

2013 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

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MEN: TOP-25 ABSOLUTE

| 56kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Sukhen Dey | 1989 | IND | 55.64 | 114 | 140 | 254 | 25-Nov | Penang, MAS |
| V.S. Rao | 1981 | IND | 56.00 | 109 | 137 | 246 | 6-Jan | Modinagar, IND |
| D.V.K.T. Palagasinghe | 1993 | SRI | 55.90 | 106 | 135 | 241 | 25-Nov | Penang, MAS |
| Apurba Chetia | 1994 | IND | 55.80 | 105 | 135 | 240 | 25-Nov | Penang, MAS |
| Mohd Aznil Bidin | 1994 | MAS | 56.00 | 104 | 133 | 237 | 13-Dec | Yangon, MYA |
| C.S.S.P. Wijesuriya | 1984 | SRI | | 106 | 130 | 236 | 9-Feb | Polonnaruwa, SRI |
| E.A.K.D. Edogawatte | 1985 | SRI | | 105 | 129 | 234 | 19-Jul | Kandy, SRI |
| Korada Ramana | 1989 | IND | 55.30 | 103 | 130 | 233 | 6-Jan | Modinagar, IND |
| Zulheli Md Pisol | 1993 | MAS | 55.99 | 100 | 130 | 230 | 25-Nov | Penang, MAS |
| T.B.C. Lalchhanhima | 1997 | IND | 55.60 | 100 | 128 | 228 | 17-Aug | Nanjing, CHN |
| M. Manoj Kumar | 1995 | IND | 55.02 | 99 | 126 | 225 | 26-Dec | Guwahati, IND |
| K. Kannudaiyar | 1988 | IND | 55.10 | 100 | 125 | 225 | 6-Jan | Modinagar, IND |
| Mhd Ans Malik | 1994 | MAS | 55.67 | 101 | 124 | 225 | 25-Nov | Penang, MAS |
| G. Wilson | 1977 | IND | 55.70 | 100 | 125 | 225 | 6-Jan | Modinagar, IND |
| Morea Baru | 1990 | PNG | 55.86 | 98 | 126 | 224 | 3-Sep | Matu-Utu, FRA |
| Callixtus Daunis | 1996 | MAS | 55.70 | 100 | 122 | 222 | 14-Oct | Ubon Ratchathani, THA |
| V. Kumar | 1983 | IND | 55.90 | 102 | 119 | 221 | 6-Jan | Modinagar, IND |
| Anrich Phillips | 1992 | RSA | 55.90 | 90 | 131 | 221 | 25-Nov | Penang, MAS |
| Y. Shiva Kumar | 1991 | IND | 55.45 | 95 | 124 | 219 | 6-Jan | Modinagar, IND |
| Muhammad Azroy | | MAS | 54.00 | 102 | 116 | 218 | 24-Mar | Kota Kinabalu, MAS |
| Sukhwinder Singh | 1990 | IND | 55.95 | 100 | 118 | 218 | 6-Jan | Modinagar, IND |
| Giwa Taju Ola | 1992 | NGR | 55.00 | 97 | 120 | 217 | 1-Aug | Uyo, NGR |
| Vikram | 1987 | IND | 55.40 | 95 | 122 | 217 | 6-Jan | Modinagar, IND |
| N. Srinu | 1993 | IND | 55.88 | 97 | 119 | 216 | 26-Dec | Guwahati, IND |
| A.U.M.M. Wijesingha | | SRI | | 95 | 121 | 216 | 9-Feb | Polonnaruwa, SRI |
| 62kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Lapua Lapua | 1991 | TUV | 61.80 | 118 | 152 | 270 | 9-Aug | Mont Dore, FRA |
| Mohd Dinie Akmal | 1994 | MAS | 61.84 | 120 | 147 | 267 | 26-Nov | Penang, MAS |
| D.M.I.C. Dissnayake | 1989 | SRI | | 122 | 143 | 265 | 19-Jul | Kandy, SRI |
| Vaipava Nevo Ioane | 1988 | SAM | 61.47 | 110 | 154 | 264 | 3-Sep | Matu-Utu, FRA |
| Rustam Sarang | 1988 | IND | 61.85 | 117 | 147 | 264 | 21-Jun | Astana, KAZ |
| Senthamizh Selvan Dilli | 1987 | IND | 61.72 | 118 | 145 | 263 | 22-Oct | Wroclaw, POL |
| Constantine Clement Awos | 1994 | MAS | 62.00 | 121 | 142 | 263 | 13-Dec | Yangon, MYA |
| Ianne Guinares | 1988 | NZL | 61.40 | 114 | 142 | 256 | 11-Jul | Brisbane, AUS |
| Mohd Fauzi Hasibullah | 1989 | MAS | 61.75 | 115 | 141 | 256 | 26-Nov | Penang, MAS |
| Vannara Be | 1988 | AUS | 61.85 | 120 | 135 | 255 | 21-Dec | Melbourne, AUS |
| King Kalu | 1995 | NGR | 60.23 | 110 | 140 | 250 | 26-Nov | Penang, MAS |
| V. Ramesh Kumar | 1987 | IND | 62.00 | 115 | 135 | 250 | 6-Jan | Modinagar, IND |
| Gareth Evans | 1986 | WAL | 61.10 | 112 | 136 | 248 | 7-Dec | Cardiff, Wales, GBR |
| Achyutananda Sahoo | 1994 | IND | 61.92 | 108 | 140 | 248 | 27-Dec | Guwahati, IND |
| Apurba Chetia | 1994 | IND | 58.00 | 112 | 135 | 247 | 27-Dec | Guwahati, IND |
| Lalu Taku | 1998 | IND | 60.90 | 110 | 136 | 246 | 23-Dec | Guwahati, IND |
| Morea Baru | 1990 | PNG | 58.50 | 105 | 140 | 245 | 9-Aug | Mont Dore, FRA |
| Ivelin Nedelchev Antonov | 1993 | CYP | 61.45 | 115 | 130 | 245 | 26-Oct | Limassol, CYP |
| Akshay Bhagwan Gaikwad | 1996 | IND | 61.20 | 109 | 135 | 244 | 29-May | Doha, QAT |
| Christos Michaelas | 1993 | ENG | 61.98 | 108 | 136 | 244 | 26-Nov | Penang, MAS |
| Sushant Sahu | 1991 | IND | 61.00 | 105 | 138 | 243 | 6-Jan | Modinagar, IND |
| Pardeep Heera | 1988 | IND | 60.70 | 108 | 133 | 241 | 6-Jan | Modinagar, IND |
| D. Karthi | 1988 | IND | 61.60 | 106 | 135 | 241 | 6-Jan | Modinagar, IND |
| Cestin Mballa Nke | 1993 | CMR | 61.73 | 105 | 135 | 240 | 25-Sep | Palembang, INA |
| Elson Brechtefeld | 1994 | NRU | 61.74 | 103 | 135 | 238 | 17-Jan | Sydney, AUS |

| 69kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Mohd Hafifi Mansor | 1990 | MAS | 68.90 | 137 | 175 | 312 | 14-Dec | Yangon, MYA |
| Francis Luna-Grenier | 1987 | CAN | 68.76 | 130 | 162 | 292 | 23-Oct | Wroclaw, POL |
| Toromon Takenibeia | 1992 | KIR | 68.74 | 128 | 160 | 288 | 27-Nov | Penang, MAS |
| Papul Changmai | 1994 | IND | 68.58 | 126 | 160 | 286 | 5-Jul | Bishkek, KGZ |
| Ayenuwa Yinka | 1986 | NGR | 68.35 | 120 | 165 | 285 | 27-Nov | Penang, MAS |
| Chinthana Vidanage | 1981 | SRI | 68.97 | 125 | 160 | 285 | 27-Nov | Penang, MAS |
| Omkar Otari | 1987 | IND | 68.00 | 131 | 153 | 284 | 7-Jan | Modinagar, IND |
| Mohammad Azril Huzairi Ramli | 1995 | MAS | 68.75 | 130 | 152 | 282 | 15-Oct | Ubon Ratchathani, THA |
| Vikas | 1991 | IND | 68.20 | 127 | 154 | 281 | 7-Jan | Modinagar, IND |
| Francois Chenier | 1990 | CAN | 68.66 | 126 | 150 | 276 | 23-Mar | La Prairie, CAN |
| Sambo Lapung | 1997 | IND | 68.10 | 122 | 151 | 273 | 27-Dec | Guwahati, IND |
| Ekani Belinga Joseph | 1989 | CMR | 68.20 | 120 | 150 | 270 | 26-Sep | Palembang, INA |
| Cody Cole | 1990 | NZL | 68.90 | 122 | 148 | 270 | 4-Oct | Christchurch, NZL |
| Ademola Oginni | | NGR | 68.40 | 118 | 150 | 268 | 1-Aug | Uyo, NGR |
| Mohd Fauzi Hasibullah | 1989 | MAS | 66.55 | 117 | 149 | 266 | 25-Mar | Kota Kinabalu, MAS |
| Loro Wellkinson Peuji | 1995 | MAS | 68.10 | 118 | 148 | 266 | 25-Mar | Kota Kinabalu, MAS |
| Chris Freebury | 1989 | ENG | 68.20 | 120 | 146 | 266 | 13-Jul | Bangor, Wales, GBR |
| Lapua Lapua | 1991 | TUV | 63.80 | 120 | 145 | 265 | 14-Dec | Mont Dore, FRA |
| Rajkumar Parihar | 1984 | IND | 67.75 | 115 | 150 | 265 | 7-Jan | Modinagar, IND |
| Jagdish Vishwakarma | 1994 | IND | 68.08 | 117 | 146 | 263 | 27-Dec | Guwahati, IND |
| Gareth Evans | 1986 | WAL | 64.96 | 117 | 143 | 260 | 27-Apr | Cospicua, MLT |
| Emmanuel Offor | | NGR | 68.30 | 115 | 145 | 260 | 1-Aug | Uyo, NGR |
| Elson Brechtefeld | 1994 | NRU | 68.39 | 110 | 150 | 260 | 27-Nov | Penang, MAS |
| Dominic Lussier | 1984 | CAN | 68.92 | 120 | 140 | 260 | 18-May | Edmonton, CAN |
| Ravi Teja | 1996 | IND | 67.18 | 113 | 146 | 259 | 27-Dec | Guwahati, IND |

| 77kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Sathish Kumar Sivalingam | 1992 | IND | 76.90 | 142 | 175 | 317 | 28-Nov | Penang, MAS |
| Francois Etoundi | 1984 | AUS | 76.60 | 138 | 174 | 312 | 28-Nov | Penang, MAS |
| Jean-Baptiste Yanou-Ketchanke | 1993 | CMR | 76.80 | 137 | 173 | 310 | 2-Nov | Casablanca, MAR |
| Venkat Rahul Ragala | 1997 | IND | 76.95 | 142 | 168 | 310 | 21-Aug | Nanjing, CHN |
| Kojum Taba | 1997 | IND | 73.16 | 132 | 169 | 301 | 27-Dec | Guwahati, IND |
| Namdum Dickson Seldun | 1992 | NGR | 76.58 | 135 | 165 | 300 | 28-Nov | Penang, MAS |
| Toafito Perive | 1985 | SAM | 76.34 | 127 | 170 | 297 | 25-Feb | Apia, SAM |
| Tej Singh | 1987 | IND | 76.25 | 132 | 163 | 295 | 7-Jan | Modinagar, IND |
| Mohammad Azril Huzairi Ramli | 1995 | MAS | 71.45 | 132 | 161 | 293 | 14-Dec | Yangon, MYA |
| Ajaydeep Sarang | 1989 | IND | 75.75 | 132 | 160 | 292 | 7-Jan | Modinagar, IND |
| Shaun Clegg | 1992 | ENG | 75.95 | 135 | 157 | 292 | 3-Nov | London, England, GBR |
| Francis Luna-Grenier | 1987 | CAN | 71.80 | 126 | 165 | 291 | 14-Sep | Montreal, CAN |
| K.L. Metei | 1988 | IND | 76.10 | 126 | 165 | 291 | 7-Jan | Modinagar, IND |
| Mathew Madsen | 1991 | NZL | 76.12 | 123 | 166 | 289 | 28-Nov | Penang, MAS |
| Mark Spooner | 1984 | NZL | 75.45 | 126 | 161 | 287 | 24-Aug | Auckland, NZL |
| Halil Zorba | 1988 | ENG | 76.00 | 122 | 165 | 287 | 16-Feb | Newport, England, GBR |
| Jean-Marc Beland | 1984 | CAN | 77.00 | 130 | 156 | 286 | 9-Nov | La Prairie, CAN |
| Takenibeia Toromon | 1992 | KIR | 70.60 | 125 | 160 | 285 | 5-Oct | Mont Dore, FRA |
| Pradeep Sharma | 1978 | IND | 76.35 | 130 | 154 | 284 | 7-Jan | Modinagar, IND |
| Ben Turner | 1984 | AUS | 76.80 | 121 | 163 | 284 | 13-Jul | Brisbane, AUS |
| Anupdeo Toppo | 1990 | IND | 73.95 | 125 | 155 | 280 | 7-Jan | Modinagar, IND |
| S. Sebastian Joseph | 1989 | IND | 75.20 | 120 | 160 | 280 | 7-Jan | Modinagar, IND |
| Guy Ngongang Tchuissei | 1995 | CMR | 75.20 | 125 | 155 | 280 | 2-Nov | Casablanca, MAR |
| Ibrahim Rabiou | 1994 | NGR | 75.45 | 120 | 160 | 280 | 2-Aug | Uyo, NGR |
| Nyuh Venatius | 1988 | CMR | 76.00 | 120 | 160 | 280 | 26-Sep | Palembang, INA |
| Bob Pesaleli | 1992 | SAM | 76.21 | 120 | 160 | 280 | 25-Feb | Apia, SAM |
| Daniel Katz | 1990 | AUS | 76.90 | 125 | 155 | 280 | 21-Dec | Melbourne, AUS |
| Toua Udia | 1992 | PNG | 77.00 | 117 | 163 | 280 | 9-Aug | Mont Dore, FRA |

