

# 2009 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

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## MEN: TOP-25 ABSOLUTE

as at 01 July

<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>
Valluri Srinivasa Rao	1981	IND	55.90	109	141	250	11-May	Taldykorgan, KAZ
V. Vinoth Kumar	1985	IND	55.85	111	134	245	28-Jan	Pune, IND
Ganesan Veerabdran	1979	IND		109	136	245	7-Jan	Chennai, IND
Sukhen Dey	1989	IND	55.48	110	133	243	28-Jan	Pune, IND
Mohd Shafiq	1988	MAS	55.50	107	132	239	11-May	Taldykorgan, KAZ
S. Mohanasundaram		IND		107	132	239	7-Jan	Chennai, IND
S. Vinnoth Kumar		IND		109	130	239	7-Jan	Chennai, IND
Siva Balan		IND	55.40	102	129	231	28-Jan	Pune, IND
Gnanasekaran		IND	55.64	103	128	231	28-Jan	Pune, IND
G. Wilson		IND	55.94	105	124	229	28-Jan	Pune, IND
Manueli Tulo	1990	FIJ	55.60	98	130	228	27-Feb	Boulari, NCL
Abdullah Ghafoor	1986	PAK	55.30	97	125	222	2-Mar	Lahore, PAK
S. Akbar Khan		IND		94	127	221	24-Feb	Visakhapatnam, IND
M. Tamil Selvan	1986	IND	55.55	101	119	220	28-Jan	Pune, IND
Lakhvir Singh		IND	55.69	98	122	220	28-Jan	Pune, IND
Taju Giwa		NGR		95	125	220	16-Feb	Kaduna, NGR
Durga Janghel		IND	56.00	95	124	219	28-Jan	Pune, IND
V. Kumar		IND	55.68	100	116	216	28-Jan	Pune, IND
Dare Komolafe		NGR		95	120	215	16-Feb	Kaduna, NGR
Ismail Adams		NGR		95	120	215	16-Feb	Kaduna, NGR
P. Ramesh Kumar		IND		95	120	215	24-Feb	Visakhapatnam, IND
Pradeep Kr. Sahu		IND	54.15	93	121	214	28-Jan	Pune, IND
Jugal Ram		IND	56.00	90	122	212	28-Jan	Pune, IND
M. Yellaiah		IND		96	115	211	24-Feb	Visakhapatnam, IND
S. Dilip		IND		90	120	210	24-Feb	Visakhapatnam, 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>
Dimitrios Minasides	1989	CYP	61.77	133	155	288	26-Jun	Pescara, ITA
Mahayudin Naharudin	1984	MAS	61.25	120	145	265	12-May	Taldykorgan, KAZ
J. Thiru Kumaran	1984	IND		115	149	264	7-Jan	Chennai, IND
G. Manjunathan		IND		117	147	264	7-Jan	Chennai, IND
Daniel Koum Koum	1985	AUS	61.90	114	146	260	13-May	Darwin, AUS
D. Sentamil Selvan		IND		115	145	260	7-Jan	Chennai, IND
Kailash Bandu Pujari	1980	IND	61.83	112	147	259	28-Jan	Pune, IND
Rustam Sarang	1988	IND	61.65	116	142	258	28-Jan	Pune, IND
Akbar Ali		PAK	61.92	115	143	258	2-Apr	Lahore, PAK
M. Muthu Kumar	1986	IND	61.90	114	141	255	28-Jan	Pune, IND
Omkar Otari Shekhar	1987	IND	61.85	116	138	254	12-May	Taldykorgan, KAZ
Guru Preeth Singh		IND		109	142	251	24-Feb	Visakhapatnam, IND
Gourav Seth	1983	IND	61.11	111	137	248	28-Jan	Pune, IND
Jasvir Singh	1977	CAN	61.70	108	140	248	16-May	Kelowna, CAN
Yukar Sibi	1992	IND	61.49	106	141	247	28-Jan	Pune, IND
R. Sathyamoorthy		IND	61.90	110	136	246	28-Jan	Pune, IND
G. Appala Raju	1989	IND		107	137	244	24-Feb	Visakhapatnam, IND
Manjinder Singh		IND	61.16	104	138	242	28-Jan	Pune, IND
John Eiche		NGR		112	130	242	17-Feb	Kaduna, NGR
Deva Kumar	1985	IND	61.70	111	131	242	28-Jan	Pune, IND
Th. Basanta Meitei		IND	61.90	100	138	238	28-Jan	Pune, IND
S.K. Manikandan		IND	61.80	107	130	237	28-Jan	Pune, IND
S. Bharath	1988	IND		107	130	237	24-Feb	Visakhapatnam, IND
Sola Fadodun	1989	NGR		105	130	235	17-Feb	Kaduna, NGR
K. Shankar		IND	61.51	108	125	233	28-Jan	Pune, IND

<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>
Katulu Ravi Kumar	1988	IND	68.80	138	161	299	13-May	Taldykorgan, KAZ
Francois Etoundi	1984	AUS	68.80	131	164	295	14-May	Darwin, AUS
Mark Spooner	1984	NZL	68.80	130	164	294	14-May	Darwin, AUS
Chinthana Vidanange	1981	SRI	68.90	127	165	292	13-May	Taldykorgan, KAZ
Ademola Oginni		NGR		125	165	290	17-Feb	Kaduna, NGR
Govindan Elumalai	1986	IND	68.75	126	160	286	29-Jan	Pune, IND
S. Aruldoss		IND		122	158	280	7-Jan	Chennai, IND
R. Padmanaban		IND		120	156	276	7-Jan	Chennai, IND
Dimitrios Minasides	1989	CYP	64.80	130	145	275	2-May	Cospicua, MLT
Sumit Wadar	1989	IND	68.78	120	153	273	29-Jan	Pune, IND
Ankur Sharma	1987	IND		124	148	272	25-Feb	Visakhapatnam, IND
Tekaei Temake	1986	KIR	68.40	117	153	270	26-Jun	Boulari, NCL
Aminu Aliyu		NGR		118	152	270	17-Feb	Kaduna, NGR
Gourav Dubey	1990	IND	68.55	116	153	269	29-Jan	Pune, IND
Mati-Ur-Rehman	1984	PAK	68.82	117	150	267	3-Mar	Lahore, PAK
Dominic Lussier	1984	CAN	68.66	120	145	265	16-May	Kelowna, CAN
K. Anbukathi Raran	1980	IND	68.22	120	145	265	29-Jan	Pune, IND
V. Kumaran	1981	IND	68.61	120	145	265	29-Jan	Pune, IND
Manoj Kumar		IND	68.72	118	146	264	29-Jan	Pune, IND
Ajay Deep Sarang	1990	IND	68.03	119	142	261	29-Jan	Pune, IND
Umar Rasool Lone	1990	PAK	67.82	110	150	260	3-Mar	Lahore, PAK
Toafito Perive	1985	SAM	68.70	108	152	260	26-Jun	Apia, SAM
Narasingha Sethi	1988	IND		115	145	260	25-Feb	Visakhapatnam, IND
Vikas Kumar		IND		117	142	259	25-Feb	Visakhapatnam, IND
P. Rama Babu		IND	68.34	120	138	258	29-Jan	Pune, IND

