

# 2012 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

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## MEN: TOP-25 ABSOLUTE

as at 30 June

<b>56kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
<i>Manueli Tulo *</i>	1990	FIJ	55.80	105	137	242	26-Feb	Mont Dore, NCL
Ranjit Kalgonga Chinchwade	1991	IND	55.92	105	135	240	24-Apr	Pyeongtaek, KOR
Abdullah Ghafoor	1986	PAK	55.80	101	133	234	27-Apr	Lahor, PAK
C.S.S.P. Wijesuriya	1984	SRI	55.96	100	132	232	22-Mar	Nepalgunj, NEP
Muhammad Shahzad	1990	PAK	56.00	102	130	232	27-Apr	Lahor, PAK
W.G.K. Bandara	1985	SRI	55.53	100	130	230	22-Mar	Nepalgunj, NEP
Vikram		IND				222	26-Mar	New Delhi, IND
Moorayil Suresh Karthik	1992	IND	55.43	94	125	219	6-Jun	Apia, SAM
Elson Brechtefield	1994	NRU	55.47	97	120	217	6-Jun	Apia, SAM
Taju Giwa	1992	NGR	55.20	96	120	216	29-Mar	Nairobi, KEN
Saqib Ali		PAK	55.54	97	118	215	27-Apr	Lahor, PAK
Mohammad Aineuddin	1994	BAN	55.26	98	116	214	30-Jan	Dammam, KSA
Santa Aruna	1996	IND	55.65	94	120	214	6-Jun	Apia, SAM
Gurpal Singh		IND				212	26-Mar	New Delhi, IND
Muhamad Tramizi Abdullah	1987	MAS	55.65	90	120	210	24-Apr	Pyeongtaek, KOR
Monree Adonis	1988	RSA	55.40	90	118	208	29-Mar	Nairobi, KEN
Mizanur Rahman	1988	BAN	55.81	90	105	195	22-Mar	Nepalgunj, NEP
G. Manikraj		IND				194	26-Mar	New Delhi, IND

<b>62kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Dimitris Minasidis	1989	CYP	61.73	130	158	288	10-Apr	Antalya, CYP
Rustam Sarang	1988	IND	61.90	116	145	261	25-Apr	Pyeongtaek, KOR
Daniel Koum Koum	1985	AUS	61.55	110	145	255	16-Jun	Brisbane, AUS
Ishtiaq Ghafoor	1976	PAK	61.80	113	142	255	27-Apr	Lahor, PAK
Dilli Senthamizh Selvan	1987	IND	61.79	113	140	253	22-Mar	Nepalgunj, NEP
Shola Fadodun	1992	NGR	61.25	110	140	250	30-Mar	Nairobi, KEN
Tuau Lapua Lapua	1991	TUV	61.80	108	140	248	30-Jun	Mont Dore, NCL
Cestin Mballa Nke	1993	CMR	61.25	110	136	246	30-Mar	Nairobi, KEN
Charles Sseykaaka	1994	UGA	61.55	105	141	246	30-Mar	Nairobi, KEN
<i>Manueli Tulo *</i>	1990	FIJ	57.60	105	135	240	23-Mar	Melbourne, AUS
Morea Baru	1990	PNG	61.00	105	135	240	30-Jun	Port Moresby, PNG
S. Litanaarachchi	1991	SRI	61.79	114	126	240	22-Mar	Nepalgunj, NEP
Ianne Guinares	1988	NZL	61.48	103	136	239	6-Jun	Apia, SAM
Elson Bretchfield	1994	NRU	59.00	105	132	237	26-Feb	Mont Dore, NCL
Christos Michaelas	1993	ENG	61.15	107	130	237	26-May	Derby, England, GBR
Sorom Hitlar Tagru	1996	IND	60.84	103	132	235	6-Jun	Apia, SAM
Ismail Katamba	1987	UGA	61.75	102	133	235	30-Mar	Nairobi, KEN
Imran Ismail	1991	PAK	61.64	104	130	234	27-Apr	Lahor, PAK
Ramoaka Brown	1988	SOL	61.00	97	135	232	26-Feb	Honiara, SOL
Mohd Faizal Baharom	1982	MAS	60.53	105	125	230	25-Apr	Pyeongtaek, KOR
Luwellyne Phillips	1988	RSA	61.05	100	125	225	30-Mar	Nairobi, KEN
Amir Butt		PAK	61.14	97	127	224	27-Apr	Lahor, PAK
Mohammad A. Ramli	1995	MAS	61.70	101	121	222	30-Jan	Dammam, KSA
Achyutananda Sahoo	1994	IND	61.41	95	125	220	6-Jun	Apia, SAM
Simul Kanti Singha	1986	BAN	61.49	102	118	220	22-Mar	Nepalgunj, NEP
Srinivasan Manivannan	1992	IND	60.92	95	122	217	6-Jun	Apia, SAM
Jamie Osborne	1980	AUS	61.70	102	115	217	25-Feb	Canberra, AUS

<b>69kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Ravi Kumar Katulu	1988	IND	68.82	141	170	311	26-Apr	Pyeongtaek, KOR
Mohd Hafifi Mansor	1990	MAS	68.85	133	172	305	26-Apr	Pyeongtaek, KOR
Francis Luna-Grenier	1987	CAN	68.67	130	162	292	2-Jun	La Prairie, CAN
Otsili Greg Shushu	1980	RSA	68.95	125	160	285	1-Apr	Nairobi, KEN
Francois Etoundi	1984	AUS	68.95	127	157	284	16-Jun	Brisbane, AUS
Takinibeia Toromon	1992	KIR	68.80	123	160	283	26-Feb	Mont Dore, NCL
Namechand Sunil Kumar	1989	IND	68.11	126	152	278	7-Jun	Apia, SAM
Garath Evans	1986	WAL	68.30	126	151	277	10-Mar	Szombathely, HUN
Nyuh Venatius	1988	CMR	68.10	120	155	275	1-Apr	Nairobi, KEN
Anton Sudesh Peiris	1985	SRI	68.91	120	155	275	26-Apr	Pyeongtaek, KOR
Dominic Lussier	1984	CAN	68.92	125	150	275	2-Jun	La Prairie, CAN
Shaun Clegg	1992	ENG	68.70	123	150	273	26-May	Derby, England, GBR
Francois Chenier	1990	CAN	68.08	123	147	270	2-Jun	La Prairie, CAN
Mohd Fauzi Abdullah	1989	MAS	120	145	265	3-Apr	Kota Bahaur, MAS	
David Adeyemo	1993	NGR	66.05	112	150	262	1-Apr	Nairobi, KEN
Akbar Ali		PAK	66.92	115	147	262	28-Apr	Lahor, PAK
Philippe Bibeau-Villiard	1987	CAN	69.00	114	148	262	31-Mar	Lachute, CAN
Guy Ngongang	1995	CMR	68.10	116	145	261	1-Apr	Nairobi, KEN
Abu Sufyan		PAK	66.92	107	146	253	28-Apr	Lahor, PAK
Daniel Koum Koum	1985	AUS	62.95	110	140	250	25-Feb	Melbourne, AUS
Mathieu Poirier	1991	CAN	69.00	114	135	249	31-Mar	Lachute, CAN
Albert Pilon	1981	CAN	68.31	110	138	248	2-Jun	La Prairie, CAN
Samuel Pietracupa	1987	CAN	68.67	110	137	247	2-Jun	La Prairie, CAN
Craig Carfray	1992	SCO	68.80	108	138	246	26-May	Derby, England, GBR
Toua Udia	1992	PNG	68.00	105	140	245	26-Feb	Port Morseby, PNG
<i>Tevita Tawai *</i>	1992	<i>FIJ</i>	<i>69.00</i>	<i>105</i>	<i>140</i>	<i>245</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>

<b>77kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Felix Ekpo	1981	NGR	76.25	151	181	332	1-Apr	Nairobi, KEN
Jack Oliver	1991	ENG	76.10	137	167	304	28-Apr	Lilleshall, England, GBR
Sivalingam Sathish Kumar	1992	IND	76.72	139	165	304	26-Apr	Pyeongtaek, KOR
Jean-Baptiste Yanou-Ketchanke	1993	CMR	75.15	135	165	300	1-Apr	Nairobi, KEN
Pascal Plamondon	1992	CAN	76.88	135	163	298	2-Jun	La Prairie, CAN
Toafitu Perive	1985	SAM	74.90	127	170	297	11-May	Apia, SAM
Bronco Deiranauw	1985	NRU	73.40	128	165	293	24-Mar	Melbourne, AUS
Halil Zorba	1988	ENG	76.60	122	170	292	28-Apr	Lilleshall, England, GBR
Muhammad Irfan Islam	1981	PAK	73.81	127	160	287	23-Mar	Nepalgunj, NEP
Vikas Thakur	1993	IND	76.50	130	156	286	7-Jun	Apia, SAM
Nahuradin Mahayudin	1984	MAS		125	161	286	3-Apr	Kota Baharu, MAS
Chris Chea	1985	ENG	75.60	125	159	284	21-Jan	San Francisco, USA
Bob Pesaleli	1992	SAM	75.90	122	162	284	30-Jun	Apia, SAM
Ben Turner	1984	AUS	75.10	121	161	282	25-Mar	Melbourne, AUS
Ragala Venkat Rahul	1997	IND	75.40	125	157	282	7-Jun	Apia, SAM
<i>Paula Peniasi Taqua *</i>	1982	<i>FIJ</i>	<i>75.80</i>	<i>125</i>	<i>155</i>	<i>280</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Zulkifli Che Rose	1985	MAS	76.75	125	155	280	26-Apr	Pyeongtaek, KOR
Ajaydeep Sarang	1989	IND	76.80	122	158	280	23-Mar	Nepalgunj, NEP
Shaun Clegg	1992	ENG	72.30	125	153	278	11-Feb	Bristol, England, GBR
Laurent Goyette-Demers	1990	CAN	76.97	122	155	277	2-Jun	La Prairie, CAN
Ika Aliklik	1985	NRU	75.96	125	150	275	7-Jun	Apia, SAM
Takinibeia Toromon	1992	KIR	70.25	120	155	275	24-Mar	Melbourne, AUS
Francois Etoundi	1984	AUS	76.45	125	150	275	21-Apr	Melbourne, AUS
Danny Schultz	1981	CAN	76.46	120	153	273	31-Mar	Edmonton, CAN
Daniel Katz	1990	AUS	76.70	117	150	267	25-Mar	Melbourne, AUS
Mathew Madsen	1991	NZL	75.00	110	155	265	23-Jun	Auckland, NZL
Bryan Marshall	1984	CAN	76.90	120	145	265	31-Mar	Toronto, CAN