| 85kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Richard Patterson | 1983 | NZL | 84.58 | 151 | 192 | 343 | 29-Nov | Penang, MAS |
| Mathieu Marineau | 1990 | CAN | 84.80 | 151 | 184 | 335 | 18-May | Edmonton, CAN |
| Pascal Plamadon | 1992 | CAN | 84.75 | 145 | 185 | 330 | 21-Dec | Drummondville, CAN |
| Steven Kari | 1993 | PNG | 84.81 | 140 | 185 | 325 | 19-Jan | Sydney, AUS |
| Vikas Thakur | 1993 | IND | 83.96 | 142 | 180 | 322 | 5-Jul | Bishkek, KGZ |
| Aigbefoh Gideon | 1990 | NGR | 83.32 | 145 | 175 | 320 | 29-Nov | Penang, MAS |
| Jack Oliver | 1991 | ENG | 83.75 | 140 | 180 | 320 | 26-Sep | Tallin, EST |
| Neeraj Sharma | 1994 | IND | 84.64 | 140 | 172 | 312 | 5-Jul | Bishkek, KGZ |
| Malek Chamoun | 1989 | AUS | 84.13 | 135 | 175 | 310 | 29-Nov | Penang, MAS |
| Petit David Minkoumba | 1989 | CMR | 85.00 | 137 | 170 | 307 | 26-Sep | Palembang, INA |
| Darryl Conrad | 1984 | CAN | | 139 | 168 | 307 | 12-Oct | Winnipeg, CAN |
| Vijay Mathur | | IND | 83.20 | 139 | 167 | 306 | 8-Jan | Modinagar, IND |
| Bradley Burrowes | 1979 | ENG | 84.60 | 145 | 160 | 305 | 13-Jul | Bangor, Wales, GBR |
| Saxon Gregory-Hunt | 1993 | NZL | 84.60 | 135 | 170 | 305 | 5-Oct | Christchurch, NZL |
| Abdulrahim Salihu | | NGR | 84.85 | 135 | 170 | 305 | 1-Aug | Uyo, NGR |
| Sunil | 1991 | IND | 83.60 | 131 | 173 | 304 | 8-Jan | Modinagar, IND |
| Jasvant Singh | 1990 | IND | 83.70 | 137 | 166 | 303 | 8-Jan | Modinagar, IND |
| Gabriel Filiatreault | 1993 | CAN | 83.93 | 132 | 169 | 301 | 18-May | Edmonton, CAN |
| Jocelyn Dewar | 1986 | CAN | 84.18 | 131 | 169 | 300 | 18-May | Edmonton, CAN |
| Yukio Peter | 1984 | NRU | 84.59 | 130 | 170 | 300 | 4-Sep | Matu-Utu, FRA |
| Troy Hewkins | 1986 | AUS | 84.05 | 135 | 162 | 297 | 13-Jul | Brisbane, AUS |
| Zulkifli Che Ros | 1985 | MAS | 81.40 | 131 | 165 | 296 | 26-Mar | Kota Kinabalu, MAS |
| Jean-Marc Beland | 1984 | CAN | 80.64 | 135 | 160 | 295 | 18-May | Edmonton, CAN |
| Caleb Symon | 1982 | NZL | 85.00 | 127 | 168 | 295 | 20-Apr | Auckland, NZL |
| Aaron Rose | 1994 | CAN | 80.10 | 130 | 163 | 293 | 9-Nov | Mississauga, CAN |
| Halil Zorba | 1988 | ENG | 80.55 | 120 | 173 | 293 | 2-Feb | Landskrona, SWE |

| 94kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Steven Kari | 1993 | PNG | 93.63 | 152 | 200 | 352 | 29-Nov | Penang, MAS |
| Chandrakant Dadu Mali | 1987 | IND | 92.70 | 153 | 190 | 343 | 9-Jan | Modinagar, IND |
| Simplice Ribouem | 1982 | AUS | 92.40 | 150 | 190 | 340 | 13-Jul | Brisbane, AUS |
| Mathieu Marineau | 1990 | CAN | 87.94 | 150 | 186 | 336 | 23-Mar | La Prairie, CAN |
| Peter Kirkbride | 1987 | SCO | 93.02 | 142 | 186 | 328 | 29-Nov | Penang, MAS |
| Sonny Webster | 1994 | ENG | 93.70 | 142 | 182 | 324 | 29-Nov | Penang, MAS |
| Paul Dumais | 1991 | CAN | 89.20 | 147 | 175 | 322 | 18-May | Edmonton, CAN |
| Owen Boxall | 1990 | ENG | 92.93 | 142 | 178 | 320 | 29-Nov | Penang, MAS |
| Mohammad Jameer Hussain | 1993 | IND | 92.70 | 140 | 178 | 318 | 29-Dec | Guwahati, IND |
| Friday Olusola | 1990 | NGR | 92.40 | 150 | 165 | 315 | 2-Aug | Uyo, NGR |
| Yukio Peter | 1990 | NRU | 87.30 | 143 | 170 | 313 | 9-Aug | Mont Dore, FRA |
| Zac Grgurevic | 1991 | AUS | 93.75 | 138 | 175 | 313 | 18-May | Melbourne, AUS |
| Petunu Opeloge | 1994 | SAM | 93.32 | 140 | 170 | 310 | 5-Sep | Matu-Utu, FRA |
| Mohd Faiz Musa | 1989 | MAS | 93.65 | 135 | 173 | 308 | 16-Dec | Yangon, MYA |
| Saxton Gregory-Hunt | 1993 | NZL | 86.20 | 137 | 170 | 307 | 27-Jul | Dunedin, NZL |
| David Samayoa | 1992 | CAN | 88.20 | 136 | 171 | 307 | 14-Dec | Regina, CAN |
| Mandeep Singh | 1984 | IND | 93.10 | 136 | 171 | 307 | 9-Jan | Modinagar, IND |
| Faavae Faauliuli | 1985 | SAM | 94.00 | 125 | 180 | 305 | 25-Feb | Apia, SAM |
| Dharmender Paliwal | 1984 | IND | 92.70 | 136 | 167 | 303 | 9-Jan | Modinagar, IND |
| Dalas Santavy | 1972 | CAN | 93.90 | 133 | 170 | 303 | 24-Mar | Mississauga, CAN |
| Harpreet Singh | 1990 | IND | 92.00 | 141 | 160 | 301 | 9-Jan | Modinagar, IND |
| Geoffrey Yee | 1990 | CAN | 92.40 | 125 | 175 | 300 | 14-Dec | Surrey, CAN |
| Justin Ott | 1983 | CAN | 93.30 | 135 | 165 | 300 | 14-Dec | Surrey, CAN |
| Mikael Gonsalves | 1992 | CAN | 94.00 | 130 | 170 | 300 | 25-Oct | La Sarre, CAN |
| Richard Gonsalves | 1990 | CAN | 93.61 | 135 | 164 | 299 | 18-May | Edmonton, CAN |

| 105kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Steven Kari | 1993 | PNG | 96.25 | 153 | 200 | 353 | 16-Nov | Melbourne, AUS |
| David Katoatau | 1984 | KIR | 101.60 | 153 | 200 | 353 | 15-Jun | Mont Dore, FRA |
| Ivorn McKnee | 1981 | BAR | 104.36 | 160 | 190 | 350 | 30-Nov | Penang, MAS |
| Andrew Ciancio | 1978 | NZL | 100.70 | 157 | 191 | 348 | 16-Nov | Melbourne, AUS |
| Tovia Opeloge | 1990 | SAM | 104.21 | 150 | 193 | 343 | 30-Nov | Penang, MAS |
| M. Syamlal | 1989 | IND | 99.75 | 146 | 190 | 336 | 9-Jan | Modinagar, IND |
| Robert Galsworthy | 1989 | AUS | 104.65 | 145 | 187 | 332 | 21-Dec | Brisbane, AUS |
| Ben Watson | 1990 | ENG | 103.55 | 153 | 175 | 328 | 30-Nov | Penang, MAS |
| Victor Abilash Christopher | 1986 | IND | 104.55 | 148 | 180 | 328 | 25-Jun | Astana, KAZ |
| Cory Coehoorn | 1984 | CAN | 104.80 | 144 | 182 | 326 | 18-May | Edmonton, CAN |
| Gurjeet Singh | 1986 | IND | 104.15 | 147 | 178 | 325 | 9-Jan | Modinagar, IND |
| Max Dal Santo | 1985 | AUS | 99.40 | 145 | 179 | 324 | 14-Jul | Brisbane, AUS |
| Petunu Oleloge | 1994 | SAM | 95.68 | 143 | 178 | 321 | 30-Nov | Penang, MAS |
| Peter Kirkbride | 1987 | SCO | 94.32 | 137 | 183 | 320 | 22-Sep | Glasgow, Scotland, GBR |
| Akos Sandor | 1977 | CAN | 104.89 | 142 | 177 | 319 | 18-May | Edmonton, CAN |
| Zac Grgurevic | 1991 | AUS | 100.20 | 142 | 175 | 317 | 24-Aug | Melbourne, AUS |
| Gordon Laurie | 1986 | AUS | 104.70 | 151 | 166 | 317 | 18-May | Sunshine Coast, AUS |
| Jesse Martini | 1980 | CAN | 104.62 | 135 | 181 | 316 | 26-Jan | Edmonton, CAN |
| Mohammad Jameer Hussain | 1993 | IND | 96.68 | 136 | 179 | 315 | 30-Nov | Penang, MAS |
| Ryan Meidl | 1982 | CAN | 104.60 | 141 | 170 | 311 | 28-Dec | Edmonton, CAN |
| Ifeanyi Ikwagwu | 1983 | NGR | 103.20 | 133 | 176 | 309 | 3-Aug | Uyo, NGR |
| Joshua Quinn | 1991 | AUS | 104.65 | 140 | 167 | 307 | 23-Mar | Melbourne, AUS |
| B. Narendra | 1984 | IND | 103.70 | 131 | 175 | 306 | 9-Jan | Modinagar, IND |
| Solomon Onyema | | NGR | 100.25 | 145 | 160 | 305 | 3-Aug | Uyo, NGR |
| S.K. Singh | 1977 | IND | 103.05 | 135 | 170 | 305 | 9-Jan | Modinagar, IND |
| Eric Grenier | 1986 | CAN | 104.58 | 140 | 165 | 305 | 25-Oct | La Sarre, CAN |
| +105kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| George Kolbaladze | 1976 | CAN | 135.32 | 174 | 226 | 400 | 19-May | Edmonton, CAN |
| Darius Jokarzadeh | 1993 | WAL | 142.50 | 170 | 215 | 385 | 10-May | Lima, PER |
| Damon Kelly | 1983 | AUS | 144.75 | 165 | 210 | 375 | 18-May | Sunshine Coast, AUS |
| Itte Detenamo | 1986 | NRU | 150.00 | 160 | 200 | 360 | 30-Nov | Penang, MAS |
| Parm Phangura | 1979 | CAN | 135.60 | 155 | 198 | 353 | 23-Mar | Saskatoon, CAN |
| Abd. Azim Najmi Abd Rashid | 1986 | MAS | 126.69 | 157 | 191 | 348 | 30-Nov | Penang, MAS |
| Himanshu Kumar Chang | 1992 | IND | 133.55 | 154 | 192 | 346 | 10-Jan | Modinagar, IND |
| Chris Rae | 1980 | AUS | 130.08 | 160 | 185 | 345 | 14-Dec | Adelaide, AUS |
| Danny Nemani | 1981 | NIU | 148.00 | 155 | 185 | 340 | 9-Aug | Mont Dore, FRA |
| Tovia Opeloge | 1990 | SAM | 108.22 | 152 | 186 | 338 | 5-Sep | Matu-Utu, FRA |
| Marc-Oliver Prevost | 1987 | CAN | 141.65 | 157 | 180 | 337 | 21-Dec | Drummondville, CAN |
| Sandeep Kumar | 1980 | IND | 135.63 | 145 | 187 | 332 | 30-Nov | Penang, MAS |
| Stas Chalaev | 1986 | NZL | 105.45 | 151 | 180 | 331 | 18-May | Auckland, NZL |
| Gordon Shaw | 1994 | RSA | 110.50 | 155 | 172 | 327 | 28-Sep | Port Elizabeth, RSA |
| Pardeep Singh | 1985 | IND | 118.25 | 139 | 188 | 327 | 10-Jan | Modinagar, IND |
| Sanjeev Nehra | 1985 | IND | 118.95 | 146 | 181 | 327 | 10-Jan | Modinagar, IND |
| Tijani Abdwakeen | 1987 | NGR | 105.25 | 146 | 180 | 326 | 3-Aug | Uyo, NGR |
| Miklos Bencsik | 1989 | CAN | 118.00 | 135 | 182 | 317 | 17-Aug | Lake Country, CAN |
| Jordan Steffens | 1989 | AUS | 129.75 | 140 | 176 | 316 | 14-Jul | Brisbane, AUS |
| Akos Sandor | 1977 | CAN | 108.70 | 140 | 175 | 315 | 17-Aug | Collingwood, CAN |
| John Hanna | 1983 | ENG | 121.90 | 145 | 170 | 315 | 13-Oct | Lilleshall, England, GBR |
| Joshua Quinn | 1991 | AUS | 110.10 | 136 | 177 | 313 | 26-Jan | Melburne, AUS |
| Gabriel Auclair | 1984 | CAN | 115.80 | 137 | 176 | 313 | 14-Dec | Surrey, CAN |
| Mohd Shafiq Husin | 1990 | MAS | 118.80 | 141 | 172 | 313 | 27-Mar | Kota Kinabalu, MAS |
| Matthew O'Brien | 1990 | CAN | 160.00 | 137 | 175 | 312 | 24-Mar | Mississauga, CAN |

NOTE: * Fiji currently suspended from the Commonwealth.

