

2010 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

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MEN: TOP-25 ABSOLUTE

as at 01 July

56kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Mohd Shafiq Ismail	1988	MAS	54.95	115	136	251	13-Jun	Melaka, MAS
V. Srinivasa Rao	1981	IND	55.90	105	139	244	21-Feb	Udaipur, IND
Sukhen Dey	1989	IND	55.68	108	135	243	21-Feb	Udaipur, IND
Mauei Tulo	1990	*FIJ	55.80	106	134	240	4-May	Suva, FIJ
Mayur Sinhasane	1983	IND	55.60	107	125	232	21-Feb	Udaipur, IND
Muhammad Shahzad		PAK		103	129	232	30-Mar	Lahore, PAK
Kamal Bandara Wattasse	1985	SRI	55.70	95	135	230	31-Jan	Dhaka, BAN
V. Vinoth Kumar	1984	IND	55.94	103	127	230	21-Feb	Udaipur, IND
Mohd Shafiq Ismail	1988	MAS				230	26-Mar	Jitra, MAS
M. Tamil Selvan	1986	IND	55.86	106	123	229	21-Feb	Udaipur, IND
Akramul Haque	1984	BAN	55.57	102	126	228	31-Jan	Dhaka, BAN
Swapnil Ghagare	1990	IND	55.96	104	124	228	21-Feb	Udaipur, IND
Abdullah Ghafoor	1986	PAK		98	128	226	30-Mar	Lahore, PAK
Aine Uddin	1994	BAN	55.65	100	119	219	16-Apr	Tashkent, UZB
Mohd Fazli Dollah	1989	MAS				216	26-Mar	Jitra, MAS
Sukhwinder Singh	1990	IND	55.16	98	117	215	21-Feb	Udaipur, IND
Imran Ismail		PAK		95	118	213	30-Mar	Lahore, PAK
Elson Brechtfield	1994	NRU	56.00	93	120	213	26-Jun	Mont Dore, NCL
Lou Guinares	1990	NZL	55.70	93	118	211	12-Jun	Auckland, NZL
Lester Avin Ambrose	1989	MAS	52.00	92	118	210	11-Jun	Melaka, MAS
Mohamad Tramizi Abdullah	1987	MAS	52.00	92	117	209	11-Jun	Melaka, MAS
J. Durga Prasad	1979	IND	55.98	92	115	207	21-Feb	Udaipur, IND
Anrich Phillips	1992	RSA	55.85	90	115	205	29-May	Strand, RSA
L. Abin Singh		IND		90	115	205	7-Apr	Imphal, IND
Vinod	1985	IND	54.62	93	111	204	21-Feb	Udaipur, IND
62kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Aricco Jumithi	1990	MAS	61.15	119	153	272	14-Jun	Melaka, MAS
N. Sunil Kumar	1989	IND	61.32	123	147	270	22-Feb	Udaipur, IND
Otari Omkar Shekhar	1987	IND	61.74	121	143	264	22-Feb	Udaipur, IND
Rustam Sarang	1988	IND	61.34	115	148	263	22-Feb	Udaipur, IND
Senthamizh Selvan	1987	IND	61.40	115	148	263	22-Feb	Udaipur, IND
S. Deva Kumar	1982	IND	61.40	122	141	263	22-Feb	Udaipur, IND
Daniel Koum Koum	1985	AUS	62.00	115	146	261	5-May	Suva, FIJ
Jasvir Singh	1977	CAN	61.85	113	147	260	22-May	Saint-Hyacinthe, CAN
Muhammad Istiaq Ghafoor	1976	PAK	61.47	118	140	258	31-Jan	Dhaka, BAN
Yukar Sibi	1992	IND	61.72	109	144	253	22-Feb	Udaipur, IND
Vannara Be	1988	AUS	60.20	112	136	248	20-Mar	Melbourne, AUS
Gareth Evans	1986	WAL	61.25	111	135	246	6-Apr	Kiev, BLR
V. Ramesh Kumar	1987	IND	61.54	114	130	244	22-Feb	Udaipur, IND
Musoke Mubarak	1989	UGA	61.60	100	142	242	20-Feb	Lilleshall, England, GBR
K. Sankar	1980	IND	61.52	110	130	240	22-Feb	Udaipur, IND
Gurpreet Singh	1988	IND	61.70	105	135	240	22-Feb	Udaipur, IND
Chris Freebury	1989	ENG	61.80	110	130	240	26-Jun	Kilmarnock, Scotland, GBR
Ianne Guinares	1988	NZL	61.50	108	130	238	12-Jun	Auckland, NZL
Usman Akbar	1982	PAK		106	130	236	30-Mar	Lahour, PAK
Gourev Seth	1984	IND	60.76	105	130	235	22-Feb	Udaipur, IND
Alphonso Adonis	1987	RSA	61.15	104	131	235	29-May	Strand, RSA
Daniel Heypli	1990	MAS	59.95	104	130	234	14-Jun	Melaka, MAS
Sathya Moorthy	1983	IND	61.54	106	128	234	22-Feb	Udaipur, IND
Th. Oken Singh	1992	IND		102	132	234	8-Apr	Imphal, IND
David De Rose	1982	AUS	61.95	103	130	233	1-May	Cairns, AUS

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
K. Ravi Kumar	1988	IND	68.68	136	170	306	22-Feb	Udaipur, IND
Bernardin Kingue-Matam	1990	CMR	68.98	135	165	300	7-Mar	Langres, FRA
Francis Luna-Grenier	1987	CAN	68.70	130	165	295	28-May	Guatemala City, GUA
Govindan Elumalai	1984	IND	68.76	135	160	295	22-Feb	Udaipur, IND
Mohd Hafifi Mansour	1990	MAS	67.30	131	163	294	14-Jun	Melaka, MAS
Chinthana Vidanage	1981	SRI	68.99	129	162	291	31-Jan	Dhaka, BAN
Jean Bapiste Yanou Ketchanke	1993	CMR	69.95	127	150	277	23-Mar	Cario, EGY
Mati-ur-Rehman	1984	PAK	68.77	123	152	275	31-Jan	Dhaka, BAN
Francois Etoundi	1984	AUS	69.00	125	150	275	5-May	Suva, FIJ
Dominic Lussier	1984	CAN	68.20	122	150	272	22-May	Saint-Hyacinthe, CAN
Prem Singh	1983	IND				272	8-Apr	Pune, IND
S. Vijayaraj	1986	IND	68.86	123	145	268	22-Feb	Udaipur, IND
Gaurv Dubey	1990	IND	68.42	120	146	266	22-Feb	Udaipur, IND
R. Kalidas	1981	IND	68.50	115	151	266	22-Feb	Udaipur, IND
Vikas Kumar	1991	IND	68.78	122	144	266	22-Feb	Udaipur, IND
Daniel Koum Koum	1985	AUS	64.80	115	150	265	26-Jun	Brisbane, AUS
Greg Shushu	1980	RSA	67.70	115	150	265	29-May	Strand, RSA
M. Ramakrishna	1992	IND	68.04	117	148	265	22-Feb	Udaipur, IND
Rama Krishna Moida	1992	IND	68.55	118	145	263	16-Jun	Sofia, BUL
S.K. Manikandan	1988	IND	67.86	117	146	263	22-Feb	Udaipur, IND
Sunil Naik	1988	IND	67.23	120	142	262	22-Feb	Udaipur, IND
Philippe Bibeau-Villiard	1987	CAN	68.70	115	146	261	22-May	Saint-Hyacinthe, CAN
Arul Das	1985	IND	68.80	116	145	261	22-Feb	Udaipur, IND
Stephen Kari	1993	PNG	68.00	116	144	260	5-May	Suva, FIJ
Ankur Sharma	1987	IND	68.04	115	145	260	22-Feb	Udaipur, IND
Bronko Deiranauw	1991	NRU	68.80	115	145	260	7-Feb	NRU
77kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ben Turner	1984	AUS	76.00	133	173	306	26-Jun	Brisbane, AUS
Bernardin Kingue-Matam	1990	CMR	73.50	135	170	305	29-May	Toulon, FRA
L. Bishorjit Singh	1986	IND	76.54	137	165	302	23-Feb	Udaipur, IND
Faavae Faauliuli	1983	SAM	76.97	132	170	302	28-Feb	Apia, SAM
C.P.R. Sudheer Kumar	1979	IND	74.86	137	164	301	23-Feb	Udaipur, IND
Gurcharan Singh	1981	IND	76.62	136	160	296	23-Feb	Udaipur, IND
Irfan Islam	1981	PAK		134	160	294	30-Mar	Lahour, PAK
Francois Etoundi	1984	AUS	71.75	133	160	293	26-Jun	Brisbane, AUS
Teeka Ram	1988	IND	75.84	125	167	292	23-Feb	Udaipur, IND
Jean-Marc Beland	1984	CAN	76.90	132	157	289	22-May	Saint-Hyacinthe, CAN
Anupdeo Toppo	1990	IND	75.42	125	161	286	23-Feb	Udaipur, IND
D. Shrinivasan	1982	IND	76.56	130	155	285	23-Feb	Udaipur, IND
Charles Simeon	1982	SEY		117	167	284	24-Apr	Victoria, SEY
E. Kandan	1984	IND	75.04	124	158	282	23-Feb	Udaipur, IND
G. Vadivelu	1975	IND	76.72	125	156	281	23-Feb	Udaipur, IND
Laurent Goyette-Demers	1990	CAN	76.20	125	155	280	22-May	Saint-Hyacinthe, CAN
Jack Oliver	1992	ENG	76.20	128	152	280	26-Jun	Kilmarnock, Scotland, GBR
V. Prabhu	1982	IND	76.26	130	150	280	23-Feb	Udaipur, IND
Dinesh Joshi		IND		126	154	280	8-Apr	Pune, IND
Mohd Azarudin Nordin	1989	MAS	73.75	127	152	279	15-Jun	Melaka, MAS
Satish Kumar Sivalingam	1992	IND	75.54	122	155	277	17-Jun	Sofia, BUL
Dany Marineau	1988	CAN	76.90	122	155	277	22-May	Saint-Hyacinthe, CAN
Sumit Paliwai	1987	IND	76.56	126	150	276	23-Feb	Udaipur, IND
Tej Singh		IND				276	8-Apr	Pune, IND
Mark Spooner	1984	NZL	73.80	125	150	275	13-Feb	Christchurch, NZL
Shaun Clegg	1989	ENG	75.80	123	152	275	8-May	Mytholmroyd, England, GBR

85kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Yukio Peter	1984	NRU	80.20	140	180	320	7-Feb	NRU
Paul Dumais	1991	CAN	83.44	150	170	320	18-Jun	Sofia, BUL
Chandrakant Mali	1987	IND	84.26	137	179	316	23-Feb	Udaipur, IND
Abd Mubin Rahim	1991	MAS	81.00	140	175	315	16-Jun	Melaka, MAS
Inderjit Singh	1982	IND	82.26	145	170	315	23-Feb	Udaipur, IND
Mathieu Marineau	1990	CAN	84.05	144	171	315	22-May	Saint-Hyacinthe, CAN
Josefa Vueti	1979	*FIJ	85.00	134	176	310	21-Mar	Mont Dore, NCL
Malek Chamoun	1989	AUS	84.98	133	170	303	15-May	Sydney, AUS
Tia Falesuani	1986	SAM	83.50	130	170	300	28-Feb	Apia, SAM
Bryan Marshall	1984	CAN	83.18	136	161	297	6-Mar	Columbus, USA
Khuram Shehzad	1981	PAK		122	177	297	30-Mar	Lahore, PAK
Zulkifli Chr Ros	1985	MAS				294	28-Mar	Jitra, MAS
Ng. Naba Singh	1984	IND	84.00	133	160	293	23-Feb	Udaipur, IND
Mandeep Singh	1984	IND	84.50	130	162	292	23-Feb	Udaipur, IND
Gobind Singh	1979	IND	84.72	132	160	292	23-Feb	Udaipur, IND
Darryl Conrad	1984	CAN	84.72	130	161	291	27-Mar	Winnipeg, CAN
J. Magesh	1986	IND	79.50	131	156	287	23-Feb	Udaipur, IND
Belon Ben	1989	MAS	82.90	130	155	285	16-Jun	Melaka, MAS
Troy Hewkins	1986	AUS	84.30	127	157	284	13-Feb	Brisbane, AUS
Laurent Goyette-Demers	1990	CAN	81.70	120	160	280	13-Feb	Sarnia, CAN
Yvan Darsigny	1966	CAN	83.10	125	155	280	22-May	Saint-Hyacinthe, CAN
Terrence Dixie	1983	SEY		130	150	280	24-Apr	Victoria, SEY

94kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Nicholas Roberts	1984	CAN	93.40	151	195	346	30-May	Guatemala City, GUA
Richard Patterson	1983	NZL	87.50	150	193	343	17-Apr	Auckland, NZL
Simplice Ribouem	1982	AUS	88.90	152	191	343	7-May	Suva, FIJ
Peter Kirkbride	1987	SCO	91.18	150	185	335	9-Apr	Minsk, BLR
Usman Amjad Rathore	1987	PAK	92.74	150	180	330	1-Feb	Dhaka, BAN
Denis Catana	1985	ENG	92.00	146	180	326	20-Feb	Lilleshall, England, GBR
Buck Ramsay	1982	CAN	93.35	141	183	324	22-May	Saint-Hyacinthe, CAN
Firdaus Abd Razak	1987	MAS	92.10	141	181	322	17-Jun	Melaka, MAS
David Kotoatau	1984	KIR	92.70	135	186	321	7-May	Suva, FIJ
Max Dal Santo	1985	AUS	93.10	145	176	321	20-Mar	Melbourne, AUS
Dalas Santavy	1972	CAN	93.75	141	179	320	22-May	Saint-Hyacinthe, CAN
Faavae Faauliuli	1983	SAM	89.30	132	185	317	7-May	Suva, FIJ
V.A. Christopher	1986	IND	92.42	142	175	317	24-Feb	Udaipur, IND
Chandrakant Mali	1987	IND	86.42	141	171	312	1-Feb	Dhaka, BAN
Bhupinder Singh	1987	IND	93.20	135	175	310	24-Feb	Udaipur, IND
Andrew Ciancio	1978	NZL	93.70	140	170	310	12-Jun	Auckland, NZL
Paul Dumais	1991	CAN		145	160	305	12-Mar	Pointe-aux-Trembles, CAN
Jean Greeff	1990	RSA	93.89	130	171	301	19-Jun	Sofia, BUL
Ben Mulder	1978	AUS	90.60	130	165	295	21-Mar	Melbourne, AUS
Josefa Vueti	1979	*FIJ	88.30	128	165	293	7-May	Suva, FIJ
Santosh Kumar	1978	IND	93.30	133	160	293	24-Feb	Udaipur, IND
Mohd Faiz Musa	1989	MAS	93.00	125	166	291	17-Jun	Melaka, MAS
Gaston Wafo Fodouop	1972	CMR	93.90	130	160	290	8-May	Saint Pol Sur Mer, FRA
Derek Herridge	1992	CAN	92.60	129	151	280	22-May	Saint-Hyacinthe, CAN
Peter Barnett	1990	ENG	92.60	117	163	280	26-Jun	Kilmarnock, Scotland, GBR

105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Niusila Opeloge	1980	SAM	104.90	150	204	354	28-Feb	Apia, SAM
Meameaa Thomas	1985	KIR	104.70	152	195	347	13-Feb	Mont Dore, NCL
Stanislav Chalaev	1986	NZL	104.20	143	188	331	7-May	Suva, FIJ
Thomas Yule	1976	SCO	104.70	145	185	330	26-Jun	Kilmarnock, Scotland, GBR
M. Srinivasa Rao	1977	IND	102.35	150	177	327	2-Feb	Dhaka, BAN
Sajjad Amin Malik	1973	PAK	103.73	150	177	327	2-Feb	Dhaka, BAN
Robert Galsworthy	1989	AUS	104.20	147	179	326	26-Jun	Brisbane, AUS
Aleksan Karapetyan	1970	AUS	100.50	150	175	325	26-Jun	Brisbane, AUS
Alexandros Kouvakas	1989	CAN	104.15	145	180	325	30-May	Guatemala City, GUA
Lad Singh	1983	IND	105.00	155	170	325	13-Feb	Brisbane, AUS
Gurbinder Cheema	1978	ENG	103.70	152	170	322	20-Feb	Lilleshall, England, GBR
Pradeep Singh	1982	IND	104.04	140	177	317	24-Feb	Udaipur, IND
Rahimi Rahim	1988	MAS	98.50	141	171	312	18-Jun	Melaka, MAS
Gurmeet Singh	1974	IND	103.26	139	172	311	24-Feb	Udaipur, IND
Muhammad Zafriil Zulkifli	1988	MAS	104.00	137	173	310	18-Jun	Melaka, MAS
T.G. Pandian	1978	IND	97.90	137	172	309	24-Feb	Udaipur, IND
Cory Coehorn	1984	CAN	104.00	134	172	306	22-May	Saint-Hyacinthe, CAN
Jean Greeff	1990	RSA	94.35	134	171	305	29-May	Strand, RSA
Michael Pileggi	1975	AUS	103.90	137	167	304	21-Feb	Perth, AUS
Boota Singh	1987	IND	103.48	137	166	303	24-Feb	Udaipur, IND
Tovia Opeloge	1990	SAM	101.70	131	170	301	7-May	Suva, FIJ
Sajid Rasool		PAK		132	168	300	31-Mar	Lahore, PAK
M. Saqib Raza		PAK		135	165	300	31-Mar	Lahore, PAK
Robert Gray	1978	CAN	98.70	137	160	297	27-Jun	Surrey, CAN
Mohd. Arif	1986	IND	98.68	125	171	296	24-Feb	Udaipur, IND