<b>85kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Richard Patterson	1983	NZL	84.70	155	190	345	28-Apr	Auckland, NZL
Benedict Uloko	1984	NGR	83.70	150	185	335	2-Apr	Nairobi, KEN
Mathieu Marineau	1990	CAN	84.44	145	184	329	2-Jun	La Prairie, CAN
Steven Kari	1993	PNG	84.85	140	184	324	8-Jun	Apia, SAM
Paul Dumais	1991	CAN	84.93	145	175	320	8-Jun	Apia, SAM
Bryce Batchaya	1985	CMR	84.57	145	171	316	1-Feb	Dammam, KSA
Uati Maposua	1976	SAM	83.25	140	175	315	11-May	Apia, SAM
Abdul Mubin Rahim	1991	MAS	78.82	141	170	311	27-Apr	Pyeongtaek, KOR
Malek Chamoun	1989	AUS	84.45	135	170	305	16-Jun	Brisbane, AUS
Ika Aliklik	1985	NRU	78.60	135	165	300	26-Feb	Mont Dore, NCL
Jean-Marc Beland	1984	CAN	80.90	135	165	300	12-May	La Prairie, CAN
David Minkoumba	1989	CMR	82.95	130	170	300	2-Apr	Nairobi, KEN
Jasvant Singh	1990	IND	84.74	135	160	295	27-Apr	Pyeongtaek, KOR
Sonny Webster	1994	ENG	84.53	133	160	293	13-Apr	Antalya, TUR
Darryl Conrad	1984	CAN	84.50	131	156	287	2-Jun	La Prairie, CAN
Laurent Goyette-Demers	1990	CAN	79.55	125	160	285	31-Mar	Lachute, CAN
David Samoyoa	1992	CAN	84.10	130	155	285	21-Jan	Toronto, CAN
Petunu Opeloge	1994	SAM	84.51	120	165	285	11-May	Apia, SAM
Justin B. Spencer	1994	CAN	84.92	127	157	284	2-Jun	La Prairie, CAN
Jocelyn Dewar	1984	CAN	85.00	122	160	282	31-Mar	Lachute, CAN
Duke Onguti Machaka	1993	KEN	83.20	120	160	280	2-Apr	Nairobi, KEN
Siaosi Leuio	1992	SAM	84.85	124	155	279	11-May	Apia, SAM
Alexandros Amanatidis	1987	CYP	81.80	120	156	276	13-Apr	Antalya, TUR
Quinton Kroschinski	1991	CAN	84.78	125	150	275	31-Mar	Edmonton, CAN

<b>94kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
David Katoatau	1984	KIR	93.70	149	196	345	26-Feb	Mont Dore, NCL
Simplice Ribouem	1982	AUS	92.75	150	190	340	25-Mar	Melbourne, AUS
Faavae Faauliuli	1983	SAM	93.80	145	190	335	11-May	Apia, SAM
Chandrakant Dadu Mali	1987	IND	93.72	147	187	334	28-Apr	Pyeongtaek, KOR
Chris Ciancio	1984	AUS	90.85	150	180	330	25-Mar	Melbourne, AUS
Peter Kirkbride	1987	SCO	93.30	138	187	325	26-May	Derby, England, GBR
Andrew Ciancio	1978	NZL	93.50	145	177	322	26-May	Melbourne, AUS
Thomas Yule	1976	SCO	93.60	138	176	314	26-May	Derby, England, GBR
Uati Maposua	1976	SAM	85.80	137	171	308	30-Jun	Apia, SAM
Owen Boxall	1990	ENG	91.30	138	170	308	26-May	Derby, England, GBR
Dalas Santavy	1972	CAN	93.95	135	168	303	2-Jun	La Prairie, CAN
Jean Greeff	1990	RSA	93.35	130	172	302	2-Apr	Nairobi, KEN
Koliata Petelo	1992	SAM	92.87	131	170	301	30-Mar	Apia, SAM
Eric Chevrier	1970	CAN	93.88	137	163	300	2-Jun	La Prairie, CAN
Zac Grgurevic	1991	AUS	93.90	132	165	297	16-Jun	Brisbane, AUS
Bradley Burrowes	1979	ENG	86.40	135	160	295	11-Feb	Bristol, England, GBR
Petunu Opeloge	1994	SAM	91.32	130	165	295	30-Jun	Apia, SAM
Harinder Mahey	1991	CAN	87.56	133	161	294	2-Jun	La Prairie, CAN
Usman Amjad Rathore	1987	PAK	87.90	135	157	292	28-Apr	Lahor, PAK
Josefa Vueti *	1979	FIJ	93.30	125	165	290	30-Jun	Suva, FIJ
Justin Ott	1983	CAN	93.19	128	161	289	2-Jun	La Prairie, CAN
Mikael Gonsalves	1992	CAN	91.05	126	162	288	31-Mar	Lachute, CAN
Joshua Farghaly	1992	ENG	93.00	130	155	285	26-May	Derby, England, GBR
Saxon Gregory-Hunt	1993	NZL	87.25	122	160	282	8-Jun	Apia, SAM
Sadam Sajid		PAK	90.70	120	160	280	28-Apr	Lahor, PAK
Chris Turner	1983	CAN	88.86	127	152	279	2-Jun	La Prairie, CAN
Derek Herridge	1992	CAN	92.80	129	150	279	30-Jun	Surrey, CAN

<b>105kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Mohanlal Syamlal	1989	IND	100.44	151	188	339	8-Jun	Apia, SAM
David Katoatau	1984	KIR	94.85	140	195	335	24-Mar	Melbourne, AUS
Tovia Opeloge	1990	SAM	103.45	140	190	330	30-Jun	Apia, SAM
Meamea Thomas	1985	KIR	104.64	140	190	330	8-Jun	Apia, SAM
Victor Abilash Christopher	1986	IND	103.93	145	180	325	24-Mar	Nepalgunj, NEP
Ikwuagwi Ifeayin	1983	NGR	103.75	140	182	322	3-Apr	Nairobi, KEN
Tahir Ahmed		PAK	97.94	143	176	319	29-Apr	Lahor, PAK
Robert Galsworthy	1989	AUS	104.88	141	176	317	8-Jun	Apia, SAM
Cory Coehoorn	1984	CAN	103.94	141	175	316	2-Jun	La Prairie, CAN
Geoffrey Yee	1990	CAN	98.77	136	175	311	31-Mar	Edmonton, CAN
Ben Watson	1990	ENG	99.40	145	165	310	26-May	Derby, England, GBR
Jesse Martini	1980	CAN	104.05	140	170	310	26-May	Calgary, CAN
Sajid Rasool		PAK	103.08	140	166	306	29-Apr	Lahor, PAK
Ryan Meidl	1987	CAN	104.43	136	170	306	2-Jun	La Prairie, CAN
Gordon Laurie	1986	AUS	103.95	135	165	300	16-May	Melbourne, AUS
Zac Grgurevic	1991	AUS	98.35	130	167	297	21-Apr	Sorrell, AUS
Justin Ott	1983	CAN	97.90	128	165	293	31-Mar	Edmonton, CAN
Luke Gardner	1988	AUS	104.80	128	165	293	25-Mar	Melbourne, AUS
Ben Mulder	1978	AUS	101.35	127	165	292	27-Apr	Adelaide, AUS
Eric Grenier	1986	CAN	103.90	135	155	290	31-Mar	Lachute, CAN
Ferdinand Ngongang	1977	CMR	96.40	130	156	286	3-Apr	Nairobi, KEN
Zafiril Zulkifli	1988	MAS	104.44	130	155	285	29-Apr	Pyeongtaek, KOR
Fitu Seti	1992	SAM	94.17	124	160	284	30-Jun	Apia, SAM
David Courchesne	1992	CAN	103.95	124	160	284	31-Mar	Lachute, CAN
Nitin Singh Rawat	1992	IND	104.00	130	152	282	8-Jun	Apia, SAM