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WOMEN: TOP-25 ABSOLUTE

| 48kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Ngangbam Soniya Chanu | 1980 | IND | 47.45 | 77 | 99 | 176 | 6-Jan | Modinagar, IND |
| Saikhom Mirabai Chanu | 1994 | IND | 47.38 | 75 | 95 | 170 | 27-Dec | Guwahati, IND |
| Jessica Ruel | 1991 | CAN | 47.98 | 73 | 88 | 161 | 21-Dec | Drummondville, CAN |
| Portia Vries | 1984 | RSA | 47.27 | 70 | 87 | 157 | 26-Nov | Penang, MAS |
| Augustina Nwokolo | 1992 | NGR | 47.30 | 65 | 90 | 155 | 1-Aug | Uyo, NGR |
| Monalish Sonowal | 1996 | IND | 47.82 | 66 | 87 | 153 | 26-Dec | Guwahati, IND |
| Amandeep Kaur | 1989 | IND | 47.65 | 70 | 81 | 151 | 6-Jan | Modinagar, IND |
| Nomayo Grace | Yth | NGR | | | | 150 | 30-Jul | Uyo, NGR |
| Meera Parshram Fakade | 1994 | IND | 47.85 | 63 | 83 | 146 | 4-Jul | Bishkek, KGZ |
| Vivian Lee | 1978 | AUS | 47.75 | 60 | 85 | 145 | 23-Mar | Melbourne, AUS |
| Sushila Majhi | 1995 | IND | 47.66 | 64 | 80 | 144 | 27-Dec | Guwahati, IND |
| Tegan Napper | 1986 | AUS | 47.84 | 65 | 79 | 144 | 26-Nov | Penang, MAS |
| Hannah Powell | 1992 | ENG | 44.83 | 62 | 81 | 143 | 26-Nov | Penang, MAS |
| Nur Niada Nordin | 1988 | MAS | 47.80 | 65 | 78 | 143 | 24-Mar | Kota Kinabalu, MAS |
| Dali Das | 1993 | IND | 48.00 | 63 | 80 | 143 | 26-Dec | Guwahati, IND |
| Amanda Braddock | 1989 | CAN | 47.50 | 63 | 76 | 139 | 17-Aug | Collingwood, CAN |
| Molla Shabira | 1990 | BAN | 47.94 | 65 | 73 | 138 | 24-Sep | Palembang, INA |
| Kathleen Hare | 1988 | PNG | 48.00 | 62 | 75 | 137 | 11-May | Port Moresby, PNG |
| P. Ganga Devi | 1997 | IND | 47.10 | 62 | 74 | 136 | 22-Dec | Guwahati, IND |
| Dinuda Dilshani Abeysekar Dona | 1997 | SRI | 47.28 | 62 | 74 | 136 | 26-Nov | Penang, MAS |
| Chandrika Tarafdar | 1996 | IND | 43.16 | 57 | 78 | 135 | 8-Apr | Tashkent, UZB |
| Nur Ainul Jannah | 1988 | MAS | 46.60 | 60 | 75 | 135 | 24-Mar | Kota Kinabalu, MAS |
| Harshdeep Kaur | 1994 | IND | 47.53 | 60 | 75 | 135 | 23-Jan | Sangli, IND |
| Mohini Chavan | 1999 | IND | 45.82 | 60 | 74 | 134 | 26-Dec | Guwahati, IND |
| Parveen Kaur | 1995 | IND | 46.20 | 58 | 75 | 133 | 26-Dec | Guwahati, IND |
| 53kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Dika Toua | 1984 | PNG | 52.60 | 84 | 110 | 194 | 29-Jun | Mont Dore, FRA |
| Azizah Fadzil | 1991 | MAS | 52.70 | 77 | 100 | 177 | 14-Dec | Yangon, MYA |
| Swarti Singh | 1987 | IND | 53.00 | 79 | 97 | 176 | 7-Jan | Modinagar, IND |
| Amalaha Joy Chima | 1997 | NGR | 52.82 | 80 | 95 | 175 | 26-Nov | Penang, MAS |
| Harshdeep Kaur | 1994 | IND | 51.46 | 79 | 95 | 174 | 26-Dec | Guwahati, IND |
| Tikina Dey | 1980 | IND | 51.80 | 78 | 94 | 172 | 7-Jan | Modinagar, IND |
| Syarifah Inani Najwa Syed Omar | 1990 | MAS | 52.52 | 73 | 98 | 171 | 26-Nov | Penang, MAS |
| Matsa Santoshi | 1994 | IND | 52.82 | 73 | 98 | 171 | 26-Nov | Penang, MAS |
| Phillipa Hale | 1984 | NZL | 51.94 | 75 | 95 | 170 | 26-Nov | Penang, MAS |
| Preeti | 1982 | IND | 52.60 | 72 | 97 | 169 | 7-Jan | Modinagar, IND |
| Erika Yamasaki | 1987 | AUS | 52.95 | 74 | 94 | 168 | 11-Jul | Brisbane, AUS |
| H. Shaya Devi | 1982 | IND | 52.75 | 77 | 90 | 167 | 7-Jan | Modinagar, IND |
| Jessica Ruel | 1991 | CAN | 52.35 | 76 | 90 | 166 | 22-Sep | La Sarre, CAN |
| Kavita Kumari | 1987 | IND | 51.90 | 75 | 90 | 165 | 7-Jan | Modinagar, IND |
| Pramila Krisani | 1996 | IND | 52.10 | 71 | 92 | 163 | 26-Nov | Penang, MAS |
| Tangbi Devi | 1992 | IND | 52.45 | 70 | 93 | 163 | 7-Jan | Modinagar, IND |
| Amandeep Kaur | 1989 | IND | 52.53 | 73 | 90 | 163 | 21-Oct | Wroclaw, POL |
| Joti Mal | 1996 | IND | 52.54 | 70 | 93 | 163 | 26-Dec | Guwahati, IND |
| Socheata Be | 1989 | AUS | 52.70 | 70 | 93 | 163 | 23-Mar | Melbourne, AUS |
| Anju Chouhan | 1992 | IND | 52.30 | 71 | 86 | 157 | 7-Jan | Modinagar, IND |
| P. Purnima Chanu | 1998 | IND | 52.44 | 67 | 85 | 152 | 23-Dec | Guwahati, IND |
| Jo Calvino | 1980 | ENG | 52.70 | 65 | 87 | 152 | 16-Feb | Newport, England, GBR |
| Helena Billen | 1995 | CAN | 52.74 | 66 | 86 | 152 | 19-May | Edmonton, CAN |
| Erra Deexitha | 1997 | IND | 52.48 | 65 | 86 | 151 | 26-Nov | Penang, MAS |
| Taylor Findlay | 1993 | CAN | 52.73 | 66 | 85 | 151 | 19-May | Edmonton, CAN |
| Jessica Jean | 1996 | CAN | 52.90 | 68 | 83 | 151 | 1-Jun | Toronto, CAN |

| 58kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Winifred Ndidi Eze | 1988 | NGR | 57.33 | 87 | 113 | 200 | 26-Nov | Penang, MAS |
| Michaela Breeze | 1979 | WAL | 57.20 | 89 | 106 | 195 | 7-Dec | Cardiff, Wales, GBR |
| Margaret Effiong Uwah | 1992 | NGR | 57.45 | 85 | 110 | 195 | 2-Aug | Uyo, NGR |
| Annie Moniqui | 1990 | CAN | 57.89 | 86 | 109 | 195 | 23-Mar | La Prairie, CAN |
| Clementina Agricole | 1988 | SEY | 57.52 | 85 | 105 | 190 | 26-Nov | Penang, MAS |
| Minati Sethi | 1990 | IND | 57.83 | 80 | 110 | 190 | 26-Nov | Penang, MAS |
| Jenlyn Wini Tegu | 1983 | SOL | 57.90 | 80 | 110 | 190 | 15-Jun | Mont Dore, FRA |
| Seen Lee | 1982 | AUS | 57.94 | 84 | 106 | 190 | 26-Nov | Penang, MAS |
| Amalaha Joy Chima | 1997 | NGR | | | | 190 | 19-Apr | Lagos, NGR |
| Meena Kumari | 1989 | IND | 57.70 | 80 | 106 | 186 | 8-Jan | Modinagar, IND |
| Isabelle Despres | 1980 | CAN | 57.70 | 83 | 103 | 186 | 24-Mar | Mississauga, CAN |
| Marie-Julie Malbouef | 1994 | CAN | 57.86 | 84 | 100 | 184 | 25-Oct | La Sarre, CAN |
| Abigail Guerra-Gonzalez | 1978 | CAN | 56.30 | 83 | 100 | 183 | 5-Oct | Montreal, CAN |
| Frenceay Titus | 1991 | MAS | 57.55 | 82 | 99 | 181 | 15-Dec | Yangon, MYA |
| Lairenmayum Premeshwori Devi | 1984 | IND | 57.24 | 80 | 97 | 177 | 22-Jun | Astana, KAZ |
| Tali Darsigny | 1998 | CAN | 57.89 | 79 | 97 | 176 | 30-Nov | Saint-Hyacinthe, CAN |
| Yunam Renubala Chanu | 1986 | IND | 57.80 | 76 | 96 | 172 | 8-Jan | Modinagar, IND |
| Taylor Findlay | 1993 | CAN | 57.60 | 74 | 96 | 170 | 17-Aug | Collingwood, CAN |
| Rajwant Kaur | 1987 | IND | 57.70 | 75 | 95 | 170 | 22-Jun | Astana, KAZ |
| Sagolsem Thansana Chanu | 1997 | IND | 57.00 | 73 | 96 | 169 | 27-Dec | Guwahati, IND |
| Phillipa Hale | 1984 | NZL | 53.20 | 74 | 94 | 168 | 20-Jul | Auckland, NZL |
| Socheata Be | 1989 | AUS | 53.90 | 76 | 92 | 168 | 23-Feb | Melbourne, AUS |
| Ketaki Navela | 1993 | IND | 56.48 | 76 | 92 | 168 | 27-Dec | Guwahati, IND |
| Shireesha Kopparthi | 1993 | IND | 57.64 | 73 | 95 | 168 | 26-Nov | Penang, MAS |
| Saraswati Rout | 1995 | IND | 56.54 | 72 | 95 | 167 | 27-Dec | Guwahati, IND |
| Erika Yamasaki | 1987 | AUS | 57.25 | 72 | 95 | 167 | 16-Feb | Brisbane, AUS |

