

2009 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

CWF Statistician, 47 Saltley Street, Spotswood Vic 3015, Australia

mpnoonan@optusnet.com.au



MEN: TOP-25 ABSOLUTE

56kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Amirul Amizan Ibrahim	1981	MAS	55.93	118	147	265	10-Dec	Vientiane, LAO
Valluri Srinivasa Rao	1981	IND	55.90	109	141	250	11-May	Taldykorgan, KAZ
Velu Vinoth Kumar	1984	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
W.G. Kamala Bandara	1985	SRI		95	136	231	17-Dec	Kelaniya, SRI
Manueli Tulo	1990	*FIJ	55.90	105	125	230	12-Dec	Boulari, NCL
Martin Guntali	1966	MAS		100	130	230	6-Oct	Kota Kinabalu, MAS
G. Wilson		IND	55.94	105	124	229	28-Jan	Pune, IND
Swapnil Ghagare	1990	IND	55.62	102	126	228	9-Aug	Pune, IND
Abdullah Ghafoor	1986	PAK	55.30	97	125	222	2-Mar	Lahore, PAK
S. Akbar Khan		IND		94	127	221	24-Feb	Visakhapatnam, IND
Mohd Fazli Dollah	1989	MAS	53.74	100	120	220	21-Oct	Penang, MAS
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
K.K. Asanga	1987	SRI		98	122	220	2-Oct	Polonnaruwa, SRI
Durga Janghel		IND	56.00	95	124	219	28-Jan	Pune, IND
Ismael Katamba	1987	UGA	55.72	90	127	217	5-Aug	Kampala, UGA
V. Kumar		IND	55.68	100	116	216	28-Jan	Pune, IND
Sukhwinder Singh	1990	IND	55.58	96	120	216	18-Sep	Hyderabad, IND
Ranjeet Chinchore	Jr	IND	55.64	95	121	216	18-Sep	Hyderabad, IND

62kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Dimitrios Minasides	1989	CYP	61.77	133	155	288	26-Jun	Pescara, ITA
Arico Jumith	1990	MAS	60.90	121	145	266	3-Aug	Kuala Lumpur, MAS
Rustam Sarang	1988	IND	61.92	119	147	266	21-Oct	Penang, MAS
Mahayudin Naharudin	1984	MAS	61.25	120	145	265	12-May	Taldykorgan, KAZ
Omkar Otari Shekhar	1987	IND	61.90	120	145	265	21-Oct	Penang, MAS
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	62.00	117	147	264	19-Dec	Melbourne, AUS
Jasvir Singh	1977	CAN	61.78	112	150	262	20-Nov	Goyang, KOR
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
Akbar Ali		PAK	61.92	115	143	258	2-Apr	Lahore, PAK
Mohd Osman Abdul Kadir	1988	MAS		115	141	256	6-Oct	Kota Kinabalu, MAS
Valluri Srinivasa Rao	1981	IND	57.42	110	145	255	7-Sep	Pune, IND
M. Muthu Kumar	1986	IND	61.90	114	141	255	28-Jan	Pune, IND
Velu Vinoth Kumar	1984	IND	57.10	114	140	254	7-Sep	Pune, IND
Mubarak Musoke Knumbi	1989	UGA	61.90	107	145	252	11-Jul	Lilleshall, England, GBR
S. Deva Kumar	1985	IND	62.00	116	136	252	9-Aug	Pune, IND
Guru Preeth Singh		IND		109	142	251	24-Feb	Visakhapatnam, IND
Simon Ngamba	1982	CMR	61.85	115	135	250	20-Nov	Goyang, KOR
Vannara Be	1988	AUS	60.05	113	135	248	19-Dec	Melbourne, AUS
Gourav Seth	1983	IND	61.11	111	137	248	28-Jan	Pune, IND
Yukar Sibi	1992	IND	61.49	106	141	247	28-Jan	Pune, IND
Kurumoju Ramesh Kumar	1989	IND	61.80	108	139	247	21-Oct	Penang, MAS
R. Sathyamoorthy		IND	61.90	110	136	246	28-Jan	Pune, IND

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Katulu Ravi Kumar	1988	IND	68.76	137	170	307	21-Oct	Penang, MAS
Govindan Elumalai	1984	IND	68.82	135	170	305	21-Oct	Penang, MAS
Mohd Faerul Talib	1986	MAS	68.96	138	161	299	11-Dec	Vientiane, LAO
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
Francis Luna-Grenier	1987	CAN	68.95	125	165	290	17-Dec	Saint-Hyacinthe, CAN
Ademola Oginni		NGR		125	165	290	17-Feb	Kaduna, NGR
S. Aruldoss		IND		122	158	280	7-Jan	Chennai, IND
Sudesh Peiris	1985	SRI	68.96	120	159	279	5-Jul	Saitama, JPN
Ben Turner	1984	AUS	68.85	122	155	277	12-Dec	Brisbane, AUS
R. Padmanaban		IND		120	156	276	7-Jan	Chennai, IND
Dimitrios Minasides	1989	CYP	64.80	130	145	275	2-May	Cospicua, MLT
Njuh Venatius	1988	CMR	67.43	120	155	275	6-Aug	Kampala, UGA
Sumit Wadar	1989	IND	68.78	120	153	273	29-Jan	Pune, IND
Otsili Greg Shushu	1980	RSA	67.52	120	152	272	6-Aug	Kampala, UGA
Ankur Sharma	1987	IND		124	148	272	25-Feb	Visakhapatnam, IND
Yanou Ketchanke	1993	CMR	67.93	121	150	271	6-Aug	Kampala, UGA
Gourav Dubey	1990	IND	68.68	121	150	271	21-Oct	Penang, MAS
Dominic Lussier	1984	CAN	68.35	125	145	270	31-Oct	Saint-Anne-des Monts, CAN
Tekaei Temake	1986	KIR	68.40	117	153	270	26-Jun	Boulari, NCL
Aminu Aliyu		NGR		118	152	270	17-Feb	Kaduna, NGR
Ahmad Fauzi Hasibullah	1989	MAS	66.20	121	146	267	3-Aug	Kuala Lumpur, MAS
Mati-Ur-Rehman	1984	PAK	68.82	117	150	267	3-Mar	Lahore, PAK
Rustam Sarang	1988	IND	63.32	118	147	265	7-Sep	Pune, IND
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

77kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Yukio Peter	1984	NRU	76.70	153	196	349	14-May	Darwin, AUS
Katulu Ravi Kumar	1988	IND	69.68	139	170	309	7-Sep	Pune, IND
Mark Spooner	1984	NZL	74.00	132	170	302	13-Jun	Auckland, NZL
Govindan Elumalai	1984	IND	69.72	135	167	302	7-Sep	Pune, IND
Zulkifli Che Ros	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
Bernadin Kingue Matam	1990	CMR	70.90	135	165	300	10-Oct	Besacon, FRA
Velu Prabhu	1982	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
David Sarkisian	1986	AUS	75.35	132	162	294	18-Jul	Melbourne, AUS
J. Magesh		IND		130	164	294	8-Jan	Chennai, IND
S. Satish Kumar	1992	IND	73.30	130	163	293	19-Sep	Hyderabad, IND
L. B. Singh	1982	IND	76.19	131	161	292	29-Jan	Pune, IND
Francis Luna-Grenier	1987	CAN	74.96	128	162	290	16-May	Kelowna, CAN
Ben Turner	1984	AUS	76.15	125	165	290	18-Jul	Melbourne, AUS
Faavae Faauliui	1983	SAM	76.59	126	161	287	30-Sep	Rarotonga, COK
Rabiu Ibrahim		NGR		130	157	287	18-Feb	Kaduna, NGR
Ika Aliklik	1985	NRU	73.30	125	160	285	27-Feb	Boulari, NCL
Govindsamy Vadivelu	1975	IND	76.66	125	159	284	29-Jan	Pune, IND
Amandeep Singh		IND		131	151	282	25-Feb	Visakhapatnam, IND
Jean-Marc Beland	1984	CAN	76.65	125	156	281	17-Dec	Saint-Hyacinthe, CAN
Francois Etoundi	1984	AUS	69.30	125	155	280	18-Jul	Melbourne, AUS
David Minkoumba	1989	CMR	76.41	130	150	280	6-Aug	Kampala, UGA
Dany Marineau	1988	CAN	76.54	126	154	280	5-Jun	Chicago, USA

85kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
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	84.40	147	187	334	15-Aug	Kuhmo, FIN
Darryn Anthony	1985	RSA	83.68	147	178	325	6-Aug	Kampala, UGA
Paul Dumais	1991	CAN	83.80	148	170	318	17-Dec	Saint-Hyacinthe, CAN
David Katoatau	1984	KIR	84.64	135	180	315	22-Oct	Penang, MAS
Velu Prabhu	1982	IND	78.12	140	170	310	7-Sep	Pune, IND
Mathieu Marineau	1990	CAN	83.65	138	170	308	31-Oct	Saint-Anne-des Monts, 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
Peter Kirkbride	1987	SCO	85.00	135	170	305	5-Sep	Kilwinning, Scotland, GBR
Malek Chamoun	1989	AUS	83.96	138	165	303	19-Jun	Bucharest, ROU
K. Jagadeesan		IND		137	165	302	8-Jan	Chennai, IND
Troy Hewkins	1986	AUS	83.75	133	167	300	18-Jul	Melbourne, AUS
Laurent Goyette-Demers	1990	CAN	83.92	128	172	300	16-May	Kelowna, CAN
Josefa Vueti	1979	*FIJ	84.80	130	170	300	12-Dec	Boulari, NCL
Aneesh Kumar		IND		135	165	300	8-Jan	Chennai, IND
N. Bhaskaran		IND		132	166	298	8-Jan	Chennai, IND
Chander Kant 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
Firdaus Abd Razak	1987	MAS		130	165	295	7-Oct	Kota Kinabalu, MAS
Abd Mubin Abd Rahim	1991	MAS	77.10	130	163	293	4-Aug	Kuala Lumpur, MAS
Bryan Marshall	1985	CAN	84.00	133	158	291	14-Feb	Toronto, CAN
Jean-Marc Beland	1984	CAN	82.30	128	162	290	6-Jun	Chicago, USA
Yvan Darsigny	1966	CAN	82.80	130	160	290	31-Oct	Saint-Anne-des Monts, CAN
Matthew Williams	1980	AUS	84.95	135	155	290	18-Jul	Melbourne, AUS

94kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Nicholas Roberts	1984	CAN	93.60	150	193	343	31-Oct	Saint-Anne-des Monts, CAN
Simplice Ribouem	1982	AUS	91.75	152	185	337	18-Jul	Melbourne, AUS
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
Peter Kirkbride	1987	SCO	90.78	145	186	331	28-Nov	Pitlochry, Scotland, GBR
Buck Ramsay	1982	CAN	93.34	144	185	329	16-May	Kelowna, CAN
Syamlal M.	1989	IND		135	188	323	26-Feb	Visakhapatnam, IND
David Katoatau	1984	KIR	88.90	140	180	320	1-Oct	Rarotonga, COK
Dallas Santavy	1972	CAN	93.70	140	180	320	14-Nov	Toronto, CAN
Max Dal Santo	1985	AUS	92.10	142	177	319	28-Mar	Ipswich, AUS
Denis Catana	1985	ENG	91.80	140	176	316	7-Nov	Falkoping, SWE
Bhagat Singh	1976	IND	93.17	139	176	315	30-Jan	Pune, IND
Chander Kant Mali	1987	IND	86.46	143	169	312	7-Sep	Pune, IND
Sacha Amede	1975	CAN	93.20	145	167	312	22-Aug	La Prairie, CAN
Mohd Faiz Musa	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
<i>Rajesh Kumar Singh</i>	<i>1975</i>	<i>IND</i>	<i>93.56</i>	<i>136</i>	<i>170</i>	<i>306</i>	<i>30-Jan</i>	<i>Pune, IND</i>
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
Jean Greeff	1990	RSA	92.97	132	168	300	6-Aug	Kampala, UGA
Andrew Ciancio	1978	AUS	86.15	130	165	295	31-Oct	Auckland, NZL
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

105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
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
Meamea Thomas (Taomati)	1987	KIR	103.90	145	190	335	26-Apr	Boulari, NCL
Stanislav Chalaev	1986	NZL	103.60	145	180	325	31-Oct	Auckland, NZL
M. Srinivas Rao	1977	IND	104.66	147	177	324	9-Aug	Pune, IND
Pradeep Singh	1982	IND	104.72	143	180	323	9-Aug	Pune, IND
Nicholas Roberts	1984	CAN		140	180	320	4-Dec	Montreal, CAN
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
Gurmeet Singh	1974	IND	104.52	142	172	314	9-Aug	Pune, IND
Bhupindar Singh	1981	IND	98.21	133	177	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
Lad Singh	1983	IND	104.90	142	167	309	12-Dec	Brisbane, AUS
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
Cory Coehoorn	1984	CAN	101.50	130	171	301	21-Nov	Edmonton, CAN
Trevor Brown	1985	CAN	103.00	135	165	300	14-Feb	Toronto, CAN
Iqbal Singh	1981	IND	98.80	127	171	298	31-Jan	Pune, IND
Mitchell Mann	1987	AUS	104.60	133	163	296	5-Sep	Melbourne, AUS
Gaston Wafo Fodouop	1972	CMR	94.40	135	160	295	21-Feb	La Ferte Milon, FRA
P. Murali Krishnan		IND		127	166	293	9-Jan	Chennai, IND
Jean Greeff	1990	RSA	94.50	130	162	292	25-Sep	Strand, RSA
Amandeep Singh		IND		130	162	292	26-Feb	Visakhapatnam, IND
Rahimi Rahim	1988	MAS		132	160	292	8-Oct	Kota Kinabalu

+105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Itte Detenamo	1986	NRU	153.90	175	215	390	12-Dec	Boulari, NCL
George Kobaladze	1976	CAN	125.05	166	212	378	29-Nov	Goyang, KOR
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
Alexandros Kouvakas	1989	CAN	113.15	155	200	355	31-Oct	Saint-Anne-des Monts, CAN
Rizwan Ullah Khan Lodhi		PAK	118.64	155	190	345	4-Mar	Lahore, PAK
Sandeep Kumar	1980	IND	119.20	148	195	343	7-Sep	Pune, IND
Meamea Thomas (Taomati)	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
Thomas Yule	1976	SCO	114.62	140	190	330	28-Nov	Pitlochry, Scotland, GBR
Tafot Foukajou	1979	CMR	123.70	140	190	330	6-Aug	Kampala, UGA
Gurpreet Singh	1980	IND	107.32	150	175	325	31-Jan	Pune, IND
Jesse Martini	1980	CAN	116.46	145	180	325	21-Nov	Edmonton, CAN
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
Marc-Olivier Provost	1987	CAN	135.55	142	177	319	14-Nov	La Prairie, CAN
Gurmeet Singh	1974	IND	105.76	147	171	318	7-Sep	Pune, IND
V. Kumar	1986	IND	137.44	142	175	317	31-Jan	Pune, IND
Sam Pera Jr	1989	COK	122.36	140	175	315	26-Jun	Rarotonga, COK
Mohd Saufik Ahmad	1988	MAS	142.62	142	172	314	23-Oct	Penang, MAS
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