<b>+105kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
George Kobaladze	1976	CAN	132.48	172	220	392	2-Jun	La Prairie, CAN
Damon Kelly	1983	AUS	148.09	172	218	390	9-Jun	Apia, SAM
Itte Detenamo	1986	NRU	152.00	175	215	390	30-Jun	Mont Dore, NCL
Parminder Phangura	1979	CAN	137.60	155	205	360	2-Jun	La Prairie, CAN
Niusila Opeloge	1980	SAM	106.23	152	201	353	30-Mar	Apia, SAM
Frederic Fokejou Tefot	1979	CMR	131.90	156	190	346	2-Feb	Dammam, KSA
Darius Jokarzadeh	1993	WAL	150.60	160	183	343	5-May	Holyhead, GBR
Tijjani Abdulhakeem	1987	NGR	111.55	146	191	337	3-Apr	Nairobi, KEN
Marc-Olivier Provost	1987	CAN	137.13	156	180	336	2-Jun	La Prairie, CAN
Riaan Smit	1982	RSA	120.75	150	181	331	30-Jun	Strand, RSA
Alexandros Kouvakas	1989	CAN	113.60	140	190	330	31-Mar	Lachute, CAN
Tovia Opeloge	1991	SAM	105.90	140	185	325	11-May	Apia, SAM
Himanshu Kumar Chang	1992	IND	131.94	146	179	325	24-Mar	Nepalgunj, NEP
Victor Abilash Christopher	1986	IND	105.10	145	178	323	9-Jun	Apia, SAM
Daniel Nemani	1981	NIU	139.70	142	180	322	30-Jun	Alofi, NIU
Mustaqeem Mahmood Buut	1991	PAK	126.91	145	175	320	24-Mar	Nepalgunj, NEP
Matthew O'Brien	1990	CAN	155.70	140	172	312	31-Mar	Toronto, CAN
Joshua Quinn	1991	AUS	110.80	140	170	310	25-Feb	Melbourne, AUS
Tevita Ngalu	1973	NZL	124.10	135	175	310	28-Apr	Auckland, NZL
Rizwan Lodhi		PAK	121.20	140	165	305	29-Apr	Lahor, PAK
Marea Teoaiiki	1980	KIR	115.40	122	180	302	26-May	Auckland, NZL
Josh Martin	1984	CAN	130.97	136	165	301	2-Jun	La Prairie, CAN
Meamea Thomas	1985	KIR	108.00	130	170	300	26-Feb	Tarawa, KIR
Luke Gardner	1988	AUS	108.75	128	172	300	11-Feb	Brisbane, AUS
Andrew Ruegg	1986	ENG		134	163	297	26-May	Derby, England, GBR

NOTE: \* Fiji currently suspended from the Commonwealth.

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## WOMEN: TOP-25 ABSOLUTE

as at 30 June

### 48kg Category

	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Marilou Dozois-Prevost	1986	CAN	47.95	80	98	178	31-Mar	Lachute, CAN
Ngangbam Sonyia Chanu	1980	IND	47.70	75	100	175	24-Apr	Pyeongtaek, KOR
Augustina Nwokolo	1992	NGR	47.25	75	95	170	29-Mar	Nairobi, KEN
Khumukcham Sanjita Chanu	1994	IND	47.76	71	91	162	24-Apr	Pyeongtaek, KOR
Vivian Lee	1978	AUS	47.85	65	89	154	16-Jun	Brisbane, AUS
Joanne Calvino	1980	ENG	48.00	65	88	153	26-May	Deby, England, GBR
Numiada Nordin	1988	MAS	47.66	70	80	150	24-Apr	Pyeongtaek, KOR
Atom Sandhya Rani Devi	1980	IND				149	26-Mar	New Delhi, IND
Hannah Powell	1992	ENG	44.20	63	82	145	26-May	Deby, England, GBR
Kathleen Hare	1988	PNG	47.80	67	77	144	30-Jun	Port Moresby, PNG
Asha Rani		IND				141	26-Mar	New Delhi, IND
Deepa Mehra		IND				137	26-Mar	New Delhi, IND
Atom Indubala Chanu	1997	IND	47.37	60	73	133	6-Jun	Apia, SAM
Mulla Shabira	1990	BAN	47.52	60	72	132	22-Mar	Nepalgunj, NEP
Cynthia Barrette	1997	CAN	47.48	55	68	123	3-Jun	La Prairie, CAN
D.D.D. Abeysekera	1997	SRI	46.20	56	65	121	22-Mar	Nepalgunj, NEP
<i>Seruwaia Malani *</i>	1993	<i>FIJ</i>	<i>47.80</i>	<i>52</i>	<i>68</i>	<i>120</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Camille Papineau	1997	CAN	47.00	54	65	119	5-May	Saint-Hyacinthe, CAN
Collete Will	1992	SCO	48.00	50	67	117	31-Mar	Glasgow, Scotland, GBR
Jeenat Billen	2001	CAN	43.31	45	60	105	31-Mar	Edmonton, CAN
Bronwynn Sheppard	1997	CAN	46.57	43	60	103	21-Jan	Toronto, CAN
Arielle Goyer	1992	CAN	46.70	42	60	102	12-May	La Prairie, CAN
Andreanne Messier	1999	CAN		45	57	102	14-Apr	Brossard, CAN
Caroll-Anne Paul	1993	CAN	44.20	43	57	100	27-May	Saint-Hyacinthe, CAN

### 53kg Category

	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Chinenye Fidelis	1993	NGR	52.50	87	115	202	31-Mar	Nairobi, KEN
Dika Toua	1984	PNG	52.22	80	102	182	6-Jun	Apia, SAM
Tikina Gopal	1980	IND	52.74	76	95	171	25-Apr	Pyeongtaek, KOR
Azizah Fadzil	1991	MAS	52.05	75	95	170	25-Apr	Pyeongtaek, KOR
Jessica Ruel	1991	CAN	52.97	75	93	168	3-Jun	La Prairie, CAN
Sharifah Inani Najwa Anuar	1990	MAS	52.51	70	95	165	25-Apr	Pyeongtaek, KOR
Portia Vries	1984	RSA	52.55	69	91	160	30-Jun	Strand, RSA
Socheata Be	1989	AUS	52.75	70	90	160	16-Jun	Brisbane, AUS
Vivian Lee	1978	AUS	48.85	67	90	157	26-May	Melburne, AUS
Tali Darsigny	1998	CAN	53.00	70	87	157	5-May	Saint-Hyacinthe, CAN
Katila Venkata Lakshmi	1993	IND	52.78	66	85	151	6-Jun	Apia, SAM
Phillipa Hale	1984	NZL	51.80	69	80	149	23-Jun	Auckland, NZL
Zayanda Mjezu	1992	RSA	52.85	63	84	147	31-Mar	Nairobi, KEN
Helena Billen	1995	CAN	51.60	62	80	142	31-Mar	Edmonton, CAN
Ruth Baffoe	1994	GHA	52.45	62	75	137	31-Mar	Nairobi, KEN
Fullapati Chakma	1988	BAN	50.58	60	76	136	22-Mar	Nepalgunj, NEP
Mabia Akter	1999	BAN	51.75	58	74	132	22-Mar	Nepalgunj, NEP
C.M. Wadumesthreege	1990	SRI	52.48	60	72	132	22-Mar	Nepalgunj, NEP
Erra Deexitha	1997	IND	52.30	60	70	130	6-Jun	Apia, SAM
Claude Leblanc-Bazinet	1984	CAN	52.46	59	70	129	3-Jun	La Chute, CAN

<b>58kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Zoe Smith	1994	ENG	57.94	92	116	208	11-Apr	Antalya, TUR
Annie Monique	1990	CAN	57.97	89	112	201	3-Jun	La Prairie, CAN
Margaret Uwah	1983	NGR	57.25	85	106	191	1-Apr	Nairobi, KEN
<i>Maria Liku *</i>	1990	FIJ	57.39	84	104	188	6-Jun	Apia, SAM
Seen Lee	1982	AUS	57.70	84	104	188	16-Jun	Brisbane, AUS
Isabelle Despres	1980	CAN	57.80	80	97	177	13-May	Antigua Guatemala, GUA
Minati Sethi	1990	IND	57.50	76	100	176	26-Apr	Pyeongtaek, KOR
Myriam Ghekap Wafo	1994	CMR	56.80	75	97	172	1-Apr	Nairobi, KEN
Jenlyn Tegu Wini	1983	SOL	57.00	72	98	170	26-Feb	Honiara, SOL
Helen Jewell	1988	ENG	57.95	77	93	170	26-May	Derby, England, GBR
Franceay Titus	1991	MAS	57.59	73	96	169	26-Apr	Pyeongtaek, KOR
Ruby Malvina	1984	SEY	56.95	73	95	168	1-Apr	Nairobi, KEN
Mona Pretorius	1988	RSA	57.45	75	93	168	1-Apr	Nairobi, KEN
Camille Leblanc-Bazinet	1988	CAN	57.95	76	91	167	11-Feb	Brisbane, AUS
Nameirakpam Sumanballa Devi	1992	IND	57.04	76	90	166	6-Jun	Apia, SAM
Arianne Blais	1995	CAN	57.82	74	89	163	21-Jan	Toronto, CAN
Socheata Be	1989	AUS	53.10	70	90	160	21-Apr	Melbourne, AUS
Marie-Julie Malboeuf	1994	CAN		74	84	158	14-Apr	Brossard, CAN
Jessica Ruel	1992	CAN	53.90	71	86	157	28-Jan	La Sarre, CAN
Fayema Akther	1991	BAN	57.38	65	91	156	23-Mar	Nepalgunj, NEP
Nikki Hamilton	1995	SCO	57.60	71	85	156	31-Mar	Glasgow, Scotland, GBR
Natalia Frolova	1979	CAN	57.71	70	85	155	3-Jun	La Prairie, CAN
Tali Darsigny	1998	CAN		69	86	155	14-Apr	Brossard, CAN
Erica Yamasaki	1987	AUS	55.50	68	86	154	24-Mar	Melbourne, AUS
Christine Meier	1973	AUS	57.86	68	86	154	6-Jun	Apia, SAM
Ariane Gervais	1994	CAN	57.45	65	87	152	3-Jun	La Prairie, CAN

