
Laryne Jefferies	1991	RSA	72.55	91	109	200	15-Jun	Stellenbosch, RSA
Ketty Lent	2001	MRI	71.74	91	106	197	13-Mar	Accra, GHA
Laura Hughes	1993	WAL	76.00	85	112	197	1-Dec	Haverfordwest, Wales, GBR
Alyssa Roy	2002	NZL	73.92	90	101	191	7-Dec	Auckland, NZL
Rachel Achieng Enock	2004	KEN	73.25	82	98	180	22-Nov	Nairobi, KEN
Mariama Waruono Taletawa	2005	FIJ	73.64	71	105	176	24-Feb	Auckland, NZL
Sandra Mensimah Owusu	2002	GHA	71.15	81	92	173	13-Mar	Accra, GHA

81kg Category	Born	Nation	Body.Wt	Snatch	CI & Jk	Total	Date	Where (City, Nation)
Eileen Cikamatana	1999	AUS	81.00	114	149	263	9-Apr	Phuket, THA
Maya Laylor	1995	CAN	80.65	103	132	235	27-Feb	Caracas, VEN
Katrina Feklistova	1997	ENG	80.66	102	127	229	9-Apr	Phuket, THA
Jeanne Gaelle Evenga Mboosi	1999	CMR	79.10	96	127	223	8-Feb	Ismailia, EGY
Ketty Lent	2001	MRI	76.36	100	123	223	20-Sep	Suva, FIJ
Vanshita Verma	2001	IND	80.80	96	124	220	5-Jan	Itanagar, IND
Hayley Whiting	1993	NZL	80.65	98	120	218	23-Nov	Christchurch, NZL
Avatu Opeloge	2004	SAM	77.85	94	117	211	20-Sep	Suva, FIJ
Elizabeth Waqavou	2005	FIJ	80.32	90	115	205	20-Sep	Suva, FIJ
Ajah Pritchard-Lolo	2002	VAN	81.00	89	111	200	15-Jun	Auckland, NZL
Emma McCreedy	1990	WAL	81.00	90	107	197	5-May	Dundee, Scotland, GBR
Juliana Anyango Ongonga	2004	KEN	78.33	73	92	165	13-Mar	Accra, GHA
Nolene Schlemmer	2006	RSA	80.23	70	87	157	15-Jun	Stellenbosch, RSA
Janine Slaven	1983	SCO	79.55	70	85	155	30-Nov	Clydebank, Scotland, GBR

87kg Category	Born	Nation	Body.Wt	Snatch	CI & Jk	Total	Date	Where (City, Nation)
Eileen Cikamatana	1999	AUS	87.00	113	144	257	14-Dec	Manama, BRN
Madias D.N. Ngake	1992	ENG	86.32	116	130	246	6-Jul	Birmingham, England, GBR
Mary Taiwo Osijo	1996	NGR	85.05	103	128	231	14-Mar	Accra, GHA
Medea Jones	2003	NZL	86.84	103	121	224	15-Jun	Auckland, NZL
R. Arockiya Alish	2000	IND	85.34	94	128	222	13-Oct	Nagrota Bagwan, IND
Kristel Ngarlem	1995	CAN	84.45	89	120	209	19-May	Halifax, CAN
Jeanne Gaelle Evenga Mboosi	1999	CMR	85.60	85	120	205	14-Dec	Manama, BRN
Chathurika Priyanthi Balage	1992	SRI	86	86	114	200	9-Jun	Polonnaruwa, SRI
Niamh Collins	2002	WAL	83.90	80	103	183	1-Dec	Haverfordwest, Wales, GBR
Sarah Frobisher	1997	SCO	83.45	75	95	170	12-Aug	Broxburn, Scotland, GBR
Tenganga Taunikarawa	2008	KIR	86.59	70	82	152	20-Sep	Suva, FIJ
Aisha Namataka	2000	UGA	84.54	55	67	122	14-Mar	Accra, GHA