+105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Itte Detenamo	1986	NRU	151.20	178	219	397	7-May	Suva, FIJ
Damon Kelly	1983	AUS	145.15	170	220	390	26-Jun	Brisbane, AUS
George Kobaladze	1976	CAN	126.30	162	213	375	22-May	Saint-Hyacinthe, CAN
Parm Phangura	1979	CAN	138.30	163	200	363	27-Jun	Surrey, CAN
Corran Hocking	1980	AUS	146.50	170	193	363	26-Jun	Brisbane, AUS
Meamea Thomas	1985	KIR	106.30	157	198	355	28-Feb	Mont Dore, NCL
Sarabjit Singh	1983	IND	138.90	162	193	355	25-Feb	Udaipur, IND
Akos Sandor	1977	CAN	114.85	155	190	345	22-May	Saint-Hyacinthe, CAN
Sandeep Kumar	1980	IND	119.16	145	190	335	2-Feb	Dhaka, BAN
Stanislav Chalaev	1986	NZL	107.30	148	184	332	12-Jun	Auckland, NZL
Rupinder Singh	1985	IND	106.44	146	185	331	25-Feb	Udaipur, IND
Mohd Azim Najmi Rashid	1986	MAS				330	28-Mar	Jitra, MAS
Marc-Oliver Prevost	1987	CAN	136.85	147	180	327	22-May	Saint-Hyacinthe, CAN
Darshan Chaudhary	1988	IND	115.18	145	181	326	25-Feb	Udaipur, IND
Joseph Muskett	1985	ENG	138.00	145	180	325	26-Jun	Kilmarnock, Scotland, GBR
Taranbir Singh	1987	IND	122.78	148	176	324	25-Feb	Udaipur, IND
Alam Din	1981	PAK		143	180	323	31-Mar	Lahore, PAK
Jesse Martini	1980	CAN	117.70	140	182	322	22-May	Saint-Hyacinthe, CAN
Rian Smit	1982	RSA		140	180	320	27-Feb	Strand, RSA
Matthew O'Brien	1990	CAN	147.40	143	170	313	27-Mar	Toronto, CAN
Adam Kok	1990	AUS	117.70	140	170	310	7-May	Suva, FIJ
Gurmeet Singh	1977	IND	111.14	140	165	305	25-Feb	Udaipur, IND
Jonathan McFarlane	1987	NZL	148.50	130	170	300	13-Mar	Auckland, NZL
Wasif Hanif Butt		PAK		135	165	300	31-Mar	Lahore, PAK
Rapaaska Mantulasam	1980	SRI	106.82	133	165	298	2-Feb	Dhaka, BAN
Prabhakar Vompur	1991	IND	107.42	138	160	298	20-Jun	Sofia, BUL

NOTE: * FIJ ineligible to compete in the Commonwealth Games.

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WOMEN: TOP-25 ABSOLUTE as at 01 July

48kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Soniya Chanu	1980	IND	47.49	75	100	175	21-Feb	Udaipur, IND
Matsa Santoshi	1994	IND	47.98	72	91	163	21-Feb	Udaipur, IND
Sandhya Rani	1980	IND	47.46	71	91	162	21-Feb	Udaipur, IND
Portia Vries	1984	RSA	47.85	68	94	162	29-May	Strand, RSA
Vivian Lee	1978	AUS	47.45	66	88	154	20-Mar	Melbourne, AUS
Bangura Usha	1991	IND	47.22	67	86	153	21-Feb	Udaipur, IND
Zaira Zakaria	1987	MAS	46.85	69	83	152	13-Jun	Melaka, MAS
Diksha Gaikwad	1990	IND	47.72	66	82	148	21-Feb	Udaipur, IND
Jessica Ruel	1991	CAN	47.90	70	78	148	27-Mar	Sherbrooke, CAN
Sh. Sanjita Devi		IND		65	83	148	7-Apr	Imphal, IND
Azizah Fadzil	1991	MAS	46.40	65	80	145	13-Jun	Melaka, MAS
Hurniada		MAS				145	25-Mar	Jitra, MAS
Kh. Sanjita Devi	1994	IND	47.74	66	78	144	21-Feb	Udaipur, IND
Maude-Emily Brodeur	1989	CAN	47.75	63	80	143	23-May	Saint-Hyacinthe, CAN
Kathleen Hare	1988	PNG	47.20	62	80	142	6-May	Suva, FIJ
N. Thoinu Devi		IND		60	80	140	7-Apr	Imphal, IND
Socheata Be	1989	AUS	48.00	62	78	140	1-May	Melbourne, AUS
Katsia Telemaque	1989	SEY		60	75	135	24-Apr	Victoria, SEY
Tosan Bawo	1994	NGR	46.75	59	75	134	21-Mar	Cairo, EGY
Rajni Pandley	1982	IND	47.10	60	72	132	21-Feb	Udaipur, IND
Hannah Powell	1992	ENG	44.40	50	73	123	5-Jun	Fulda, AUT
Kusum	1984	IND	46.02	53	65	118	21-Feb	Udaipur, IND
Menu Tajo	1993	IND	47.75	50	65	115	21-Feb	Udaipur, IND
Prema Siddi	1987	IND	43.12	50	64	114	21-Feb	Udaipur, IND
Tali Darsigny	1998	CAN		52	62	114	13-Mar	Saint-Hyacinthe, CAN
53kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Marilou Dozois-Prevost	1986	CAN	52.95	87	100	187	27-Mar	Sherbrooke, CAN
Minati Sethi	1986	IND	52.40	75	99	174	23-Feb	Udaipur, IND
Erica Yamasaki	1987	AUS	52.65	75	96	171	26-Jun	Brisbane, AUS
Th. Sanamacha Chanu	1975	IND	52.84	76	95	171	23-Feb	Udaipur, IND
N. Krishna Veni	1982	IND	51.84	77	88	165	23-Feb	Udaipur, IND
H. Saya Devi	1982	IND	52.30	74	90	164	23-Feb	Udaipur, IND
Raihan Yusoff	1988	MAS	51.75	73	90	163	13-Jun	Melaka, MAS
Tikina Gopal	1978	IND	52.24	73	90	163	23-Feb	Udaipur, IND
Portia Vries	1984	RSA		68	95	163	27-Feb	Strand, RSA
Ng. Mema Devi	1991	IND		73	90	163	8-Apr	Imphal, IND
Pianu Chanu	1985	IND	52.68	72	90	162	23-Feb	Udaipur, IND
Sharifah Inani Najwa	1987	MAS				161	25-Mar	Jitra, MAS
Zaira Zakaria	1987	MAS				161	25-Mar	Jitra, MAS
Joanne Calvino	1980	ENG	52.97	70	90	160	20-Feb	Lilleshall, England, GBR
Preeti Rani	1982	IND	52.24	69	90	159	23-Feb	Udaipur, IND
Piyainu Devi		IND		70	88	158	8-Apr	Imphal, IND
Vivian Lee	1978	AUS	49.35	66	88	154	29-May	Melbourne, AUS
K. Sandhya	1990	IND	51.82	65	87	152	23-Feb	Udaipur, IND
Tangbi Devi	1992	IND	51.90	65	86	151	23-Feb	Udaipur, IND
Rosemary Densmore	1984	CAN	52.80	67	83	150	27-Mar	Toronto, CAN
Kate Howard	1979	NZL	52.90	68	82	150	12-Jun	Auckland, NZL
Socheata Be	1989	AUS	51.60	67	82	149	20-Mar	Melbourne, AUS
Jessica Ruel	1991	CAN	50.60	68	80	148	30-Jan	Trois-Rivières, CAN
Maude Langevin	1990	CAN	52.70	65	81	146	23-May	Saint-Hyacinthe, CAN
Pramila Krisani	1996	IND	52.70	62	83	145	10-Apr	Tashkent, UZB

58kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Yamman Renu Bala Chanu	1986	IND	57.58	90	109	199	23-Feb	Udaipur, IND
Chandra Shouri D.	1980	IND	56.42	88	108	196	23-Feb	Udaipur, IND
Zoe Smith	1994	ENG	57.46	84	110	194	20-May	Valencia, ESP
Seen Lee	1982	AUS	57.50	88	106	194	26-Jun	Brisbane, AUS
Emily Quarton	1984	CAN	57.90	82	102	184	26-Jun	Surrey, CAN
Marilou Dozois-Prevost	1986	CAN		81	102	183	12-Mar	Pointe-aux-Trembles, CAN
Racheal Ekoschoria	1994	NGR	55.50	75	107	182	22-Mar	Cario, EGY
Annie Monique	1990	CAN	56.75	83	99	182	27-Mar	Sherbrooke, CAN
Miel McGerrigle	1977	CAN	57.60	81	101	182	13-Feb	Sarnia, CAN
M. Sunibala Devi	1989	IND	57.46	80	99	179	23-Feb	Udaipur, IND
Helen Jewell	1988	ENG	57.23	74	100	174	20-Feb	Lilleshall, England, GBR
Isabelle Despres	1980	CAN	57.80	75	93	168	23-May	Saint-Hyacinthe, CAN
Maria Liku	1990	*FIJ	57.90	70	95	165	28-Feb	Suva, FIJ
Th. Jeneta Devi	1990	IND		73	90	163	8-Apr	Impfal, IND
Y. Chaoba Devi	1989	IND		70	92	162	8-Apr	Impfal, IND
Amandeep Kaur	1988	IND	57.35	71	90	161	23-Feb	Udaipur, IND
Myriam Ghekap Wafo	1994	CMR	56.25	72	85	157	22-Mar	Cario, EGY
K. Kalyani	1983	IND	57.06	65	92	157	23-Feb	Udaipur, IND
Fatin Atikah Osman	1993	MAS	56.10	70	85	155	10-Apr	Tashkent, UZB
Elyone Matin	1990	MAS	55.55	70	84	154	15-Jun	Melaka, MAS
Arianne Blais	1995	CAN	57.45	71	83	154	23-May	Saint-Hyacinthe, CAN
Nurul Ismayanti		MAS	56.20	67	84	151	15-Jun	Melaka, MAS
Kopparathi Shireesha	1993	IND	57.30	64	87	151	13-Apr	Tashkent, UZB
Kate Howard	1979	NZL	54.70	70	80	150	17-Apr	Auckland, NZL
Amy Hamilton	1991	SCO	58.00	67	80	147	24-Apr	Lilleshall, England, GBR
Natalia Frolova	1979	CAN	58.00	61	86	147	23-May	Saint-Hyacinthe, CAN

63kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Tania Whalen	1981	CAN	62.60	88	114	202	23-May	Saint-Hyacinthe, CAN
Michaela Breeze	1979	WAL	62.30	88	113	201	26-Jun	Kilmarnock, Scotland, GBR
Seen Lee	1982	AUS	58.70	90	106	196	29-May	Melbourne, AUS
Zoe Smith	1994	ENG	62.40	86	102	188	26-Jun	Kilmarnock, Scotland, GBR
Marie Joseph Fergue	1991	CMR	62.05	81	105	186	22-Mar	Cario, EGY
H. Poireinganbi Chanu	1980	IND	62.40	85	101	186	24-Feb	Udaipur, IND
Seera Chandrakala	1992	IND	60.66	80	104	184	24-Feb	Udaipur, IND
Gara Aruna Rani	1991	IND	62.14	83	100	183	17-Jun	Sofia, BUL
Nurul Farhanah Johari	1988	MAS	61.80	81	101	182	15-Jun	Melaka, MAS
Reena Kadyan	1991	IND	62.28	81	101	182	24-Feb	Udaipur, IND
Mona Pretorius	1988	RSA		81	101	182	27-Feb	Strand, RSA
Rita Kari	1989	PNG	60.80	78	100	178	28-Feb	Port Moresby, PNG
Jacquie White	1982	AUS	62.20	81	96	177	20-Mar	Melbourne, AUS
Faitoa Togagae	1989	SAM	62.40	75	95	170	28-Feb	Apia, SAM
K. Romi Devi	1980	IND				170	8-Apr	Pune, IND
Th. Memicha Chanu	1990	IND				170	9-Apr	Impfal, IND
Nicole Chamberlain	1978	AUS	62.94	77	90	167	29-May	Adelaide, AUS
Emily Godley	1989	ENG	62.50	75	90	165	15-May	Ohrdruss, GER
Michelle Kahi	1994	AUS	62.20	71	93	164	6-May	Suva, FIJ
Pamela Bougie	1991	CAN	63.00	76	88	164	23-May	Saint-Hyacinthe, CAN
Isabelle Despres	1980	CAN	60.50	70	91	161	20-Feb	Ottawa, CAN
Franceay Titus	1991	MAS	60.70	71	88	159	15-Jun	Melaka, MAS
Mamta Kutiyal	1990	IND				159	8-Apr	Pune, IND
Virginie Provencal	1991	CAN	61.90	68	90	158	23-May	Saint-Hyacinthe, CAN
Kayla Turner	1988	CAN	62.05	73	85	158	23-May	Saint-Hyacinthe, CAN

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN	68.90	100	124	224	27-Jun	Surrey, CAN
Janet Georges (Thelermont)	1979	SEY		90	110	200	24-Apr	Victoria, SEY
Marie-Josée Ares-Pilon	1982	CAN	67.00	90	108	198	27-Jun	Surrey, CAN
Valerie Lefebvre	1990	CAN	66.82	87	109	196	18-Jun	Sofia, BUL
Natasha Perdue	1975	WAL	67.92	87	107	194	9-Apr	Minsh, BLR
Katelynn Williams	1987	CAN	67.90	87	105	192	27-Jun	Surrey, CAN
Belinda Van Tienen	1986	AUS	68.70	86	104	190	20-Mar	Melbourne, AUS
Manu Ah Kuoi	1982	SAM	68.70	80	107	187	6-May	Suva, FIJ
Nansita Devi	1974	IND	67.96	84	102	186	24-Feb	Udaipur, IND
Reena Kadyan	1991	IND	64.71	82	103	185	16-Apr	Tashkent, UZB
Camilla Fogagnolo	1986	AUS	68.38	77	106	183	13-Mar	Launceston, AUS
W. Nandini Devi	1976	IND	63.64	81	101	182	24-Feb	Udaipur, IND
Seeta Jena	1987	IND	63.05	80	101	181	24-Feb	Udaipur, IND
K. Krishna Kumari	1976	IND	68.08	80	100	180	24-Feb	Udaipur, IND
Pratima Kumari	1976	IND	67.48	83	96	179	24-Feb	Udaipur, IND
Nicole Chamberlain	1978	AUS	66.30	82	94	176	20-Mar	Melbourne, AUS
Guba Hale	1986	PNG	67.88	78	98	176	28-Feb	Port Moresby, PNG
Stephanie Tremblay-Chapdelaine	1987	CAN	68.50	75	100	175	23-May	Saint-Hyacinthe, CAN
Prabdeep Sanghera	1993	CAN	68.05	80	94	174	23-May	Saint-Hyacinthe, CAN
Jacinthe Deschenes	1987	CAN	68.10	76	95	171	30-Jan	Trois-Rivières, CAN
B. Rajyalaxmi	1984	IND	68.28	75	95	170	24-Feb	Udaipur, IND
Chantel Lambrechts	1990	NZL	68.30	73	97	170	17-Apr	Auckland, NZL
Tasha Williams	1973	NZL	69.00	68	99	167	13-Mar	Auckland, NZL
Nor Khasida Halim	1991	MAS	66.50	74	92	166	16-Jun	Melaka, MAS
Michelle Kahi	1992	AUS	65.00	76	90	166	15-May	Toowoomba, AUS