<b>63kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Christine Girard	1985	CAN	62.94	102	134	236	31-Mar	Edmonton, CAN
Obiama Agatha Okoli	1992	NGR	61.60	95	120	215	1-Apr	Nairobi, KEN
Zoe Smith	1994	ENG	60.60	94	117	211	26-May	Derby, England, GBR
Marie-Josephe Fegue	1991	CMR	61.85	92	110	202	1-Apr	Nairobi, KEN
Emily Godley	1989	ENG	62.50	82	103	185	12-Apr	Antalya, TUR
Seen Lee	1982	AUS	59.10	78	102	180	25-Feb	Melbourne, AUS
Kristel Ngarlem	1995	CAN	63.00	78	100	178	3-Jun	La Prairie, CAN
Rajwant Kaur	1987	IND	62.49	72	103	175	26-Apr	Pyeongtaek, KOR
Seeta Kumari Jena	1987	IND	59.84	73	100	173	26-Apr	Pyeongtaek, KOR
Rachel Siemens	1989	CAN	61.86	71	97	168	3-Jun	La Prairie, CAN
Jillian Halligan	1975	CAN	62.90	70	97	167	31-Mar	Edmonton, CAN
Rakhi Halder	1993	IND	60.40	67	97	164	7-Jun	Apia, SAM
Hepline Iro	1992	SOL	61.90	74	90	164	7-Jun	Apia, SAM
Osounga Ndova Epie	1983	CMR	60.25	76	85	161	1-Apr	Nairobi, KEN
Jacquie White	1982	AUS	63.00	71	90	161	16-Jun	Brisbane, AUS
Matshidiso Masiu	1992	RSA	62.05	70	90	160	30-Jun	Strand, RSA
Sarah Davis	1992	ENG	61.70	71	88	159	26-May	Derby, England, GBR
Christine Meier	1973	AUS	59.90	71	86	157	26-May	Toowoomba, AUS
Catherine Darsigny	1994	CAN	63.00	67	90	157	31-Mar	Lachute, CAN
Mercy Obiero	1978	KEN	61.40	65	91	156	1-Apr	Nairobi, KEN
<i>Julia Timi *</i>	1996	FIJ	62.90	69	87	156	30-Jun	Suva, FIJ
Jasvir Kaur	1993	IND	61.55	66	89	155	7-Jun	Apia, SAM
Carolanne Lanouette	1990	CAN	61.92	65	90	155	3-Jun	La Prairie, CAN
Melissa Robinson	1981	AUS	62.54	69	86	155	7-Jun	Apia, SAM
Diana Waikori	1988	SOL	62.20	63	85	148	26-Feb	Honiara, SOL
Fakaola Tuipuloti	1997	TGA	61.98	65	82	147	7-Jun	Apia, SAM
Lauren Roberts	1985	NZL	62.80	67	80	147	11-Feb	Auckland, NZL

<b>69kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Christine Girard	1985	CAN	67.80	107	136	243	30-Jun	Surrey, CAN
Marie-Eve Beauchemin-Nadeau	1988	CAN	68.85	106	134	240	31-Mar	Lachute, CAN
Laishram Monika Devi	1983	IND	68.75	98	117	215	28-Apr	Pyeongtaek, KOR
Natasha Perdue	1975	WAL	68.20	98	115	213	5-May	Holyhead, Wales, GBR
Valerie Lefebvre	1990	CAN	67.30	95	115	210	31-Mar	Lachute, CAN
Marie-Josée Ares-Pilon	1982	CAN	68.40	95	115	210	31-Mar	Lachute, CAN
Janet Georges	1979	SEY	68.30	94	114	208	2-Apr	Nairobi, KEN
Oluwatoyin Adesanmi	1992	NGR	64.75	90	115	205	2-Apr	Nairobi, KEN
Manu Ah Khuoi	1982	SAM	68.95	85	107	192	11-May	Apia, SAM
Kristel Ngarlem	1995	CAN	67.28	83	104	187	15-May	Antigua Guatemala, GUA
Vanessa Lui	1991	SAM	68.78	85	100	185	11-May	Apia, SAM
Dora Abotsi	1991	GHA	67.95	80	100	180	2-Apr	Nairobi, KEN
Guba Hale	1986	PNG	68.80	80	100	180	26-Feb	Port Moresby, PNG
Georgina Black	1989	SCO	68.70	82	97	179	28-Apr	Lilleshall, England, GBR
Carolyne Beaulieu	1992	CAN	68.93	82	96	178	15-May	Antigua Guatemala, GUA
Hepline Iro	1992	SOL	66.00	77	99	176	26-Feb	Honiara, SOL
Oinam Geeta Devi	1993	IND	65.93	71	100	171	7-Jun	Apia, SAM
Andreanne M. Cyr	1989	CAN	68.48	76	92	168	3-Jun	La Prairie, CAN
Emma Barnes-Crevier	1986	CAN	67.52	70	92	162	3-Jun	La Prairie, CAN
Elena Palamara	1986	AUS	67.90	73	89	162	16-Jun	Brisbane, AUS
Chantel Lambrechts	1990	NZL	69.00	73	89	162	17-Mar	Auckland, NZL
Helena Miyenga	1984	CMR	68.60	70	90	160	2-Apr	Nairobi, KEN
Sandra Ako	1994	PNG	68.76	70	90	160	7-Jun	Apia, SAM
Kylie Lindbeck	1984	AUS	66.65	73	85	158	16-Jun	Brisbane, AUS
Ayesha Sabayle	1990	CAN	68.60	65	90	155	31-Mar	Toronto, CAN

<b>75kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Marie-Eve Beauchemin-Nadeau	1988	CAN	73.20	103	135	238	30-Jun	Surrey, CAN
Mary Opeloge	1992	SAM	74.50	105	132	237	11-May	Apia, SAM
Gaelle Nayo-Ketchanke	1988	CMR	71.65	100	130	230	3-Mar	Quimper, FRA
Jeanne Lassen	1980	CAN	74.82	101	126	227	31-Mar	Edmonton, CAN
Madias Nzesso	1992	CMR	74.90	98	127	225	2-Apr	Nairobi, KEN
Bilikis Otunla	1994	NGR	71.45	97	120	217	2-Apr	Nairobi, KEN
Jenna Myers	1986	AUS	74.58	96	115	211	8-Jun	Apia, SAM
Prabdeep Sanghera	1993	CAN	73.40	92	110	202	30-Jun	Surrey, CAN
Katelyn Williams	1987	CAN	73.11	90	111	201	3-Jun	La Prairie, CAN
Johanie Filiatreault	1993	CAN	73.90	87	113	200	31-Mar	Lachute, CAN
Manu Ah Khuoi	1982	SAM	70.56	85	110	195	30-Jun	Apia, SAM
<i>Apolonia Vaivai *</i>	1991	<i>FIJ</i>	<i>74.13</i>	<i>86</i>	<i>107</i>	<i>193</i>	<i>8-Jun</i>	<i>Apia, SAM</i>
Vanessa Lui	1991	SAM	69.80	85	104	189	30-Jun	Apia, SAM
Georgina Black	1989	SCO	69.45	80	100	180	26-May	Derby, England, GBR
Carolyne Beaulieu	1992	CAN	71.12	82	97	179	3-Jun	La Prairie, CAN
Chantel Lambrechts	1990	NZL	73.75	76	99	175	8-Jun	Apia, SAM
Alberta Ampomoh	1994	GHA	74.00	73	100	173	2-Apr	Nairobi, KEN
Tasha Williams	1973	NZL	72.40	70	100	170	28-Apr	Wellington, NZL
Michelle St-Pierre	1992	CAN	72.65	73	95	168	31-Mar	Lachute, CAN
Elena Palamara	1986	AUS	69.35	73	93	166	19-May	Sydney, NSW
Kylie Lindbeck	1984	AUS	70.60	75	91	166	25-Feb	Canberra, AUS
Snimerdeep Sanghera	1995	CAN	71.76	72	90	162	3-Jun	La Prairie, CAN
Susan Luisa	1989	SOL	73.30	70	87	157	26-Feb	Honiara, SOL
Sandi Klempner	1983	CAN	71.57	68	86	154	31-Mar	Edmonton, CAN
Shahria Sultana	1981	BAN	69.80	65	88	153	24-Mar	Nepalgunj, NEP
Ruth Horrell	1984	NZL	70.10	65	85	150	15-Mar	Invercargill, NZL
Jovika Kepae	1994	NRU	74.20	70	80	150	26-Feb	NRU