<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>
Yukio Peter	1984	NRU	76.70	153	196	349	14-May	Darwin, AUS
Mark Spooner	1984	NZL	74.00	132	170	302	13-Jun	Auckland, NZL
Che Zulkifli	1985	MAS	76.30	133	169	302	13-May	Taldykorgan, KAZ
Muhammad Irfan Islam	1981	PAK	76.44	142	160	302	3-Mar	Lahore, PAK
V. Prabhu	1983	IND		134	164	298	8-Jan	Chennai, IND
Josefa Vueti	1979	FIJ	74.30	128	167	295	27-Feb	Boulari, NCL
Darwin		IND		130	165	295	8-Jan	Chennai, IND
J. Magesh		IND		130	164	294	8-Jan	Chennai, IND
L. B. Singh	1982	IND	76.19	131	161	292	29-Jan	Pune, IND
Bernadin Kingue Matam	1990	CMR	72.90	130	160	290	1-Apr	Toulon, FRA
David Sarkisian	1986	AUS	73.50	127	163	290	30-May	Melbourne, AUS
Francis Luna-Grenier	1987	CAN	74.96	128	162	290	16-May	Kelowna, CAN
Rabiu Ibrahim		NGR		130	157	287	18-Feb	Kaduna, NGR
Ika Aliklik	1985	NRU	73.30	125	160	285	27-Feb	Boulari, NCL
Ben Turner	1984	AUS	76.80	120	165	285	6-Jun	Ipswich, AUS
Govindsamy Vadivelu	1975	IND	76.66	125	159	284	29-Jan	Pune, IND
Amandeep Singh		IND		131	151	282	25-Feb	Visakhapatnam, IND
Dany Marineau	1988	CAN	76.54	126	154	280	5-Jun	Chicago, USA
Tika Ram	1985	IND	76.08	121	157	278	29-Jan	Pune, IND
Mark Nehme	1985	CAN	75.05	125	150	275	16-May	Kelowna, CAN
N. Durga Prasad		IND		120	155	275	25-Feb	Visakhapatnam, IND
Anil Kumar		IND	75.97	120	154	274	29-Jan	Pune, IND
Anupdeo Toppo	1990	IND	71.88	118	155	273	29-Jan	Pune, IND
E. Kannan	1982	IND	73.72	120	153	273	29-Jan	Pune, IND
Savad M.		IND	75.74	122	151	273	29-Jan	Pune, IND
Gurucharan Singh	1987	IND		122	151	273	25-Feb	Visakhapatnam, IND

<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>
Yukio Peter	1984	NRU	79.60	155	200	355	27-Feb	Boulari, NCL
Simplice Ribouem	1982	AUS	84.50	151	190	341	15-May	Darwin, AUS
Richard Patterson	1983	NZL	83.60	140	186	326	13-Jun	Auckland, NZL
David Katoatau	1984	KIR	84.30	132	178	310	21-Feb	Boulari, NCL
Paul Dumais	1991	CAN	83.10	137	170	307	28-Mar	La Prairie, CAN
Faavae Faauliuli	1983	SAM	83.90	132	175	307	27-Feb	Apia, SAM
Khuram Shahzad Butt	1981	PAK	84.82	135	172	307	3-Mar	Lahore, PAK
Malek Chamoun	1989	AUS	83.96	138	165	303	19-Jun	Bucharest, ROU
K. Jagadeesan		IND		137	165	302	8-Jan	Chennai, IND
Laurent Goyette-Demers	1990	CAN	83.92	128	172	300	16-May	Kelowna, CAN
Mathieu Marineau	1990	CAN	84.26	132	168	300	16-May	Kelowna, CAN
Aneesh Kumar		IND		135	165	300	8-Jan	Chennai, IND
N. Bhaskaran		IND		132	166	298	8-Jan	Chennai, IND
Chandrakant Mali	1987	IND	84.00	133	164	297	14-May	Taldykorgan, KAZ
Paramjit Singh	1980	IND	84.88	134	163	297	30-Jan	Pune, IND
Bryan Marshall	1985	CAN	84.00	133	158	291	14-Feb	Toronto, CAN
Troy Hawkins	1986	AUS	84.60	130	161	291	29-Mar	Ipswich, AUS
Jean-Marc Beland	1984	CAN	82.30	128	162	290	6-Jun	Chicago, USA
Harpreet Singh	1990	IND	84.68	126	162	288	30-Jan	Pune, IND
Matthew Williams	1980	AUS	84.90	134	154	288	30-May	Melbourne, AUS
S. Shalim Raju		IND		127	160	287	25-Feb	Visakhapatnam, IND
Darryl Conrad	1984	CAN	84.10	130	155	285	16-May	Kelowna, CAN
K. Haragopal	1981	IND	84.45	121	164	285	30-Jan	Pune, IND
Gideon Aigbefo		NGR		125	160	285	18-Feb	Kaduna, NGR
P.D.N. Durga Rao	1980	IND	84.85	125	158	283	30-Jan	Pune, IND

<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>
Shuja-ud-Din Malik	1972	PAK	92.92	150	185	335	4-Mar	Lahore, PAK
Sukhjinder Singh	1975	IND	93.65	145	187	332	30-Jan	Pune, IND
Buck Ramsay	1982	CAN	93.34	144	185	329	16-May	Kelowna, CAN
Peter Kirkbride	1987	SCO	90.00	140	183	323	29-Mar	Cospicua, MLT
Syamlal M.	1989	IND		135	188	323	26-Feb	Visakhapatnam, IND
Max Dal Santo	1985	AUS	92.10	142	177	319	28-Mar	Ipswich, AUS
David Katoatau	1984	KIR	85.60	140	175	315	27-Feb	Boulari, NCL
Bhagat Singh	1975	IND	93.17	139	176	315	30-Jan	Pune, IND
Dallas Santavy	1972	CAN	93.80	137	176	313	28-Mar	Toronto, CAN
Mohd Faiz	1989	MAS	92.10	135	175	310	14-May	Taldykorgan, KAZ
S. Nageswara Rao	1975	IND		131	178	309	8-Jan	Chennai, IND
T.K. Pandian	1978	IND		142	166	308	8-Jan	Chennai, IND
Rajesh K. Singh	1976	IND	93.56	136	170	306	30-Jan	Pune, IND
Malek Chamoun	1989	AUS	86.24	135	170	305	16-May	Sydney, AUS
Nitu Sharma		IND		140	162	302	8-Jan	Chennai, IND
V.A. Christopher	1980	IND	92.29	133	167	300	30-Jan	Pune, IND
Simplice Ribouem	1982	AUS	87.60	137	161	298	30-May	Melbourne, AUS
Gaston Wafo Fodouop	1972	CMR	91.70	135	160	295	17-Jan	Gennevilliers, FRA
Nageshar Rao		IND	92.75	130	165	295	30-Jan	Pune, IND
Rashpal Singh		IND	93.45	130	165	295	30-Jan	Pune, IND
Zoghaib Tariq		PAK	93.20	125	167	292	4-Mar	Lahore, PAK
K. Samraj		IND	87.50	131	160	291	30-Jan	Pune, IND
Denis Catana	1985	ENG	91.90	130	160	290	25-Jan	London, England, GBR
Jonathan Yoshida	1980	SAM	92.80	130	160	290	26-Jun	Apia, SAM
Peter John		NGR		125	165	290	19-Feb	Kaduna, NGR

<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>
Ivorn McKnee	1981	BAR	103.98	152	190	342	7-Jun	Chicago, USA
Usman Amjad Rathore	1987	PAK	94.40	152	185	337	4-Mar	Lahore, PAK
Hassan Aslam	1976	PAK	102.10	150	185	335	4-Mar	Lahore, PAK
Stas Chalaev	1986	NZL	99.70	145	175	320	16-May	Auckland, NZL
Meamea (Taomati) Thomas	1987	KIR	104.30	145	175	320	26-Jun	Tarawa, KIR
Gurbinder Cheema	1978	ENG	104.47	145	175	320	11-Apr	Bucharest, ROU
Grovind Singh	1980	IND	94.15	142	175	317	31-Jan	Pune, IND
Alexandros Kouvakas	1989	CAN	104.90	140	175	315	17-Jan	Scarborough, CAN
Bhupinder Singh	1981	IND	98.21	133	177	310	31-Jan	Pune, IND
M. Srinivas Rao	1975	IND	103.08	140	170	310	31-Jan	Pune, IND
A. Marudu Pandian		IND		135	175	310	9-Jan	Chennai, IND
Sanjeev Nehra	1985	IND		145	165	310	9-Jan	Chennai, IND
Pradeep Singh	1982	IND	104.10	136	171	307	31-Jan	Pune, IND
G. Damodaran	1980	IND	104.80	133	171	304	31-Jan	Pune, IND
Sajid Rasool		PAK	101.10	138	165	303	4-Mar	Lahore, PAK
Sacha Amede	1975	CAN	96.54	140	161	301	16-May	Kelowna, CAN
Iqbal Singh	1981	IND	98.80	127	171	298	31-Jan	Pune, IND
Gaston Wafo Fodouop	1972	CMR	94.40	135	160	295	21-Feb	La Ferte Milon, FRA
Trevor Brown	1985	CAN	103.00	135	160	295	14-Feb	Toronto, CAN
P. Murali Krishnan		IND		127	166	293	9-Jan	Chennai, IND
Amandeep Singh		IND		130	162	292	26-Feb	Visakhapatnam, IND
Saqib Raza		PAK	104.62	131	160	291	4-Mar	Lahore, PAK
Rana Yasir Khan		PAK	103.80	130	160	290	4-Mar	Lahore, PAK
Balam Doum		NGR		130	160	290	19-Feb	Kaduna, NGR
Imam Kazeem		NGR		133	157	290	19-Feb	Kaduna, NGR
Adebiyi Fasayo		NGR		130	160	290	19-Feb	Kaduna, NGR