75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Marie-Eve Beauchemin-Nadeau	1988	CAN	74.60	102	127	229	16-Apr	Sherbrooke, CAN
Mary Opeloge	1992	SAM	73.85	94	120	214	28-Feb	Apia, SAM
Babalwa Ndleleni	1979	RSA		91	118	209	27-Feb	Strand, RSA
Srishti Singh	1990	IND	74.93	90	115	205	19-Jun	Sofia, BUL
Katelynn Williams	1987	CAN	70.46	91	112	203	27-Mar	Winnipeg, CAN
Jenna Myers	1986	AUS	74.30	94	103	197	26-Jun	Brisbane, AUS
Amanda Phillips	1981	AUS	74.45	85	109	194	26-Jun	Brisbane, AUS
Khairakpam Premila Devi	1990	IND	73.69	84	105	189	19-Jun	Sofia, BUL
Belinda Van Tienen	1986	AUS	71.30	81	107	188	20-Feb	Melbourne, AUS
Arisha Farra Erwin	1988	MAS	73.35	85	102	187	17-Jun	Melaka, MAS
Michaela Detenamo	1992	NRU	74.40	78	107	185	26-Jun	Mont Dore, NCL
Amanpreet Kaur	1988	IND	73.78	83	101	184	25-Feb	Udaipur, IND
A. Janeshori Devi	1986	IND	71.34	84	99	183	25-Feb	Udaipur, IND
Stephanie Tremblay-Chapdelaine	1987	CAN	72.90	79	104	183	12-Mar	Brossard, CAN
Chanchal Yadav	1986	IND	71.66	84	98	182	25-Feb	Udaipur, IND
Kerri-Ann Wotenick	1983	ENG	73.10	81	101	182	20-Feb	Lilleshall, England, GBR
Prabdeep Sanghera	1993	CAN	70.00	82	98	180	27-Jun	Surrey, CAN
Tasha Williams	1973	NZL	72.50	72	103	175	13-Feb	Christchurch, NZL
P. Arudra	1988	IND	71.96	80	93	173	25-Feb	Udaipur, IND
Chantel Lambrechts	1990	NZL	72.10	75	97	172	13-Feb	Auckland, NZL
M.P. Kom	1992	IND	69.38	76	93	169	25-Feb	Udaipur, IND
Georgina Black	1989	SCO	73.50	73	96	169	26-Jun	Kilmarnock, Scotland, GBR
Andreanne M. Cyr	1989	CAN	73.80	75	93	168	23-May	Saint-Hyacinthe, CAN
Lalchandami	1990	IND	72.02	70	90	160	25-Feb	Udaipur, IND
Intan Ayuni Abdullah	1992	MAS				160	26-Mar	Jitra, MAS

+75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ele Opeloge	1985	SAM	121.60	126	155	281	6-May	Suva, FIJ
Geeta Rani	1981	IND	113.76	103	132	235	25-Feb	Udaipur, IND
Deborah Acason	1983	AUS	89.90	103	130	233	26-Jun	Brisbane, AUS
Narita Viliamu	1989	NIU	138.40	95	130	225	6-May	Suva, FIJ
Tracey Lambrechts	1985	NZL	101.80	97	121	218	17-Apr	Auckland, NZL
Simple Kaur Bhumrah	1986	IND	90.10	101	111	212	25-Feb	Udaipur, IND
Jenna Myers	1986	AUS	75.46	96	114	210	19-Jun	Launceston, AUS
Kara Yessie	1982	CAN	76.98	85	106	191	6-Mar	Columbus, USA
Tay Shan Fung	1990	MAS	93.90	84	106	190	17-Jun	Melaka, MAS
Lumi Simanu	1993	SAM	94.90	83	105	188	6-May	Suva, FIJ
Reena Kaintura	1992	IND	79.90	77	95	172	19-Jun	Sofia, BUL
Siti Amida Aris	1988	MAS	76.90	73	95	168	17-Jun	Melaka, MAS
Binitha Devi	1989	IND	84.74	73	90	163	25-Feb	Udaipur, IND
Kate Linford	1989	AUS	111.25	71	87	158	29-May	Melbourne, AUS
Manroop Sahota	1994	CAN	79.21	70	87	157	27-Mar	Winnipeg, CAN
Neelima Saraf	1976	IND	95.16	65	90	155	25-Feb	Udaipur, IND
Marie-Pier Hinse	1989	CAN		68	86	154	29-May	La Prairie, CAN
Noor Adila Ali	1990	MAS	97.90	66	80	146	17-Jun	Melaka, MAS
Nurul Liyana Ismail Rani		MAS				146	27-Mar	Jitra, MAS
Luisa Peters	1993	COK	87.00	64	80	144	6-May	Suva, FIJ
Sheila Paulin	1993	CAN	94.90	65	79	144	27-Mar	Toronto, CAN
Allison Loyst	1992	CAN	127.70	64	79	143	27-Mar	Toronto, CAN
Bonnie Sleeman	1993	AUS	76.30	65	77	142	17-Apr	Nambour, AUS
Sandra Smith	1962	ENG	95.60	60	80	140	15-May	Linz, AUT

NOTE: * FIJ ineligible to compete in the Commonwealth Games.

2010 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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MEN: ONE PER COUNTRY

as at 01 July

56kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Mohd Shafiq Ismail	1988	MAS	54.95	115	136	251	13-Jun	Melaka, MAS
V. Srinivasa Rao	1981	IND	55.90	105	139	244	21-Feb	Udaipur, IND
Maueli Tulo	1990	*FIJ	55.80	106	134	240	4-May	Suva, FIJ
Muhammad Shahzad		PAK		103	129	232	30-Mar	Lahore, PAK
Kamal Bandara Wattasse	1985	SRI	55.70	95	135	230	31-Jan	Dhaka, BAN
Akramul Haque	1984	BAN	55.57	102	126	228	31-Jan	Dhaka, BAN
Elson Brechtefeld	1994	NRU	56.00	93	120	213	26-Jun	Mont Dore, NCL
Lou Guinares	1990	NZL	55.70	93	118	211	12-Jun	Auckland, NZL
Anrich Phillips	1992	RSA	55.85	90	115	205	29-May	Strand, RSA
Morea Baru	1990	PNG	53.90	95	105	200	28-Feb	Port Morseby, PNG
Tuau Lapua Lapua	1991	TUV	55.80	86	106	192	1-May	Suva, FIJ
Dylan Scott	1993	SCO	55.40	81	98	179	24-Apr	Lilleshall, England, GBR
Christos Michaelas	1993	ENG	56.00	80	96	176	13-Mar	Oldbury, England, GBR
Damien Hewish	1964	AUS	55.90	75	95	170	29-May	Melbourne, AUS
Tataua Tierere	1991	KIR	56.00	75	90	165	28-Feb	Tarawa, KIR
Pier-Alexandre Grenier	1994	CAN	53.95	70	91	161	23-Jan	Lachute, CAN
Julius Mogire	1993	KEN	55.35	70	80	150	21-Mar	Cairo, EGY
Ofa Palanite	1995	TGA	54.00	47	60	107	28-Feb	Nuku'Alofa, TGA
Ryan Baugh	1997	WAL	47.10	47	58	105	4-Jun	Fulda, AUT
62kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Aricco Jumith	1990	MAS	61.15	119	153	272	14-Jun	Melaka, MAS
N. Sunil Kumar	1989	IND	61.32	123	147	270	22-Feb	Udaipur, IND
Daniel Koum Koum	1985	AUS	62.00	115	146	261	5-May	Suva, FIJ
Jasvir Singh	1977	CAN	61.85	113	147	260	22-May	Saint-Hyacinthe, CAN
Muhammad Istiaq Ghafoor	1976	PAK	61.47	118	140	258	31-Jan	Dhaka, BAN
Gareth Evans	1986	WAL	61.25	111	135	246	6-Apr	Kiev, BLR
Musoke Mubarak	1989	UGA	61.60	100	142	242	20-Feb	Lilleshall, England, GBR
Chris Freebury	1989	ENG	61.80	110	130	240	26-Jun	Kilmarnock, Scotland, GBR
Ianne Guinares	1988	NZL	61.50	108	130	238	12-Jun	Auckland, NZL
Alphonso Adonis	1987	RSA	61.15	104	131	235	29-May	Strand, RSA
Cestin Olivier Mbala Nke	1993	CMR	61.10	100	127	227	22-Mar	Cairo, EGY
Lapua Lapua	1991	TUV	61.10	100	123	223	26-Jun	Mont Dore, NCL
David Adeyemo	1993	NGR	60.55	92	130	222	22-Mar	Cairo, EGY
Tuimoce Tikoidelaimakotu	1987	*FIJ	61.20	95	125	220	5-May	Suva, FIJ
Jean Yannick Coret	1991	MRI	60.25	102	115	217	22-Mar	Cairo, EGY
Mark Middleton	1980	SCO	62.00	92	121	213	21-Mar	Glasgow, Scotland, GBR
Ian Rose		SEY		95	115	210	24-Apr	Victoria, SEY
Bob Pesaleli	1993	SAM	61.50	85	115	200	28-Feb	Apia, SAM
Elson Bretchfeld	1994	NRU	58.90	90	100	190	7-Feb	NRU
Michael Taufu	1993	TGA	61.10	80	105	185	5-May	Suva, FIJ
Artmark Applewhaite	1994	BAR	58.46	80	100	180	23-Apr	Chiclayo, PER
Giana Tokitebwa	1990	KIR	61.90	80	100	180	28-Feb	Tarawa, KIR
Nelson Ochieng	1993	KEN	62.00	75	100	175	22-Mar	Cairo, EGY
Joel-Wei Law	1993	SIN	60.62	65	83	148	22-May	SIN