| 63kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Agatha Obioma Okoli | 1992 | NGR | 62.33 | 95 | 127 | 222 | 28-Nov | Penang, MAS |
| Caroline Okoukaha | | NGR | 62.10 | 85 | 115 | 200 | 2-Aug | Uyo, NGR |
| Zoe Smith | 1994 | ENG | 62.48 | 88 | 112 | 200 | 18-Jan | Sydney, AUS |
| Jenlyn Wini Tegu | 1983 | SOL | 59.30 | 84 | 113 | 197 | 16-Nov | Melbourne, AUS |
| Reena Reena | 1991 | IND | 62.89 | 88 | 108 | 196 | 23-Oct | Wroclaw, POL |
| Vandana Gupta | 1994 | IND | 61.35 | 83 | 112 | 195 | 8-Jan | Modinagar, IND |
| Seen Lee | 1982 | AUS | 59.45 | 86 | 106 | 192 | 18-May | Melbourne, AUS |
| Emily Godley | 1989 | ENG | 62.55 | 82 | 108 | 190 | 17-Feb | Newport, England, GBR |
| Seeta Jena | 1987 | IND | 61.00 | 81 | 107 | 188 | 8-Jan | Modinagar, IND |
| Rebekah Tiler | 1999 | ENG | 62.99 | 81 | 106 | 187 | 4-May | London, England, GBR |
| Jasvir Kaur | 1993 | IND | 62.50 | 83 | 103 | 186 | 28-Nov | Penang, MAS |
| Rajwant Kaur | 1987 | IND | 62.05 | 78 | 106 | 184 | 8-Jan | Modinagar, IND |
| Mona Pretorius | 1988 | RSA | 62.10 | 83 | 100 | 183 | 28-Nov | Penang, MAS |
| Rakhi Halder | 1993 | IND | 62.80 | 78 | 104 | 182 | 5-Jul | Bishkek, KGZ |
| Marie-Julie Malbouef | 1994 | CAN | 60.50 | 84 | 95 | 179 | 14-Dec | Montreal, CAN |
| Sarah Davies | 1992 | ENG | 62.81 | 78 | 101 | 179 | 3-Nov | London, England, GBR |
| Swarupa Purty | 1993 | IND | 58.02 | 78 | 99 | 177 | 28-Dec | Guwahati, IND |
| Elyone Matin | 1990 | MAS | 60.77 | 82 | 95 | 177 | 28-Nov | Penang, MAS |
| Gara Aruna Rani | 1991 | IND | 62.30 | 77 | 98 | 175 | 8-Jan | Modinagar, IND |
| Isabelle Despres | 1980 | CAN | 59.06 | 77 | 96 | 173 | 19-May | Edmonton, CAN |
| Hepline Iro | 1992 | SOL | 62.00 | 75 | 97 | 172 | 25-Feb | Mont Dore, FRA |
| Sagolsem Thansana Chanu | 1997 | IND | 59.35 | 75 | 95 | 170 | 28-Nov | Penang, MAS |
| Rachel Goodman | 1997 | AUS | 62.70 | 75 | 95 | 170 | 16-Nov | Melbourne, AUS |
| Poonam Yadav | 1994 | IND | 60.75 | 77 | 91 | 168 | 8-Jan | Modinagar, IND |
| Jocelyn Rylee | 1983 | CAN | 61.50 | 75 | 91 | 166 | 20-Oct | Regina, CAN |
| Christina Verhagen | 1989 | CAN | 62.20 | 73 | 93 | 166 | 14-Dec | Surrey, CAN |

| 69kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Marie-Josephe Fegue | 1991 | CMR | 66.60 | 103 | 128 | 231 | 4-Nov | Casablanca, MAR |
| Victoria Oluwatoyin Adesunmi | 1992 | NGR | 64.45 | 100 | 122 | 222 | 2-Aug | Uyo, NGR |
| Christine Girard | 1985 | CAN | 69.00 | 94 | 124 | 218 | 23-Mar | Saskatoon, CAN |
| Itohan Ebireguesele | 1990 | NGR | 67.99 | 95 | 120 | 215 | 28-Nov | Penang, MAS |
| Marie-Josée Ares-Pilon | 1982 | CAN | 66.80 | 96 | 114 | 210 | 17-Aug | Lake Country, CAN |
| Natasha Perdue | 1975 | WAL | 68.62 | 94 | 110 | 204 | 23-Oct | Wroclaw, POL |
| Rebekah Tiler | 1999 | ENG | 65.50 | 86 | 116 | 202 | 16-Nov | Wakefield, England, GBR |
| Vanessa Lui | 1991 | SAM | 68.80 | 90 | 110 | 200 | 25-Feb | Apia, SAM |
| Guba Hale-Mea | 1986 | PNG | 68.80 | 92 | 105 | 197 | 26-Jul | Mont Dore, FRA |
| Kristel Ngarlem | 1995 | CAN | 68.68 | 85 | 110 | 195 | 25-Oct | La Sarre, CAN |
| Nor Khasida Abd Halim | 1991 | MAS | 68.55 | 83 | 105 | 188 | 16-Dec | Yangon, MYA |
| Rachel Siemens | 1989 | CAN | 67.70 | 81 | 106 | 187 | 23-Mar | Saskatoon, CAN |
| Kylie Lindbeck | 1984 | AUS | 68.65 | 88 | 99 | 187 | 5-Oct | Melbourne, AUS |
| Tawa Adegoke | | NGR | 69.00 | 82 | 105 | 187 | 2-Aug | Uyo, NGR |
| Emily Godley | 1989 | ENG | 63.06 | 81 | 105 | 186 | 2-Feb | Landskrona, SWE |
| Karanam Krishna Kumari | 1976 | IND | 65.55 | 80 | 105 | 185 | 9-Jan | Modinagar, IND |
| Sushila Panwar | 1993 | IND | 67.75 | 85 | 100 | 185 | 9-Jan | Modinagar, IND |
| Georgina Black | 1989 | SCO | 67.46 | 81 | 103 | 184 | 27-Apr | Cospicua, MLT |
| Carolyn Beaulieu | 1992 | CAN | 67.77 | 84 | 98 | 182 | 19-May | Edmonton, CAN |
| Maya Laylor | 1995 | CAN | 68.90 | 81 | 101 | 182 | 23-Nov | Toronto, CAN |
| Faye Pittman | 1983 | WAL | 68.12 | 80 | 101 | 181 | 12-May | Brunn am Gebirge, AUT |
| Khairani Mohd Malek | 1992 | MAS | 67.01 | 80 | 100 | 180 | 28-Nov | Penang, MAS |
| Michelle Kahi | 1994 | AUS | 67.75 | 80 | 100 | 180 | 9-Nov | Brisbane, AUS |
| Oinam Geeta Devi | 1993 | IND | 67.82 | 73 | 107 | 180 | 28-Nov | Penang, MAS |
| Michelle St-Pierre | 1992 | CAN | 69.00 | 79 | 97 | 176 | 5-Oct | La Prairie, CAN |

| 75kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|--------------|-----------------------------|
| Marie-Eve Beauchemin-Nadeau | 1988 | CAN | 74.86 | 107 | 136 | 243 | 19-May | Edmonton, CAN |
| Mary Opeloge | 1992 | SAM | 74.86 | 110 | 130 | 240 | 28-Nov | Penang, MAS |
| Gloria Moses | 1989 | NGR | 74.45 | 98 | 125 | 223 | 3-Aug | Uyo, NGR |
| Johanie Filiateault | 1993 | CAN | 74.80 | 98 | 125 | 223 | 19-Jan | Toronto, CAN |
| Gaelle Ketchanke | 1988 | CMR | 70.15 | 95 | 120 | 215 | 5-Oct | Clermont 'Herault, FRA |
| Fatima Otiameh Musa | 1999 | NGR | 72.70 | 97 | 115 | 212 | 28-Nov | Penang, MAS |
| Uju Joseph | 1994 | NGR | 73.75 | 99 | 113 | 212 | 3-Aug | Uyo, NGR |
| Prabdeep Sanghera | 1993 | CAN | 73.47 | 97 | 112 | 209 | 9-May | Lima, PER |
| Guba Hale-Mea | 1986 | PNG | 69.40 | 91 | 111 | 202 | 16-Nov | Melbourne, AUS |
| <i>Apolonia Vaivai *</i> | 1991 | <i>FIJ</i> | <i>74.47</i> | <i>90</i> | <i>108</i> | <i>198</i> | <i>5-Sep</i> | <i>Matu-Utu, FRA</i> |
| Natasha Perdue | 1975 | WAL | 70.50 | 87 | 105 | 192 | 23-Mar | Dublin, IRL |
| Rachel Siemens | 1989 | CAN | 70.50 | 83 | 105 | 188 | 29-Jun | Surrey, CAN |
| Karanam Krishna Kumari | 1976 | IND | 69.30 | 81 | 105 | 186 | 28-Nov | Penang, MAS |
| Intan Ayuni Abdullah | 1992 | MAS | 72.85 | 83 | 103 | 186 | 26-Mar | Kota Kinabalu, MAS |
| Sushila Panwar | 1993 | IND | 70.65 | 86 | 99 | 185 | 24-Jun | Astana, KAZ |
| Kylie Lindbeck | 1984 | AUS | 71.90 | 87 | 98 | 185 | 31-Aug | Canberra, AUS |
| Srishti Singh | 1990 | IND | 74.10 | 77 | 106 | 183 | 10-Jan | Modinagar, IND |
| Sandi Klempner | 1983 | CAN | 74.73 | 83 | 100 | 183 | 12-Oct | Winnipeg, CAN |
| Nor Khasida Abd Halim | 1991 | MAS | 69.20 | 81 | 101 | 182 | 27-Sep | Palembang, INA |
| Kulbir Kaur | 1987 | IND | 73.05 | 80 | 102 | 182 | 10-Jan | Modinagar, IND |
| Kh. Premila Devi | 1990 | IND | 71.90 | 81 | 100 | 181 | 10-Jan | Modinagar, IND |
| Ruth Onagineer | | NGR | 74.85 | 80 | 100 | 180 | 3-Aug | Uyo, NGR |
| Anita Shinde | 1990 | IND | 73.15 | 78 | 100 | 178 | 10-Jan | Modinagar, IND |
| Michele St-Pierre | 1992 | CAN | 74.62 | 83 | 95 | 178 | 21-Dec | Drummondville, CAN |
| Siti Aisyah Rosli | 1995 | MAS | 73.85 | 78 | 99 | 177 | 18-Oct | Ubon Ratchathani, THA |
| Seema | 1997 | IND | 73.86 | 78 | 97 | 175 | 29-Dec | Guwahati, IND |
| Pardeep Kaur | 1996 | IND | 73.90 | 79 | 96 | 175 | 10-Jan | Modinagar, IND |

| +75kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|--------------|-----------------------------|
| Maryam Usman | 1990 | NGR | 124.20 | 120 | 152 | 272 | 30-Nov | Penang, MAS |
| Ele Opeloge | 1985 | SAM | 125.50 | 116 | 146 | 262 | 14-Jul | Brisbane, AUS |
| Obehi Joseph | 1994 | NGR | 100.69 | 105 | 140 | 245 | 30-Nov | Penang, MAS |
| Tracey Lambrechts | 1985 | NZL | 100.70 | 107 | 135 | 242 | 14-Jul | Brisbane, AUS |
| Deborah Acason | 1983 | AUS | 87.48 | 105 | 127 | 232 | 30-Nov | Penang, MAS |
| Jenna Myers | 1986 | AUS | 82.30 | 103 | 125 | 228 | 14-Jul | Brisbane, AUS |
| Nur Jannah Batrisyah | 1990 | MAS | 106.66 | 100 | 126 | 226 | 25-Oct | Wroclaw, POL |
| Luniarra Sipaia | 1993 | SAM | 111.96 | 100 | 126 | 226 | 30-Nov | Penang, MAS |
| Kaitlyn Fassina | 1990 | AUS | 92.85 | 100 | 116 | 216 | 14-Jul | Brisbane, AUS |
| Johanie Filiatreault | 1993 | CAN | 79.19 | 95 | 120 | 215 | 19-May | Edmonton, CAN |
| Luisa Peters | 1993 | COK | 93.85 | 96 | 117 | 213 | 14-Dec | Mont Dore, FRA |
| Prabdeep Sanghera | 1993 | CAN | 75.80 | 97 | 115 | 212 | 13-Apr | Courtenay, CAN |
| Melanie Shaline Valaydon | 1986 | MRI | | 95 | 115 | 210 | 31-Aug | Port Louis, MRI |
| <i>Apolonia Vaivai *</i> | <i>1991</i> | <i>FIJ</i> | <i>75.80</i> | <i>92</i> | <i>109</i> | <i>201</i> | <i>9-Aug</i> | <i>Mont Dore, FRA</i> |
| Munni | 1995 | IND | 79.90 | 87 | 110 | 197 | 30-Dec | Guwahati, IND |
| Manpreet Kaur | 1989 | IND | 91.00 | 88 | 107 | 195 | 25-Jun | Astana, KAZ |
| Kate Linford | 1987 | AUS | 106.40 | 87 | 107 | 194 | 18-May | Melbourne, AUS |
| Mercy Brown | 1996 | ENG | 78.80 | 85 | 105 | 190 | 12-Oct | Lilleshall, England, GBR |
| Binitha Devi | 1989 | IND | 88.40 | 86 | 101 | 187 | 10-Jan | Modinagar, IND |
| Belinda van Tienen | 1986 | AUS | 77.85 | 80 | 105 | 185 | 21-Sep | Melbourne, AUS |
| Amanpreet Kaur | 1988 | IND | 91.15 | 84 | 101 | 185 | 10-Jan | Modinagar, IND |
| Kelly McGillis | 1996 | CAN | 108.20 | 82 | 101 | 183 | 19-Jan | Toronto, CAN |
| Bonnie Sleeman | 1993 | AUS | 86.85 | 82 | 100 | 182 | 24-Mar | Melbourne, AUS |
| Marie-Pier Hinse | 1989 | CAN | 100.53 | 80 | 102 | 182 | 19-May | Edmonton, CAN |
| Dora Abotsi | 1991 | GHA | 76.40 | 81 | 100 | 181 | 5-Nov | Casablanca, MAR |
| Clementine Noumbissi Meukeugni | 1990 | CMR | 93.20 | 72 | 102 | 174 | 5-Nov | Casablanca, MAR |

NOTE: * Fiji currently suspended from the Commonwealth.