<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>
Itte Detenamo	1986	NRU	155.20	170	210	380	15-May	Darwin, AUS
Corran Hocking	1980	AUS	148.85	170	201	371	30-May	Melbourne, AUS
Damon Kelly	1983	AUS	147.50	152	213	365	29-Mar	Ipswich, AUS
Rizwan Ullah Khan Lodhi		PAK	118.64	155	190	345	4-Mar	Lahore, PAK
Meamea (Taomati) Thomas	1987	KIR	106.00	140	190	330	27-Feb	Boulari, NCL
Gurbinder Cheema	1978	ENG	106.30	150	180	330	21-Feb	Halifax, England, GBR
Sandeep Kumar	1980	IND	116.50	142	186	328	31-Jan	Pune, IND
Gurpreet Singh	1980	IND	107.32	150	175	325	31-Jan	Pune, IND
Matthew Falcone	1988	AUS	162.70	140	185	325	29-Mar	Ipswich, AUS
Gurminder Singh	1979	IND	115.00	141	180	321	31-Jan	Pune, IND
Alexandros Kouvakas	1989	CAN		140	180	320	14-Mar	Montreal, CAN
V. Kumar	1986	IND	137.44	142	175	317	31-Jan	Pune, IND
Marc-Olivier Provost	1987	CAN	148.16	145	172	317	7-Jun	Chicago, USA
Sam Pera Jr	1989	COK	122.36	140	175	315	26-Jun	Rarotonga, COK
Danny Nemani	1981	NZL	120.00	137	175	312	12-Mar	Auckland, NZL
Craig Wegert	1973	AUS	154.15	140	170	310	21-Feb	Geelong, AUS
Success Godwin		NGR		143	167	310	19-Feb	Kaduna, NGR
Jasdeep Singh		IND	133.76	130	178	308	31-Jan	Pune, IND
Ikechukwu Okeke		NGR		142	165	307	19-Feb	Kaduna, NGR
Jesse Martini	1980	CAN	111.91	135	170	305	30-May	Calgary, CAN
Rafal Korkowski	1980	CAN	114.44	137	167	304	16-May	Kelowna, CAN
Wasif Hanif Butt		PAK	122.64	142	160	302	4-Mar	Lahore, PAK
Dharamender Sharma		IND	117.73	135	166	301	31-Jan	Pune, IND
Prabhakar Vompu	1991	IND	115.20	131	167	298	21-Jun	Bucharest, ROU
Mike Churchill	1984	CAN	111.40	140	150	290	14-Feb	Winnipeg, CAN
Koteeshwar Rao		IND		125	165	290	9-Jan	Chennai, IND

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## WOMEN: TOP-25 ABSOLUTE as at 01 July

<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>
Nganbam Soniya Chanu	1980	IND	47.85	74	93	167	11-May	Taldykorgan, KAZ
A. Sandhya Rani	1980	IND	47.82	70	90	160	28-Jan	Pune, IND
M.D.L Madhavi		IND	47.12	69	87	156	28-Jan	Pune, IND
Augustina Nwokolo	1992	NGR	47.20	67	87	154	27-Jun	Lagos, NGR
Rose Daniel		NGR		70	82	152	16-Feb	Kaduna, NGR
Juliette Odomete		NGR		62	85	147	16-Feb	Kaduna, NGR
Jessica Ruel	1991	CAN	47.80	65	80	145	28-Mar	La Prairie, CAN
Joy Obaga		NGR				140	16-Feb	Kaduna, NGR
Deeksha Pradeep Gaikwad	1990	IND	47.84	64	75	139	15-Jun	Bucharest, ROU
Kh. Sanjitha Devi		IND	47.26	61	76	137	28-Jan	Pune, IND
Nkechi Udo	1993	NGR	47.60	60	77	137	27-Jun	Lagos, NGR
Maude Langevin	1990	CAN	47.80	62	72	134	28-Mar	La Prairie, CAN
Katsia Telemaque	1989	SEY	48.00	62	70	132	16-May	Victoria, SEY
Deborah Groves	1970	AUS	47.70	57	73	130	16-May	Sydney, AUS
M. Santhosi	1989	IND	46.87	57	72	129	28-Jan	Pune, IND
Sonia		IND		58	71	129	20-Feb	Visakhapatnam, IND
Renu		IND		55	69	124	20-Feb	Visakhapatnam, IND
Kusum		IND		55	66	121	20-Feb	Visakhapatnam, IND
Manon Poulin	1963	CAN	47.90	53	62	115	28-Mar	La Prairie, CAN
Nikki Hamilton	1995	SCO	47.90	52	61	113	25-Apr	Alfreton, England, GBR
Hannah Powell	1992	ENG	42.50	47	65	112	25-Apr	Alfreton, England, GBR
Sarah Fines-Nueschild	1992	CAN	47.80	46	57	103	28-Feb	Blainville, CAN
Christine Duval	1990	MRI	47.80	45	58	103	20-May	Saint-Denis de la Réunion, FRA
Mary Macken	1961	AUS	47.05	45	55	100	30-May	Melbourne, AUS
Suchitra Shetty		IND		48	52	100	20-Feb	Visakhapatnam, IND
<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>
Chinyere Fidelis	1993	NGR		78	112	190	16-Feb	Kaduna, NGR
Minati Sethi	1990	IND	52.97	77	107	184	28-Jan	Pune, IND
Marilou Dozois-Prevost	1986	CAN	52.30	82	96	178	17-May	Kelowna, CAN
Raihan Yusoff	1988	MAS	52.30	73	96	169	11-May	Taldykorgan, KAZ
H. Inao Devi		IND	52.86	70	93	163	28-Jan	Pune, IND
Clementina Agricole	1988	SEY	53.00	73	90	163	16-May	Victoria, SEY
Nilamshetty Krishna Veni	1987	IND	51.56	77	85	162	28-Jan	Pune, IND
Preeti Rani		IND	52.20	71	91	162	28-Jan	Pune, IND
Rose Elam		NGR		70	90	160	16-Feb	Kaduna, NGR
Josephine Jackson		NGR		68	92	160	16-Feb	Kaduna, NGR
Kavita Kumari		IND		71	89	160	20-Feb	Visakhapatnam, IND
Piyanu Chanu		IND	52.95	68	90	158	28-Jan	Pune, IND
Joanne Calvino	1980	ENG	53.00	68	89	157	21-Feb	Halifax, England, GBR
Mufuli Bakole	1994	NGR	52.10	70	85	155	27-Jun	Lagos, NGR
K. Sandhya		IND	51.95	68	86	154	28-Jan	Pune, IND
Swati Singh		IND	52.08	70	83	153	28-Jan	Pune, IND
Kulvir Kaur		IND		68	85	153	20-Feb	Visakhapatnam, IND
Davina Hughes	1989	AUS	52.80	66	86	152	13-May	Darwin, AUS
Fahima Akhter Moina	1991	BAN		65	85	150	3-May	Dhaka, BAN
Rosemary Densmore	1984	CAN	52.84	66	81	147	17-May	Kelowna, CAN
Sharada Siddi	1973	IND	52.13	65	80	145	28-Jan	Pune, IND
Pramila Krisani	1996	IND	52.85	58	86	144	21-May	Chiang Mai, THA
Zayanda Mjezu	1992	RSA	52.90	60	83	143	21-May	Chiang Mai, THA
Ketaki Navale	1993	IND	52.88	62	79	141	16-Jun	Bucharest, ROU
Jessica Ruel	1991	CAN		65	76	141	11-Jan	La Sarre, 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>
Yamman Renu Bala Chanu	1986	IND	57.40	90	105	195	28-Jan	Pune, IND
Rachael Ekhisoria		NGR		85	110	195	17-Feb	Kaduna, NGR
Eze Ndini		NGR		88	107	195	17-Feb	Kaduna, NGR
L. Premeswari Devi	1984	IND	57.92	86	107	193	28-Jan	Pune, IND
Seepana Yamini	1993	IND	56.25	85	106	191	28-Jan	Pune, IND
Emily Quarton	1984	CAN	58.00	84	105	189	17-May	Kelowna, CAN
Uche Agu		NGR		85	107	182	17-Feb	Kaduna, NGR
Wendy Hale	1987	SOL	57.10	80	101	181	27-Jun	Boulari, NCL
Annie Moniqui	1990	CAN	54.88	80	97	177	17-May	Kelowna, CAN
Liren Devi	1984	IND	58.00	80	97	177	12-May	Taldykorgan, KAZ
Oyeka Azike	1990	NGR	55.00	75	95	170	27-Jun	Lagos, NGR
Zoe Smith	1994	ENG	57.43	75	94	169	22-May	Chiang Mai, THA
Maibam Sunibala Devi	1989	IND	57.35	74	93	167	12-May	Taldykorgan, KAZ
Karanam Kalyani	1985	IND		70	95	165	20-Feb	Visakhapatnam, IND
Isabelle Despres	1980	CAN	57.80	77	87	164	14-Feb	Toronto, CAN
Reena Kadyan		IND		70	88	158	20-Feb	Visakhapatnam, IND
Helen Jewell	1988	ENG	57.60	77	90	167	22-May	Loche, AUT
K. Divya Vani		IND		69	87	156	20-Feb	Visakhapatnam, IND
G. Laxmi		IND	57.89	70	86	156	28-Jan	Pune, IND
Maria Liku	1990	FIJ	58.00	70	85	155	27-Feb	Boulari, NCL
Carolanne Lanouette	1990	CAN	57.70	67	87	154	17-Jan	Scarborough, CAN
W. Khondombi Devi		IND	56.94	68	85	153	28-Jan	Pune, IND
Yumnam Chaoba Devi	1991	IND	56.23	67	85	152	28-Jan	Pune, IND
Sanjukta Sahu		IND	57.49	67	85	152	28-Jan	Pune, IND
Parveen		IND		65	85	150	20-Feb	Visakhapatnam, IND