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

2009 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan,

CBF Statistician, 47 Saltley Street, Spotswood Vic 3015, Australia

mpnoonan@optusnet.com.au



WOMEN: TOP-25 ABSOLUTE

48kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Nganbam Soniya Chanu	1980	IND	47.85	74	93	167	11-May	Taldykorgan, KAZ
Zaira Zakaria	1987	MAS	47.86	70	94	164	10-Dec	Vientiane, LAO
A. Sandhya Rani	1980	IND	47.82	70	90	160	28-Jan	Pune, IND
Portia Vries	1984	RSA	48.00	66	92	158	21-Oct	Penang, MAS
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
Bangaru Usha	1991	IND	47.30	66	86	152	21-Oct	Penang, MAS
Rose Daniel		NGR		70	82	152	16-Feb	Kaduna, NGR
Matsa Santoshi	1994	IND	47.44	70	81	151	17-Sep	Hyderabad, IND
Vivian Lee	1978	AUS	47.80	68	83	151	29-Aug	Melbourne, AUS
Juliette Odometta		NGR		62	85	147	16-Feb	Kaduna, NGR
Jessica Ruel	1991	CAN	47.80	65	80	145	28-Mar	La Prairie, CAN
Kh. Sanjitha Devi	Yth	IND		65	80	145	15-Dec	Imphal, IND
Katsia Telemaque	1989	SEY		66	75	141	21-Nov	Victoria, SEY
Kathleen Hare	1987	PNG	46.64	60	80	140	21-Oct	Penang, MAS
Joy Obaga		NGR				140	16-Feb	Kaduna, NGR
Deeksha Pradeep Gaikwad	1990	IND	47.84	64	75	139	15-Jun	Bucharest, ROU
Ng. Mema Devi	1991	IND	48.00	62	77	139	17-Sep	Hyderabad, IND
Nkechi Udo	1993	NGR	47.60	60	77	137	27-Jun	Lagos, NGR
Nurniada Nordin	1988	MAS	46.22	61	73	134	3-Aug	Kuala Lumpur, MAS
Maude Langevin	1990	CAN	47.80	62	72	134	28-Mar	La Prairie, CAN
Deborah Groves	1970	AUS	47.70	57	73	130	16-May	Sydney, AUS
Sonia		IND		58	71	129	20-Feb	Visakhapatnam, IND
Azizah Fadzil	1991	MAS		55	71	126	6-Oct	Kota Kinabalu, MAS
Paramjit Singh Kaur	Jnr	IND	47.20	53	72	125	17-Sep	Hyderabad, IND
K. Venkatalaxmi Lakshmi	Yth	IND	47.62	52	73	125	13-Sep	Hyderabad, IND
53kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Marilou Dozois-Prevost	1986	CAN	52.95	86	104	190	31-Oct	Saint-Anne-des Monts, CAN
Chinyere Fidelis	1993	NGR		78	112	190	16-Feb	Kaduna, NGR
Minati Sethi	1990	IND	52.97	77	107	184	28-Jan	Pune, IND
Clementina Agricole	1988	SEY	52.72	77	100	177	21-Oct	Penang, MAS
Nganbam Soniya Chanu	1980	IND	48.88	76	95	171	6-Sep	Pune, IND
Th. Sanamacha Chanu	1978	IND	53.00	75	95	170	9-Aug	Pune, IND
Raihan Yusoff	1988	MAS	52.30	73	96	169	11-May	Taldykorgan, KAZ
Bakam Pilar	1988	CMR	52.32	69	98	167	5-Aug	Kampala, UGA
H. Inao Devi	1988	IND	52.86	70	93	163	28-Jan	Pune, IND
Neelamshetty Krishna Veni	1982	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
Joanne Calvino	1980	ENG	52.95	69	90	159	11-Jul	Lilleshall, England, GBR
Piyanu Chanu		IND	52.95	68	90	158	28-Jan	Pune, IND
Chandharr Balvir Kaur	1991	IND	51.40	70	87	157	6-Sep	Pune, IND
Kulusu Sandhya	1990	IND	50.98	68	87	155	21-Oct	Penang, MAS
Mufuli Bakole	1994	NGR	52.10	70	85	155	27-Jun	Lagos, NGR
J.N. Nadini Gunesevara	1975	SRI	52.06	68	86	154	21-Oct	Penang, MAS
Swati Singh		IND	52.08	70	83	153	28-Jan	Pune, IND
Pramila Krisani	Yth	IND	52.12	66	87	153	13-Sep	Hyderabad, IND
Davina Hughes	1989	AUS	52.80	66	86	152	13-May	Darwin, AUS
Kulvir Kaur		IND		68	85	153	20-Feb	Visakhapatnam, IND
Portia Vries	1984	RSA	48.80	60	92	152	7-Nov	Malmesbury, RSA
M. Suman Bala Devi	Yth	IND	52.32	70	82	152	13-Sep	Hyderabad, IND

58kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
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
Emily Quarton	1984	CAN	58.00	84	106	190	19-Dec	Saint-Hyacinthe, CAN
Annie Moniqui	1990	CAN		82	103	185	16-Oct	Saint-Hyacinthe, CAN
Uche Agu		NGR		85	107	182	17-Feb	Kaduna, NGR
Wendy Hale	1987	SOL	57.10	80	101	181	27-Jun	Boulari, NCL
Pilar Bakamtzuche	1988	CMR	57.54	75	102	177	23-Nov	Goyang, KOR
Liren Devi	1984	IND	58.00	80	97	177	12-May	Taldykorgan, KAZ
Miel McGerrigle-Wynne	1977	CAN	58.00	79	96	176	14-Nov	Toronto, CAN
Rita Kari	1989	PNG	57.40	72	103	175	21-Oct	Penang, MAS
Mona Pretorius	1988	RSA	57.44	78	97	175	21-Oct	Penang, MAS
Helen Jewell	1988	ENG	57.71	80	93	173	31-Oct	Kilwinning, Scotland, GBR
Zoe Smith	1994	ENG	57.93	72	100	172	7-Nov	Falkoping, SWE
Maria Liku	1990	*FIJ	57.89	76	95	171	12-Dec	Boulari, NCL
Oyeka Azike	1990	NGR	55.00	75	95	170	27-Jun	Lagos, NGR
Minati Sethi	1990	IND	54.14	72	97	169	6-Sep	Pune, IND
Marilou Dozois-Prevost	1986	CAN		72	96	168	13-Nov	Pointe-aux-Trembles, CAN
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
Neelamshetty Krishna Veni	1982	IND	53.54	77	87	164	6-Sep	Pune, IND
Isabelle Despres	1980	CAN	57.80	77	87	164	14-Feb	Toronto, CAN
G. Laxmi	1992	IND	57.08	73	87	160	9-Aug	Pune, IND
Reena Kadyan		IND		70	88	158	20-Feb	Visakhapatnam, IND

63kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
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 Johari	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
Seen Lee	1982	AUS	59.95	90	106	196	19-Dec	Melbourne, AUS
Hijam Poirenganbi Chanu	1980	IND	62.00	86	110	196	29-Jan	Pune, IND
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
Hortense Essesse Nguidjol	1981	CMR	61.46	80	105	185	5-Aug	Kampala, UGA
K. Romi Devi	1987	IND	62.88	84	100	184	9-Aug	Pune, IND
Jacquie White	1982	AUS	62.75	82	100	182	18-Jul	Melbourne, AUS
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
Janet Thelemont	1979	SEY	63.00	82	96	178	16-May	Victoria, SEY
P. Ronibala Devi		IND	58.32	77	99	176	29-Jan	Pune, IND
Gara Aruna Rani	1991	IND	62.08	76	98	174	22-Oct	Penang, MAS
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
Pamela Bougie	1991	CAN	63.00	80	91	171	17-Dec	Saint-Hyacinthe, CAN
Mona Pretorius	1988	RSA	59.15	73	97	170	7-Nov	Malmesbury, RSA
Anita Shinde	1990	IND	62.10	72	95	167	29-Jan	Pune, IND