2013 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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MEN: ONE PER COUNTRY

56kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|------|------------|--------------|-----------|-----------|------------|---------------|------------------------------------|
| Sukhen Dey | 1989 | IND | 55.64 | 114 | 140 | 254 | 25-Nov | Penang, MAS |
| D.V.K.T. Palagasinghe | 1993 | SRI | 55.90 | 106 | 135 | 241 | 25-Nov | Penang, MAS |
| Mohd Aznil Bidin | 1994 | MAS | 56.00 | 104 | 133 | 237 | 13-Dec | Yangon, MYA |
| Morea Baru | 1990 | PNG | 55.86 | 98 | 126 | 224 | 3-Sep | Matu-Utu, FRA |
| Anrich Phillips | 1992 | RSA | 55.90 | 90 | 131 | 221 | 25-Nov | Penang, MAS |
| Giwa Taju Ola | 1992 | NGR | 55.00 | 97 | 120 | 217 | 1-Aug | Uyo, NGR |
| Lou Guinares | 1990 | NZL | 56.00 | 95 | 120 | 215 | 18-May | Auckland, NZL |
| Jean Yanick Coret | 1991 | MRI | | 95 | 115 | 210 | 31-Aug | Port Louis, MRI |
| Taakite Kitron | 1993 | KIR | 56.00 | 90 | 105 | 195 | 26-Jul | Tarawa, KIR |
| Alex Bellemarre | 1998 | CAN | 55.83 | 88 | 106 | 194 | 4-May | Saint-Hyacinthe, CAN |
| Ahmad Mahmood Akhter | 1993 | PAK | 54.91 | 85 | 100 | 185 | 7-Jul | Kazan, RUS |
| Paul Hercules Matam Ndicka | 1988 | CMR | 54.33 | 75 | 105 | 180 | 24-Sep | Palembang, INA |
| Louis Hampton-Jones | 1993 | ENG | 55.80 | 85 | 95 | 180 | 13-Jul | Bangor, Wales, GBR |
| James Delaney | 1996 | AUS | 55.95 | 76 | 100 | 176 | 21-Dec | Melbourne, AUS |
| Sam Henderson | 1997 | WAL | 52.30 | 73 | 90 | 163 | 12-Oct | Lilleshall, England, GBR |
| <i>Poama Quag *</i> | 1997 | <i>FIJ</i> | <i>51.20</i> | <i>70</i> | <i>87</i> | <i>157</i> | <i>25-Feb</i> | <i>Suva, FIJ</i> |
| Robert Smith | 1995 | SCO | 55.96 | 65 | 80 | 145 | 6-Apr | Glasgow, Scotland, GBR |
| Kenedy Susuli | 1994 | SOL | 55.00 | 60 | 75 | 135 | 25-Feb | Honiara, SOL |
| Timote Toa | 1996 | TGA | 55.80 | 60 | 74 | 134 | 27-Jul | Nuku'Alofa, TGA |
| Dimitris Neofidis | 1998 | CYP | 55.30 | 58 | 78 | 132 | 26-Oct | Limassol, CYP |
| Eric D'Unienville | 1996 | SEY | | 55 | 60 | 115 | 6-Apr | Victoria, SEY |
| Malcolm Camilleri | 1999 | MLT | 46.00 | 42 | 59 | 101 | 27-Jul | Cospicua, MLT |
| Declan McCullagh | | NIR | 53.20 | 43 | 54 | 97 | 27-Apr | Jordanstown, Northern Ireland, GBR |
| Kilman Agigo | 1998 | NRU | 39.40 | 30 | 42 | 72 | 25-Feb | NRU |

62kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|---------------------------|------|------------|--------------|-----------|------------|------------|---------------|------------------------------------|
| Lapua Lapua | 1991 | TUV | 61.80 | 118 | 152 | 270 | 9-Aug | Mont Dore, FRA |
| Mohd Dinie Akmal | 1994 | MAS | 61.84 | 120 | 147 | 267 | 26-Nov | Penang, MAS |
| D.M.I.C. Dissnayake | 1989 | SRI | | 122 | 143 | 265 | 19-Jul | Kandy, SRI |
| Vaipava Nevo Ioane | 1988 | SAM | 61.47 | 110 | 154 | 264 | 3-Sep | Matu-Utu, FRA |
| Rustam Sarang | 1988 | IND | 61.85 | 117 | 147 | 264 | 21-Jun | Astana, KAZ |
| Ianne Guinares | 1988 | NZL | 61.40 | 114 | 142 | 256 | 11-Jul | Brisbane, AUS |
| Vannara Be | 1988 | AUS | 61.85 | 120 | 135 | 255 | 21-Dec | Melbourne, AUS |
| King Kalu | 1995 | NGR | 60.23 | 110 | 140 | 250 | 26-Nov | Penang, MAS |
| Gareth Evans | 1986 | WAL | 61.10 | 112 | 136 | 248 | 7-Dec | Cardiff, Wales, GBR |
| Morea Baru | 1990 | PNG | 58.50 | 105 | 140 | 245 | 9-Aug | Mont Dore, FRA |
| Ivelin Nedelchev Antonov | 1993 | CYP | 61.45 | 115 | 130 | 245 | 26-Oct | Limassol, CYP |
| Christos Michaelas | 1993 | ENG | 61.98 | 108 | 136 | 244 | 26-Nov | Penang, MAS |
| Cestin Mballa Nke | 1993 | CMR | 61.73 | 105 | 135 | 240 | 25-Sep | Palembang, INA |
| Elson Brechtefeld | 1994 | NRU | 61.74 | 103 | 135 | 238 | 17-Jan | Sydney, AUS |
| Brown Ramohaka | 1988 | SOL | 61.00 | 100 | 135 | 235 | 25-Feb | Honiara, SOL |
| Rick Confiance | 1994 | SEY | 61.40 | 102 | 125 | 227 | 29-Oct | Casablanca, MAR |
| Nicolas Vachon | 1996 | CAN | 61.95 | 102 | 125 | 227 | 18-May | Edmonton, CAN |
| Bella Mostain | 1999 | BAN | 61.00 | 100 | 125 | 225 | 29-May | Doha, QAT |
| <i>Sikeli Daunivalu *</i> | 1995 | <i>FIJ</i> | <i>57.30</i> | <i>92</i> | <i>118</i> | <i>210</i> | <i>25-Feb</i> | <i>Suva, FIJ</i> |
| Kasumba Semei | 1996 | UGA | 61.50 | 85 | 110 | 195 | 26-Nov | Penang, MAS |
| Takite Ititon | 1994 | KIR | 62.00 | 90 | 105 | 195 | 1-Oct | Tarawa, KIR |
| Chadwin Fourie | 1989 | RSA | 59.80 | 75 | 106 | 181 | 29-Jun | Gauteng, RSA |
| Muhammad Zubair | 1998 | PAK | 60.80 | 79 | 98 | 177 | 17-Aug | Nanjing, CHN |
| Chirk Douglas Manzo | 1998 | TGA | 61.45 | 75 | 85 | 160 | 11-Jul | Brisbane, AUS |
| Charles Pau | 1996 | SIN | 59.25 | 70 | 82 | 152 | 7-May | Si Ka Ket, THA |
| Jamie Byrne | 1997 | SCO | 61.90 | | | 145 | | |
| Miguel Grixti | 1999 | MLT | 62.00 | 53 | 63 | 116 | 27-Jul | Cospicua, MLT |
| Ross Johnston | | NIR | 60.50 | 35 | 50 | 85 | 27-Apr | Jordanstown, Northern Ireland, GBR |

| 69kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------|-------------|---------------|----------------|---------------|--------------------|--------------|--------------|-----------------------------|
| Mohd Hafifi Mansor | 1990 | MAS | 68.90 | 137 | 175 | 312 | 14-Dec | Yangon, MYA |
| Francis Luna-Grenier | 1987 | CAN | 68.76 | 130 | 162 | 292 | 23-Oct | Wroclaw, POL |
| Toromon Takenibeia | 1992 | KIR | 68.74 | 128 | 160 | 288 | 27-Nov | Penang, MAS |
| Papul Changmai | 1994 | IND | 68.58 | 126 | 160 | 286 | 5-Jul | Bishkek, KGZ |
| Ayenuwa Yinka | 1986 | NGR | 68.35 | 120 | 165 | 285 | 27-Nov | Penang, MAS |
| Chinthana Vidanage | 1981 | SRI | 68.97 | 125 | 160 | 285 | 27-Nov | Penang, MAS |
| Ekani Belinga Joseph | 1989 | CMR | 68.20 | 120 | 150 | 270 | 26-Sep | Palembang, INA |
| Cody Cole | 1990 | NZL | 68.90 | 122 | 148 | 270 | 4-Oct | Christchurch, NZL |
| Chris Freebury | 1989 | ENG | 68.20 | 120 | 146 | 266 | 13-Jul | Bangor, Wales, GBR |
| Lapua Lapua | 1991 | TUV | 63.80 | 120 | 145 | 265 | 14-Dec | Mont Dore, FRA |
| Gareth Evans | 1986 | WAL | 64.96 | 117 | 143 | 260 | 27-Apr | Cospicua, MLT |
| Elson Brechtefeld | 1994 | NRU | 68.39 | 110 | 150 | 260 | 27-Nov | Penang, MAS |
| Charles Sseyyaaya | 1994 | UGA | 64.69 | 110 | 145 | 255 | 6-May | Lima, PER |
| Ilaniume Finau | 1986 | TGA | 68.95 | 110 | 145 | 255 | 4-Sep | Matu-Utu, FRA |
| Craig Carfray | 1992 | SCO | 68.35 | 112 | 141 | 253 | 16-Mar | Sheffield, England, GBR |
| Praful Prithi-Paul | 1992 | MRI | | 112 | 135 | 247 | 31-Aug | Port Louis, MRI |
| Ian Rose | 1981 | SEY | 69.00 | 107 | 135 | 242 | 23-Oct | Wroclaw, POL |
| <i>Tevita Tawai *</i> | 1992 | <i>FIJ</i> | <i>68.16</i> | <i>100</i> | <i>141</i> | <i>241</i> | <i>4-Sep</i> | <i>Matu-Utu, FRA</i> |
| Neil Dougan | 1985 | NIR | 67.80 | 104 | 139 | 243 | 7-Dec | Cardiff, Wales, GBR |
| Jamie Osborne | 1980 | AUS | 68.40 | 110 | 131 | 241 | 31-Aug | Canberra, AUS |
| Brien Best | 1996 | BAR | | 103 | 132 | 235 | 6-Dec | Caguas, PUR |
| John Ramela | 1993 | RSA | 68.45 | 104 | 127 | 231 | 28-Sep | Port Elizabeth, RSA |
| Patrick Pasia | 1995 | SAM | 67.75 | 100 | 130 | 230 | 4-Sep | Matu-Utu, FRA |
| Imran Ismail | 1991 | PAK | 67.85 | 103 | 120 | 223 | 9-Jul | Kazan, RUS |
| Joel Law Wei | 1993 | SIN | 65.85 | 92 | 118 | 210 | 15-Oct | Ubon Ratchathani, THA |
| Billy Walter | 1989 | SOL | 67.00 | 90 | 120 | 210 | 25-Feb | Honiara, SOL |
| Ignatius Moera | 1994 | PNG | 64.84 | 85 | 110 | 195 | 27-Nov | Penang, MAS |
| Naden Mwewa | | ZAM | | | | 195 | 7-Sep | Kitwe, ZAM |
| Nedelchev Antonov | 1991 | CYP | 64.25 | 87 | 95 | 182 | 26-Oct | Limassol, CYP |
| Chris Schinas | 1982 | MLT | 68.07 | 70 | 87 | 157 | 26-Apr | Cospicua, MLT |
| Darren Williams | 1998 | GUY | 65.93 | 50 | 60 | 110 | 28-Sep | Lima, PER |