<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>
Tania Whalen	1981	CAN	62.68	90	113	203	17-May	Kelowna, CAN
Michaela Breeze	1979	WAL	62.70	91	111	202	23-May	Lochen, AUT
Valerie Lefebvre	1990	CAN	62.25	88	112	200	18-Jun	Bucharest, ROU
Nurul Farahanah	1988	MAS	62.65	90	110	200	12-May	Taldykorgan, KAZ
Toyin Adesanmi	1993	NGR	62.00	87	110	197	18-Feb	Kaduna, NGR
Bunmi Adekola	1990	NGR		87	110	197	18-Feb	Kaduna, NGR
Obioma Okoli	1987	NGR		80	117	197	18-Feb	Kaduna, NGR
Hijam Poirenganbi Chanu	1980	IND	62.00	86	110	196	29-Jan	Pune, IND
Seen Lee	1982	AUS	59.50	90	105	195	29-Mar	Ipswich, AUS
Seepana Yamini	1993	IND		84	108	192	21-Feb	Visakhapatnam, IND
Miel McGerrigle-Wynne	1977	CAN	61.70	82	105	187	14-Feb	Toronto, CAN
Sunita Rani	1987	IND	61.33	81	105	186	29-Jan	Pune, IND
Emily Quarton	1984	CAN	60.60	81	100	181	28-Mar	La Prairie, CAN
Seeta Jena	1987	IND	61.10	75	105	180	29-Jan	Pune, IND
Jacquie White	1982	AUS	62.90	80	98	178	29-Mar	Ipswich, AUS
Janet Thelermont	1979	SEY	63.00	82	96	178	16-May	Victoria, SEY
K. Romi Devi	1980	IND	62.85	82	95	177	29-Jan	Pune, IND
P. Ronibala Devi		IND	58.32	77	99	176	29-Jan	Pune, IND
Maibam Sunibala Devi	1989	IND	58.80	76	97	173	29-Jan	Pune, IND
Helen Jewell	1988	ENG		76	97	173	18-Apr	Bristol, England, GBR
Meenaxi		IND	62.93	74	97	171	29-Jan	Pune, IND
Anita Shinde	1990	IND	62.10	72	95	167	29-Jan	Pune, IND
G. Aruna Rani	1991	IND	60.81	71	90	161	29-Jan	Pune, IND
Carolanne Lanouette	1990	CAN	62.00	69	92	161	28-Mar	La Prairie, CAN
Pamela Bougie	1991	CAN	63.00	76	85	161	28-Mar	La Prairie, CAN

<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	68.70	97	127	224	28-Mar	La Prairie, CAN
Marie-Eve Beachemin-Nadeau	1988	CAN	68.60	100	123	223	28-Mar	La Prairie, CAN
R. Kavitha	1983	IND	68.46	95	117	212	29-Jan	Pune, IND
Itohan Ebireguesese	1990	NGR		90	122	212	18-Feb	Kaduna, NGR
Chinyere Nwosu	1986	NGR		90	120	210	18-Feb	Kaduna, NGR
Gaëlle Ketchanke-Nayo	1988	CMR	68.85	90	115	205	3-May	Senlis, FRA
Michaela Breeze	1979	WAL		92	112	204	18-Apr	Bristol, England, GBR
Nansita Devi	1974	IND	67.56	88	114	202	29-Jan	Pune, IND
A. Janeshwari Devi	1986	IND	68.71	90	108	198	29-Jan	Pune, IND
Valerie Lefebvre	1990	CAN	63.90	85	112	197	28-Mar	La Prairie, CAN
Blessing Ezealor		NGR		85	112	197	18-Feb	Kaduna, NGR
S. Chandra Kala		IND		79	115	194	22-Feb	Visakhapatnam, IND
A. Bijiya Devi		IND	68.04	87	105	192	29-Jan	Pune, IND
Natasha Perdue	1975	WAL	68.20	86	103	189	16-May	Holyhead, Wales, GBR
Jacquie White	1982	AUS	63.60	83	100	183	30-May	Melbourne, AUS
Camilla Fogagnolo	1986	AUS	68.85	79	104	183	14-Feb	Launceston, AUS
Nicole Chamberlain	1978	AUS	64.85	82	99	181	29-Mar	Ipswich, AUS
Manu Ah Kuoi	1982	SAM	68.28	75	100	175	27-Feb	Apia, SAM
B. Rajyalaxmi		IND	68.96	78	97	175	29-Jan	Pune, IND
Tasha Williams	1973	NZL	68.20	70	103	173	13-Jun	Auckland, NZL
Elena Palamara	1986	AUS	68.28	77	95	172	16-May	Sydney, AUS
Rajwant Kaur		IND		73	98	171	22-Feb	Visakhapatnam, IND
Rekha Kanyal		IND		75	96	171	22-Feb	Visakhapatnam, IND
Prabdeep Sanghera	1993	CAN	68.46	73	96	169	17-May	Kelowna, CAN
Marie-Josée Ares-Pilon	1982	CAN	67.62	75	90	165	4-Apr	Edmonton, 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>
Pujari Sailaja	1982	IND	75.00	105	132	237	29-Jan	Pune, IND
Christine Girard	1982	CAN		95	125	220	15-Mar	Rouyn, CAN
Marie-Eve Beauchemin-Nadeau	1988	CAN		95	118	213	13-Mar	Brossard, CAN
Jean E. Lassen	1980	CAN	74.86	94	117	211	17-May	Kelowna, CAN
Chelse Zarboni-Berthiaume	1991	CAN	74.90	95	115	210	18-Apr	Brossard, CAN
Mary Opeloge	1992	SAM	73.55	92	116	208	26-Jun	Apia, SAM
Juliet Okuebor	1989	NGR	74.00	90	117	207	19-Feb	Kaduna, NGR
Caroline Girard	1982	CAN	74.90	90	115	205	28-Mar	La Prairie, CAN
Gloria Moses		NGR		87	115	202	19-Feb	Kaduna, NGR
Jenna Myers	1986	AUS	73.65	85	106	191	29-Mar	Ipswich, AUS
Khwairakpam Premila Devi	1990	IND	73.50	80	105	185	20-Jun	Bucharest, ROU
Kara Yessie	1982	CAN	74.46	85	100	185	17-May	Kelowna, CAN
Janet Ajayi		NGR		78	107	185	19-Feb	Kaduna, NGR
Shristi Singh	1990	IND	72.19	80	102	182	29-Jan	Pune, IND
Belinda van Tienen	1986	AUS	74.75	82	100	182	30-May	Melbourne, AUS
Kulbir Kaur		IND		78	102	180	22-Feb	Visakhapatnam, IND
Kerri-Ann Wotenick	1983	ENG	71.90	77	97	174	21-Feb	Halifax, England, GBR
Mareta Berenato	1992	KIR	71.20	77	95	172	27-Feb	Tarawa, KIR
Tasha Williams	1973	NZL	69.80	71	100	171	13-Mar	Wellington, NZL
B. Rajya Lakshmi	1985	IND		73	97	170	22-Feb	Visakhapatnam, IND
Chantal Lambrechts	1990	NZL	72.00	74	93	167	15-May	Darwin, AUS
Stephanie Tremblay-Chapdelaine	1987	CAN		74	92	166	13-Mar	Brossard, CAN
Micheala Detenamo	1992	NRU	73.50	70	95	165	27-Feb	NRU
Sophia Sandhu	1979	CAN	74.48	67	97	164	17-May	Kelowna, CAN
Reena Kentura	1992	IND	72.46	73	90	163	29-Jan	Pune, IND