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN	68.84	103	132	235	27-Nov	Goyang, KOR
Marie-Eve Beauchemin-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
Michaela Breeze	1979	WAL	63.52	95	114	209	11-Jul	Lilleshall, England, GBR
Gaelle Ketchanke-Nayo	1988	CMR	68.85	90	115	205	3-May	Senlis, FRA
Shambanduram Nansita Devi	1974	IND	67.56	88	114	202	29-Jan	Pune, IND
Natasha Perdue	1975	WAL	67.10	90	110	200	11-Jul	Lilleshall, England, GBR
Katelyn Williams	1987	CAN	67.90	88	110	198	19-Dec	Surrey, CAN
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
<i>Bijiya Arambam Devi</i>	<i>1981</i>	<i>IND</i>	<i>68.04</i>	<i>87</i>	<i>105</i>	<i>192</i>	<i>29-Jan</i>	<i>Pune, IND</i>
Hijam Poirenganbi Chanu	1980	IND	63.48	86	105	191	6-Sep	Pune, IND
Tania Whalen	1981	CAN		84	105	189	17-Oct	La Prairie, CAN
Jacque White	1982	AUS	63.60	83	100	183	30-May	Melbourne, AUS
Marie-Josée Ares-Pilon	1982	CAN	65.35	83	100	183	22-Aug	La Prairie, CAN
Camilla Fogagnolo	1986	AUS	68.85	79	104	183	14-Feb	Launceston, AUS
Nurul Farahanah Johari	1988	MAS	65.64	81	101	182	4-Aug	Kuala Lumpur, MAS
Nicole Chamberlain	1978	AUS	64.85	82	99	181	29-Mar	Ipswich, AUS
Sunita Rani	1987	IND	63.60	77	100	177	6-Sep	Pune, IND
Prabdeep Sanghera	1993	CAN	68.90	80	97	177	19-Dec	Surrey, CAN
Stephanie Tremblay-Chapdelaine	1987	CAN	69.00	77	100	177	15-Dec	Saint-Hyacinthe, CAN
Tauimani 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

75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
<i>Pujari Sailaja</i>	<i>1982</i>	<i>IND</i>	<i>75.00</i>	<i>105</i>	<i>132</i>	<i>237</i>	<i>29-Jan</i>	<i>Pune, IND</i>
Christine Girard	1985	CAN		95	125	220	15-Mar	Rouyn, CAN
Marie-Eve Beauchemin-Nadeau	1988	CAN	72.20	100	120	220	16-Oct	Brossard, CAN
Chelse Zarboni-Berthiaume	1991	CAN	74.05	96	120	216	31-Oct	Saint-Anne-des Monts, CAN
Jeanne Lassen	1980	CAN	74.86	94	117	211	17-May	Kelowna, CAN
Mary Opeloge	1992	SAM	73.55	92	116	208	26-Jun	Apia, SAM
Jenna Myers	1986	AUS	74.65	96	112	208	18-Jul	Melbourne, AUS
Juliet Okuebor	1989	NGR	74.00	90	117	207	19-Feb	Kaduna, NGR
Caroline Girard	1982	CAN	74.84	91	116	207	27-Nov	Goyang, KOR
Madias Nzesso	1992	CMR	72.77	90	112	202	6-Aug	Kampala, UGA
Gloria Moses		NGR		87	115	202	19-Feb	Kaduna, NGR
Belinda van Tienen	1986	AUS	74.90	89	108	197	29-Aug	Melbourne, AUS
Babalwa Ndleleni	1978	RSA	73.70	83	112	195	23-Oct	Penang, MAS
Khwairakpam Premila Devi	1990	IND	74.02	81	105	186	23-Oct	Penang, MAS
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
Chanchal Yadav	1982	IND	72.90	82	100	182	6-Sep	Pune, IND
Tasha Williams	1973	NZL	71.15	73	107	180	12-Dec	Christchurch, NZL
Kulbir Kaur		IND		78	102	180	22-Feb	Visakhapatnam, IND
Kerri-Ann Wotenick	1983	ENG	70.23	79	97	176	11-Jul	Lilleshall, England, GBR
Arisha Farra Erwin	1988	MAS	73.74	81	95	176	5-Aug	Kuala Lumpur, MAS
Stephanie Tremblay-Chapdelaine	1987	CAN		78	96	174	5-Dec	Brossard, CAN
Mareta Berenato	1992	KIR	71.20	77	95	172	27-Feb	Tarawa, KIR
Chantal Lambrechts	1990	NZL	73.20	73	97	170	31-Oct	Auckland, NZL
B. Rajya Lakshmi	1985	IND		73	97	170	22-Feb	Visakhapatnam, IND

+75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ele Opeloge	1985	SAM	121.75	125	155	280	26-Jun	Apia, SAM
Maryam Usman	1990	NGR	126.16	115	145	260	28-Nov	Goyang, KOR
Geeta Rani	1981	IND	111.80	102	132	234	23-Oct	Penang, MAS
Hadiza Zakare	1987	NGR	81.77	103	125	228	28-Nov	Goyang, KOR
Deborah Acason (Lovely)	1983	AUS	89.00	103	125	228	5-Dec	Ipswich, AUS
Narita Viliamu	1989	NIU	132.77	92	125	217	12-Dec	Boulari, NCL
Tracey Lambrechts	1985	NZL	97.20	94	119	213	31-Oct	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
Amanda Phillips	1981	AUS	83.80	85	113	198	18-Jul	Melbourne, AUS
Babalwa Ndleleni	1978	RSA	75.13	80	116	196	7-Nov	Malmesbury, RSA
Chelse Zarboni-Berthiaume	1991	CAN		85	110	195	14-Mar	Montreal, CAN
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
Laura-Denise Ramsay Overall	1965	TRI	76.00	79	100	179	5-Dec	London, England, GBR
Tey Shan Fung	1990	MAS	94.08	77	101	178	23-Oct	Penang, MAS
Shalinee Valayadon	1986	MRI		80	98	178	12-Sep	Vacoas, MRI
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
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