| 77kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|---------------|-----------------------------|
| Sathish Kumar Sivalingam | 1992 | IND | 76.90 | 142 | 175 | 317 | 28-Nov | Penang, MAS |
| Francois Etoundi | 1984 | AUS | 76.60 | 138 | 174 | 312 | 28-Nov | Penang, MAS |
| Jean-Baptiste Yanou-Ketchanke | 1993 | CMR | 76.80 | 137 | 173 | 310 | 2-Nov | Casablanca, MAR |
| Namdum Dickson Seldun | 1992 | NGR | 76.58 | 135 | 165 | 300 | 28-Nov | Penang, MAS |
| Toafito Perive | 1985 | SAM | 76.34 | 127 | 170 | 297 | 25-Feb | Apia, SAM |
| Mohammad Azril Huzairi Ramli | 1995 | MAS | 71.45 | 132 | 161 | 293 | 14-Dec | Yangon, MYA |
| Shaun Clegg | 1992 | ENG | 75.95 | 135 | 157 | 292 | 3-Nov | London, England, GBR |
| Francis Luna-Grenier | 1987 | CAN | 71.80 | 126 | 165 | 291 | 14-Sep | Montreal, CAN |
| Mathew Madsen | 1991 | NZL | 76.12 | 123 | 166 | 289 | 28-Nov | Penang, MAS |
| Takenibeia Toromon | 1992 | KIR | 70.60 | 125 | 160 | 285 | 5-Oct | Mont Dore, FRA |
| Toua Udia | 1992 | PNG | 77.00 | 117 | 163 | 280 | 9-Aug | Mont Dore, FRA |
| Alexandros Amanatides | 1987 | CYP | 76.50 | 123 | 150 | 273 | 26-Oct | Limassol, CYP |
| <i>Tevita Tawai *</i> | 1992 | <i>FIJ</i> | <i>74.50</i> | <i>115</i> | <i>155</i> | <i>270</i> | <i>25-Feb</i> | <i>Suva, FIJ</i> |
| Monoranjan Roy | 1985 | BAN | 76.80 | 120 | 150 | 270 | 8-May | Si Ka Ket, THA |
| Wayne Healey | 1976 | NIR | 74.20 | 118 | 149 | 267 | 16-Mar | Sokolov, CZE |
| David Gorosi | 1988 | SOL | 76.00 | 112 | 150 | 262 | 25-Feb | Honiara, SOL |
| P.K.G.N. Dayan | 1980 | SRI | 76.40 | 114 | 145 | 259 | 28-Nov | Penang, MAS |
| Cedric Coret | 1991 | MRI | 74.31 | 108 | 145 | 253 | 28-Nov | Penang, MAS |
| Gwilym Sion Pari | 1995 | WAL | 76.20 | 116 | 135 | 251 | 12-Oct | Lilleshall, England, GBR |
| Tom-Jaye Waibeiya | 1995 | NRU | 76.25 | 110 | 140 | 250 | 28-Nov | Penang, MAS |
| Graham Brandon | 1996 | RSA | 76.20 | 105 | 135 | 240 | 30-Oct | Casablanca, MAR |
| Rodmar Pulis | 1994 | MLT | 76.42 | 100 | 133 | 233 | 10-Jul | Kazan, RUS |
| Haris Ansari | 1991 | SCO | 72.68 | 100 | 130 | 230 | 22-Sep | Glasgow, Scotland, GBR |
| Ali Shan Cheema | 1992 | PAK | 74.15 | 105 | 125 | 230 | 10-Jul | Kazan, RUS |
| Logona Esau | 1986 | TUV | 75.57 | 95 | 130 | 225 | 2-Jul | Funafuti, TUV |
| Tevita Unga | 1993 | TGA | 74.30 | 94 | 115 | 209 | 27-Jul | Nuku'Alofa, TGA |
| Goi Si Han | 1979 | SIN | 72.10 | 92 | 115 | 207 | 6-Jul | Singapore, SIN |
| Alex Kanyenga | | ZAM | | | | 200 | 7-Sep | Kitwe, ZAM |
| Jack Felete | 1995 | NIU | 76.25 | 78 | 107 | 185 | 13-Jul | Brisbane, AUS |
| Chad Blackman | 1996 | BAR | | 75 | 95 | 170 | 6-Dec | Caguas, PUR |

| 85kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|---------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|---------------|------------------------------------|
| Richard Patterson | 1983 | NZL | 84.58 | 151 | 192 | 343 | 29-Nov | Penang, MAS |
| Mathieu Marineau | 1990 | CAN | 84.80 | 151 | 184 | 335 | 18-May | Edmonton, CAN |
| Steven Kari | 1993 | PNG | 84.81 | 140 | 185 | 325 | 19-Jan | Sydney, AUS |
| Vikas Thakur | 1993 | IND | 83.96 | 142 | 180 | 322 | 5-Jul | Bishkek, KGZ |
| Aigbefoh Gideon | 1990 | NGR | 83.32 | 145 | 175 | 320 | 29-Nov | Penang, MAS |
| Jack Oliver | 1991 | ENG | 83.75 | 140 | 180 | 320 | 26-Sep | Tallin, EST |
| Malek Chamoun | 1989 | AUS | 84.13 | 135 | 175 | 310 | 29-Nov | Penang, MAS |
| Petit David Minkoumba | 1989 | CMR | 85.00 | 137 | 170 | 307 | 26-Sep | Palembang, INA |
| Yukio Peter | 1984 | NRU | 84.59 | 130 | 170 | 300 | 4-Sep | Matu-Utu, FRA |
| Zulkifli Che Ros | 1985 | MAS | 81.40 | 131 | 165 | 296 | 26-Mar | Kota Kinabalu, MAS |
| Bob Pesaleli | 1994 | SAM | 78.80 | 125 | 162 | 287 | 13-Jul | Brisbane, AUS |
| Jobe Muctarr | 1989 | SLE | 84.70 | 120 | 165 | 285 | 9-Nov | Caen, FRA |
| Graeme Kane | 1988 | SCO | 84.24 | 125 | 159 | 284 | 5-Apr | Glasgow, Scotland, GBR |
| Taubena Tatonga | 1990 | KIR | 84.80 | 125 | 155 | 280 | 1-Oct | Tarawa, KIR |
| R.M.R.R. Samarasekara | 1985 | SRI | | 123 | 155 | 278 | 10-Feb | Polonnaruwa, SRI |
| David Gorosi | 1982 | SOL | 82.42 | 120 | 157 | 277 | 4-Sep | Matu-Utu, FRA |
| <i>Mesake Ravui *</i> | 1990 | <i>FIJ</i> | <i>82.80</i> | <i>120</i> | <i>150</i> | <i>270</i> | <i>25-Feb</i> | <i>Suva, FIJ</i> |
| Md. Mainul Islam | 1979 | BAN | 84.20 | 115 | 145 | 260 | 8-May | Si Ka Ket, THA |
| Terrence Dixie | 1983 | SEY | 84.89 | 120 | 140 | 260 | 29-Nov | Penang, MAS |
| Gian Smit | 1990 | RSA | 84.85 | 107 | 137 | 244 | 29-Jun | Gauteng, RSA |
| Rodmar Pulis | 1994 | MLT | 80.43 | 105 | 136 | 241 | 27-Jul | Cospicua, MLT |
| Owen Satterley | | WAL | 84.20 | 105 | 135 | 240 | 2-Mar | Cardiff, Wales, GBR |
| Paddy Sheridan | | NIR | 81.90 | 105 | 122 | 227 | 8-Jun | Jordanstown, GBR |
| Andreas Savva | 1989 | CYP | 83.94 | 103 | 123 | 226 | 27-Apr | Cospicua, MLT |
| Sioeli Fotofili Tulikaki | 1995 | TGA | 83.60 | 100 | 115 | 215 | 4-Sep | Matu-Utu, FRA |
| Ng Choon Yeow | 1993 | SIN | 84.30 | 89 | 121 | 210 | 6-Jul | Singapore, SIN |
| Alex Kanyenga | | ZAM | | | | 200 | 7-Sep | Lusaka, ZAM |
| Christian Payne | 1996 | BAR | | 75 | 90 | 165 | 7-Dec | Caguas, PUR |
| Vete Ofati | | TUV | 85.00 | 70 | 80 | 150 | 2-Jul | Funafuti, TUV |
| 94kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Steven Kari | 1993 | PNG | 93.63 | 152 | 200 | 352 | 29-Nov | Penang, MAS |
| Chandrakant Dadu Mali | 1987 | IND | 92.70 | 153 | 190 | 343 | 9-Jan | Modinagar, IND |
| Simplice Ribouem | 1982 | AUS | 92.40 | 150 | 190 | 340 | 13-Jul | Brisbane, AUS |
| Mathieu Marineau | 1990 | CAN | 87.94 | 150 | 186 | 336 | 23-Mar | La Prairie, CAN |
| Peter Kirkbride | 1987 | SCO | 93.02 | 142 | 186 | 328 | 29-Nov | Penang, MAS |
| Sonny Webster | 1994 | ENG | 93.70 | 142 | 182 | 324 | 29-Nov | Penang, MAS |
| Friday Olusola | 1990 | NGR | 92.40 | 150 | 165 | 315 | 2-Aug | Uyo, NGR |
| Yukio Peter | 1990 | NRU | 87.30 | 143 | 170 | 313 | 9-Aug | Mont Dore, FRA |
| Petunu Opeloge | 1994 | SAM | 93.32 | 140 | 170 | 310 | 5-Sep | Matu-Utu, FRA |
| Mohd Faiz Musa | 1989 | MAS | 93.65 | 135 | 173 | 308 | 16-Dec | Yangon, MYA |
| Saxton Gregory-Hunt | 1993 | NZL | 86.20 | 137 | 170 | 307 | 27-Jul | Dunedin, NZL |
| Abbuba Karr Kabia | 1985 | SLE | 92.30 | 131 | 166 | 297 | 7-Dec | Quimper, FRA |
| Jamil Akhtar | 1988 | PAK | 93.76 | 130 | 160 | 290 | 12-Jul | Kazan, RUS |
| Taubena Tatonga | 1990 | KIR | 87.30 | 125 | 160 | 285 | 26-Jul | Tarawa, KIR |
| <i>Joe Vueti *</i> | 1979 | <i>FIJ</i> | <i>93.10</i> | <i>120</i> | <i>165</i> | <i>285</i> | <i>25-Feb</i> | <i>Suva, FIJ</i> |
| Cyrille Fagat Tchatchetii | 1985 | CMR | 85.40 | 122 | 155 | 277 | 4-Nov | Casablanca, MAR |
| S.M. Perera | 1991 | SRI | | 115 | 160 | 275 | 20-Jul | Kandy, SRI |
| Yvan Pierrot | 1996 | MRI | 90.72 | 120 | 147 | 267 | 29-Nov | Penang, MAS |
| Jake Davies | 1994 | WAL | 92.94 | 122 | 145 | 267 | 15-Jun | Glasgow, Scotland, GBR |
| Terrence Dixie | 1983 | SEY | | 122 | 145 | 267 | 6-Apr | Victoria, SEY |
| Mesbah Alabouti | 1980 | CYP | 91.65 | 115 | 150 | 265 | 26-Oct | Limassol, CYP |
| Kermit Tieties | 1993 | RSA | 89.95 | 120 | 140 | 260 | 28-Sep | Port Elizabeth, RSA |
| Md. Abdullah Al Mumin | 1983 | BAN | 88.65 | 116 | 142 | 258 | 8-May | Si Ka Ket, THA |
| Feofoofani Takau | 1990 | TGA | 89.14 | 110 | 130 | 240 | 5-Sep | Matu-Utu, FRA |
| Eoin Murphy | | NIR | 86.50 | 107 | 126 | 233 | 8-Jun | Jordanstown, Northern Ireland, GBR |
| Nii Otoo Larkyne | 1995 | GHA | 88.20 | 100 | 125 | 225 | 3-Nov | Casablanca, MAR |
| Hayden Farrugia | 1995 | MLT | 85.20 | 65 | 90 | 155 | 27-Apr | Cospicua, MLT |
| Junior Ilala | 1995 | SOL | 90.00 | 40 | 65 | 105 | 25-Feb | Honiara, SOL |
| Foilape Vulagi | 1990 | TUV | 93.90 | 75 | --- | --- | 2-Jul | Funafuti, TUV |

| 105kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|---------------|------------------------------------|
| Steven Kari | 1993 | PNG | 96.25 | 153 | 200 | 353 | 16-Nov | Melbourne, AUS |
| David Katoatau | 1984 | KIR | 101.60 | 153 | 200 | 353 | 15-Jun | Mont Dore, FRA |
| Ivorn McKnee | 1981 | BAR | 104.36 | 160 | 190 | 350 | 30-Nov | Penang, MAS |
| Andrew Ciancio | 1978 | NZL | 100.70 | 157 | 191 | 348 | 16-Nov | Melbourne, AUS |
| Tovia Opeloge | 1990 | SAM | 104.21 | 150 | 193 | 343 | 30-Nov | Penang, MAS |
| M. Syamlal | 1989 | IND | 99.75 | 146 | 190 | 336 | 9-Jan | Modinagar, IND |
| Robert Galsworthy | 1989 | AUS | 104.65 | 145 | 187 | 332 | 21-Dec | Brisbane, AUS |
| Ben Watson | 1990 | ENG | 103.55 | 153 | 175 | 328 | 30-Nov | Penang, MAS |
| Cory Coehoorn | 1984 | CAN | 104.80 | 144 | 182 | 326 | 18-May | Edmonton, CAN |
| Peter Kirkbride | 1987 | SCO | 94.32 | 137 | 183 | 320 | 22-Sep | Glasgow, Scotland, GBR |
| Ifeanyi Ikwnagwu | 1983 | NGR | 103.20 | 133 | 176 | 309 | 3-Aug | Uyo, NGR |
| Ku Azarul Ku Othman | 1994 | MAS | 104.54 | 135 | 169 | 304 | 30-Nov | Penang, MAS |
| M.S. Peatis | | SRI | | 121 | 160 | 281 | 10-Feb | Polonnaruwa, SRI |
| Haroon Shukat | 1988 | PAK | 101.06 | 129 | 150 | 279 | 12-Jul | Kazan, RUS |
| Ferdinand Ngongang | 1977 | CMR | 97.40 | 126 | 150 | 276 | 4-Nov | Casablanca, MAR |
| Mohammad Forhad Ali | 1993 | BAN | 102.10 | 124 | 150 | 274 | 9-May | Si Ka Ket, THA |
| Tuki Abiat | 1991 | NRU | 104.70 | 110 | 150 | 260 | 25-Feb | NRU |
| Padraig Lillis | | NIR | 99.00 | 110 | 145 | 255 | 9-Jun | Jordanstown, Northern Ireland, GBR |
| Jonathan Mentz | 1994 | RSA | 102.15 | 128 | 130 | 258 | 28-Sep | Port Elizabeth, RSA |
| Rhys Miller | | WAL | 104.10 | 107 | 135 | 242 | 31-Aug | Cardiff, Wales, GBR |
| Matthew Muscat Ingott | 1982 | MLT | 94.81 | 107 | 130 | 237 | 28-Apr | Cospicua, MLT |
| Wilford Christopher Vea | 1992 | TGA | 98.00 | 98 | 128 | 226 | 25-Feb | Nuku'Alofa, TGA |
| Tarkie Theothillus | 1995 | GHA | 100.45 | 105 | 120 | 225 | 4-Nov | Casablanca, MAR |
| <i>Luke Moce *</i> | 1973 | <i>FIJ</i> | <i>102.10</i> | <i>95</i> | <i>120</i> | <i>215</i> | <i>25-Feb</i> | <i>Suva, FIJ</i> |
| Telupe Iosefa | 1986 | TUV | 104.20 | 75 | 100 | 175 | 2-Jul | Funafuti, TUV |
| Tey Jun Yuan | 1983 | SIN | 99.05 | 75 | 91 | 166 | 6-Jul | Singapore, SIN |
| Arthur Mautama | 1993 | NIU | 99.50 | 60 | 91 | 151 | 25-Feb | Alofi, NIU |
| Andreas Markou | 1991 | CYP | 103.00 | 52 | 78 | 130 | 26-Oct | Limassol, CYP |