**+75kg Category**

	<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>
Ele Opeloge	1985	SAM	121.75	125	155	280	26-Jun	Apia, SAM
Geeta Rani	1981	IND	111.40	100	125	225	14-May	Taldykorgan, KAZ
Narita Viliamu	1989	NIU	138.20	93	122	215	15-May	Darwin, AUS
Tracey Lambrechts	1985	NZL	97.80	90	120	210	14-Feb	Auckland, NZL
Jenna Myers	1986	AUS	75.78	97	110	207	20-Jun	Launceston, AUS
Susan Adeoye	1985	NGR	80.20	93	112	205	19-Feb	Kaduna, NGR
Amanpreet Kaur	1988	IND		95	107	202	22-Feb	Visakhapatnam, IND
Caroline Girard	1982	CAN		88	113	201	15-Mar	Rouyn, CAN
Chelse Zarboni-Berthiaume	1991	CAN		85	110	195	14-Mar	Montreal, CAN
Amanda Phillips	1981	AUS	82.15	84	110	194	6-Jun	Ipswich, AUS
Sarah Moreau	1991	CAN	101.12	86	106	192	20-Jun	Bucharest, ROU
Kommeria Tulasi	1987	IND	89.77	80	105	185	29-Jan	Pune, IND
Pardeep Kaur	1986	IND		80	102	182	22-Feb	Visakhapatnam, IND
Christana Briggs		NGR		80	100	180	19-Feb	Kaduna, NGR
Amandeep Kaur		IND		75	102	177	22-Feb	Visakhapatnam, IND
Isanaca Ivy Shaw	1976	FIJ	79.00	75	100	175	27-Feb	Suva, FIJ
Matilda Iso	1986	PNG	85.60	76	93	169	15-May	Darwin, AUS
Shalinee Valayadon	1986	MRI	92.50	72	95	167	20-May	Saint-Denis de la Réunion, FRA
Anjali Nabiyal		IND	75.50	70	95	165	29-Jan	Pune, IND
Kathryn Davis	1986	AUS	78.75	76	89	165	18-Apr	Sydney, AUS
Luni Simanu	1988	SAM	81.10	70	95	165	27-Feb	Apia, SAM
Blessing Rufus		NGR				165	19-Feb	Kaduna, NGR
Chantal Lambrechts	1990	NZL	75.30	73	88	161	14-Feb	Auckland, NZL
Daisy Tolugu	1978	SOL	89.20	70	88	158	26-Jun	Honiara, SOL
Reena Kaintura	1991	IND	78.58	70	87	157	20-Jun	Bucharest, ROU

# 2009 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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## MEN: ONE PER COUNTRY as at 01 July

<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>
Valluri Srinivasa Rao	1981	IND	55.90	109	141	250	11-May	Taldykorgan, KAZ
Mohd Shafiq	1988	MAS	55.50	107	132	239	11-May	Taldykorgan, KAZ
Manueli Tulo	1990	FIJ	55.60	98	130	228	27-Feb	Boulari, NCL
Abdullah Ghafoor	1986	PAK	55.30	97	125	222	2-Mar	Lahore, PAK
Taju Giwa		NGR		95	125	220	16-Feb	Kaduna, NGR
Jonathan Coret	1989	MRI	55.40	90	115	205	20-May	Saint-Denis de la Réunion, FRA
Lou Guinares	1990	NZL	55.90	83	105	188	18-Apr	Auckland, NZL
Dylan Scott	1993	SCO	54.70	84	102	186	20-May	Chiang Mai, THA
Leo Kivave	1988	PNG	55.60	80	105	185	27-Feb	Port Moresby, PNG
Matthew Tolo	1993	SOL	55.66	80	100	180	26-Jun	Honiara, SOL
Anrich Phillips	1992	RSA	49.56	75	100	175	20-May	Chiang Mai, THA
Shamsher Shergill	1994	ENG	54.60	73	95	168	25-Apr	Alfreton, England, GBR
Artmark Aplewhaite	1994	BAR	53.74	65	86	151	20-May	Chiang Mai, THA
Feb Quadina	1998	NRU	56.00	67	82	147	27-Feb	NRU
Derrick Hyman		GUY	52.60	62	80	142	31-May	Georgetown, GUY
Maikolo Taufa	1993	TGA	56.00	62	80	142	26-Jun	Nuku'alofa, TGA
Joe Owen	1993	WAL	49.40	60	81	141	28-Feb	Holyhead, Wales, GBR
Laurence Reilly	1989	AUS	54.50	58	75	133	14-Feb	Brisbane, AUS
Rick Confrance	1994	SEY	56.00	40	55	95	16-May	Victoria, SEY
Lewis Knox		NIR	47.80	35	45	80	21-Feb	Dublin, IRL
<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>
Dimitrios Minasides	1989	CYP	61.77	133	155	288	29-Jun	Pescara, ITA
Mahayudin Naharudin	1984	MAS	61.25	120	145	265	12-May	Taldykorgan, KAZ
J. Thiru Kumaran	1984	IND		115	149	264	7-Jan	Chennai, IND
Daniel Koum Koum	1985	AUS	61.90	114	146	260	13-May	Darwin, AUS
Akbar Ali		PAK	61.92	115	143	258	2-Apr	Lahore, PAK
Jasvir Singh	1977	CAN	61.70	108	140	248	16-May	Kelowna, CAN
John Eiche		NGR		112	130	242	17-Feb	Kaduna, NGR
Luwellyne Phillips	1989	RSA	61.57	102	126	228	16-Jun	Bucharest, ROU
Gareth Evans	1986	WAL	59.80	102	125	227	16-May	Holyhead, Wales, GBR
Brown Ramoaka	1988	SOL	61.55	97	128	225	26-Jun	Honiara, SOL
Bwamatang Tiaon	1992	KIR	61.80	102	120	222	26-Jun	Tarawa, KIR
Chris Freebury	1989	ENG	61.50	100	115	215	25-Apr	Alfreton, England, GBR
Charles Sekyahya	1994	UGA	60.90	90	117	207	21-May	Chiang Mai, THA
Elson Brechtefield	1994	NRU	59.60	87	115	202	27-Feb	NRU
Matthew Madsen	1991	NZL	61.75	85	116	201	1-Jan	Auckland, NZL
Yanick Coret	1991	MRI	60.10	90	105	195	20-May	Saint-Denis de la Réunion, FRA
Bob Pesaleli	1991	SAM	60.42	85	107	192	27-Feb	Apia, SAM
Raygory Lolo	1984	PNG	59.30	82	105	187	27-Feb	Port Moresby, PNG
Craig Carfray	1992	SCO	62.00	85	102	187	25-Apr	Alfreton, England, GBR
Siaosi Ofa Ulunga	1965	TGA	62.00	50	55	105	26-Jun	Nuku'alofa, TGA