<b>+75kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Mariam Usman	1990	NGR	121.80	125	156	281	3-Apr	Nairobi, KEN
Ele Opeloge	1985	SAM	120.60	120	152	272	30-Jun	Apia, SAM
Tracey Lambrechts	1985	NZL	101.00	108	133	241	23-Jun	Auckland, NZL
Jeanne Lassen	1980	CAN	79.00	101	126	227	11-Feb	Auckland, NZL
Iuniarra Simanu	1993	SAM	105.60	100	125	225	11-May	Apia, SAM
Jenna Myers	1986	AUS	84.35	101	122	223	21-Apr	Sorell, AUS
Deborah Acason	1983	AUS	88.74	103	120	223	9-Jun	Apia, SAM
Nurjannah Batrisya Abdullah	1990	MAS	106.50	100	121	221	29-Apr	Pyeongtaek, KOR
Janet Georges	1979	SEY		91	112	203	10-Mar	Victoria, SEY
<i>Apolonia Vaivai *</i>	<i>1991</i>	<i>FIJ</i>	<i>76.00</i>	<i>84</i>	<i>105</i>	<i>189</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Shalinee Valaydon	1986	MRI	110.45	83	104	187	3-Apr	Nairobi, KEN
Keisha-Dean Soffe	1982	NZL	143.10	82	105	187	28-Apr	Auckland, NZL
Kaitlyn Fassina	1990	AUS	88.55	86	100	186	16-Jun	Brisbane, AUS
Becky Namusoke	1990	UGA	92.70	82	103	185	3-Apr	Nairobi, KEN
Belinda van Tienen	1986	AUS	83.60	78	100	178	21-Apr	Melbourne, AUS
Luisa Peters	1993	COK	87.32	80	98	178	9-Jun	Apia, SAM
Manroop Sahota	1994	CAN	88.90	78	99	177	3-Jun	La Prairie, CAN
Marie-Pier Hinse	1989	CAN	94.25	79	98	177	3-Jun	La Prairie, CAN
Amalapurapu Siromani	1993	IND	79.94	80	92	172	9-Jun	Apia, SAM
Gemma Williams	1985	WAL	99.60	76	94	170	26-May	Derby, England, GBR
Kate Linford	1987	AUS	111.75	73	95	168	24-Mar	Melbourne, AUS
Allison Loyst	1992	CAN	129.35	74	93	167	21-Jan	Toronto, CAN
Michaela Detenamo	1992	NRU	76.80	80	85	165	26-Feb	NRU
Kim Beaumont	1996	CAN	88.50	70	95	165	5-May	Saint-Hyacinthe, CAN
Martha Woodruff	1988	CAN	108.90	74	91	165	30-Jun	Surrey, CAN
Danielle Waller	1965	AUS	116.50	76	89	165	16-Jun	Brisbane, AUS

NOTE: \* Fiji currently suspended from the Commonwealth.



# 2012 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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## MEN: ONE PER COUNTRY

as at 30 June

### 56kg Category

	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
<i>Manueli Tulo *</i>	1990	FIJ	55.80	105	137	242	26-Feb	Mont Dore, NCL
Ranjit Kalgonga Chinchwade	1991	IND	55.92	105	135	240	24-Apr	Pyeongtaek, KOR
Abdullah Ghafoor	1986	PAK	55.80	101	133	234	27-Apr	Lahor, PAK
C.S.S.P. Wijesuriya	1984	SRI	55.96	100	132	232	22-Mar	Nepalgunj, NEP
Elson Brechtefield	1994	NRU	55.47	97	120	217	6-Jun	Apia, SAM
Taju Giwa	1992	NGR	55.20	96	120	216	29-Mar	Nairobi, KEN
Mohammad Aineuddin	1994	BAN	55.26	98	116	214	30-Jan	Dammam, KSA
Muhamad Tramizi Abdullah	1987	MAS	55.65	90	120	210	24-Apr	Pyeongtaek, KOR
Monree Adonis	1988	RSA	55.40	90	118	208	29-Mar	Nairobi, KEN
Fred Oala	1996	PNG	55.31	80	108	188	6-Jun	Apia, SAM
David Hockings	1991	AUS	55.95	83	100	183	23-Mar	Melbourne, AUS
Zache Alain	1990	CAN	55.79	78	100	178	2-Jun	La Prairie, CAN
Martin Poortoosi	1995	NZL	55.20	75	95	170	23-Jun	Auckland, NZL
Benson Eytan	1985	ENG	55.80	70	90	160	26-May	Derby, England, GBR
Faruk Kyambadde	1996	UGA	56.00	61	87	148	30-Jan	Nairobi, KEN
Allen Solo	1997	SOL	56.00	60	80	140	26-Feb	Honiara, SOL
James Ndundu	1993	KEN	55.52	60	77	137	30-Jan	Nairobi, KEN
Ruben Katoatau	1997	KIR	53.90	59	72	131	30-Jun	Tarawa, KIR
Miguel Grixti	1999	MLT	55.59	37	42	79	30-Jun	Valetta, MLT
Sam Henderson	1997	WAL	46.80	30	45	75	5-May	Holyhead, Wales, GBR

### 62kg Category

	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Dimitris Minasidis	1989	CYP	61.73	130	158	288	10-Apr	Antalya, CYP
Rustam Sarang	1988	IND	61.90	116	145	261	25-Apr	Pyeongtaek, KOR
Daniel Koum Koum	1985	AUS	61.55	110	145	255	16-Jun	Brisbane, AUS
Ishtiaq Ghafoor	1976	PAK	61.80	113	142	255	27-Apr	Lahor, PAK
Shola Fadodun	1992	NGR	61.25	110	140	250	30-Mar	Nairobi, KEN
Tuau Lapua Lapua	1991	TUV	61.80	108	140	248	30-Jun	Mont Dore, NCL
Cestin Mballa Nke	1993	CMR	61.25	110	136	246	30-Mar	Nairobi, KEN
Charles Sseykaaka	1994	UGA	61.55	105	141	246	30-Mar	Nairobi, KEN
<i>Manueli Tulo *</i>	1990	FIJ	57.60	105	135	240	23-Mar	Melbourne, AUS
Morea Baru	1990	PNG	61.00	105	135	240	30-Jun	Port Moresby, PNG
S. Litanaarachchi	1991	SRI	61.79	114	126	240	22-Mar	Nepalgunj, NEP
Ianne Guinares	1988	NZL	61.48	103	136	239	6-Jun	Apia, SAM
Elson Bretchfield	1994	NRU	59.00	105	132	237	26-Feb	Mont Dore, NCL
Christos Michaelas	1993	ENG	61.15	107	130	237	26-May	Derby, England, GBR
Ramoaka Brown	1988	SOL	61.00	97	135	232	26-Feb	Honiara, SOL
Mohd Faizal Baharom	1982	MAS	60.53	105	125	230	25-Apr	Pyeongtaek, KOR
Luwellyne Phillips	1988	RSA	61.05	100	125	225	30-Mar	Nairobi, KEN
Simul Kanti Singha	1986	BAN	61.49	102	118	220	22-Mar	Nepalgunj, NEP
Nicolas Vachon	1996	CAN	61.65	96	117	213	5-May	Saint-Hyacinthe, CAN
Daniel Darko	1986	GHA	61.45	87	115	202	30-Mar	Nairobi, KEN
Fusakichi Fukuyama	1996	KIR	61.43	80	107	187	6-Jun	Apia, SAM
Julius Mogire	1993	KEN	60.95	85	100	185	30-Mar	Nairobi, KEN
Rick Confiance	1994	SEY		80	100	180	10-Mar	Victoria, SEY
Steven McMichael	1984	SCO	59.20	78	100	178	31-Mar	Glasgow, Scotland, GBR
John Muliano	1993	SAM	60.90	70	90	160	30-Jun	Apia, SAM
Selimoti Unga	1993	TGA	61.93	65	85	150	6-Jun	Apia, SAM
Luca Vella	1998	MLT	61.24	21	26	47	30-Jun	Valetta, MLT