| +105kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|------------------------------------|
| George Kolbaladze | 1976 | CAN | 135.32 | 174 | 226 | 400 | 19-May | Edmonton, CAN |
| Darius Jokarzadeh | 1993 | WAL | 142.50 | 170 | 215 | 385 | 10-May | Lima, PER |
| Damon Kelly | 1983 | AUS | 144.75 | 165 | 210 | 375 | 18-May | Sunshine Coast, AUS |
| Itte Detenamo | 1986 | NRU | 150.00 | 160 | 200 | 360 | 30-Nov | Penang, MAS |
| Abd. Azim Najmi Abd Rashid | 1986 | MAS | 126.69 | 157 | 191 | 348 | 30-Nov | Penang, MAS |
| Himanshu Kumar Chang | 1992 | IND | 133.55 | 154 | 192 | 346 | 10-Jan | Modinagar, IND |
| Danny Nemani | 1981 | NIU | 148.00 | 155 | 185 | 340 | 9-Aug | Mont Dore, FRA |
| Tovia Opeloge | 1990 | SAM | 108.22 | 152 | 186 | 338 | 5-Sep | Matu-Utu, FRA |
| Stas Chalaev | 1986 | NZL | 105.45 | 151 | 180 | 331 | 18-May | Auckland, NZL |
| Gordon Shaw | 1994 | RSA | 110.50 | 155 | 172 | 327 | 28-Sep | Port Elizabeth, RSA |
| Tijani Abdwakeen | 1987 | NGR | 105.25 | 146 | 180 | 326 | 3-Aug | Uyo, NGR |
| John Hanna | 1983 | ENG | 121.90 | 145 | 170 | 315 | 13-Oct | Lilleshall, England, GBR |
| Meamea Thomas | 1985 | KIR | 108.20 | 140 | 170 | 310 | 25-Feb | Tarawa, KIR |
| Lewis Chua Yong Hwee | 1991 | SIN | 129.84 | 135 | 172 | 307 | 30-Nov | Penang, MAS |
| Mustaqeem Mahmood Butt | 1991 | PAK | 128.90 | 135 | 170 | 305 | 12-Jul | Kazan, RUS |
| W.P.G.D.C. Jayawickrama | | SRI | | 119 | 160 | 279 | 10-Feb | Polonnaruwa, SRI |
| Wilford Christopher Vea | 1992 | TGA | 106.50 | 125 | 150 | 275 | 27-Jul | Nuku'Alofa, TGA |
| Albert Abotsi | 1982 | GHA | 108.60 | 115 | 160 | 275 | 5-Nov | Casablanca, MAR |
| Lewis Thomson | 1992 | SCO | 139.96 | 121 | 145 | 266 | 9-Nov | Pitlochry, Scotland, GBR |
| Robert Miller | | NIR | 116.50 | 104 | 130 | 234 | 9-Jun | Jordanstown, Northern Ireland, GBR |

NOTE: * Fiji currently suspended from the Commonwealth.

2013 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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WOMEN: ONE PER COUNTRY

| 48kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|---------------|-----------------------------------|
| Ngangbam Soniya Chanu | 1980 | IND | 47.45 | 77 | 99 | 176 | 6-Jan | Modinagar, IND |
| Jessica Ruel | 1991 | CAN | 47.98 | 73 | 88 | 161 | 21-Dec | Drummondville, CAN |
| Portia Vries | 1984 | RSA | 47.27 | 70 | 87 | 157 | 26-Nov | Penang, MAS |
| Augustina Nwokolo | 1992 | NGR | 47.30 | 65 | 90 | 155 | 1-Aug | Uyo, NGR |
| Vivian Lee | 1978 | AUS | 47.75 | 60 | 85 | 145 | 23-Mar | Melbourne, AUS |
| Hannah Powell | 1992 | ENG | 44.83 | 62 | 81 | 143 | 26-Nov | Penang, MAS |
| Nur Niada Nordin | 1988 | MAS | 47.80 | 65 | 78 | 143 | 24-Mar | Kota Kinabalu, MAS |
| Molla Shabira | 1990 | BAN | 47.94 | 65 | 73 | 138 | 24-Sep | Palembang, INA |
| Kathleen Hare | 1988 | PNG | 48.00 | 62 | 75 | 137 | 11-May | Port Moresby, PNG |
| Dinuda Dilshani Abeysekar Dona | 1997 | SRI | 47.28 | 62 | 74 | 136 | 26-Nov | Penang, MAS |
| Collette Will | 1992 | SCO | 47.98 | 56 | 70 | 126 | 22-Sep | Glasgow, Scotland, GBR |
| <i>Seruwaia Malani *</i> | 1993 | <i>FIJ</i> | <i>47.10</i> | <i>55</i> | <i>68</i> | <i>123</i> | <i>25-Feb</i> | <i>Suva, FIJ</i> |
| Kelly Cattell | 1991 | NZL | 46.55 | 41 | 58 | 99 | 11-Jul | Brisbane, AUS |
| Takuaiti Kotoatau | 1994 | KIR | 48.00 | 41 | 50 | 91 | 26-Jul | Tarawa, KIR |
| Narma Thoma | 2000 | NRU | 46.90 | 33 | 40 | 73 | 25-Feb | NRU |
| Lisa Karai | 1998 | SOL | 47.00 | 30 | 40 | 70 | 25-Feb | Honiara, SOL |
| Francesca Mercieca | 2000 | MLT | 46.03 | 23 | 33 | 56 | 27-Jul | Cospicua, MLT |
| 53kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Dika Toua | 1984 | PNG | 52.60 | 84 | 110 | 194 | 29-Jun | Mont Dore, FRA |
| Azizah Fadzil | 1991 | MAS | 52.70 | 77 | 100 | 177 | 14-Dec | Yangon, MYA |
| Swarti Singh | 1987 | IND | 53.00 | 79 | 97 | 176 | 7-Jan | Modinagar, IND |
| Amalaha Joy Chima | 1997 | NGR | 52.82 | 80 | 95 | 175 | 26-Nov | Penang, MAS |
| Phillipa Hale | 1984 | NZL | 51.94 | 75 | 95 | 170 | 26-Nov | Penang, MAS |
| Erika Yamasaki | 1987 | AUS | 52.95 | 74 | 94 | 168 | 11-Jul | Brisbane, AUS |
| Jessica Ruel | 1991 | CAN | 52.35 | 76 | 90 | 166 | 22-Sep | La Sarre, CAN |
| Jo Calvino | 1980 | ENG | 52.70 | 65 | 87 | 152 | 16-Feb | Newport, England, GBR |
| Portia Vries | 1984 | RSA | 50.10 | 64 | 85 | 149 | 29-Jun | Gauteng, RSA |
| W.C.M. Warnakulasooriya | 1990 | SRI | | 62 | 78 | 140 | 19-Jul | Kandy, SRI |
| Ruth Baffoe | 1994 | GHA | 52.40 | 62 | 77 | 139 | 30-Oct | Casablanca, MAR |
| Mabia Aktar | 1999 | BAN | 52.80 | 63 | 70 | 133 | 30-May | Doha, QAT |
| Collette Will | 1992 | SCO | 49.95 | 58 | 74 | 132 | 7-Dec | Cardiff, Wales, GBR |
| Nicole Gatt | 1997 | MLT | 52.37 | 50 | 68 | 118 | 25-Nov | Penang, MAS |
| <i>Arieta Mudunavoce *</i> | 1993 | <i>FIJ</i> | <i>52.62</i> | <i>48</i> | <i>70</i> | <i>118</i> | <i>17-Jan</i> | <i>Sydney, AUS</i> |
| Clare Broome | | WAL | 52.20 | 43 | 53 | 96 | 31-Aug | Cardiff, Wales, GBR |
| Tiibeti Taekiti | 1998 | KIR | | 41 | 50 | 91 | 26-Jul | Tarawa, KIR |
| Lyn Manisui | 1999 | SOL | 52.00 | 32 | 42 | 74 | 25-Feb | Honiara, SOL |
| Denolla Bristol | 1998 | GUY | 52.47 | 35 | 37 | 72 | 27-Sep | Lima, PER |
| 58kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Winifred Ndidi Eze | 1988 | NGR | 57.33 | 87 | 113 | 200 | 26-Nov | Penang, MAS |
| Michaela Breeze | 1979 | WAL | 57.20 | 89 | 106 | 195 | 7-Dec | Cardiff, Wales, GBR |
| Annie Moniqui | 1990 | CAN | 57.89 | 86 | 109 | 195 | 23-Mar | La Prairie, CAN |
| Clementina Agricole | 1988 | SEY | 57.52 | 85 | 105 | 190 | 26-Nov | Penang, MAS |
| Minati Sethi | 1990 | IND | 57.83 | 80 | 110 | 190 | 26-Nov | Penang, MAS |
| Jenlyn Wini Tegu | 1983 | SOL | 57.90 | 80 | 110 | 190 | 15-Jun | Mont Dore, FRA |
| Seen Lee | 1982 | AUS | 57.94 | 84 | 106 | 190 | 26-Nov | Penang, MAS |
| Frenceay Titus | 1991 | MAS | 57.55 | 82 | 99 | 181 | 15-Dec | Yangon, MYA |
| Phillipa Hale | 1984 | NZL | 53.20 | 74 | 94 | 168 | 20-Jul | Auckland, NZL |
| Zayanda Mjezu | 1992 | RSA | 57.86 | 69 | 93 | 162 | 26-Nov | Penang, MAS |
| Mabia Aktar | 1999 | BAN | 57.26 | 65 | 86 | 151 | 19-Aug | Nanjing, CHN |
| Sophie Smyth | 1993 | SCO | 57.80 | 66 | 84 | 150 | 13-Jul | Bangor, Wales, GBR |
| Shila Panjavi | 1991 | ENG | 57.03 | 62 | 85 | 147 | 12-May | Brunn am Gebirge, AUT |
| Monalisa Kassman | 1992 | PNG | 57.72 | 60 | 80 | 140 | 26-Nov | Penang, MAS |
| <i>Arieta Mudunavoce *</i> | 1993 | <i>FIJ</i> | <i>57.80</i> | <i>60</i> | <i>75</i> | <i>135</i> | <i>25-Feb</i> | <i>Suva, FIJ</i> |
| L.G.A.V. Darmasena | 1985 | SRI | | 60 | 70 | 130 | 9-Feb | Polonnaruwa, SRI |
| Karetita Beru | 1993 | KIR | 58.00 | 55 | 60 | 115 | 26-Jul | Tarawa, KIR |
| Christina Demetriou | 1990 | CYP | 57.40 | 50 | 63 | 113 | 26-Oct | Limassol, CYP |
| Martina Donnellan | | NIR | 57.70 | 44 | 55 | 99 | 8-Jun | Jordanstown, Northern Ireland, GB |