<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>
Katulu Ravi Kumar	1988	IND	68.80	138	161	299	13-May	Taldykorgan, KAZ
Francois Etoundi	1984	AUS	68.80	131	164	295	14-May	Darwin, AUS
Mark Spooner	1984	NZL	68.80	130	164	294	14-May	Darwin, AUS
Chinthana Vidanange	1981	SRI	68.90	127	165	292	13-May	Taldykorgan, KAZ
Ademola Oginni		NGR		125	165	290	17-Feb	Kaduna, NGR
Dimitrios Minasides	1989	CYP	64.80	130	145	275	2-May	Cospicua, MLT
Tekaei Temake	1986	KIR	68.40	117	153	270	26-Jun	Boulari, NCL
Mati-Ur-Rehman	1984	PAK	68.82	117	150	267	3-Mar	Lahore, PAK
Dominic Lussier	1984	CAN	68.66	120	145	265	16-May	Kelowna, CAN
Toafito Perive	1985	SAM	68.70	108	152	260	26-Jun	Apia, SAM
Bronco Dairanauw	1991	NRU	69.00	105	130	235	26-Jun	NRU
Jimmy Moonien	1981	MRI	69.00	105	130	235	20-May	Saint-Denis de la Réunion, FRA
Peter Dutton	1990	ENG	67.80	101	125	226	13-Jun	Lochen, AUT
Billy Walter	1989	SOL	66.10	97	121	218	26-Jun	Honiara, SOL
Ilaniume maa'ke Finau	1986	TGA	68.00	90	120	210	26-Jun	Nuku'alofa, TGA
Mark Middleton	1988	SCO	66.60	92	112	204	29-Mar	Glasgow, Scotland, GBR
Jeffrey Robby	1979	PNG	64.80	90	113	203	14-May	Darwin, AUS
Daniel Murtagh	1989	WAL	68.80	90	110	200	2-May	Cospicua, MLT
James Small	1992	NIR	67.50	85	105	190	2-May	Cospicua, MLT
Marvis Williams		GUY	64.70			182	31-May	Georgetown, GUY
Pauliasi Loco	1992	FIJ	69.00	80	100	180	27-Feb	Suva, FIJ
Christopher Ferley	1990	SEY	69.00	65	80	145	16-May	Victoria, SEY
Ryan Agius	1991	MLT	67.20	58	70	128	29-Jun	Valletta, MLT
Mohd Faerul	1986	MAS	68.35	137	---	---	13-May	Taldykorgan, KAZ

<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>
Yukio Peter	1984	NRU	76.70	153	196	349	14-May	Darwin, AUS
Mark Spooner	1984	NZL	74.00	132	170	302	13-Jun	Auckland, NZL
Che Zulkifli	1985	MAS	76.30	133	169	302	13-May	Taldykorgan, KAZ
Muhammad Irfan Islam	1981	PAK	76.44	142	160	302	3-Mar	Lahore, PAK
V. Prabhu	1983	IND		134	164	298	8-Jan	Chennai, IND
Josefa Vueti	1979	FIJ	74.30	128	167	295	27-Feb	Boulari, NCL
Bernadin Kingue Matam	1990	CMR	72.90	130	160	290	1-Apr	Toulon, FRA
David Sarkisian	1986	AUS	73.50	127	163	290	30-May	Melbourne, AUS
Francis Luna-Grenier	1987	CAN	74.96	128	162	290	16-May	Kelowna, CAN
Rabiu Ibrahim		NGR		130	157	287	18-Feb	Kaduna, NGR
Francis Pesaleli	1987	SAM	75.50	115	150	265	27-Feb	Apia, SAM
Graeme Kane	1988	SCO	76.50	113	145	258	4-Apr	Glasgow, Scotland, GBR
Davis Gorosi	1988	SOL	76.70	112	145	257	26-Jun	Honiara, SOL
Brandon Inniss	1993	BAR	76.78	115	140	255	22-May	Chiang Mai, THA
Taubena Tatonga	1990	KIR	75.00	110	140	250	26-Jun	Tarawa, KIR
Charles Simeon	1982	SEY	77.00	100	135	235	16-May	Victoria, SEY
Ray Williams	1959	WAL	75.80	100	110	210	16-May	Holyhead, Wales, GBR
Neil Dougan	1985	NIR	70.00	92	116	208	25-Apr	Dublin, URL
Yovin Gyadin		MRI	76.50	95	110	205	20-May	Saint-Denis de la Réunion, FRA
Clint Grech	1987	MLT	70.10	83	105	188	26-Jun	Valletta, MLT
Argyris Socratous		CYP	70.50	77	97	174	2-May	Cospicua, MLT
Peter Maimu	1986	PNG	74.50	75	90	165	27-Feb	Port Morseby, PNG
Reshveen Rajendran	1992	SIN	71.78	65	95	160	22-May	Chiang Mai, THA
Talo Tu'ifua	1991	TGA	76.00	55	70	125	26-Jun	Nuku'alofa, TGA

<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>
Yukio Peter	1984	NRU	79.70	155	200	355	27-Feb	Boulari, NCL
Simplice Ribouem	1982	AUS	84.50	151	190	341	15-May	Darwin, AUS
Richard Patterson	1983	NZL	83.60	140	186	326	13-Jun	Auckland, NZL
David Katoatau	1984	KIR	85.60	140	175	315	27-Feb	Boulari, NCL
Mohd Faiz	1989	MAS	92.10	135	175	310	14-May	Taldykorgan, KAZ
Paul Dumais	1991	CAN	83.10	137	170	307	28-Mar	La Prairie, CAN
Faavae Faauliuli	1983	SAM	83.90	132	175	307	27-Feb	Apia, SAM
Khuram Shahzad Butt	1981	PAK	84.82	135	172	307	3-Mar	Lahore, PAK
K. Jagadeesan		IND		137	165	302	8-Jan	Chennai, IND
Gideon Aigbefo		NGR		125	160	285	18-Feb	Kaduna, NGR
Terrence Dixie	1983	SEY	85.00	122	150	272	16-May	Victoria, SEY
Graeme Kane	1988	SCO	77.10	120	145	265	2-May	Cospicua, MLT
Ben Watson	1990	ENG	83.90	117	143	260	21-Feb	Halifax, England, GBR
Albert Maeke	1985	SOL	79.20	105	135	240	26-Jun	Honiara, SOL
Peter Stewart	1978	NIR	81.00	102	137	239	25-Apr	Dublin, IRL
Ray Vaughan	1971	WAL	84.40	95	120	215	28-Feb	Holyhead, Wales, GBR
Samui Tupou	1985	TGA	78.00	90	122	212	26-Jun	Nuku'alofa, TGA
Sirla Pera	1992	COK	85.00	95	116	211	26-Jun	Rarotonga, COK
Makatu Mohamed		UGA	81.40	85	100	185	26-Jun	Kampala, UGA
Hukui Tiakia	1994	NIU	82.00	57	75	132	26-Jun	Alofi, NIU
Stephen Borg	1976	MLT	84.10	82	---	---	2-May	Cospicua, MLT