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
K. Ravi Kumar	1988	IND	68.68	136	170	306	22-Feb	Udaipur, IND
Bernardin Kingue-Matam	1990	CMR	68.98	135	165	300	7-Mar	Langres, FRA
Francis Luna-Grenier	1987	CAN	68.70	130	165	295	28-May	Guatemala City, GUA
Mohd Hafifi Mansour	1990	MAS	67.30	131	163	294	14-Jun	Melaka, MAS
Chinthana Vidanage	1981	SRI	68.99	129	162	291	31-Jan	Dhaka, BAN
Jean Bapiste Yanou Ketchanke	1993	CMR	68.95	127	150	277	23-Mar	Cairo, EGY
Mati-ur-Rehman	1984	PAK	68.77	123	152	275	31-Jan	Dhaka, BAN
Francois Etoundi	1984	AUS	69.00	125	150	275	5-May	Suva, FIJ
Greg Shushu	1980	RSA	67.70	115	150	265	29-May	Strand, RSA
Stephen Kari	1993	PNG	68.00	116	144	260	5-May	Suva, FIJ
Bronko Deiranauw	1991	NRU	68.80	115	145	260	7-Feb	NRU
Chris Chea	1985	ENG	68.60	110	142	252	20-Feb	Lilleshall, England, GBR
Cameron Sinclair	1987	NZL	63.35	107	138	245	12-Jun	Wellington, NZL
Garath Evans	1986	WAL	63.30	107	133	240	16-May	Holyhead, Wales, GBR
Takenibeia Toromomon	1992	KIR	68.80	105	131	236	5-May	Suva, FIJ
Neil Dougan	1985	NIR	68.45	104	125	229	6-Apr	Minsk, BLR
Craig Carfrey	1992	SCO	65.70	94	123	217	24-Apr	Lilleshall, England, GBR
Tevita Tawai	1992	*FIJ		90	126	216	13-Jun	Levuka, FIJ
Michael Taufa	1993	TGA	63.80	90	120	210	26-Jun	Mont Dore, NCL
Ioane Haumili	1988	TUV	64.10	90	120	210	26-Jun	Mont Dore, NCL
Clint Grech	1987	MLT	68.66	90	110	200	11-Apr	Cospicua, MLT
Christopher Ferley	1993	SEY		80	100	180	24-Apr	Victoria, SEY
Nigel Tan	1989	SIN	65.15	79	87	166	23-May	SIN

77kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ben Turner	1984	AUS	76.00	133	173	306	26-Jun	Brisbane, AUS
Bernardin Kingue-Matam	1990	CMR	73.50	135	170	305	29-May	Toulon, FRA
L. Bishorjit Singh	1986	IND	76.54	137	165	302	23-Feb	Udaipur, IND
Faavae Faauliuli	1983	SAM	76.97	132	170	302	28-Feb	Apia, SAM
Irfan Islam	1981	PAK		134	160	294	30-Mar	Lahour, PAK
Jean-Marc Beland	1984	CAN	76.90	132	157	289	22-May	Saint-Hyacinthe, CAN
Charles Simeon	1982	SEY		117	167	284	24-Apr	Victoria, SEY
Jack Oliver	1992	ENG	76.20	128	152	280	26-Jun	Kilmarnock, Scotland, GBR
Mohd Azarudin Nordin	1989	MAS	73.75	127	152	279	15-Jun	Melaka, MAS
Mark Spooner	1984	NZL	73.80	125	150	275	13-Feb	Christchurch, NZL
Stephen Kari	1993	PNG	71.20	120	152	272	26-Jun	Mont Dore, NCL
Alexandros Amanatides	1987	CYP	76.70	117	150	267	8-Apr	Minsk, BLR
Ika Aliklik	1985	NRU	72.80	110	150	260	7-Feb	NRU
Islam Hamidol	1975	BAN	71.20	117	140	257	1-Feb	Dhaka, BAN
Lyle du Plooy	1988	RSA	71.10	115	141	256	29-May	Strand, RSA
Graeme Kane	1980	SCO	76.10	115	140	255	26-Jun	Kilmarnock, Scotland, GBR
Paula Peniasi Taqua	1982	*FIJ		115	140	255	13-Jun	Levuka, FIJ
Boima Tikanrerei	1990	KIR	72.80	110	130	240	28-Feb	Tarawa, KIR
Iluame Finau	1986	TGA	73.70	105	135	240	26-Jun	Mont Dore, NCL
Neil Dougan	1985	NIR	70.52	106	129	235	20-Feb	Dublin, IRL
Prince Nyarko	1995	GHA	74.90	90	122	212	23-Mar	Cairo, EGY
Seon Barrow	1993	BAR	75.12	92	115	207	24-Apr	Chiclayo, PER
Clint Grech	1987	MLT	70.55	90	105	195	31-Jan	Cospicua, MLT
Go Si Han	1980	SIN	74.25	83	107	190	23-May	SIN
James Twemlow	1985	WAL	77.00	82	97	179	27-Feb	Holyhead, Wales, GBR

85kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Yukio Peter	1984	NRU	80.20	140	180	320	7-Feb	NRU
Paul Dumais	1991	CAN	83.44	150	170	320	18-Jun	Sofia, BUL
Chandrakant Mali	1987	IND	84.26	137	179	316	23-Feb	Udaipur, IND
Abd Mubin Rahim	1991	MAS	81.00	140	175	315	16-Jun	Melaka, MAS
Josefa Vueti	1979	*FIJ	85.00	134	176	310	21-Mar	Mont Dore, NCL
Malek Chamoun	1989	AUS	84.98	133	170	303	15-May	Sydney, AUS
Tia Falesuani	1986	SAM	83.50	130	170	300	28-Feb	Apia, SAM
Khuram Shehzad	1981	PAK		122	177	297	30-Mar	Lahore, PAK
Terrence Dixie	1983	SEY		130	150	280	24-Apr	Victoria, SEY
Richard Williams	1992	ENG	85.00	120	155	275	26-Jun	Kilmarnock, Scotland, GBR
Romesh Samarasekara	1985	SRI	84.49	118	155	273	1-Feb	Dhaka, BAN
Brandon Innes	1993	BAR	80.92	122	145	267	25-Apr	Chiclayo, PER
Jermain Nadezdine		NIR	84.40	117	147	265	29-May	Jordanstown, NIR, GBR
Mummin Al Abdulla		BAN	84.47	115	145	260	1-Feb	Dhaka, BAN
Sean Anthony	1991	RSA	78.25	110	140	250	23-Mar	Cairo, EGY
Teataua Tito	1981	KIR	84.90	110	140	250	28-Feb	Tarawa, KIR
Andrew Rodgers	1987	NZL	82.00	115	132	247	13-Feb	Auckland, NZL
Pala Molisa	1979	VAN	84.30	115	130	245	5-May	Suva, FIJ
Noel Coleiro	1974	MLT	84.51	100	132	232	11-Apr	Cospicua, MLT
Duke Onguti	1993	KEN	78.95	100	130	230	23-Mar	Cairo, EGY
Kyle Pearson	1992	SCO	84.30	103	125	228	21-Mar	Glasgow, Scotland, GBR
Ray Vaughan	1971	WAL	84.50	95	125	220	27-Mar	Holyhead, Wales, GBR
Carl Chia Hsien Hwee	1987	SIN	78.58	84	113	197	9-May	Nahkon Sawan, THA
Yvan London Bell	1993	CMR	80.15	85	111	196	23-Mar	Cairo, EGY
Hukui Tiakia	1994	NIU	80.00	67	92	159	28-Feb	Alofi, NIU
Kulisa Ve'a	1992	TGA	84.10	70	85	155	28-Feb	Nuku'Alofa, TGA

94kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Nicholas Roberts	1984	CAN	93.40	151	195	346	30-May	Guatemala City, GUA
Richard Patterson	1983	NZL	87.50	150	193	343	17-Apr	Auckland, NZL
Simplice Ribouem	1982	AUS	88.90	152	191	343	7-May	Suva, FIJ
Peter Kirkbride	1987	SCO	91.18	150	185	335	9-Apr	Minsk, BLR
Amjad Usman	1987	PAK	92.74	150	180	330	1-Feb	Dhaka, BAN
Denis Catana	1985	ENG	92.00	146	180	326	20-Feb	Lilleshall, England, GBR
Firdaus Abd Razak	1987	MAS	92.10	141	181	322	17-Jun	Melaka, MAS
David Kotoatau	1984	KIR	92.70	135	186	321	7-May	Suva, FIJ
Faavae Faauliuli	1983	SAM	89.30	132	185	317	7-May	Suva, FIJ
V.A. Christopher	1986	IND	92.42	142	175	317	24-Feb	Udaipur, IND
Jean Greeff	1990	RSA	93.89	130	171	301	19-Jun	Sofia, BUL
Josefa Vueti	1979	*FIJ	88.30	128	165	293	7-May	Suva, FIJ
Gaston Wafo Fodouop	1972	CMR	93.90	130	160	290	8-May	Saint Pol Sur Mer, FRA
Kavinda Jayathilake	1986	SRI	93.81	121	152	273	1-Feb	Dhaka, BAN
Tee-Jay Star	1989	NRU	87.40	115	150	265	26-Jun	Mont Dore, NCL
Barry Kinsella		NIR	93.00	118	145	263	29-May	Jordanstown, NIR, GBR
Hansley Gaya	1985	MRI	87.60	105	147	252	8-May	Prague, CZE
Sirla Pera	1992	COK	92.30	106	130	236	7-May	Suva, FIJ
Stephen Borg	1976	MLT	88.14	90	122	212	31-Jan	Cospicua, MLT
Sione Vasi	1985	TGA	93.00	90	115	205	28-Feb	Nuku'Alofa, TGA
Jake Davies	1994	WAL	87.10	92	112	204	13-Mar	Oldbury, England, GBR
Toh Guang Yan	1984	SIN	86.75	86	108	194	23-May	SIN
Simon Tiakia	1992	NIU	93.00	84	110	194	28-Feb	Alofi, NIU

105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Niusila Opeloge	1980	SAM	104.90	150	204	354	28-Feb	Apia, SAM
Meameaa Thomas	1985	KIR	104.70	152	195	347	13-Feb	Mont Dore, NCL
Stanislav Chalaev	1986	NZL	104.20	143	188	331	7-May	Suva, FIJ
Thomas Yule	1976	SCO	104.70	145	185	330	26-Jun	Kilmarnock, Scotland, GBR
M. Srinivasa Rao	1977	IND	102.35	150	177	327	2-Feb	Dhaka, BAN
Sajjad Amin Malik	1973	PAK	103.73	150	177	327	2-Feb	Dhaka, BAN
Robert Galsworthy	1989	AUS	104.20	147	179	326	26-Jun	Brisbane, AUS
Alexandros Kouvakas	1989	CAN	104.15	145	180	325	30-May	Guatemala City, GUA
Gurbinder Cheema	1978	ENG	103.70	152	170	322	20-Feb	Lilleshall, England, GBR
Rahimi Rahim	1988	MAS	98.50	141	171	312	18-Jun	Melaka, MAS
Jean Greef	1990	RSA	94.35	134	171	305	29-May	Strand, RSA
Steven Baccus	1977	SEY		125	155	280	24-Apr	Victoria, SEY
Chandarath Thusitha	1985	SRI	95.42	120	159	279	2-Feb	Dhaka, BAN
Roy Biddut Kumar	1972	BAN	103.14	121	156	277	2-Feb	Dhaka, BAN
Jamien Scotty	1984	NRU	99.00	112	152	264	7-Feb	NRU
Olec Jukovich		NIR	103.70	117	145	262	29-May	Jordanstown, NIR, GBR
Nii Otoo Larkyne	1995	GHA	99.20	105	142	247	24-Mar	Cairo, EGY
David Finau	1985	TGA	103.00	97	115	212	28-Feb	Nuku'Alofa, TGA
James Abernethy	1993	WAL	99.30	75	100	175	16-May	Holyhead, Wales, GBR
Mark Sapiano	1991	MLT	101.40	80	90	170	31-Jan	Cospicua, MLT
Dona Ruru	1984	*FIJ		70	90	160	13-Jun	Levuka, FIJ

+105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Itte Detenamo	1986	NRU	151.20	178	219	397	7-May	Suva, FIJ
Damon Kelly	1983	AUS	145.15	170	220	390	26-Jun	Brisbane, AUS
George Kobaladze	1976	CAN	126.30	162	213	375	22-May	Saint-Hyacinthe, CAN
Meamea Thomas	1985	KIR	106.30	157	198	355	28-Feb	Mont Dore, NCL
Sarabjit Singh	1983	IND	138.90	162	193	355	25-Feb	Udaipur, IND
Stanislav Chalaev	1986	NZL	107.30	148	184	332	12-Jun	Auckland, NZL
Mohd Azim Najmi Rashid	1986	MAS				330	28-Mar	Jitra, MAS
Joseph Muskett	1985	ENG	138.00	145	180	325	26-Jun	Kilmarnock, Scotland, GBR
Alam Din	1981	PAK		143	180	323	31-Mar	Lahore, PAK
Rian Smit	1982	RSA		140	180	320	27-Feb	Strand, RSA
Rapaaska Mantulasam	1980	SRI	106.82	133	165	298	2-Feb	Dhaka, BAN
Thomas Toal	1972	SCO	121.90	125	160	285	26-Jun	Kilmarnock, Scotland, GBR
Danny Nemani	1981	NIU	126.80	122	160	282	7-May	Suva, FIJ
Feroz Mohammad	1979	BAN	129.61	119	155	274	2-Feb	Dhaka, BAN
Lewis Chua Yong Hwee	1991	SIN	120.41	113	150	263	22-May	SIN
Emanuel Schembri	1986	MLT	117.89	115	140	255	31-Jan	Cospicua, MLT
Tevita Ngalu	1973	TGA	119.50	115	140	255	13-Mar	Auckland, NZL
Robert Kilindo	1972	SEY		110	135	245	24-Apr	Victoria, SEY
Matthew McCoy	1994	NIR	118.80	98	132	230	29-May	Jordanstown, NIR, GBR
Gerard Matthews	1983	WAL	125.00	95	120	215	27-Mar	Holyhead, Wales, GBR
Luke Moce	1973	*FIJ		95	120	215	13-Jun	Levuka, FIJ

NOTE: * FIJ ineligible to compete in the Commonwealth Games.

2010 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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WOMEN: ONE PER COUNTRY as at 01 July

48kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Soniya Chanu	1980	IND	47.49	75	100	175	21-Feb	Udaipur, IND
Portia Vries	1984	RSA	47.85	68	94	162	29-May	Strand, RSA
Vivian Lee	1978	AUS	47.45	66	88	154	20-Mar	Melbourne, AUS
Zaira Zakaria	1987	MAS	46.85	69	83	152	13-Jun	Melaka, MAS
Jessica Ruel	1991	CAN	47.90	70	78	148	27-Mar	Sherbrooke, CAN
Kathleen Hare	1988	PNG	47.20	62	80	142	6-May	Suva, FIJ
Katsia Telemaque	1989	SEY		60	75	135	24-Apr	Victoria, SEY
Tosan Bawo	1994	NGR	46.75	59	75	134	21-Mar	Cairo, EGY
Hannah Powell	1992	ENG	44.40	50	73	123	5-Jun	Fulda, AUT
Christine Duval	1990	MRI	46.15	46	61	107	21-Mar	Cairo, EGY
Stephanie McDiarmid	1994	SCO	42.40	39	52	91	4-Jun	Fulda, AUT
Ella Tawai	1995	*FIJ	47.80	30	40	70	28-Feb	Suva, FIJ
53kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Mariou Dozois-Prevost	1986	CAN	52.95	87	100	187	27-Mar	Sherbrooke, CAN
Minati Sethi	1986	IND	52.40	75	99	174	23-Feb	Udaipur, IND
Erica Yamasaki	1987	AUS	52.65	75	96	171	26-Jun	Brisbane, AUS
Raihan Yusoff	1988	MAS	51.75	73	90	163	13-Jun	Melaka, MAS
Portia Vries	1984	RSA		68	95	163	27-Feb	Strand, RSA
Joanne Calvino	1980	ENG	52.97	70	90	160	20-Feb	Lilleshall, England, GBR
Kate Howard	1979	NZL	52.90	68	82	150	12-Jun	Auckland, NZL
Hitolo Dogodo	1992	PNG	50.36	60	75	135	28-Feb	Port Morseby, PNG
Helena Wong	1988	SIN	52.26	62	70	132	26-Jun	Kilmarnock, Scotland, GBR
Colette Will	1992	SCO	51.34	45	63	108	26-Jun	Kilmarnock, Scotland, GBR
Luciana Bastienne	1993	SEY		42	53	95	24-Apr	Victoria, SEY
Louisa Lolohea	1993	*FIJ	53.00	35	50	85	28-Feb	Suva, FIJ
Fallpati Chakma		BAN	51.62	---	70	---	7-May	Nahkon Sawan, THA
58kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Renu Bala	1986	IND	57.58	90	109	199	23-Feb	Udaipur, IND
Zoe Smith	1994	ENG	57.46	84	110	194	20-May	Valencia, ESP
Seen Lee	1982	AUS	57.50	88	106	194	26-Jun	Brisbane, AUS
Emily Quarton	1984	CAN	57.90	82	102	184	26-Jun	Surrey, CAN
Racheal Ekoschoria	1994	NGR	55.50	75	107	182	22-Mar	Cario, EGY
Maria Liku	1990	*FIJ	57.90	70	95	165	28-Feb	Suva, FIJ
Myriam Ghekap Wafo	1994	CMR	56.25	72	85	157	22-Mar	Cario, EGY
Fatin Atikah Osman	1993	MAS	56.10	70	85	155	10-Apr	Tashkent, UZB
Kate Howard	1979	NZL	54.70	70	80	150	17-Apr	Auckland, NZL
Amy Hamilton	1991	SCO	57.87	70	80	150	26-Jun	Kilmarnock, Scotland, GBR
Monalisa Kassman	1992	PNG	57.10	60	75	135	6-May	Suva, FIJ
Danielle Callendar	1996	BAR	54.38	55	70	125	21-Apr	Chiclayo, PER
Sinazo Adonis	1990	RSA	53.20	50	62	112	29-May	Strand, RSA
Rena Agricole	1995	SEY	54.80	50	53	103	22-Mar	Cario, EGY
63kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Tania Whalen	1981	CAN	62.60	88	114	202	23-May	Saint-Hyacinthe, CAN
Michaela Breeze	1979	WAL	62.30	88	113	201	26-Jun	Kilmarnock, Scotland, GBR
Seen Lee	1982	AUS	58.70	90	106	196	29-May	Melbourne, AUS
Zoe Smith	1994	ENG	62.40	86	102	188	26-Jun	Kilmarnock, Scotland, GBR
Marie Joseph Fergue	1991	CMR	62.05	81	105	186	22-Mar	Cario, EGY
H. Poireinganbi Chanu	1980	IND	62.40	85	101	186	24-Feb	Udaipur, IND
Nurul Farhanah Johari	1988	MAS	61.80	81	101	182	15-Jun	Melaka, MAS
Mona Pretorius	1988	RSA		81	101	182	27-Feb	Strand, RSA
Rita Kari	1989	PNG	60.80	78	100	178	28-Feb	Port Morsesby, PNG
Faitoa Togagae	1989	SAM	62.40	75	95	170	28-Feb	Apia, SAM
Amy Hamilton	1991	SCO	58.48	67	80	147	21-Mar	Glasgow, Scotland, GBR
Naime Kari	1994	NZL	63.00	64	76	140	12-Jun	Auckland, NZL
Urima Tyrell	1992	*FIJ	62.30	60	78	138	6-May	Suva, FIJ
Aishat Ibrahim	1993	NGR	60.50	50	70	120	22-Mar	Cario, EGY
Jamie Emma Wee	1994	SIN	58.99	52	62	114	23-May	SIN
Farah Dogley		SEY		44	55	99	24-Apr	Victoria, SEY

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN	68.90	100	124	224	27-Jun	Surrey, CAN
Janet Georges (Thelermont)	1979	SEY		90	110	200	24-Apr	Victoria, SEY
Natasha Perdue	1975	WAL	67.92	87	107	194	9-Apr	Minsh, BLR
Belinda Van Tienen	1986	AUS	68.70	86	104	190	20-Mar	Melbourne, AUS
Manu Ah Kuoi	1982	SAM	68.70	80	107	187	6-May	Suva, FIJ
Nansita Devi	1974	IND	67.96	84	102	186	24-Feb	Udaipur, IND
Guba Hale	1986	PNG	67.88	78	98	176	28-Feb	Port Morseby, PNG
Chantel Lambrechts	1990	NZL	68.30	73	97	170	17-Apr	Auckland, NZL
Nor Khasida Halim	1991	MAS	66.50	74	92	166	16-Jun	Melaka, MAS
Bilikis Otunla	1994	NGR	65.30	75	90	165	22-Mar	Cario, EGY
Emma Layland	1982	ENG	68.43	69	84	153	20-Feb	Lilleshall, England, GBR
Tlalane Ramarou	1994	RSA	64.15	62	80	142	29-May	Strand, RSA
Denise Offermann-Loizu	1965	CYP	68.40	55	71	126	15-May	Linz, AUT
Raijeli Katia	1995	*FIJ	69.00	55	65	120	28-Feb	Suva, FIJ
75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Marie-Eve Beauchemin-Nadeau	1988	CAN	74.60	102	127	229	16-Apr	Sherbrooke, CAN
Mary Opeloge	1992	SAM	73.85	94	120	214	28-Feb	Apia, SAM
Babalwa Ndeleleni	1979	RSA		91	118	209	27-Feb	Strand, RSA
Srishti Singh	1990	IND	74.93	90	115	205	19-Jun	Sofia, BUL
Jenna Myers	1986	AUS	74.30	94	103	197	26-Jun	Brisbane, AUS
Arisha Farra Erwin	1988	MAS	73.35	85	102	187	17-Jun	Melaka, MAS
Kerri-Ann Wotenick	1983	ENG	73.10	81	101	182	20-Feb	Lilleshall, England, GBR
Tasha Williams	1973	NZL	72.50	72	103	175	13-Feb	Christchurch, NZL
Michaela Detenamo	1992	NRU	73.40	70	100	170	6-May	Suva, FIJ
Georgina Black	1989	SCO	73.50	73	96	169	26-Jun	Kilmarnock, Scotland, GBR
Boatema Alberta Ampomah	1994	GHA	71.30	66	81	147	23-Mar	Cario, EGY
Apolonia Vaivai	1991	*FIJ		60	78	138	13-Jun	Levuka, FIJ
Tamyrah Mautama	1995	NIU	72.00	55	71	126	28-Feb	Alofi, NIU
Tressa Lolohea	1982	TGA	74.00	45	50	95	28-Feb	Nuku'Alofa, TGA
+75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ele Opeloge	1985	SAM	121.60	126	155	281	6-May	Suva, FIJ
Geeta Rani	1981	IND	113.76	103	132	235	25-Feb	Udaipur, IND
Deborah Acaon	1983	AUS	89.90	103	130	233	26-Jun	Brisbane, AUS
Narita Viliamu	1989	NIU	138.40	95	130	225	6-May	Suva, FIJ
Tracey Lambrechts	1985	NZL	101.80	97	121	218	17-Apr	Auckland, NZL
Kara Yessie	1982	CAN	76.98	85	106	191	6-Mar	Columbus, USA
Tay Shan Fung	1990	MAS	93.90	84	106	190	17-Jun	Melaka, MAS
Luisa Peters	1993	COK	87.00	83	105	188	6-May	Suva, FIJ
Sandra Smith	1962	ENG	95.60	60	80	140	15-May	Linz, AUT
Kristin Edwards	1986	BAR	82.05	65	70	135	28-May	Guatemala City, GUA
Danielle Laird	1991	SCO	75.20	53	64	117	24-Apr	Lilleshall, England, GBR
Jolene Xie Liting	1986	SIN	75.35	52	65	117	23-May	SIN
Dolly Emille		SEY		50	65	115	24-Apr	Victoria, SEY
Sereima Rokodulu	1994	*FIJ		35	45	80	13-Jun	Levuka, FIJ

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