| 63kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------|-------------|---------------|----------------|---------------|--------------------|--------------|---------------|-----------------------------------|
| Agatha Obioma Okoli | 1992 | NGR | 62.33 | 95 | 127 | 222 | 28-Nov | Penang, MAS |
| Zoe Smith | 1994 | ENG | 62.48 | 88 | 112 | 200 | 18-Jan | Sydney, AUS |
| Jenlyn Wini Tegu | 1983 | SOL | 59.30 | 84 | 113 | 197 | 16-Nov | Melbourne, AUS |
| Reena Reena | 1991 | IND | 62.89 | 88 | 108 | 196 | 23-Oct | Wroclaw, POL |
| Seen Lee | 1982 | AUS | 59.45 | 86 | 106 | 192 | 18-May | Melbourne, AUS |
| Mona Pretorius | 1988 | RSA | 62.10 | 83 | 100 | 183 | 28-Nov | Penang, MAS |
| Elyone Matin | 1990 | MAS | 60.77 | 82 | 95 | 177 | 28-Nov | Penang, MAS |
| Isabelle Despres | 1980 | CAN | 59.06 | 77 | 96 | 173 | 19-May | Edmonton, CAN |
| Rita Kari | 1989 | PNG | 62.99 | 73 | 92 | 165 | 4-Sep | Matu-Utu, FRA |
| Lauren Roberts | 1985 | NZL | 62.50 | 76 | 88 | 164 | 4-Oct | Christchurch, NZL |
| Epie Ossounga Ndoua | 1983 | CMR | 60.40 | 74 | 87 | 161 | 1-Nov | Casablanca, MAR |
| Shahria Sultana | 1991 | BAN | 61.71 | 65 | 90 | 155 | 28-Nov | Penang, MAS |
| Jane Armour | 1985 | SCO | 62.36 | 68 | 87 | 155 | 22-Sep | Glasgow, Scoland, GBR |
| Stephanie Owens | 1990 | WAL | 62.80 | 70 | 82 | 152 | 7-Dec | Cardiff, Wales, GBR |
| L.G.A.V. Darmasena | 1986 | SRI | 62.52 | 62 | 84 | 146 | 28-Nov | Penang, MAS |
| <i>Julia Timi *</i> | 1996 | <i>FIJ</i> | <i>59.45</i> | <i>65</i> | <i>80</i> | <i>145</i> | <i>18-Jan</i> | <i>Sydney, AUS</i> |
| Juliana Arkoh | 1997 | GHA | 63.00 | 63 | 75 | 138 | 1-Nov | Casablanca, MAR |
| Emma Alderdice | | NIR | 59.60 | 60 | 77 | 137 | 27-Apr | Jordanstown, Northern Ireland, GB |
| Alexandra Klatsias | 1985 | CYP | 62.95 | 60 | 75 | 135 | 26-Oct | Limassol, CYP |
| Cheryl Foo | 1992 | SIN | 59.75 | 51 | 65 | 116 | 6-Jul | Singapore, SIN |
| Penisila | 1998 | SAM | 62.21 | 45 | 60 | 105 | 25-Feb | Apia, SAM |
| Silia Moa | 2000 | TGA | 61.30 | 40 | 50 | 90 | 27-Jul | Nuku'Alofa, TGA |
| Emerlyn Hertel | 1999 | SEY | | 45 | 45 | 90 | 6-Apr | Victoria, SEY |
| Destiny Vela Busutill | 1996 | MLT | 62.16 | 36 | 53 | 89 | 27-Apr | Cospicua, MLT |
| Lite Tekava | 1994 | TUV | 58.60 | 32 | 40 | 62 | 2-Jul | Funafuti, TUV |

| 69kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------------|
| Marie-Josophe Fegue | 1991 | CMR | 66.60 | 103 | 128 | 231 | 4-Nov | Casablanca, MAR |
| Victoria Oluwatoyin Adesunmi | 1992 | NGR | 64.45 | 100 | 122 | 222 | 2-Aug | Uyo, NGR |
| Christine Girard | 1985 | CAN | 69.00 | 94 | 124 | 218 | 23-Mar | Saskatoon, CAN |
| Natasha Perdue | 1975 | WAL | 68.62 | 94 | 110 | 204 | 23-Oct | Wroclaw, POL |
| Rebekah Tiler | 1999 | ENG | 65.50 | 86 | 116 | 202 | 16-Nov | Wakefield, England, GBR |
| Vanessa Lui | 1991 | SAM | 68.80 | 90 | 110 | 200 | 25-Feb | Apia, SAM |
| Guba Hale-Mea | 1986 | PNG | 68.80 | 92 | 105 | 197 | 26-Jul | Mont Dore, FRA |
| Nor Khasida Abd Halim | 1991 | MAS | 68.55 | 83 | 105 | 188 | 16-Dec | Yangon, MYA |
| Kylie Lindbeck | 1984 | AUS | 68.65 | 88 | 99 | 187 | 5-Oct | Melbourne, AUS |
| Karanam Krishna Kumari | 1976 | IND | 65.55 | 80 | 105 | 185 | 9-Jan | Modinagar, IND |
| Georgina Black | 1989 | SCO | 67.46 | 81 | 103 | 184 | 27-Apr | Cospicua, MLT |
| Andrea Miller | 1982 | NZL | 67.75 | 74 | 98 | 172 | 21-Dec | Brisbane, AUS |
| Marie Hanitra Roilya Ranaivosava | 1990 | MRI | 68.20 | 71 | 95 | 166 | 2-Nov | Casablanca, MAR |
| Sultana Shahria | 1981 | BAN | 63.28 | 72 | 90 | 162 | 26-Sep | Palembang, INA |
| Estevan Strauss | 1993 | RSA | 67.65 | 63 | 81 | 144 | 27-Sep | Port Elizabeth, RSA |
| Fakaola Tuipulotu | 1997 | TGA | 68.00 | 60 | 80 | 140 | 25-Feb | Nuku'Alofa, TGA |
| S.S. Kumarasingha | | SRI | | 60 | 75 | 135 | 10-Feb | Polonnaruwa, SRI |
| Denise Offermann-Loizou | 1965 | CYP | 68.90 | 55 | 70 | 125 | 26-Oct | Limassol, CYP |
| Tiibeti Taekiti | 1998 | KIR | 68.20 | 50 | 60 | 110 | 1-Oct | Tarawa, KIR |
| Laura Cummins | | NIR | 67.20 | 41 | 60 | 101 | 27-Apr | Jordanstown, Northern Ireland, GB |
| Vicky Maomaiasi | 1999 | SOL | 68.00 | 37 | 50 | 87 | 14-Dec | Mont Dore, FRA |
| Eleanor Cumbo | 1999 | MLT | 66.52 | 25 | 35 | 60 | 27-Jul | Cospicua, MLT |

| 75kg Category | Born | Nation | Body.Wt | Snatch | CI & Jk | Total | Date | Where (City, Nation) |
|-------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|--------------|-----------------------------------|
| Marie-Eve Beauchemin-Nadeau | 1988 | CAN | 74.86 | 107 | 136 | 243 | 19-May | Edmonton, CAN |
| Mary Opeloge | 1992 | SAM | 74.86 | 110 | 130 | 240 | 28-Nov | Penang, MAS |
| Gloria Moses | 1989 | NGR | 74.45 | 98 | 125 | 223 | 3-Aug | Uyo, NGR |
| Gaelle Ketchanke | 1988 | CMR | 70.15 | 95 | 120 | 215 | 5-Oct | Clermont 'Herault, FRA |
| Guba Hale-Mea | 1986 | PNG | 69.40 | 91 | 111 | 202 | 16-Nov | Melbourne, AUS |
| <i>Apolonia Vaivai *</i> | <i>1991</i> | <i>FIJ</i> | <i>74.47</i> | <i>90</i> | <i>108</i> | <i>198</i> | <i>5-Sep</i> | <i>Matu-Utu, FRA</i> |
| Natasha Perdue | 1975 | WAL | 70.50 | 87 | 105 | 192 | 23-Mar | Dublin, IRL |
| Karanam Krishna Kumari | 1976 | IND | 69.30 | 81 | 105 | 186 | 28-Nov | Penang, MAS |
| Intan Ayuni Abdullah | 1992 | MAS | 72.85 | 83 | 103 | 186 | 26-Mar | Kota Kinabalu, MAS |
| Kylie Lindbeck | 1984 | AUS | 71.90 | 87 | 98 | 185 | 31-Aug | Canberra, AUS |
| Mercy Brown | 1996 | ENG | 74.70 | 78 | 94 | 172 | 13-Jul | Bangor, Wales, GBR |
| Ruth Anderson-Horrell | 1984 | NZL | 69.90 | 74 | 96 | 170 | 5-Oct | Christchurch, NZL |
| Jovika Kepae | 1994 | NRU | 74.50 | 75 | 90 | 165 | 25-Feb | NRU |
| Uaraai Kaua | 1995 | KIR | 73.80 | 70 | 85 | 155 | 1-Oct | Tarawa, KIR |
| Jenny McIntyre | 1989 | SCO | 69.01 | 66 | 83 | 149 | 9-Nov | Pitlochry, Scotland, GBR |
| Susan Luisa | 1989 | SOL | 73.30 | 65 | 80 | 145 | 25-Feb | Honiara, SOL |
| W.M.A.S. Wickramasingha | 1991 | SRI | | 66 | 77 | 143 | 21-Jul | Kandy, SRI |
| Mela Ovava | 1993 | TGA | 74.40 | 60 | 70 | 130 | 27-Jul | Nuku'Alofa, TGA |
| Olivia Xu Lin | 1981 | SIN | 70.95 | 47 | 74 | 121 | 6-Jul | Singapore, SIN |
| Sheriah Melville | 1997 | GUY | 72.90 | 53 | 60 | 113 | 29-Sep | Lima, PER |
| Gemma Burns | | NIR | 70.80 | 43 | 53 | 96 | 8-Jun | Jordanstown, Northern Ireland, GB |
| Maria Vea | 1994 | NIU | 74.60 | 38 | 56 | 94 | 14-Jul | Brisbane, AUS |
| Ivana Micallef | 1997 | MLT | 74.85 | 36 | 54 | 90 | 27-Jul | Cospicua, MLT |
| Tokiloto Tia | 1985 | TUV | 70.45 | 29 | 35 | 64 | 2-Jul | Funafuti, TUV |
| +75kg Category | Born | Nation | Body.Wt | Snatch | CI & Jk | Total | Date | Where (City, Nation) |
| Maryam Usman | 1990 | NGR | 124.20 | 120 | 152 | 272 | 30-Nov | Penang, MAS |
| Ele Opeloge | 1985 | SAM | 125.50 | 116 | 146 | 262 | 14-Jul | Brisbane, AUS |
| Tracey Lambrechts | 1985 | NZL | 100.70 | 107 | 135 | 242 | 14-Jul | Brisbane, AUS |
| Deborah Acason | 1983 | AUS | 87.48 | 105 | 127 | 232 | 30-Nov | Penang, MAS |
| Nur Jannah Batrisyah | 1990 | MAS | 106.66 | 100 | 126 | 226 | 25-Oct | Wroclaw, POL |
| Johanie Filiatreault | 1993 | CAN | 79.19 | 95 | 120 | 215 | 19-May | Edmonton, CAN |
| Luisa Peters | 1993 | COK | 93.85 | 96 | 117 | 213 | 14-Dec | Mont Dore, FRA |
| Melanie Shaline Valaydon | 1986 | MRI | | 95 | 115 | 210 | 31-Aug | Port Louis, MRI |
| <i>Apolonia Vaivai *</i> | <i>1991</i> | <i>FIJ</i> | <i>75.80</i> | <i>92</i> | <i>109</i> | <i>201</i> | <i>9-Aug</i> | <i>Mont Dore, FRA</i> |
| Manpreet Kaur | 1989 | IND | 91.00 | 88 | 107 | 195 | 25-Jun | Astana, KAZ |
| Mercy Brown | 1996 | ENG | 78.80 | 85 | 105 | 190 | 12-Oct | Lilleshall, England, GBR |
| Dora Abotsi | 1991 | GHA | 76.40 | 81 | 100 | 181 | 5-Nov | Casablanca, MAR |
| Clementine Noubissi Meukeugni | 1990 | CMR | 93.20 | 72 | 102 | 174 | 5-Nov | Casablanca, MAR |
| M.M Dhammika Harischandra | 1985 | SRI | | 76 | 91 | 167 | 10-Feb | Polonnaruwa, SRI |
| Lorraine Harry | 1998 | PNG | 77.94 | 75 | 90 | 165 | 27-Jul | Port Morseby, PNG |
| Gemma Williams | 1985 | WAL | 94.00 | 72 | 92 | 164 | 2-Mar | Cardiff, Wales, GBR |
| Suliana Fate | 1997 | TGA | 103.40 | 71 | 85 | 156 | 27-Jul | Nuku'Alofa, TGA |
| Daisy Tolugu | 1974 | SOL | 85.00 | 60 | 85 | 145 | 25-Feb | Honiara, SOL |
| Lamees Daniels | 2000 | RSA | 93.15 | 61 | 75 | 136 | 27-Sep | Port Elizabeth, RSA |
| Tebaoti Temea | | KIR | 88.40 | 51 | 75 | 126 | 1-Oct | Tarawa, KIR |
| Agenua Taleka | 1997 | NRU | 80.70 | 47 | 65 | 112 | 25-Feb | NRU |
| Puasania Kapulala Kofe | 1991 | TUV | 118.75 | 42 | 70 | 112 | 2-Jul | Funafuti, TUV |
| Vitolia Rose Tauasi | 1997 | NIU | 94.20 | 48 | 64 | 110 | 14-Dec | Mont Dore, FRA |
| Leah Craig | | NIR | 83.80 | 40 | 60 | 100 | 27-Apr | Jordanstown, Northern Ireland, GB |
| Ann Halliday | 1978 | SCO | 81.30 | 42 | 55 | 97 | 6-Apr | Glasgow, Scotland, GBR |

NOTE: * Fiji currently suspended from the Commonwealth.