<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>
Shuja-ud-Din Malik	1972	PAK	92.92	150	185	335	4-Mar	Lahore, PAK
Sukhvindar	1975	IND	93.65	145	187	332	30-Jan	Pune, IND
Buck Ramsay	1982	CAN	93.34	144	185	329	16-May	Kelowna, CAN
Peter Kirkbride	1987	SCO	90.00	140	183	323	29-Mar	Cospicua, MLT
Max Dal Santo	1985	AUS	92.10	142	177	319	28-Mar	Ipswich, AUS
David Katoatau	1984	KIR	85.60	140	175	315	27-Feb	Boulari, NCL
Gaston Wafo Fodouop	1972	CMR	91.70	135	160	295	17-Jan	Gennevilliers, FRA
Denis Catana	1985	ENG	91.90	130	160	290	25-Jan	London, England, GBR
Jonathan Yoshida	1980	SAM	92.80	130	160	290	26-Jun	Apia, SAM
Peter John		NGR		125	165	290	19-Feb	Kaduna, NGR
Jean Greeff	1990	RSA	93.57	128	160	288	20-Jun	Bucharest, ROU
Ravi Bhollah	1981	MRI	93.90	130	150	280	20-May	Saint-Denis de la Réunion, FRA
Tee-Jay Star	1989	NRU	86.07	120	150	270	26-Jun	NRU
Saimone Apole Turaganivalu	1985	FIJ	94.00	130	140	270	27-Feb	Suva, FIJ
Jonathon Selkirk	1984	NZL	91.50	120	148	268	12-Mar	Auckland, NZL
Bradley Inniss	1985	BAR	92.70	115	143	258	6-Jun	Chicago, USA
Aaron Small	1987	NIR	91.90	100	119	219	25-Apr	Dublin, IRL
Sione Vasi	1985	TGA	89.00	80	110	190	26-Jun	Nuku'alofa, TGA
Stephen Borg	1987	MLT	86.50	83	106	189	26-Jun	Valletta, MLT
Simon Tiakia	1992	NIU	88.90	77	100	177	27-Feb	Alofi, NIU
James Abernethy	1993	WAL	89.40	75	70	145	28-Feb	Holyhead, Wales, GBR

<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>
Ivorn McKnee	1981	BAR	103.98	152	190	342	7-Jun	Chicago, USA
Usman Amjad Rathore	1987	PAK	94.40	152	185	337	4-Mar	Lahore, PAK
Stas Chalaev	1986	NZL	99.70	145	175	320	16-May	Auckland, NZL
Meamea (Taomati) Thomas	1987	KIR	104.30	145	175	320	26-Jun	Tarawa, KIR
Gurbinder Cheema	1978	ENG	104.47	145	175	320	11-Apr	Bucharest, ROU
Grovindar Singh	1980	IND	94.12	142	175	317	31-Jan	Pune, IND
Alexandros Kouvakas	1989	CAN	104.90	140	175	315	17-Jan	Scarborough, CAN
Gaston Wafo Fodouop	1972	CMR	94.40	135	160	295	21-Feb	La Ferte Milon, FRA
Balam Doum		NGR		130	160	290	19-Feb	Kaduna, NGR
Zac Grgurevic	1991	AUS	101.20	128	160	288	15-May	Darwin, AUS
Saimone Turaganivalu	1985	FIJ	94.50	120	155	275	26-Jun	Suva, FIJ
Jamian Scotty	1984	NRU	95.50	120	150	270	26-Jun	NRU
Biddyut Kumar Roy	1972	BAN	102.75	110	150	260	15-May	Taldykorgan, KAZ
Angelos Ioannou	1972	CYP	99.20	115	140	255	2-May	Cospicua, MLT
Kalyango Deo		UGA	94.70	100	135	235	26-Jun	Kampala, UGA
Liam Whiteway	1977	NIR	96.00	100	130	230	25-Apr	Dublin, IRL
David Faha'ivalu Finau	1985	TGA	104.00	90	110	200	26-Jun	Nuku'alofa, TGA
Jim Hurrell		SCO	96.94	90	105	195	1-Feb	Glasgow, Scotland, GBR
James Abernethy	1993	WAL	97.10	76	92	168	7-Mar	Oldbury, England, GBR
Primo	1985	SOL	101.00	60	90	150	27-Feb	Honiara, SOL
Mark Sapiano	1991	MLT	96.40	70	80	150	26-Jun	Valletta, MLT
Braydon Hakeaagaiki	1991	NIU	97.00	62	77	139	26-Jun	Alofi, NIU
<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>
Itte Detenamo	1986	NRU	155.20	170	210	380	15-May	Darwin, AUS
Corran Hocking	1980	AUS	148.85	170	201	371	30-May	Melbourne, AUS
Rizwan Ullah Khan Lodhi		PAK	118.64	155	190	345	4-Mar	Lahore, PAK
Meamea (Taomati) Thomas	1987	KIR	106.00	140	190	330	27-Feb	Boulari, NCL
Gurbinder Cheema	1978	ENG	106.30	150	180	330	21-Feb	Halifax, England, GBR
Sandeep Kumar	1980	IND	116.50	142	186	328	31-Jan	Pune, IND
Alexandros Kouvakas	1989	CAN		140	180	320	14-Mar	Montreal, CAN
Sam Pera Jr	1989	COK	122.36	140	175	315	26-Jun	Rarotonga, COK
Danny Nemani	1981	NZL	120.00	137	175	312	12-Mar	Auckland, NZL
Success Godwin		NGR		143	167	310	19-Feb	Kaduna, NGR
Mohammad Feroz	1979	BAN	130.30	110	150	260	15-May	Taldykorgan, KAZ
Robert Kilindo	1972	SEY	106.00	120	140	260	16-May	Victoria, SEY
Emanuel Schembri	1986	MLT	113.80	100	142	242	2-May	Cospicua, MLT
Maamaloa Lolohea	1968	TGA	120.00	100	140	240	26-Jun	Nuku'alofa, TGA
David Venables	1961	SCO		105	135	240	1-Feb	Glasgow, Scotland, GBR
Shezad Nandoo		MRI	155.00	105	125	230	20-May	Saint-Denis de la Réunion, FRA
Matthew McCoy	1994	NIR	109.90	83	105	188	25-Apr	Dublin, IRL

# 2009 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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## WOMEN: ONE PER COUNTRY as at 01 July

<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>
Nganbam Soniya Chanu	1980	IND	47.85	74	93	167	11-May	Taldykorgan, KAZ
Augustina Nwokolo	1992	NGR	47.20	67	87	154	26-Jun	Lagos, NGR
Jessica Ruel	1991	CAN	47.80	65	80	145	28-Mar	La Prairie, CAN
Katsia Telemaque	1989	SEY	48.00	62	70	132	16-May	Victoria, SEY
Deborah Groves	1970	AUS	47.70	57	73	130	16-May	Sydney, AUS
Nikki Hamilton	1995	SCO	47.90	52	61	113	25-Apr	Alfreton, England, GBR
Hannah Powell	1992	ENG	42.50	47	65	112	25-Apr	Alfreton, England, GBR
Christine Duval	1990	MRI	47.80	45	58	103	20-May	Saint-Denis de la Réunion, FRA
Eden Kambi	1988	PNG	42.80	40	55	95	27-Feb	Port Morseby, PNG
Colette Will	1992	SCO	47.61	41	50	91	25-Jan	Kilwinning, Scotland, GBR
Grace Itea	1993	SOL	48.00	40	45	85	27-Feb	Honiara, SOL
Yuki Amram	1996	NRU	38.00	27	35	62	26-Jun	NRU
Zaira Zakaria	1987	MAS	47.85	70	---	---	11-May	Taldykorgan, KAZ

  

<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>
Chinyere Fidelis	1993	NGR		78	112	190	16-Feb	Kaduna, NGR
Minati Sethi	1990	IND	52.97	77	107	184	28-Jan	Pune, IND
Marilou Dozois-Prevost	1986	CAN	52.30	82	96	178	17-May	Kelowna, CAN
Raihan Yusoff	1988	MAS	52.30	73	96	169	11-May	Taldykorgan, KAZ
Clementina Agricole	1988	SEY	53.00	73	90	163	16-May	Victoria, SEY
Joanne Calvino	1980	ENG	53.00	68	89	157	21-Feb	Halifax, England, GBR
Davina Hughes	1989	AUS	52.80	66	86	152	13-May	Darwin, AUS
Fahima Akhter Moina	1991	BAN		65	85	150	3-May	Dhaka, BAN
Zayanda Mjezu	1992	RSA	52.90	60	83	143	21-May	Chiang Mai, THA
Gloria Kimbu	1987	PNG	51.20	60	75	135	27-Feb	Port Morseby, PNG
Danielle Callender	1996	BAR	52.49	50	65	115	21-May	Chiang Mai, THA
Collette Will	1992	SCO	50.10	46	58	104	12-Jun	Loche, AUT
Grace Itea	1993	SOL	50.30	45	55	100	26-Jun	Honiara, SOL
Raijeli Katia	1995	FIJ	53.00	40	60	100	27-Feb	Apia, FIJ