<b>69kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Ravi Kumar Katulu	1988	IND	68.82	141	170	311	26-Apr	Pyeongtaek, KOR
Mohd Hafifi Mansor	1990	MAS	68.85	133	172	305	26-Apr	Pyeongtaek, KOR
Francis Luna-Grenier	1987	CAN	68.67	130	162	292	2-Jun	La Prairie, CAN
Otsili Greg Shushu	1980	RSA	68.95	125	160	285	1-Apr	Nairobi, KEN
Francois Etoundi	1984	AUS	68.95	127	157	284	16-Jun	Brisbane, AUS
Takenibeia Toromon	1992	KIR	68.80	123	160	283	26-Feb	Mont Dore, NCL
Garath Evans	1986	WAL	68.30	126	151	277	10-Mar	Szombathely, HUN
Nyuh Venatius	1988	CMR	68.10	120	155	275	1-Apr	Nairobi, KEN
Anton Sudesh Peiris	1985	SRI	68.91	120	155	275	26-Apr	Pyeongtaek, KOR
Shaun Clegg	1992	ENG	68.70	123	150	273	26-May	Derby, England, GBR
David Adeyemo	1993	NGR	66.05	112	150	262	1-Apr	Nairobi, KEN
Akbar Ali		PAK	66.92	115	147	262	28-Apr	Lahor, PAK
Craig Carfray	1992	SCO	68.80	108	138	246	26-May	Derby, England, GBR
Vester Villalon	1991	NZL	66.70	107	137	244	28-Apr	Christchurch, NZL
Toua Udia	1992	PNG	68.00	105	140	245	26-Feb	Port Moresby, PNG
<i>Tevita Tawai *</i>	1992	<i>FIJ</i>	<i>69.00</i>	<i>105</i>	<i>140</i>	<i>245</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Ian Rose	1981	SEY	68.05	105	135	240	1-Apr	Nairobi, KEN
Tuau Lapua Lapua	1991	TUV	63.75	107	132	239	23-Mar	Melbourne, AUS
Seth Fetrie	1991	GHA	68.70	100	137	237	1-Apr	Nairobi, KEN
Mohammad Abdul Kalam	1986	BAN	68.03	100	120	220	31-Jan	Dammam, KSA
James Ochieng	1984	KEN	68.70	96	122	218	1-Apr	Nairobi, KEN
Billy Walter	1989	SOL	66.00	95	120	215	26-Jun	Honiara, SOL
Jamiru Lubega	1997	UGA	65.50	90	120	210	1-Apr	Nairobi, KEN
Tom-Jaye Waibeiya	1995	NRU	67.53	83	117	200	7-Jun	Apia, SAM
Ofatonga Palanite	1995	TGA	67.52	85	110	195	7-Jun	Apia, SAM
Sione Samuelu	1994	SAM	67.95	75	110	185	11-May	Apia, SAM
Sam Saapunki	1994	MLT	66.03	55	66	121	30-Jun	Valetta, MLT

<b>77kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Felix Ekpo	1981	NGR	76.25	151	181	332	1-Apr	Nairobi, KEN
Jack Oliver	1991	ENG	76.10	137	167	304	28-Apr	Lilleshall, England, GBR
Sivalingam Sathish Kumar	1992	IND	76.72	139	165	304	26-Apr	Pyeongtaek, KOR
Jean-Baptiste Yanou-Ketchanke	1993	CMR	75.15	135	165	300	1-Apr	Nairobi, KEN
Pascal Plamondon	1992	CAN	76.88	135	163	298	2-Jun	La Prairie, CAN
Toafitu Perive	1985	SAM	74.90	127	170	297	11-May	Apia, SAM
Bronco Deiranauw	1985	NRU	73.40	128	165	293	24-Mar	Melbourne, AUS
Muhammad Irfan Islam	1981	PAK	73.81	127	160	287	23-Mar	Nepalgunj, NEP
Nahuradin Mahayudin	1984	MAS		125	161	286	3-Apr	Kota Baharu, MAS
Ben Turner	1984	AUS	75.10	121	161	282	25-Mar	Melbourne, AUS
<i>Paula Peniasi Taqua *</i>	1982	<i>FIJ</i>	<i>75.80</i>	<i>125</i>	<i>155</i>	<i>280</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Takinibeia Toromon	1992	KIR	70.25	120	155	275	24-Mar	Melbourne, AUS
Mathew Madsen	1991	NZL	75.00	110	155	265	23-Jun	Auckland, NZL
Lyle Du Plooy	1988	RSA	74.85	117	141	258	30-Jun	Strand, RSA
David Gorosi	1988	SOL	76.00	112	145	257	26-Feb	Honiara, SOL
Ilaniume Finau	1986	TGA	76.46	110	145	255	7-Jun	Apia, SAM
Graeme Kane	1988	SCO	77.00	110	145	255	31-Mar	Glasgow, Scotland, GBR
Nii Darku Doodoo	1987	GHA	74.85	100	150	250	1-Apr	Nairobi, KEN
Kalidi Batuusa	1986	UGA	76.05	115	135	250	31-Jan	Dammam, KSA
P.K.N. Dayan	1980	SRI	76.23	100	140	240	23-Mar	Nepalgunj, NEP
Md Foyjer Ali	1989	BAN	70.40	95	110	205	31-Jan	Dammam, KSA
Rodmar Pulis	1994	MLT	76.24	85	116	201	5-Feb	Valetta, MLT
Udu Heni	1974	PNG	73.15	80	105	185	7-Jun	Apia, SAM
Pari Gwillym	1995	WAL	73.60	70	105	175	5-May	Holyhead, Wales, GBR
Derek Come	Yth	SEY		75	100	175	10-Mar	Victoria, SEY
Arthur Oyim	1985	KEN	75.35	110	---	---	1-Apr	Nairobi, KEN

<b>85kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Richard Patterson	1983	NZL	84.70	155	190	345	28-Apr	Auckland, NZL
Benedict Uloko	1984	NGR	83.70	150	185	335	2-Apr	Nairobi, KEN
Mathieu Marineau	1990	CAN	84.44	145	184	329	2-Jun	La Prairie, CAN
Steven Kari	1993	PNG	84.85	140	184	324	8-Jun	Apia, SAM
Bryce Batchaya	1985	CMR	84.57	145	171	316	1-Feb	Dammam, KSA
Uati Maposua	1976	SAM	83.25	140	175	315	11-May	Apia, SAM
Abdul Mubin Rahim	1991	MAS	78.82	141	170	311	27-Apr	Pyeongtaek, KOR
Malek Chamoun	1989	AUS	84.45	135	170	305	16-Jun	Brisbane, AUS
Ika Aliklik	1985	NRU	78.60	135	165	300	26-Feb	Mont Dore, NCL
Jasvant Singh	1990	IND	84.74	135	160	295	27-Apr	Pyeongtaek, KOR
Sonny Webster	1994	ENG	84.53	133	160	293	13-Apr	Antalya, TUR
Duke Onguti Machaka	1993	KEN	83.20	120	160	280	2-Apr	Nairobi, KEN
Alexandros Amanatidis	1987	CYP	81.80	120	156	276	13-Apr	Antalya, TUR
Habib Asghar		PAK	78.38	120	150	270	28-Apr	Lahor, PAK
Terrence Dixie	1983	SEY	84.55	122	147	269	2-Apr	Nairobi, KEN
<i>Mesake Raiviu *</i>	1990	<i>FIJ</i>	<i>81.70</i>	<i>120</i>	<i>145</i>	<i>265</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Dale Cree	1992	SCO	82.70	116	142	258	31-Mar	Glasgow, Scotland, GBR
Taubena Tatonga	1990	KIR	79.80	115	140	255	26-Feb	Tarawa, KIR
Majeti Fetrie	1974	GHA	82.65	112	140	252	2-Apr	Nairobi, KEN
Kermit Tieties	1993	RSA	82.25	105	130	235	30-Jun	Strand, RSA
Sade Fiu	1972	SOL	82.00	100	132	232	26-Feb	Honiara, SOL
Jean Pierrot	1996	MRI	80.95	95	120	215	2-Apr	Nairobi, KEN
Yeow Ng Choon	1993	SIN	82.70	95	120	215	8-Jun	Apia, SAM
Jovan Reljic	1987	MLT	81.35	90	115	205	30-Jun	Valetta, MLT
Jean Marquis	1995	WAL	84.70	65	85	150	26-May	Holyhead, Wales, GBR
C.T.J.N. Perera	1983	SRI	83.75	---	145	---	23-Mar	Nepalgunj, NEP
<b>94kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
David Katoatau	1984	KIR	93.70	149	196	345	26-Feb	Mont Dore, NCL
Simplice Ribouem	1982	AUS	92.75	150	190	340	25-Mar	Melbourne, AUS
Faavae Faauliuli	1983	SAM	93.80	145	190	335	11-May	Apia, SAM
Chandrakant Dadu Mali	1987	IND	93.72	147	187	334	28-Apr	Pyeongtaek, KOR
Peter Kirkbride	1987	SCO	93.30	138	187	325	26-May	Derby, England, GBR
Andrew Ciancio	1978	NZL	93.50	145	177	322	26-May	Melbourne, AUS
Owen Boxall	1990	ENG	91.30	138	170	308	26-May	Derby, England, GBR
Dalas Santavy	1972	CAN	93.95	135	168	303	2-Jun	La Prairie, CAN
Jean Greeff	1990	RSA	93.35	130	172	302	2-Apr	Nairobi, KEN
Usman Amjad Rathore	1987	PAK	87.90	135	157	292	28-Apr	Lahor, PAK
<i>Josefa Vueti *</i>	1979	<i>FIJ</i>	<i>93.30</i>	<i>125</i>	<i>165</i>	<i>290</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Abdulla A.L. Mumin	1983	BAN	89.76	120	151	271	1-Feb	Dammam, KSA
Val-John Starr	1989	NRU	87.00	115	155	270	30-Jun	NRU
R.M.R.R. Samarasekara	1985	SRI	85.55	117	152	269	24-Mar	Nepalgunj, NEP
Godfrey Baligeya	1987	UGA	92.26	110	150	260	1-Feb	Dammam, KSA
Jake Davies	1994	WAL	88.30	110	135	245	28-Apr	Lilleshall, England, GBR
Pala Molisa	1979	VAN	88.91	100	130	230	8-Jun	Apia, SAM
Christopher Vea	1992	TGA	93.02	100	125	225	8-Jun	Apia, SAM
Noel Coleiro	1974	MLT	88.10	80	100	180	30-Jun	Valetta, MLT
Friday Olushola	1990	NGR	92.25	149	---	---	2-Apr	Nairobi, KEN