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

2009 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

CWF Statistician, 47 Saltley Street, Spotswood Vic 3015, Australia

mpnoonan@optusnet.com.au



MEN: ONE PER COUNTRY

56kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Amirul Amizan Ibrahim	1981	MAS	55.93	118	147	265	10-Dec	Vientiane, LAO
Valluri Srinivasa Rao	1981	IND	55.90	109	141	250	11-May	Taldykorgan, KAZ
W.G. Kamala Bandara	1985	SRI		95	136	231	17-Dec	Kelaniya, SRI
Manueli Tulo	1990	*FIJ	55.90	105	125	230	12-Dec	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
Ismael Katamba	1987	UGA	55.72	90	127	217	5-Aug	Kampala, UGA
Marc Jonathan Coret	1989	MRI	54.37	90	115	205	5-Aug	Kampala, UGA
Anrich Phillips	1992	RSA	52.90	90	110	200	7-Nov	Malmesbury, RSA
Elson Brechtefeld	1994	NRU	54.68	86	110	196	29-Sep	Rarotonga, COK
Morea Baru	1990	PNG	55.40	85	110	195	21-Oct	Penang, MAS
Lapua Lapua Tuau	1991	TUV	56.00	90	105	195	12-Dec	Boulari, NCL
Lou Guinares	1990	NZL	55.50	84	109	193	12-Dec	Auckland, NZL
Dylan Scott	1993	SCO	54.70	84	102	186	20-May	Chiang Mai, THA
Matthew Tolo	1993	SOL	55.66	80	100	180	26-Jun	Honiara, SOL
Damien Hewish	1964	AUS	55.60	75	95	170	5-Sep	Melbourne, AUS
Shamsher Shergill	1994	ENG	54.60	73	95	168	25-Apr	Alfreton, England, GBR
David Petit	1972	CAN	55.80	76	91	167	14-Nov	Toronto, CAN
Artmark Aplewhaite	1994	BAR	55.72	70	95	165	22-Oct	Caguas, PUR
Michael Elborn Taufa	1993	TGA	56.00	70	90	160	29-Sep	Rarotonga, COK
Derrick Hyman	Jr	GUY		77	77	154	30-Aug	Georgetown, GUY
Joe Owen	1993	WAL	49.40	60	81	141	28-Feb	Holyhead, Wales, GBR
Giannie Tokitebwa	1994	KIR	55.16	56	75	131	29-Sep	Rarotonga, COK
Rick Confiance	1994	SEY		55	65	120	21-Nov	Victoria, SEY
Lewis Knox		NIR	47.80	35	45	80	21-Feb	Dublin, IRL
David Matam Matam	1982	CMR	55.36	92	---	---	5-Aug	Kampala, UGA
Bakar M. Ramadhan	1993	ZAN	53.35	50	---	---	5-Aug	Kampala, UGA
62kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Dimitrios Minasides	1989	CYP	61.77	133	155	288	29-Jun	Pescara, ITA
Arico Jumith	1990	MAS	60.90	121	145	266	3-Aug	Kuala Lumpur, MAS
Rustam Sarang	1988	IND	61.92	119	147	266	21-Oct	Penang, MAS
Daniel Koum Koum	1985	AUS	62.00	117	147	264	19-Dec	Melbourne, AUS
Jasvir Singh	1977	CAN	61.78	112	150	262	20-Nov	Goyang, KOR
Akbar Ali		PAK	61.92	115	143	258	2-Apr	Lahore, PAK
Mubarak Musoke Knumbi	1989	UGA	61.90	107	145	252	11-Jul	Lilleshall, England, GBR
Simon Ngamba	1982	CMR	61.85	115	135	250	20-Nov	Goyang, KOR
John Eiche		NGR		112	130	242	17-Feb	Kaduna, NGR
Gareth Evans	1986	WAL	60.40	105	132	237	7-Nov	Holyhead, Wales, GBR
Luwellyne Phillips	1989	RSA	61.22	107	129	236	25-Sep	Strand, RSA
D.M.I.C. Dissanayake	1989	SRI	61.80	103	130	233	21-Oct	Penang, MAS
Hassanor Zaman	1991	BAN	61.82	105	127	232	21-Oct	Penang, MAS
Manueli Tulo	1990	*FIJ	57.10	98	127	225	11-Nov	Boulari, NCL
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
Cameron Sinclair	1987	NZL	61.80	95	125	220	31-Oct	Auckland, NZL
Jean Yanick Coret	1991	MRI		100	120	220	19-Dec	Vacoas, MRI
Chris Freebury	1989	ENG	61.50	100	115	215	25-Apr	Alfreton, England, GBR
Elson Brechtefeld	1994	NRU	59.60	87	115	202	27-Feb	NRU
Craig Carfray	1992	SCO	61.47	87	115	202	9-Sep	Eilat, ISR
Ioane Haumili	1988	TUV	61.80	85	110	195	12-Dec	Boulari, NCL
Bob Pesaleli	1991	SAM	60.42	85	107	192	27-Feb	Apia, SAM
James Ochieng	1984	KEN	60.84	80	110	190	5-Aug	Kampala, UGA
Raygory Lolo	1984	PNG	59.30	82	105	187	27-Feb	Port Morseby, PNG
Bhojnarine Persaud	1986	GUY		75	102	177	30-Aug	Georgetown, GUY
Stephen Clarisse		SEY		75	100	175	21-Nov	Victoria, SEY
Charles Chauyauya	1993	MAW	59.51	66	94	160	5-Aug	Kampala, UGA
Stuart Thomson	1988	NIR	61.30	51	70	121	14-Nov	Belfast, Northern Ireland, GBR
Siaosi Ofa Ulunga	1965	TGA	62.00	50	55	105	26-Jun	Nuku'alofa, TGA
Sheng Wei Anoy Chua	1993	SIN	59.85	50	50	100	16-Dec	Dubai, UAE

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Katulu Ravi Kumar	1988	IND	68.76	137	170	307	21-Oct	Penang, MAS
Mohd Faerul Talib	1986	MAS	68.96	138	161	299	11-Dec	Vientiane, LAO
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
Francis Luna-Grenier	1987	CAN	68.95	125	165	290	17-Dec	Saint-Hyacinthe, CAN
Ademola Oginni		NGR		125	165	290	17-Feb	Kaduna, NGR
Dimitrios Minasides	1989	CYP	64.80	130	145	275	2-May	Cospicua, MLT
Njuh Venatius	1988	CMR	67.43	120	155	275	6-Aug	Kampala, UGA
Otsili Greg Shushu	1980	RSA	67.52	120	152	272	6-Aug	Kampala, UGA
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
Hamidul Islam	1975	BAN	68.92	115	147	262	21-Oct	Penang, MAS
Toafito Perive	1985	SAM	68.70	108	152	260	26-Jun	Apia, SAM
Bronco Deiranauw	1991	NRU	67.00	112	140	252	7-Nov	NRU
Halil Zorba	1988	ENG	68.87	105	147	252	7-Nov	Falkoping, SWE
Steven Kari	1993	PNG	67.94	110	140	250	21-Oct	Penang, MAS
Seth Fetrie	1991	GHA	68.37	100	137	237	22-Oct	Goyang, KOR
Jimmy Moonien	1981	MRI	69.00	105	130	235	20-May	Saint-Denis de la Réunion, FRA
Neil Dougan	1985	NIR	67.90	103	125	228	14-Nov	Belfast, Northern Ireland, GBR
Billy Walter	1989	SOL	66.10	97	121	218	26-Jun	Honiara, SOL
Craig Carfray	1992	SCO	64.74	93	120	213	28-Nov	Pitlochry, Scotland, GBR
Sowobi Noah	1985	UGA	67.89	90	120	210	6-Aug	Kampala, UGA
Ilaniume maa'ke Finau	1986	TGA	68.00	90	120	210	26-Jun	Nuku'alofa, TGA
Clint Grech	1987	MLT	68.90	90	113	203	19-Dec	Cospicua, MLT
Daniel Murtagh	1989	WAL	68.80	90	110	200	2-May	Cospicua, MLT
Bill Andrews	1992	*FIJ	65.74	85	110	195	30-Sep	Rarotonga, COK
Marvis Williams		GUY		80	115	195	30-Aug	Georgetown, GUY
Tnoko Kakhogwe	1987	MAW	65.62	93	100	193	6-Aug	Kampala, UGA
Reshveen Rajendran	1992	SIN	67.35	75	105	180	16-Dec	Dubai, UAE
Brien Best	1996	BAR	63.06	76	100	176	22-Oct	Caguas, PUR
Christopher Ferley	1990	SEY		75	95	170	21-Nov	Victoria, SEY
Stephen Odure	1994	KEN	67.25	60	83	143	6-Aug	Kampala, UGA

77kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Yukio Peter	1984	NRU	76.70	153	196	349	14-May	Darwin, AUS
Katulu Ravi Kumar	1988	IND	69.68	139	170	309	7-Sep	Pune, IND
Mark Spooner	1984	NZL	74.00	132	170	302	13-Jun	Auckland, NZL
Zulkifli Che Ros	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
Bernadin Kingue Matam	1990	CMR	70.90	135	165	300	10-Oct	Besacon, FRA
Josefa Vueti	1979	*FIJ	74.30	128	167	295	27-Feb	Boulari, NCL
David Sarkisian	1986	AUS	75.35	132	162	294	18-Jul	Melbourne, AUS
Francis Luna-Grenier	1987	CAN	74.96	128	162	290	16-May	Kelowna, CAN
Faavae Faauliui	1983	SAM	76.59	126	161	287	30-Sep	Rarotonga, COK
Rabiu Ibrahim		NGR		130	157	287	18-Feb	Kaduna, NGR
Charles Simeon	1982	SEY		120	158	278	21-Nov	Victoria, SEY
Graeme Kane	1988	SCO	76.48	122	154	276	31-Oct	Kilwinning, Scotland, GBR
Halil Zorba	1985	ENG	72.80	110	156	266	11-Jul	Lilleshall, England, GBR
Lyle du Plooy	1988	RSA	71.22	118	143	261	6-Aug	Kampala, UGA
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
J.A.S.K. Jayakody	1974	SRI		115	130	245	3-Oct	Polonnaruwa, SRI
Batuusa Khalid	1996	UGA	74.21	110	130	240	6-Aug	Kampala, UGA
Crispin Onyango	1981	KEN	74.10	95	131	226	6-Aug	Kampala, UGA
Ray Williams	1959	WAL	75.80	100	110	210	16-May	Holyhead, Wales, GBR
Yovin Gyadin		MRI		95	115	210	12-Sep	Vacoas, MRI
Neil Dougan	1985	NIR	70.00	92	116	208	25-Apr	Dublin, IRL
Clint Grech	1987	MLT	71.28	90	115	205	12-Sep	Marsala, ITA
John Sulup		PNG	76.60	75	107	182	22-Nov	Port Morseby, PNG
Argyris Socratous		CYP	70.50	77	97	174	2-May	Cospicua, MLT
Grasten Mkwapula	1983	MAW	73.75	70	100	170	6-Aug	Kampala, UGA
Pita Tongia	1987	TGA	75.56	75	87	162	30-Sep	Rarotonga, COK
Reshveen Rajendran	1992	SIN	71.78	65	95	160	22-May	Chiang Mai, THA
Nigel Phillips		GUY		70	90	160	30-Aug	Georgetown, GUY

85kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
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	84.40	147	187	334	15-Aug	Kuhmo, FIN
Darryn Anthony	1985	RSA	83.68	147	178	325	6-Aug	Kampala, UGA
Paul Dumais	1991	CAN	83.80	148	170	318	17-Dec	Saint-Hyacinthe, CAN
David Katoatau	1984	KIR	84.64	135	180	315	22-Oct	Penang, MAS
Velu Prabhu	1982	IND	78.12	140	170	310	7-Sep	Pune, IND
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
Peter Kirkbride	1987	SCO	85.00	135	170	305	5-Sep	Kilwinning, Scotland, GBR
Josefa Vueti	1979	*FIJ	84.80	130	170	300	12-Dec	Boulari, NCL
Abd Mubin Abd Rahim	1991	MAS	77.10	130	163	293	4-Aug	Kuala Lumpur, MAS
Gideon Aigbefo		NGR		125	160	285	18-Feb	Kaduna, NGR
Richard Williams	1986	ENG	84.94	125	147	272	8-Aug	London, England, GBR
Terrence Dixie	1983	SEY	85.00	122	150	272	16-May	Victoria, SEY
R.R. Samarasekara	1985	SRI		115	151	266	3-Oct	Polonnaruwa, SRI
Md Shajed Rahman	1987	BAN	83.35	116	140	256	1-Oct	Tashkent, UZB
Brandon Inniss	1993	BAR	81.18	110	145	255	22-Oct	Penang, MAS
Hansley Gaya	1985	MRI	84.45	110	138	248	26-Nov	Goyang, KOR
Baligeya Godfrey	1987	UGA	82.41	107	140	247	6-Aug	Kampala, UGA
Derrick Kim	1983	SIN	77.70	110	130	240	22-Oct	Penang, MAS
Albert Mæke	1985	SOL	79.20	105	135	240	26-Jun	Honiara, SOL
Peter Stewart	1978	NIR	81.00	102	137	239	25-Apr	Dublin, IRL
Sirla Pera	1992	COK	83.41	100	127	227	30-Sep	Rarotonga, COK
Noel Coleiro	1974	MLT	84.50			227	19-Dec	Cospicua, MLT
James Omnondi Adede	1986	KEN	80.60	102	120	222	6-Aug	Kampala, UGA
Ray Vaughan	1971	WAL	84.40	95	120	215	28-Feb	Holyhead, Wales, GBR
Samiu Tupou	1985	TGA	78.00	90	122	212	26-Jun	Nuku'alofa, TGA
Fr Bogdan Cofalis		PNG	80.70	85	115	200	22-Nov	Port Moresby, PNG
Emmanuel Awali	1981	MAW	84.64	80	120	200	6-Aug	Kampala, UGA
Hukui Tiakia	1994	NIU	82.22	61	80	141	30-Sep	Rarotonga, COK
Brice Betchaya Ketchanke	1985	CMR	82.53	146	---	---	6-Aug	Kampala, UGA
Majeti Fetrie	1974	GHA	83.21	115	---	---	26-Nov	Goyang, KOR

94kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Nicholas Roberts	1984	CAN	93.60	150	193	343	31-Oct	Saint-Anne-des Monts, CAN
Simplice Ribouem	1982	AUS	91.75	152	185	337	18-Jul	Melbourne, AUS
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
Peter Kirkbride	1987	SCO	90.78	145	186	331	28-Nov	Pitlochry, Scotland, GBR
David Katoatau	1984	KIR	88.90	140	180	320	1-Oct	Rarotonga, COK
Denis Catana	1985	ENG	91.80	140	176	316	7-Nov	Falkoping, SWE
Mohd Faiz Musa	1989	MAS	92.10	135	175	310	14-May	Taldykorgan, KAZ
Jean Greeff	1990	RSA	92.97	132	168	300	6-Aug	Kampala, UGA
Gaston Wafo Fodouop	1972	CMR	91.70	135	160	295	17-Jan	Gennevilliers, FRA
Saimone Apole Turaganivalu	1985	*FIJ	92.55	132	160	292	1-Oct	Rarotonga, COK
Jonathan Yoshida	1980	SAM	92.80	130	160	290	26-Jun	Apia, SAM
Peter John		NGR		125	165	290	19-Feb	Kaduna, NGR
Jonathon Selkirk	1984	NZL	93.65	127	155	282	31-Oct	Auckland, NZL
R. Jayathilaka		SRI		124	158	282	4-Oct	Polonnaruwa, SRI
Ravi Bhollah	1981	MRI	93.90	130	150	280	20-May	Saint-Denis de la Réunion, FRA
Abu Bakarr Kabia	1985	SLE	90.12	122	153	275	26-Nov	Goyang, KOR
Tee-Jay Star	1989	NRU	86.07	120	150	270	26-Jun	NRU
Bradley Inniss	1985	BAR	92.70	115	143	258	6-Jun	Chicago, USA
Mohammad Abdovan	1983	BAN	88.50	105	147	252	1-Oct	Tashkent, UZB
Aaron Small	1987	NIR	89.40	100	120	220	3-Oct	Cork, IRL
Stephen Borg	1987	MLT	85.15	90	121	211	5-Dec	London, England, GBR
Sione Vasi	1985	TGA	92.10	90	115	205	1-Oct	Rarotonga, COK
Waiswa Ezekiel	1984	UGA	87.89	90	110	200	6-Aug	Kampala, UGA
Simon Tiakia	1992	NIU	92.14	82	110	192	1-Oct	Rarotonga, COK
James Abernethy	1993	WAL	89.40	75	70	145	28-Feb	Holyhead, Wales, GBR

105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
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
Meamea Thomas (Taomati)	1987	KIR	103.90	145	190	335	12-Dec	Boulari, NCL
Stanislav Chalaev	1986	NZL	103.60	145	180	325	31-Oct	Auckland, NZL
M. Srinivas Rao	1977	IND	104.66	147	177	324	9-Aug	Pune, IND
Gurbinder Cheema	1978	ENG	104.47	145	175	320	11-Apr	Bucharest, ROU
Alexandros Kouvakas	1989	CAN	104.90	140	175	315	17-Jan	Scarborough, CAN
Mitchell Mann	1987	AUS	104.60	133	163	296	5-Sep	Melbourne, AUS
Gaston Wafo Fodouop	1972	CMR	94.40	135	160	295	21-Feb	La Ferte Milon, FRA
Jean Greeff	1990	RSA	94.50	130	162	292	25-Sep	Strand, RSA
Rahimi Rahim	1988	MAS		132	160	292	8-Oct	Kota Kinabalu, MAS
Tovia Opeloge	1990	SAM	95.88	130	161	291	1-Oct	Rarotonga, COK
Balam Doum		NGR		130	160	290	19-Feb	Kaduna, NGR
R.P.M.S. Wijerathan		SRI		133	150	283	4-Oct	Polonnaruwa, SRI
Albert Abotsi	1981	GHA	104.79	120	156	276	29-Nov	Goyang, KOR
Saimone Turaganivalu	1985	*FIJ	94.50	120	155	275	26-Jun	Suva, FIJ
Biddyut Kumar Roy	1972	BAN	103.80	117	155	272	1-Oct	Tashkent, UZB
Jamian Scotty	1984	NRU	95.50	120	150	270	26-Jun	NRU
Kalyango Deo	1988	UGA	100.94	110	151	261	6-Aug	Kampala, UGA
Angelos Ioannou	1972	CYP	99.20	115	140	255	2-May	Cospicua, MLT
Paul Rae		SCO	94.90	110	140	250	28-Nov	Pitlochry, Scotland, GBR
Thomas Turner	1987	NIR	94.50	95	135	230	14-Nov	Belfast, Northern Ireland, GBR
David Faha'ivalu Finau	1985	TGA	104.00	90	110	200	26-Jun	Nuku'alofa, TGA
James Abernethy	1993	WAL	97.10	76	92	168	7-Mar	Oldbury, England, GBR
Mark Sapiano	1991	MLT	94.80	77	85	162	7-Nov	Holyhead, Wales, GBR
Ankush Ramsoondur		MRI		70	90	160	12-Sep	Vacoas, MRI
Primo	1985	SOL	101.00	60	90	150	27-Feb	Honiara, SOL
Braydon Dean Hakeaagaiki	1991	NIU	97.00	62	77	139	26-Jun	Alofi, NIU