  

<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>
Yamman Renu Bala Chanu	1986	IND	57.40	90	105	195	28-Jan	Pune, IND
Rachael Ekhisoria		NGR		85	110	195	17-Feb	Kaduna, NGR
Emily Quarton	1984	CAN	58.00	84	105	189	17-May	Kelowna, CAN
Wendy Hale	1987	SOL	57.10	80	101	181	26-Jun	Boulari, NCL
Zoe Smith	1994	ENG	57.49	75	94	169	22-May	Chiang Mai, THA
Maria Liku	1990	FIJ	58.00	70	85	155	27-Feb	Boulari, NCL
Kate Howard	1979	NZL	55.30	63	80	143	15-Feb	Auckland, NZL
Melissa Robinson	1981	AUS	57.80	62	81	143	18-Apr	Brisbane, AUS
Matshidiso Masiu	1992	RSA	57.92	65	75	140	22-May	Chiang Mai, THA
Veerapen Fabiola	1989	MRI	57.20	40	50	90	20-May	Saint-Denis de la Réunion, FRA
Jenna Gilroy	1995	SCO	55.90	40	46	86	4-Apr	Glasgow, Scotland, GBR
Claire Kamauti	1990	KIR	55.00	35	40	75	27-Feb	Tarawa, KIR
Jessie Williams	1995	WAL	56.80	30	43	73	19-May	Holyhead, Wales, GBR

<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>
Tania Whalen	1981	CAN	62.68	90	113	203	17-May	Kelowna, CAN
Michaela Breeze	1979	WAL	62.70	91	111	202	23-May	Lochen, AUT
Nurul Farahanah	1988	MAS	62.65	90	110	200	12-May	Taldykorgan, KAZ
Toyin Adesanmi	1993	NGR	62.00	87	110	197	18-Feb	Kaduna, NGR
Hijam Poirenganbi Chanu	1980	IND	62.00	86	110	196	29-Jan	Pune, IND
Seen Lee	1982	AUS	59.50	90	105	195	29-Mar	Ipswich, AUS
Janet Thelermont	1979	SEY	63.00	82	96	178	16-May	Victoria, SEY
Helen Jewell	1988	ENG		76	97	173	18-Apr	Bristol, England, GBR
Jennifer Donga	1983	SOL	61.80	67	87	154	27-Feb	Honiara, SOL
Maria Liku	1990	FIJ	58.90	60	90	150	26-Jun	Suva, FIJ
Firoza Parveen	1986	BAN		65	75	140	3-May	Dhaka, BAN
Amy Hamilton	1991	SCO	61.60	65	73	138	25-Apr	Alfreton, England, GBR
Lucinda May	1989	NZL	61.60	45	55	100	13-Jun	Christchurch, 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	68.70	97	127	224	28-Mar	La Prairie, CAN
R. Kavitha	1983	IND	68.46	95	117	212	29-Jan	Pune, IND
Itohan Ebireguesele	1990	NGR		90	122	212	18-Feb	Kaduna, NGR
Gaelle Ketchanke-Nayo	1988	CMR	68.85	90	115	205	3-May	Senlis, FRA
Michaela Breeze	1979	WAL		92	112	204	18-Apr	Bristol, England, GBR
Jacquie White	1982	AUS	63.60	83	100	183	30-May	Melbourne, AUS
Manu Ah Kuoi	1982	SAM	68.28	75	100	175	27-Feb	Apia, SAM
Tasha Williams	1973	NZL	68.20	70	103	173	13-Jun	Auckland, NZL
Jenny Wini		SOL	68.40	67	92	159	26-Jun	Honiara, SOL
Edyleen Miso	1988	PNG	64.50	60	85	145	27-Feb	Port Morseby, PNG
Reanna Adam	1989	NRU	65.00	55	80	135	27-Feb	NRU
Raijeli Katia	1995	FIJ	65.45	45	75	120	26-Jun	Suva, FIJ
Amy Liu	1991	SCO	69.00	50	70	120	25-Jan	Kilwinning, Scotland, GBR
Tulisa Kailea	1982	TGA	65.30	35	50	85	27-Feb	Nuku'alofa, TGA

<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>
Pujari Sailaja	1982	IND	75.00	105	132	237	29-Jan	Pune, IND
Christine Girard	1982	CAN		95	125	220	15-Mar	Rouyn, CAN
Mary Opeloge	1992	SAM	73.55	92	116	208	26-Jun	Apia, SAM
Juliet Okuebora	1989	NGR	74.00	90	117	207	19-Feb	Kaduna, NGR
Jenna Myers	1986	AUS	73.65	85	106	191	29-Mar	Ipswich, AUS
Kerri-Ann Wotenick	1983	ENG	71.90	77	97	174	21-Feb	Halifax, England, GBR
Mareta Berenato	1992	KIR	71.20	77	95	172	27-Feb	Tarawa, KIR
Tasha Williams	1973	NZL	69.80	71	100	171	13-Mar	Wellington, NZL
Michaela Detenamo	1992	NRU	73.50	70	95	165	27-Feb	NRU
Georgina Black	1989	SCO	75.00	71	86	157	25-Apr	Alfreton, England, GBR
Daisy Tolugu	1978	SOL	72.00	65	80	145	27-Feb	Honiara, SOL
Filomina Naime	1987	PNG	71.20	57	70	127	27-Feb	Port Morseby, PNG
Tamyrah Mautama	1995	NIU	71.40	55	62	117	15-May	Darwin, AUS
Telesa Kailea	1982	TGA	72.00	50	55	105	26-Jun	Nuku'alofa, TGA
Juliana Perrine		MRI	72.50	48	50	98	20-May	Saint-Denis de la Réunion, FRA

**+75kg Category**

	<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>
Ele Opeloge	1985	SAM	121.75	125	155	280	26-Jun	Apia, SAM
Geeta Rani	1981	IND	111.40	100	125	225	14-May	Taldykorgan, KAZ
Narita Viliamu	1989	NIU	138.20	93	122	215	15-May	Darwin, AUS
Tracey Lambrechts	1985	NZL	97.80	90	120	210	14-Feb	Auckland, NZL
Jenna Myers	1986	AUS	75.78	97	110	207	20-Jun	Launceston, AUS
Susan Adeoye	1985	NGR	80.20	93	112	205	19-Feb	Kaduna, NGR
Caroline Girard	1982	CAN		88	113	201	15-Mar	Rouyn, CAN
Isanaca Ivy Shaw	1976	FIJ	79.00	75	100	175	27-Feb	Suva, FIJ
Matilda Iso	1986	PNG	85.60	76	93	169	15-May	Darwin, AUS
Shalinee Valayadon	1986	MRI	92.50	72	95	167	20-May	Saint-Denis de la Réunion, FRA
Daisy Tolugu	1978	SOL	89.20	70	88	158	26-Jun	Honiara, SOL
Sonia Stephens	1965	ENG	80.00	65	80	145	8-Feb	London, England, GBR
Milly Jeremiah	1991	NRU	78.00	60	80	140	26-Jun	NRU
Lisa Glover	1990	SCO	80.58	62	78	140	29-Mar	Glasgow, Scotland, GBR
Akter Jesmin	1985	BAN	80.75	55	75	130	14-May	Taldykorgan, KAZ
Tebaoti Kirataruru	1980	KIR	84.50	50	60	110	27-Feb	Tarawa, KIR
Genie Victor	1993	SEY	76.00	45	55	100	26-Jun	Victoria, SEY