<b>105kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Mohanlal Syamlal	1989	IND	100.44	151	188	339	8-Jun	Apia, SAM
David Katoatau	1984	KIR	94.85	140	195	335	24-Mar	Melbourne, AUS
Tovia Opeloge	1990	SAM	103.45	140	190	330	30-Jun	Apia, SAM
Ikwuagwi Ifeayin	1983	NGR	103.75	140	182	322	3-Apr	Nairobi, KEN
Tahir Ahmed		PAK	97.94	143	176	319	29-Apr	Lahor, PAK
Robert Galsworthy	1989	AUS	104.88	141	176	317	8-Jun	Apia, SAM
Cory Coehoorn	1984	CAN	103.94	141	175	316	2-Jun	La Prairie, CAN
Ben Watson	1990	ENG	99.40	145	165	310	26-May	Derby, England, GBR
Ferdinand Ngongang	1977	CMR	96.40	130	156	286	3-Apr	Nairobi, KEN
Zafril Zulkifli	1988	MAS	104.44	130	155	285	29-Apr	Pyeongtaek, KOR
Gordon Shaw	1994	RSA	104.05	133	147	280	30-Jun	Strand, RSA
David Correos	1992	NZL	104.30	118	158	276	23-Jun	Christchurch, NZL
Michael Maomasi	1993	SOL	104.00	120	147	267	26-Feb	Honiara, SOL
Nii Otoo Larkyne	1995	GHA	100.20	117	150	267	3-Apr	Nairobi, KEN
Biddut Kumar Roy	1972	BAN	103.63	120	145	265	24-Mar	Nepalgunj, NEP
Kyle Pearson	1992	SCO	104.52	120	145	265	31-Mar	Glasgow, Scotland, GBR
Sione Hamani	1990	TGA	95.45	95	126	221	8-Jun	Apia, SAM
Matthew Inglott	1982	MLT	95.70	100	116	216	5-Feb	Valetta, MLT
<i>Luke Moce *</i>	1973	<i>FIJ</i>	<i>102.10</i>	<i>95</i>	<i>120</i>	<i>215</i>	<i>26-Feb</i>	<i>Suva, FIJ</i>

<b>+105kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
George Kobaladze	1976	CAN	132.48	172	220	392	2-Jun	La Prairie, CAN
Damon Kelly	1983	AUS	148.09	172	218	390	9-Jun	Apia, SAM
Itte Detenamo	1986	NRU	152.00	175	215	390	30-Jun	Mont Dore, NCL
Niusila Opeloge	1980	SAM	106.23	152	201	353	30-Mar	Apia, SAM
Frederic Fokejou Tefot	1979	CMR	131.90	156	190	346	2-Feb	Dammam, KSA
Darius Jokarzadeh	1993	WAL	150.60	160	183	343	5-May	Holyhead, GBR
Tijjani Abdulhakeem	1987	NGR	111.55	146	191	337	3-Apr	Nairobi, KEN
Riaan Smit	1982	RSA	120.75	150	181	331	30-Jun	Strand, RSA
Himanshu Kumar Chang	1992	IND	131.94	146	179	325	24-Mar	Nepalgunj, NEP
Daniel Nemani	1981	NIU	139.70	142	180	322	30-Jun	Alofi, NIU
Mustaqeem Mahmood Buut	1991	PAK	126.91	145	175	320	24-Mar	Nepalgunj, NEP
Tevita Ngalu	1973	NZL	124.10	135	175	310	28-Apr	Auckland, NZL
Marea Teoaiki	1980	KIR	115.40	122	180	302	26-May	Auckland, NZL
Andrew Ruegg	1986	ENG		134	163	297	26-May	Derby, England, GBR
Mohamad S. Hussin	1990	MAS	111.30	131	160	291	2-Feb	Dammam, KSA
Albert Abotsi	1981	GHA	107.20	120	170	290	3-Apr	Nairobi, KEN
Kyle Pearson	1992	SCO	107.60	120	153	273	28-Apr	Lilleshall, England, GBR
Maamaloa Lolohea	1968	TGA	130.80	120	153	273	9-Aug	Apia, SAM
Daniel Serences	1988	MLT	108.00	120	150	270	30-Jun	Valetta, MLT
Ali Farhad	1988	BAN	105.80	120	147	267	24-Mar	Nepalgunj, NEP
Lubega Rashid	1972	UGA	125.40	100	130	230	2-Feb	Dammam, KSA
Abdul Azim Najimi	1986	MAS	131.01	150	---	---	30-Apr	Pyeongtaek, KOR

NOTE: \* Fiji currently suspended from the Commonwealth.

# 2012 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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## WOMEN: ONE PER COUNTRY

as at 30 June

<b>48kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Marilou Dozois-Prevost	1986	CAN	47.95	80	98	178	31-Mar	Lachute, CAN
Ngangbam Sonyia Chanu	1980	IND	47.70	75	100	175	24-Apr	Pyeongtaek, KOR
Augustina Nwokolo	1992	NGR	47.25	75	95	170	29-Mar	Nairobi, KEN
Vivian Lee	1978	AUS	47.85	65	89	154	16-Jun	Brisbane, AUS
Joanne Calvino	1980	ENG	48.00	65	88	153	26-May	Deby, England, GBR
Numiada Nordin	1988	MAS	47.66	70	80	150	24-Apr	Pyeongtaek, KOR
Kathleen Hare	1988	PNG	47.80	67	77	144	30-Jun	Port Morseby, PNG
Mulla Shabira	1990	BAN	47.52	60	72	132	22-Mar	Nepalgunj, NEP
D.D.D. Abeysekera	1997	SRI	46.20	56	65	121	22-Mar	Nepalgunj, NEP
<i>Seruwaia Malani *</i>	1993	<i>FIJ</i>	<i>47.80</i>	<i>52</i>	<i>68</i>	<i>120</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Collete Will	1992	SCO	48.00	50	67	117	31-Mar	Glasgow, Scotland, GBR
Febrose Tsiode	1999	NRU	37.30	40	53	93	26-Feb	NRU
Charlotte Moss	1995	NZL	47.19	41	52	93	6-Jun	Auckland, NZL
Mary Toloau	1995	SOL	47.50	35	48	83	26-Feb	Honiara, SOL
Lasoi Wairimu	1985	KEN	46.75	35	42	77	29-Mar	Nairobi, KEN
Francesca Mercieca	2000	MLT	37.91	16	18	34	5-Feb	Valletta, MLT
<b>53kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Chinenye Fidelis	1993	NGR	52.50	87	115	202	31-Mar	Nairobi, KEN
Dika Toua	1984	PNG	52.22	80	102	182	6-Jun	Apia, SAM
Tikina Gopal	1980	IND	52.74	76	95	171	25-Apr	Pyeongtaek, KOR
Azizah Fadzil	1991	MAS	52.05	75	95	170	25-Apr	Pyeongtaek, KOR
Jessica Ruel	1991	CAN	52.97	75	93	168	3-Jun	La Prairie, CAN
Portia Vries	1984	RSA	52.55	69	91	160	30-Jun	Strand, RSA
Socheata Be	1989	AUS	52.75	70	90	160	16-Jun	Brisbane, AUS
Phillipa Hale	1984	NZL	51.80	69	80	149	23-Jun	Auckland, NZL
Ruth Baffoe	1994	GHA	52.45	62	75	137	31-Mar	Nairobi, KEN
Fullapati Chakma	1988	BAN	50.58	60	76	136	22-Mar	Nepalgunj, NEP
C.M. Wadumesthreege	1990	SRI	52.48	60	72	132	22-Mar	Nepalgunj, NEP
<i>Arieta Mudunavoce *</i>	1993	<i>FIJ</i>	<i>53.00</i>	<i>55</i>	<i>72</i>	<i>127</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Arina Kalibiu	1998	SOL	52.00	47	64	121	26-Feb	Honiara, SOL
Collete Will	1992	SCO	49.00	53	65	118	26-May	Derby, England, GBR
Amy Foy	1995	ENG	52.50	50	63	113	28-Apr	Lilleshall, England, GBR
Nicole Gatt	1997	MLT	49.88	40	55	95	30-Jun	Valetta, MLT
Kalsoom Beenazir Abdallah	1976	PAK	48.33	42	52	94	25-Apr	Pyeongtaek, KOR
Tori Itsimera	2000	NRU	49.90	38	50	88	26-Feb	NRU
Prisca Mwangi	1982	KEN	49.65	40	45	85	31-Mar	Nairobi, KEN
<b>58kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Zoe Smith	1994	ENG	57.94	92	116	208	11-Apr	Antalya, TUR
Annie Monique	1990	CAN	57.97	89	112	201	3-Jun	La Prairie, CAN
Margaret Uwah	1983	NGR	57.25	85	106	191	1-Apr	Nairobi, KEN
<i>Maria Liku *</i>	1990	<i>FIJ</i>	<i>57.39</i>	<i>84</i>	<i>104</i>	<i>188</i>	<i>6-Jun</i>	<i>Apia, SAM</i>
Seen Lee	1982	AUS	57.70	84	104	188	16-Jun	Brisbane, AUS
Minati Sethi	1990	IND	57.50	76	100	176	26-Apr	Pyeongtaek, KOR
Myriam Ghekap Wafo	1994	CMR	56.80	75	97	172	1-Apr	Nairobi, KEN
Jenlyn Tegu Wini	1983	SOL	57.00	72	98	170	26-Feb	Honiara, SOL
Franceay Titus	1991	MAS	57.59	73	96	169	26-Apr	Pyeongtaek, KOR
Ruby Malvina	1984	SEY	56.95	73	95	168	1-Apr	Nairobi, KEN
Mona Pretorius	1988	RSA	57.45	75	93	168	1-Apr	Nairobi, KEN
Fayema Akther	1991	BAN	57.38	65	91	156	23-Mar	Nepalgunj, NEP
Nikki Hamilton	1995	SCO	57.60	71	85	156	31-Mar	Glasgow, Scotland, GBR
Nicole Kumerich	1975	NZL	57.35	67	80	147	6-Jun	Apia, SAM
R.M.N.S. Rajapaksha	1990	SRI	55.85	60	75	135	23-Mar	Nepalgunj, NEP
Monalisa Kassman	1992	PNG	57.30	58	75	133	26-Feb	Port Morseby, PNG
Juliana Arkoh	1997	GHA	56.25	57	70	127	1-Apr	Nairobi, KEN
Moata Tokaniman	1997	KIR	54.70	45	60	105	30-Jun	Tarawa, KIR
Marilyn Grech	1988	MLT	54.40	37	35	72	30-Jun	Valetta, MLT