+105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Itte Detenamo	1986	NRU	153.90	175	215	390	12-Dec	Boulari, NCL
George Kobaladze	1976	CAN	125.05	166	212	378	29-Nov	Goyang, KOR
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
Sandeep Kumar	1980	IND	119.20	148	195	343	7-Sep	Pune, IND
Meamea Thomas (Taomati)	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
Thomas Yule	1976	SCO	114.62	140	190	330	28-Nov	Pitlochry, Scotland, GBR
Foukajou Tafot	1979	CMR	123.70	140	190	330	6-Aug	Kampala, UGA
Sam Pera Jr	1989	COK	122.36	140	175	315	26-Jun	Rarotonga, COK
Mohd Saufik Ahmad	1988	MAS	142.62	142	172	314	23-Oct	Penang, MAS
Danny Nemani	1981	NZL	120.00	137	175	312	12-Mar	Auckland, NZL
Success Godwin		NGR		143	167	310	19-Feb	Kaduna, NGR
William Ainsle	1978	RSA	126.00	140	160	300	4-Jul	Johannesburg, RSA
R.P.Manjula S. Wijeratne	1980	SRI		137	163	300	18-Dec	Kelaniya, SRI
Maamaloa Lolohea	1968	TGA	125.92	110	171	281	1-Oct	Rarotonga, COK
Emanuel Schembri	1986	MLT	114.15	112	154	266	5-Dec	London, England, GBR
Mohammad Feroz	1979	BAN	132.00	116	150	266	1-Oct	Tashkent, UZB
Robert Kilindo	1972	SEY	106.00	120	140	260	16-May	Victoria, SEY
Shezad Nandoo		MRI	155.00	105	125	230	20-May	Saint-Denis de la Réunion, FRA
Lewis Chua Yong Hwee	1991	SIN	120.10	100	120	220	23-Oct	Penang, MAS
Matthew McCoy	1994	NIR	113.50	90	120	210	3-Oct	Cork, IRL

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

2009 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan,

CWF Statistician, 47 Saltley Street, Spotswood Vic 3015, Australia

mpnoonan@optusnet.com.au



WOMEN: ONE PER COUNTRY

48kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Nganbam Soniya Chanu	1980	IND	47.85	74	93	167	11-May	Taldykorgan, KAZ
Zaira Zakaria	1987	MAS	47.86	70	94	164	10-Dec	Vientiane, LAO
Portia Vries	1984	RSA	48.00	66	92	158	21-Oct	Penang, MAS
Augustina Nwokolo	1992	NGR	47.20	67	87	154	26-Jun	Lagos, NGR
Vivian Lee	1978	AUS	47.80	68	83	151	29-Aug	Melbourne, AUS
Kathleen Hare	1987	PNG	46.64	60	80	140	21-Oct	Penang, MAS
Jessica Ruel	1991	CAN	47.80	65	80	145	28-Mar	La Prairie, CAN
Katsia Telemaque	1989	SEY		66	75	141	21-Nov	Victoria, SEY
Hannah Powell	1992	ENG	43.69	45	68	113	31-Oct	Kilwinning, Scotland, GBR
Nikki Hamilton	1995	SCO	47.90	52	61	113	25-Apr	Alfreton, England, GBR
S.D. Peduruarchchi	1983	SRI	47.44	52	60	112	21-Oct	Penang, MAS
Christine Duval	1990	MRI		48	62	110	12-Sep	Vacoas, MRI
B.D.H. Gomas		SRI		47	53	100	3-Oct	Polonnaruwa, SRI
Colette Will	1992	SCO	47.61	41	50	91	25-Jan	Kilwinning, Scotland, GBR
Haula Musoke	1990	UGA	46.33	40	45	85	5-Aug	Kampala, UGA
Grace Itea	1993	SOL	48.00	40	45	85	27-Feb	Honiara, SOL
Gagibo Tavila	1995	NRU	48.00	30	35	65	7-Nov	NRU
53kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Marilou Dozois-Prevost	1986	CAN	52.95	86	104	190	31-Oct	Saint-Anne-des Monts, CAN
Chinyere Fidelis	1993	NGR		78	112	190	16-Feb	Kaduna, NGR
Minati Sethi	1990	IND	52.97	77	107	184	28-Jan	Pune, IND
Clementina Agricole	1988	SEY	52.72	77	100	177	21-Oct	Penang, MAS
Raihan Yusoff	1988	MAS	52.30	73	96	169	11-May	Taldykorgan, KAZ
Bakam Pilar	1988	CMR	52.32	69	98	167	5-Aug	Kampala, UGA
Joanne Calvino	1980	ENG	52.95	69	90	159	11-Jul	Lilleshall, England, GBR
J.N. Nadini Gunesekara	1975	SRI	52.06	68	86	154	21-Oct	Penang, MAS
Portia Vries	1984	RSA	48.80	60	92	152	7-Nov	Malmesbury, RSA
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
Kate Howard	1979	NZL	52.68	66	77	143	21-Oct	Penang, MAS
Gloria Kimbu	1987	PNG	51.20	60	75	135	27-Feb	Port Moresby, PNG
Danielle Callender	1996	BAR	52.49	50	65	115	21-May	Chiang Mai, THA
Nikki Hamilton	1995	SCO	50.15	53	61	114	5-Sep	Kilwinning, Scotland, GBR
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
Milly Kaytesi	1990	UGA	51.35	40	50	90	5-Aug	Kampala, UGA
Emanuel Maigre		MRI		34	48	82	12-Sep	Vacoas, MRI
Alinafe Mchochomi	1993	MAW	52.87	40	40	80	5-Aug	Kampala, UGA
Yuki Amaram	1996	NRU	53.00	35	40	75	7-Nov	NRU
58kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
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	106	190	17-Dec	Saint-Hyacinthe, CAN
Wendy Hale	1987	SOL	57.10	80	101	181	26-Jun	Boulari, NCL
Pilar Bakamtzuche	1988	CMR	57.54	75	102	177	23-Nov	Goyang, KOR
Rita Kari	1989	PNG	57.40	72	103	175	21-Oct	Penang, MAS
Mona Pretorius	1988	RSA	57.44	78	97	175	21-Oct	Penang, MAS
Helen Jewell	1988	ENG	57.71	80	93	173	31-Oct	Kilwinning, Scotland, GBR
Maria Liku	1990	*FIJ	57.89	76	95	171	12-Dec	Boulari, NCL
Fahima Akhter Moina	1991	BAN	54.65	65	85	150	27-Sep	Tashkent, UZB
Nurul Ismayanti Nordzuan	1987	MAS	57.06	66	83	149	21-Oct	Penang, MAS
Kate Howard	1979	NZL	54.40	65	79	144	12-Dec	Auckland, NZL
Melissa Robinson	1981	AUS	57.80	62	81	143	18-Apr	Brisbane, AUS
J.A.S. Nirmani	1988	SRI	56.98	56	70	126	21-Oct	Penang, MAS
Danielle Callender	1996	BAR	55.68	55	65	120	21-Oct	Penang, MAS
Satchiko Detenamo	1995	NRU	58.00	40	57	97	7-Nov	NRU
Jamie Emma Wee	1993	SIN	57.56	42	50	92	21-Oct	Penang, MAS
Luciana Bastienne		SEY		40	52	92	21-Nov	Victoria, SEY
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

63kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
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 Johari	1988	MAS	62.65	90	110	200	12-May	Taldykorgan, KAZ
Toyin Adesanmi	1993	NGR	62.00	87	110	197	18-Feb	Kaduna, NGR
Seen Lee	1982	AUS	59.95	90	106	196	19-Dec	Melbourne, AUS
Hijam Poirenganbi Chanu	1980	IND	62.00	86	110	196	29-Jan	Pune, IND
Hortense Essesse Nguidjol	1981	CMR	61.46	80	105	185	5-Aug	Kampala, UGA
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
Mona Pretorius	1988	RSA	59.15	73	97	170	7-Nov	Malmesbury, RSA
Faitoa Togagae	1989	SAM	61.93	70	93	163	29-Sep	Rarotonga, COK
Jenyl Tegu Wini	1983	SOL	61.75	65	92	157	29-Sep	Rarotonga, COK
Fahima Akhter Moina	1991	BAN	58.40	65	90	155	16-Dec	Dubai, UAE
Maria Liku	1990	*FIJ	58.90	60	90	150	26-Jun	Suva, FIJ
Amy Hamilton	1991	SCO	61.01	65	77	142	5-Sep	Kilwinning, Scotland, GBR
Afi Abotsi	1991	GHA	61.70	65	77	142	25-Nov	Goyang, KOR
Sheena Phillips	1988	NZL	62.10	61	70	131	14-Mar	Invercargill, NZL
Edlyne Muso		PNG	61.50	57	70	127	22-Nov	Port Moresby, PNG
T.A.S. Ranasingha		SRI		52	60	112	3-Oct	Polonnaruwa, SRI
Jamie Emma Wee	1993	SIN	60.65	45	57	102	16-Dec	Dubai, UAE
Rosamin Eoaeo	1991	NRU	61.07	35	50	85	7-Nov	NRU
Nuzany Fronzinah	1985	KEN	60.94	35	45	80	5-Aug	Kampala, UGA

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN	68.84	103	132	235	27-Nov	Goyang, KOR
R. Kavitha	1983	IND	68.46	95	117	212	29-Jan	Pune, IND
Itohan Ebireguesele	1990	NGR		90	122	212	18-Feb	Kaduna, NGR
Michaela Breeze	1979	WAL	63.52	95	114	209	11-Jul	Lilleshall, England, GBR
Gaelle Ketchanke-Nayo	1988	CMR	68.85	90	115	205	3-May	Senlis, FRA
Jacquie White	1982	AUS	63.60	83	100	183	30-May	Melbourne, AUS
Nurul Farahanah Johari	1988	MAS	65.64	81	101	182	4-Aug	Kuala Lumpur, MAS
Tauimani 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
Marie Fegue	1991	CMR	65.21	80	90	170	6-Aug	Kampala, UGA
Guba Hale	1985	PNG	66.76	77	90	167	22-Oct	Penang, MAS
Jenyl Tegu Wini	1983	SOL	68.40	67	92	159	26-Jun	Honiara, SOL
Emily Godley	1989	ENG	63.58	69	90	158	8-Aug	London, England, GBR
Prossy Nyanga	1989	UGA	64.80	68	80	148	6-Aug	Kampala, UGA
Simone Clarke	1990	RSA	68.65	61	76	137	4-Jul	Johannesburg, RSA
Raijeli Katia	1995	*FIJ	67.47	55	81	136	30-Sep	Rarotonga, COK
Reanna Adam	1989	NRU	65.00	55	80	135	27-Feb	NRU
Amy Liu	1991	SCO	69.00	50	70	120	25-Jan	Kilwinning, Scotland, GBR
T.M.C. Rasanjeele		SRI		40	55	95	4-Oct	Polonnaruwa, SRI
Tulisa Kailea	1982	TGA	65.30	35	50	85	27-Feb	Nuku'alofa, TGA

75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN		95	125	220	15-Mar	Rouyn, CAN
Mary Opeloge	1992	SAM	73.55	92	116	208	26-Jun	Apia, SAM
Jenna Myers	1986	AUS	74.65	96	112	208	18-Jul	Melbourne, AUS
Juliet Okuebor	1989	NGR	74.00	90	117	207	19-Feb	Kaduna, NGR
Madias Nzesso	1992	CMR	72.77	90	112	202	6-Aug	Kampala, UGA
Babalwa Ndleleni	1978	RSA	73.70	83	112	195	23-Oct	Penang, MAS
Khwairakpam Premila Devi	1990	IND	74.02	81	105	186	23-Oct	Penang, MAS
Tasha Williams	1973	NZL	71.15	73	107	180	12-Dec	Christchurch, NZL
Kerri-Ann Wotenick	1983	ENG	70.23	79	97	176	11-Jul	Lilleshall, England, GBR
Arisha Farra Erwin	1988	MAS	73.74	81	95	176	5-Aug	Kuala Lumpur, MAS
Mareta Berenato	1992	KIR	71.20	77	95	172	27-Feb	Tarawa, KIR
Michaela Detenamo	1992	NRU	73.50	70	95	165	27-Feb	NRU
Georgina Black	1989	SCO	74.80	70	89	159	31-Oct	Kilwinning, Scotland, GBR
M.M.D. Harischandra	1985	SRI	74.24	64	76	140	23-Oct	Penang, MAS
Daisy Tolugu	1978	SOL	72.00	65	80	145	27-Feb	Honiara, SOL
Denise Offermann-Loizou	1969	CYP	70.93	57	73	130	11-Oct	Sydney, AUS
Filomina Naima	1987	PNG	71.20	57	70	127	27-Feb	Port Moresby, PNG
Tamyrah Mautama	1994	NIU	71.75	55	71	126	30-Sep	Rarotonga, COK
Corrine Perrine		MRI		56	60	116	12-Sep	Vacoas, MRI
Telesa Kailea	1982	TGA	72.00	50	55	105	26-Jun	Nuku'alofa, TGA
Ami Davis		NIR	70.00	39	58	103	9-Aug	Jordanstown, NIR, GBR

+75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ele Opeloge	1985	SAM	121.75	125	155	280	26-Jun	Apia, SAM
Maryam Usman	1990	NGR	126.16	115	145	260	28-Nov	Goyang, KOR
Geeta Rani	1981	IND	111.80	102	132	234	23-Oct	Penang, MAS
Deborah Acason (Lovely)	1983	AUS	89.00	103	125	228	5-Dec	Ipswich, AUS
Narita Viliamu	1989	NIU	132.77	92	125	217	12-Dec	Boulari, NCL
Tracey Lambrechts	1985	NZL	97.20	94	119	213	31-Oct	Auckland, NZL
Caroline Girard	1982	CAN		88	113	201	15-Mar	Rouyn, CAN
Babalwa Ndleleni	1978	RSA	75.13	80	116	196	7-Nov	Malmesbury, RSA
Laura-Denise Ramsay Overall	1965	TRI	76.00	79	100	179	5-Dec	London, England, GBR
Tey Shan Fung	1990	MAS	94.08	77	101	178	23-Oct	Penang, MAS
Shalinee Valayadon	1986	MRI		80	98	178	12-Sep	Vacoas, MRI
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
Becky Namusoke	1990	UGA	92.55	72	90	162	6-Aug	Kampala, UGA
Daisy Tolugu	1978	SOL	89.20	70	88	158	26-Jun	Honiara, SOL
Sheeba Deireragea	1986	NRU	85.00	70	80	150	7-Nov	NRU
Sonia Stephens	1965	ENG	80.00	65	80	145	8-Feb	London, England, GBR
Lisa Glover	1990	SCO	80.58	62	78	140	29-Mar	Glasgow, Scotland, GBR
Luisa Peters	1993	COK	83.23	60	74	134	1-Oct	Rarotonga, COK
Akter Jesmin	1985	BAN	80.75	55	75	130	14-May	Taldykorgan, KAZ
Xolile Nxumalo		SWZ	84.00	50	67	117	4-Jul	Johannesburg, RSA
Tebaoti Kirataruru	1980	KIR	84.50	50	60	110	27-Feb	Tarawa, KIR
Dolly Emille		SEY		50	60	110	21-Nov	Victoria, SEY
K.I. Amithka		SRI		40	57	97	5-Oct	Polonnaruwa, SRI

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