+87kg Category	Born	Nation	Body.Wt	Snatch	CI & Jk	Total	Date	Where (City, Nation)
Emily Campbell	1994	ENG	135.45	126	162	288	11-Aug	Paris, FRA
Iuniarra Sipaia	1993	SAM	141.64	112	155	267	10-Apr	Phuket, THA
Etta Love	2007	CAN	130.70	108	146	254	27-Sep	Leon, ESP
Mehak Sharma	1995	IND	109.10	104	140	244	13-Oct	Nagrota Bagwan, IND
Susana Nimo	1996	NZL	101.98	103	118	221	10-Apr	Phuket, THA
Leah Clarke	1995	WAL	114.00	92	118	210	27-Apr	Lydney, England, GBR
Eliza Brebner-Griffin	1991	AUS	109.40	85	111	196	23-Jun	Gold Coast, AUS
Estelle Momeni	1993	CMR	94.10	87	108	195	9-Feb	Ismailia, EGY
Malia Timo	2004	TUV	97.34	85	110	195	21-Sep	Suva, FIJ
Helen Seipua	2002	FIJ	132.62	82	105	187	25-Feb	Auckland, NZL
Claire McLarnon	1976	NIR	117.45	72	103	175	10-Sep	Rovaniemi, FIN
Joy Kami	2003	TGA	128.54	75	98	168	21-Sep	Suva, FIJ
Ricole Labuschagne	2001	RSA	93.28	67	95	162	15-Jun	Stellenbosch, RSA
Ramsi Edwards	2006	NIU	106.38	70	90	160	25-Feb	Auckland, NZL
Marie Agbah-Hughes	1991	GHA	121.86	68	91	159	15-Dec	Manama, BRN
Viktoria Elohegyi	1986	SCO	121.85	73	85	158	30-Nov	Clydebank, Scotland, GBR
Kenzy Geriwa	2009	MLT	107.75	19	24	43	1-Jun	Cospicua, MLT

2024 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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MEN: ONE PER COUNTRY

55kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Mukend Aher	2003	IND	54.90	113	141	254	7-Oct	Nagrota Bagwan, IND
Dilanka Isuru Kumara Yodage	1996	SRI	55.00	112	135	247	1-Apr	Phuket, THA
Haider Salman		PAK				230	9-Oct	Lahor, PAK
Muhammad Rahimi Sulaiman	2003	MAS	55.00	103	125	228	17-Sep	Suva, FIJ
Antonin Lanoue	2005	CAN	54.85	97	127	224	17-May	Halifax, CAN
Davis Niyoyita	2004	UGA	54.20	90	120	210	10-Mar	Accra, GHA
King Kalu	1995	NGR	54.70	89	115	204	10-Mar	Accra, GHA
Emile Wilhelm Gwendal	2002	MRI	54.90	91	112	203	10-Mar	Accra, GHA
Alfred Degia	2008	NRU	55.00	85	108	193	17-Sep	Suva, FIJ
Gahuna Ian Nauari	2002	PNG	54.52	85	106	191	21-Feb	Auckland, NZL
Paul Agrama	2005	GHA	51.15	83	103	186	10-Mar	Accra, GHA
Eria Tamaroa	2004	KIR	55.00	82	103	185	17-Sep	Suva, FIJ
Nathan Mifsud	2010	MLT		80	100	180	24-Nov	Cospicua, MLT
Ian Okinyi Adongo	2009	KEN	54.60	80	95	175	21-Nov	Nairobi, KEN
Thomas Duggan	2009	WAL	51.70	79	92	171	30-Nov	Haverfordwest, Wales, GBR
Joe Gent	1995	ENG	55.00	65	85	150	10-Aug	Colchester, England, GBR
Guilliano Pierre	2008	SEY	53.45	65	83	148	21-Nov	Nairobi, KEN
Atticus Manz	2010	AUS	53.65	63	82	145	14-Dec	Gold Coast, AUS
Oral Davids	2009	RSA	54.85	60	75	135	15-Jun	Stellenbosch, RSA
Daragh O'Hanlon	2008	NIR	51.62	39	48	87	1-Sep	Newtownards, Northern Ireland, GBR
Jackson Low	2010	NZL	53.10	33	42	75	15-Jun	Auckland, NZL

61kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Mohamad Aniq Kasdan	2002	MAS	60.90	131	167	298	17-Sep	Suva, FIJ
M. Raja	2000	IND	61.00	124	165	289	8-Oct	Nagrota Bagwan, IND
Morea Baru	1990	PNG	61.00	124	157	281	2-Apr	Phuket, THA
Muhammad Yusuf		PAK		110	148	258	9-Oct	Lahor, PAK
Favour Agboro	1999	NGR	60.50	113	140	253	10-Mar	Accra, GHA
Mohammad N. Hajji Abu Bakar	1995	BRU	61.00	103	130	233	17-Sep	Suva, FIJ
Anosh Ashen Karanuratne	2005	SRI	60.50	103	130	233	17-Sep	Suva, FIJ
Harrison McGrogan	2008	NIR	60.10	100	132	232	3-Oct	Bucharest, ROU
Antonin Lanoue	2005	CAN	58.84	96	130	226	2-Nov	Montreal, CAN
Shadrach Cain	1999	NRU	60.62	96	125	221	21-Feb	Auckland, NZL
Davis Niyoyita	2004	UGA	58.48	98	123	221	2-Apr	Phuket, THA
Kaimauri Erati	2004	KIR	60.60	100	120	220	7-Aug	Paris, FRA
Joshua Amunga Mboya	2005	KEN	59.80	98	120	218	21-Nov	Nairobi, KEN
Seth Casidsid	1989	WAL	61.00	90	118	208	16-Mar	Colchester, England, GBR
Syahmi Asyrani	1999	SGP	60.50	88	117	205	17-Sep	Suva, FIJ
Md Maruf Hossen	2008	BAN	59.95	89	115	204	21-Dec	Doha, QAT
Freeman Hale Aumalefo	2009	SOL	60.42	90	110	200	21-Feb	Auckland, NZL
Lamin Kamara	2001	SLE	61.00	80	115	195	5-Feb	Ismailia, EGY
Ben Barkby	2003	ENG	60.45	84	107	191	24-Nov	Lydney, England, GBR
Apakuki Tabuwaiwai Wanakibua	2002	FIJ	60.58	80	110	190	21-Feb	Auckland, NZL
Jacob Stanesby	2009	AUS	60.85	83	100	183	14-Jul	Perth, AUS
Jesse Abrahams	2007	RSA	59.50	80	95	175	21-Nov	Nairobi, KEN
Dan Mercer	2004	NZL	60.38	73	95	168	15-Jun	Auckland, NZL
Leeam Robert	2005	SEY	59.90	70	96	166	21-Nov	Nairobi, KEN
Antreas Loizou	1997	CYP	59.00	675	100	165	14-Dec	Ncosia, CYP
Kurt De Giorgio	1997	MLT		71	81	152	24-Nov	Cospicua, MLT

67kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Muhamad Aznil Bidin	1994	MAS	66.74	137	171	308	7-Dec	Manama, BRN
Edidiong Joseph Umoafia	2002	NGR	67.00	135	165	300	11-Mar	Accra, GHA
Thirumurugan Madhavan	2004	IND	66.85	133	162	295	18-Sep	Suva, FIJ
Vaipava Nevo Ioane	1988	SAM	66.65	125	160	285	1-Jun	Melbourne, AUS
Morea Baru	1990	PNG	63.10	116	161	277	1-Jun	Melbourne, AUS
Dimitris Minasidis	1989	CYP	67.00	121	150	271	14-Feb	Sofia, BUL
Youri Simard	2001	CAN	65.70	120	151	271	17-May	Halifax, CAN
Ditto Ika	2006	NRU	67.00	115	155	270	18-Sep	Suva, FIJ
Jaswant Shergill	1993	ENG	66.89	120	150	270	7-Dec	Birmingham, England, GBR
Abu Bakar Ghani	2004	PAK				263	9-Oct	Lahor, PAK
Emmanuel Amo Boateng	2007	GHA	66.50	116	142	258	11-Mar	Accra, GHA
Daniel Pitisano	1994	AUS	66.70	103	140	243	6-Jul	Melbourne, AUS
Kaimauri Erati	2004	KIR	64.92	110	130	240	18-Sep	Suva, FIJ
Baki Billah	1994	BAN	66.46	102	135	237	7-Dec	Manama, BRN
Avery Fesolai	2002	NZL	65.40	100	132	232	13-Jan	Auckland, NZL
Zach Snyman	1996	RSA	66.60	105	125	230	15-Jun	Stellenbosch, RSA
Zuo Fu Goh	1994	SGP	66.26	103	121	224	18-Sep	Suva, FIJ
George Kinnell	1995	SCO	66.00	89	124	213	23-Mar	Amesbury, England, GBR
Seth Casidsid	1989	WAL	62.60	93	120	213	6-Apr	London, England, GBR
Antonin Brousse de Gersigny	2007	MRI	66.00	95	118	213	21-Nov	Nairobi, KEN
Shaban Kimbowa	2004	UGA	67.00	90	119	209	21-Nov	Nairobi, KEN

73kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Edidiong Joseph Umoafia	2002	NGR	72.42	147	172	319	3-Apr	Phuket, THA
N. Ajith	1999	IND	73.00	140	178	318	9-Oct	Nagrota Bagwan, IND
Muhammad Erry Hidayat	1999	MAS	72.52	140	170	310	3-Apr	Phuket, THA
John Tafi	2002	SAM	72.32	135	174	309	18-Sep	Suva, FIJ
Nicolas Vachon	1996	CAN	73.00	135	170	305	4-Apr	Phuket, THA
Ezekiel Moses	2001	NRU	73.00	135	169	304	18-Sep	Suva, FIJ
D.M. Indika C. Dissanayake	1989	SRI	73.00	131	160	291	3-Apr	Phuket, THA
Jonathan Chin	1994	ENG	73.00	125	163	288	15-Feb	Sofia, BUL
Gerard Abeussa	1998	CMR	70.72	125	162	287	6-Feb	Ismailia, EGY
Michael Farmer	1999	WAL	72.50	130	155	285	30-Nov	Haverfordwest, Wales, GBR
Jon-Antohein Phillips	2000	RSA	72.70	122	153	275	11-Mar	Accra, GHA
Manuila Raobu	2000	TUV	70.62	128	147	275	18-Sep	Suva, FIJ
Dimitris Minasidis	1989	CYP	69.10	126	147	273	23-Mar	Monaco, MON
Poama Qaqa	1997	FIJ	71.92	120	151	271	18-Sep	Suva, FIJ
Jack Yang	1994	AUS	72.90	118	147	265	19-May	Sydney, AUS
Nehemiah Elder	2009	FIJ	71.28	125	137	262	22-Feb	Auckland, NZL
Corey Duncan	2007	SCO	72.88	114	147	261	19-Oct	Leeds, England, GBR
Louis Martinson	1999	MRI	72.80	110	142	252	11-Mar	Accra, GHA
Jonathon Trumble	2005	RSA	72.29	118	132	250	15-Jun	Stellenbosch, RSA
Kester Loy	1998	SGP	71.52	115	135	250	18-Sep	Suva, FIJ
Emmanuel Allotey	2007	GHA	72.20	106	142	248	11-Mar	Accra, GHA
Vernon Taylor	1998	NZL	72.59	115	131	246	25-Oct	Auckland, NZL
Frankline Atete Omondi	2005	KEN	72.30	106	125	231	11-Mar	Accra, GHA
Kaliu Bangura	2001	SLE	73.00	97	120	217	11-Mar	Accra, GHA

81kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ajaya Babu Valluri	2004	IND	80.95	147	179	326	19-Sep	Suva, FIJ
Samuel Guertin	2000	CAN	80.20	145	178	323	10-Dec	Manama, BRN
Rory Scott	1999	AUS	80.90	135	170	305	13-Jul	Brisbane, AUS
Jeremie Junior Ngouanom Nzali	2004	CMR	81.00	137	165	302	12-Mar	Accra, GHA
Ruben Katoatau	1997	KIR	80.30	129	166	295	19-Sep	Suva, FIJ
Marco Mollo	1996	NZL	80.55	133	160	293	19-Sep	Suva, FIJ
Jon-Antohein Phillips	2000	RSA	78.52	123	168	291	10-Dec	Manama, BRN
Dinesh Pandoo	2001	MRI	81.00	130	160	290	15-Jun	Stellenbosch, RSA
Marcincy Cook	2002	NRU	81.00	135	151	286	22-Feb	Auckland, NZL
Nehemiah Elder	2009	FIJ	76.70	130	153	283	1-Jun	Melbourne, AUS
Tom Ingram	1998	ENG	80.16	124	159	283	6-Jul	Birmingham, England, GBR
Michael Farmer	1999	WAL	73.65	130	150	280	2-Nov	Bangor, Wales, GBR
Iain Wilson	1997	SCO	79.95	125	155	280	30-Nov	Clydebank, Scotland, GBR
Rylee Borg	2006	MLT	80.56	121	153	274	10-Dec	Manama, BRN
Tovio Ah Chong	2007	SAM	81.00	117	155	272	22-Feb	Auckland, NZL
Pasindu M. Malawana	2001	SRI	79.96	130	142	272	19-Sep	Suva, FIJ
James Knox	1992	NIR	78.90	118	148	266	23-Nov	Newtownards, Northern Ireland, GBR
Andreas Constantinou	1987	CYP	81.00	115	150	265	14-Dec	Nicosia, CYP
Omarie Mears	1993	JAM	80.44	119	145	264	6-Apr	Phuket, THA
Khalil Roberts	2002	BAR	79.60	121	141	262	19-Sep	Suva, FIJ
Md Rahim	2008	BAN	79.70	107	135	242	23-Dec	Doha, QAT
Trevor Kisewa	2005	KEN	74.20	75	90	165	22-Nov	Nairobi, KEN

89kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Alex Bellemarre	198	CAN	88.86	167	195	362	6-Apr	Phuket, THA
Kyle Bruce	1999	AUS	86.00	149	187	336	5-Apr	Phuket, THA
Cameron McTaggart	1997	NZL	87.02	148	179	327	26-Oct	Auckland, NZL
Ajay Singh	1997	IND	88.76	143	177	320	11-Oct	Nagrota Bagwan, IND
William Swart	1998	RSA	88.92	139	179	318	11-Dec	Manama, BRN
Stefano Cataldi	2003	ENG	88.07	140	174	314	6-Jul	Birmingham, England, GBR
Nehemiah Elder	2009	FIJ	84.40	141	172	313	19-Sep	Suva, FIJ
Furqan Anwar	1995	PAK		146	166	312	10-Oct	Lahor, PAK
Kang Yim Lim	1996	SGP	88.10	135	172	307	19-Sep	Suva, FIJ
Nigel Augustine	2003	MRI	88.45	132	163	295	12-Mar	Accra, GHA
Allan Brindley	1997	SCO	88.60	128	160	288	18-Apr	London, England, GBR
Roger Sokoudjou Sinetang	2005	CMR	83.00	130	156	286	7-Feb	Ismailia, EGY
Uaealesi Funaki	1998	TGA	89.00	125	160	285	19-Sep	Suva, FIJ
Edward Gibson	2004	WAL	88.45	123	158	281	4-May	Llanelli, Wales, GBR
Emmanuel Ulimasau	2006	SAM	85.08	116	156	272	22-Feb	Auckland, NZL
Rylee Borg	2006	MLT		121	146	267	24-Nov	Cospicua, MLT
Dimitris Petroudis	1999	CYP	81.20	106	122	228	14-Dec	Nicosia, CYP
Kyle Itsimaira	2008	NRU	81.78	93	130	223	22-Feb	Auckland, NZL

96kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Jack Opeloge	2000	SAM	95.35	158	202	360	1-Jun	Melbourne, AUS
Braydon Kennedy	1996	CAN	93.84	165	193	358	7-Apr	Phuket, THA
Jagdish Vishwakarma	1994	IND	95.52	151	189	340	4-Jan	Itanagar, IND
Cyrille Fagat Tchatchet II	1995	ENG	93.39	151	188	339	18-Feb	Sofia, BUL
Desmond Akano	1997	NGR	94.00	145	191	336	13-Mar	Accra, GHA
Oliver Saxton	2003	AUS	95.75	150	180	330	8-Dec	Perth, AUS
Drew Burns	2003	SCO	95.48	145	175	320	7-Jul	Birmingham, England, GBR
Xavier Albert	1998	NZL	95.38	147	170	317	20-Sep	Suva, FIJ
Harry Nelms	1999	WAL	95.60	132	169	301	3-Mar	Basingstoke, England, GBR
Chanuka Dissanayake		SRI		133	166	299	9-Jun	Polonnaruwa, SRI
Hammad		PAK				299	10-Oct	Lahor, PAK
Uea Detudamo	1999	NRU	95.00	134	164	298	23-Feb	Auckland, NZL
Ciaran Barns	1998	NIR	94.40	130	167	297	7-Jul	Birmingham, England, GBR
Abdul Salim Adjetej Adjei	2006	GHA	94.70	126	160	296	13-Mar	Accra, GHA
Daniel Griffith	1994	BAR	94.69	125	167	292	20-Sep	Suva, FIJ
Zion Tokona	2007	FIJ	94.71	130	160	290	20-Sep	Suva, FIJ
Vuyani Mashego	1992	RSA	89.52	127	157	284	7-Apr	Phuket, THA
Hermann Junior Ngaina II	2001	CMR	90.30	122	160	282	7-Feb	Ismailai, EGY
Steven Ojede	1996	UGA	94.40	115	152	267	13-Mar	Accra, GHA
James Daley	1988	JAM	94.82	113	138	251	7-Apr	Phuket, THA

102kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Don Opeloge	2000	SAM	101.68	170	221	391	8-Apr	Phuket, THA
Taniela Rainibogi	1998	FIJ	100.22	160	205	365	24-Feb	Auckland, NZL
Xavier Lusignan	2003	CAN	99.34	161	202	363	13-Dec	Manama, BRN
Jagdish V.	1994	IND	102.00	157	196	353	12-Oct	Nagrota Bagwan, IND
Abayomi Adeyemi	2002	NGR	1002.00	151	190	341	13-Mar	Accra, GHA
Andrew Griffiths	1993	ENG	101.94	157	182	339	18-Feb	Sofia, BUL
Joshua Makafana Ulkilifi Jr	1990	TGA	101.08	145	185	330	7-Apr	Phuket, THA
Leon Vogeler-Schmid	2000	AUS	101.90	145	180	325	19-May	Sydney, AUS
Christopher Forrester Osei	1989	GHA	96.40	140	180	320	13-Mar	Accra, GHA
Kitini Taihuka	2003	NZL	101.92	140	178	318	15-Jun	Auckland, NZL
Muhammad Hamza		PAK				303	10-Oct	Lahor, PAK
Ruben Burger	1991	RSA	102.00	135	165	300	13-Mar	Accra, GHA
Henry Axon	2003	SCO	100.62	136	164	300	18-Apr	London, England, GBR
Rhodri West	1989	WAL	98.85	131	160	291	1-Dec	Haverfordwest, Wales, GBR
Vlad Baldacchino	1995	MLT	98.55	128	155	283	1-Jun	Cospicua, MLT
Quontana Clarke	1991	BAR	100.50	102	135	237	20-Sep	Suva, FIJ
Edouardos Papadopoulos	2006	CYP	102.00	95	115	210	14-Dec	Nicosia, CYP
Suliano Tuqalau	2007	FIJ	99.48	83	115	198	20-Sep	Suva, FIJ

109kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Taniela Rainibogi	1998	FIJ	108.20	167	211	378	21-Sep	Suva, FIJ
Maeu Nanai Livi	1999	SAM	108.90	160	200	360	21-Sep	Suva, FIJ
Junior P. Ngadja Nyabeyeu	1993	CMR	105.00	152	205	357	14-Mar	Accra, GHA
Andrew Griffiths	1993	ENG	102.50	163	190	353	4-May	Oxford, England, GBR
Harcharan Singh	2001	IND	106.50	157	191	348	13-Oct	Nagrota Bagwan, IND
Jackson Roberts-Young	1996	AUS	108.80	146	197	343	24-Mar	Sydney, AUS
Thomas Wilbur	2000	VAN		150	186	336	27-Oct	Auckland, NZL
Jonathan Sarrazin	1995	CAN	109.00	147	186	333	17-Aug	Saint-Hyacinthe, CAN
Khelwin Juboo	2002	MRI	104.20	141	188	329	14-Mar	Accra, GHA
Kitini Taihuka	2003	NZL	108.64	137	179	316	24-Feb	Auckland, NZL
Usman Ghani		PAK				310	10-Oct	Lahor, PAK
David Steel	1986	SCO	104.78	135	165	300	7-Jul	Birmingham, England, GBR
Liam Chandler	2004	RSA	108.85	133	156	289	22-Nov	Nairobi, KEN
Shane Martin	1999	NIR	105.20	125	156	281	22-Sep	Lisburn, Northern Ireland, GBR
Indroraj Barman	2010	BAN	105.90	97	110	207	25-Dec	Doha, QAT

+109kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
David Liti	1996	NZL	175.95	184	231	415	10-Aug	Paris, FRA
Sanele Mao	1988	SAM	135.75	183	230	413	1-Jun	Melbourne, AUS
Suamili Nanai	1995	AUS	148.60	170	210	380	1-Sep	Sydney, AUS
Reza Rouhi	1995	ENG	142.05	162	203	365	7-Jul	Birmingham, England, GBR
Gurdeep Singh	1995	IND	161.80	161	201	362	7-Jan	Itanagar, IND
Quinn Everett	1992	CAN	145.00	155	200	355	19-May	Halifax, CAN
Lucky Joseph	1992	NGR	124.40	152	190	342	14-Mar	Accra, GHA
Abdullah Idrees Butt		PAK				340	10-Oct	Lahor, PAK
Liam Rodgers	1995	WAL	115.75	135	170	305	4-May	Llanelli, Wales, GBR
Gabriel Owusu	2001	GHA	113.00	132	160	292	14-Mar	Accra, GHA
Wern Hao Yap	1992	NIR	117.75	130	160	290	22-Sep	Lisburn, Northern Ireland, GBR
Liam Chandler	2004	RSA	111.67	133	155	288	15-Jun	Stellenbosch, RSA
Nate Rainer	1989	SCO	128.95	123	155	278	24-Mar	Glasgow, Scotland, GBR
Callum Makatoa	1998	NIU	114.80	115	160	275	25-Feb	Auckland, NZL
Bokang Alphius Kagiso	1997	BOT	117.20	125	150	275	14-Mar	Accra, GHA
Nelson Ingham	1995	FIJ	115.00	105	126	231	21-Sep	Suva, FIJ