<b>63kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Christine Girard	1985	CAN	62.94	102	134	236	31-Mar	Edmonton, CAN
Obiama Agatha Okoli	1992	NGR	61.60	95	120	215	1-Apr	Nairobi, KEN
Zoe Smith	1994	ENG	60.60	94	117	211	26-May	Derby, England, GBR
Marie-Josophe Fegue	1991	CMR	61.85	92	110	202	1-Apr	Nairobi, KEN
Seen Lee	1982	AUS	59.10	78	102	180	25-Feb	Melbourne, AUS
Rajwant Kaur	1987	IND	62.49	72	103	175	26-Apr	Pyeongtaek, KOR
Hepline Iro	1992	SOL	61.90	74	90	164	7-Jun	Apia, SAM
Matshidiso Masiu	1992	RSA	62.05	70	90	160	30-Jun	Strand, RSA
Mercy Obiero	1978	KEN	61.40	65	91	156	1-Apr	Nairobi, KEN
<i>Julia Timi *</i>	<i>1996</i>	<i>FIJ</i>	<i>62.90</i>	<i>69</i>	<i>87</i>	<i>156</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Fakaola Tuipuloti	1997	TGA	61.98	65	82	147	7-Jun	Apia, SAM
Lauren Roberts	1985	NZL	62.80	67	80	147	11-Feb	Auckland, NZL
Jane Armour	1985	SCO	61.60	62	84	146	31-Mar	Glasgow, Scotland, GBR
Diana Tapak	1998	PNG	63.00	37	50	87	26-Feb	Port Morseby, PNG
Marika Lamsa	1997	KIR	61.50	40	45	85	30-Jun	Tarawa, KIR
Destiny Busutill	1996	MLT	62.22	33	52	85	30-Jun	Valetta, MLT
Misha Cannon	1997	NRU	61.30	35	47	82	30-Jun	NRU
L.G.A.V. Dharmasena	1985	SRI	62.95	60	---	---	23-Mar	Nepalgunj, NEP

<b>69kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Christine Girard	1985	CAN	67.80	107	136	243	30-Jun	Surrey, CAN
Laishram Monika Devi	1983	IND	68.75	98	117	215	28-Apr	Pyeongtaek, KOR
Natasha Perdue	1975	WAL	68.20	98	115	213	5-May	Holyhead, Wales, GBR
Janet Georges	1979	SEY	68.30	94	114	208	2-Apr	Nairobi, KEN
Oluwatoyin Adesanmi	1992	NGR	64.75	90	115	205	2-Apr	Nairobi, KEN
Manu Ah Khuoi	1982	SAM	68.95	85	107	192	11-May	Apia, SAM
Dora Abotsi	1991	GHA	67.95	80	100	180	2-Apr	Nairobi, KEN
Guba Hale	1986	PNG	68.80	80	100	180	26-Feb	Port Morseby, PNG
Georgina Black	1989	SCO	68.70	82	97	179	28-Apr	Lilleshall, England, GBR
Hepline Iro	1992	SOL	66.00	77	99	176	26-Feb	Honiara, SOL
Elena Palamara	1986	AUS	67.90	73	89	162	16-Jun	Brisbane, AUS
Chantel Lambrechts	1990	NZL	69.00	73	89	162	17-Mar	Auckland, NZL
Helena Miyenga	1984	CMR	68.60	70	90	160	2-Apr	Nairobi, KEN
Giovika Kepae	1994	NRU	67.86	67	80	147	7-Jun	Apia, SAM
Emily Cushion	1990	ENG	64.20	60	80	140	18-Feb	Oldbury, England, GBR
Uaraai Kaua	1996	KIR	69.00	57	75	132	30-Jun	Tarawa, KIR
Fronzinah Wanyonyi	1985	KEN	65.81	47	57	104	2-Apr	Nairobi, KEN
Destiny Busutill	1996	MLT	64.10	35	---	---	5-Feb	Valetta, MLT

<b>75kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Marie-Eve Beauchemin-Nadeau	1988	CAN	73.20	103	135	238	30-Jun	Surrey, CAN
Mary Opeloge	1992	SAM	74.50	105	132	237	11-May	Apia, SAM
Gaelle Nayo-Ketchanke	1988	CMR	71.65	100	130	230	3-Mar	Quimper, FRA
Bilikis Otunla	1994	NGR	71.45	97	120	217	2-Apr	Nairobi, KEN
Jenna Myers	1986	AUS	74.58	96	115	211	6-Jun	Apai, SAM
<i>Apolonia Vaivai *</i>	<i>1991</i>	<i>FIJ</i>	<i>74.13</i>	<i>86</i>	<i>107</i>	<i>193</i>	<i>8-Jun</i>	<i>Apai, SAM</i>
Georgina Black	1989	SCO	69.45	80	100	180	26-May	Derby, England, GBR
Chantel Lambrechts	1990	NZL	73.75	76	99	175	8-Jun	Apai, SAM
Alberta Ampomoh	1994	GHA	74.00	73	100	173	2-Apr	Nairobi, KEN
Susan Luisa	1989	SOL	73.30	70	87	157	26-Feb	Honiara, SOL
Shahria Sultana	1981	BAN	69.80	65	88	153	24-Mar	Nepalgunj, NEP
Jovika Kepae	1994	NRU	74.20	70	80	150	26-Feb	NRU
Sandra Ako	1993	PNG	69.50	60	80	140	26-Feb	Port Morseby, PNG
Marie Ranaivosoa	1990	MRI	69.85	57	78	135	2-Apr	Nairobi, KEN
Kaeuntaake Marcus	1988	KIR	73.00	57	72	129	26-Feb	Tarawa, KIR
Ivana Micallef	1997	MLT	70.00	32	50	82	30-Jun	Valetta, MLT

<b>+75kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Mariam Usman	1990	NGR	121.80	125	156	281	3-Apr	Nairobi, KEN
Ele Opeloge	1985	SAM	120.60	120	152	272	30-Jun	Apia, SAM
Tracey Lambrechts	1985	NZL	101.00	108	133	241	23-Jun	Auckland, NZL
Jeanne Lassen	1980	CAN	79.00	101	126	227	11-Feb	Auckland, NZL
Jenna Myers	1986	AUS	84.35	101	122	223	21-Apr	Sorell, AUS
Nurjannah Batrisya Abdullah	1990	MAS	106.50	100	121	221	29-Apr	Pyeongtaek, KOR
Janet Georges	1979	SEY		91	112	203	10-Mar	Victoria, SEY
<i>Apolonia Vaivai *</i>	<i>1991</i>	<i>FIJ</i>	<i>76.00</i>	<i>84</i>	<i>105</i>	<i>189</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Shalinee Valaydon	1986	MRI	110.45	83	104	187	3-Apr	Nairobi, KEN
Becky Namusoke	1990	UGA	92.70	82	103	185	3-Apr	Nairobi, KEN
Luisa Peters	1993	COK	87.32	80	98	178	9-Jun	Apia, SAM
Gemma Williams	1985	WAL	99.60	76	94	170	26-May	Derby, England, GBR
Michaela Detenamo	1992	NRU	76.80	80	85	165	26-Feb	NRU
Anna Kransnopolska	1982	ENG	81.70	70	90	160	26-May	Derby, England, GBR
M.M.D. Harischandra	1985	SRI	83.90	70	88	158	24-Mar	Nepalgunj, NEP
Lorraine Herry	1996	PNG	75.90	67	89	156	30-Jun	Port Morseby, PNG
Daisy Tolugu	1982	SOL	80.00	67	80	147	26-Feb	Honiara, SOL
Tatenda Nyatsanza	1988	SCO	82.30	65	82	147	31-Mar	Glasgow, Scotland, GBR
Jesmin Akter	1985	BAN	76.37	56	68	124	24-Mar	Nepalgunj, NEP
Mareta	1992	KIR	88.00	60	70	130	30-Jun	Tarawa, KIR
Jessica Ghigo	1984	MLT	77.38	40	75	115	30-Jun	Valetta, MLT

NOTE: \* Fiji currently suspended from the Commonwealth.