

2010 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

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MEN: TOP-25 ABSOLUTE

56kg Category

	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Amirul Hamizan Ibrahim	1981	MAS	55.39	116	141	257	4-Oct	New Delhi, IND
Sukhen Dey	1989	IND	55.57	112	140	252	4-Oct	New Delhi, IND
Mohd Shafiq Ismail	1988	MAS	54.95	115	136	251	13-Jun	Melaka, MAS
Valluri Srinivasa Rao	1981	IND	55.66	107	141	248	4-Oct	New Delhi, IND
Mauei Tulo	1990	*FIJ	55.70	105	140	245	20-Nov	Moindou, NCL
Abdullah Ghafoor	1986	PAK	55.57	104	133	237	4-Oct	New Delhi, IND
W. G. Kamal Bandara	1985	SRI	55.68	103	130	233	4-Oct	New Delhi, IND
Mayur Sinhasane	1983	IND	55.60	107	125	232	21-Feb	Udaipur, IND
Muhammad Shahzad		PAK		103	129	232	30-Mar	Lahore, PAK
V. Vinoth Kumar	1984	IND	55.94	103	127	230	21-Feb	Udaipur, IND
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
C.S.S.P. Wijesooriya	1984	SRI		100	127	227	24-Jul	Colombo, SRI
Ranuit Kalgonda Chinchwade	1991	IND	55.40	100	126	226	13-Dec	Penang, MAS
Marc Jonathan Coret	1989	MRI		100	123	223	10-Jul	Vacoas, MRI
Aine M.D. Uddin	1994	BAN	55.65	100	119	219	16-Apr	Tashkent, UZB
Lou Guinares	1990	NZL	55.46	94	124	218	4-Oct	New Delhi, IND
Zulhelmi Md Pisol	1993	MAS	55.94	95	123	218	13-Dec	Penang, MAS
Elson Brechtefield	1994	NRU	56.00	96	122	218	20-Nov	Moindou, NCL
Susant Sahu	1991	IND	55.74	96	120	216	13-Dec	Penang, MAS
Mohd Fazli Dollah	1989	MAS				216	26-Mar	Jitra, MAS
Sukhwinder Singh	1990	IND	55.16	98	117	215	21-Feb	Udaipur, IND
Mohd Anas Malek Moktar	1994	MAS	55.78	95	119	214	13-Dec	Penang, MAS
Imran Ismail		PAK		95	118	213	26-Jun	Lahore, PAK

62kg Category

	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Aricco Jumitih	1990	MAS	61.25	120	156	276	5-Oct	New Delhi, IND
Mahayudin Naharudin	1984	MAS	61.69	125	150	275	5-Oct	New Delhi, IND
Anton Sudesh Peiris	1985	SRI	61.85	120	152	272	5-Oct	New Delhi, IND
Rustam Sarang	1988	IND	61.70	121	150	271	5-Oct	New Delhi, IND
Namechand Sunil Kumar	1989	IND	61.32	123	147	270	22-Feb	Udaipur, IND
Dimitrios Minasides	1989	CYP	61.65	123	147	270	23-Nov	Limassol, CYP
Otari Omkar Shekhar	1987	IND	61.71	122	143	265	7-Aug	New Delhi, IND
Daniel Koum Koum	1985	AUS	61.85	119	145	264	5-Oct	New Delhi, 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
Muhammad Istiaq Ghafoor	1976	PAK	61.47	115	145	260	5-Oct	New Delhi, IND
Vannara Be	1988	AUS	61.80	117	143	260	23-Oct	Melbourne, AUS
Jasvir Singh	1977	CAN	61.85	113	147	260	22-May	Saint-Hyacinthe, CAN
Yukar Sibi	1992	IND	61.74	109	150	259	14-Dec	Penang, MAS
D.M.I.C. Dissanayake	1989	SRI	61.92	115	140	255	5-Oct	New Delhi, IND
Cameron Sinclair	1987	NZL	60.36	113	138	251	5-Oct	New Delhi, IND
Amirul Hamizan Ibrahim	1981	MAS	61.60	110	140	250	14-Dec	Penang, MAS
Gareth Evans	1986	WAL	61.25	111	135	246	6-Apr	Kiev, BLR
Simon Ngamba	1982	CMR	61.66	115	130	245	5-Oct	New Delhi, IND
V. Ramesh Kumar	1987	IND	61.54	114	130	244	22-Feb	Udaipur, IND
Charles Ssekyaaya	1994	UGA	61.41	106	137	243	5-Oct	New Delhi, IND
Musoke Mubarak	1989	UGA	61.60	100	142	242	20-Feb	Lilleshall, England, GBR
Usman Akbar	1982	PAK	61.70	107	135	242	26-Dec	Peshawar, PAK
Joseph Ekani Belinga	1989	CMR	60.92	110	130	240	4-Aug	Yaounde, CMR
K. Sankar	1980	IND	61.52	110	130	240	22-Feb	Udaipur, IND
Chris Freebury	1989	ENG	61.80	110	130	240	26-Jun	Kilmarnock, Scotland, GBR
S. Liyanarachchi		SRI		110	130	240	24-Jul	Colombo, SRI

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Katulu Ravi Kumar	1988	IND	68.78	141	180	321	7-Aug	New Delhi, IND
Chinthana Vidanage	1981	SRI	68.96	134	174	308	6-Oct	New Delhi, IND
Mohd Hafifi Mansour	1990	MAS	67.30	137	169	306	6-Oct	New Delhi, 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
Pasam Rambabu	1983	IND	68.79	128	157	285	7-Aug	New Delhi, IND
Jean-Bapiste Yanou-Ketchanke	1993	CMR	68.82	127	158	285	6-Oct	New Delhi, IND
Mati-Ur-Rehman	1984	PAK	68.82	126	157	283	6-Oct	New Delhi, IND
Njuh Venatius	1988	CMR	68.43	126	155	281	5-Aug	Yaounde, CMR
Mark Spooner	1984	NZL	68.72	123	157	280	6-Oct	New Delhi, IND
Dominic Lussier	1984	CAN	68.99	126	151	277	6-Oct	New Delhi, IND
Francois Etoundi	1984	AUS	69.00	125	150	275	5-May	Suva, FIJ
Prem Singh	1983	IND				272	8-Apr	Pune, IND
Otsili Greg Shushu	1980	RSA	68.86	121	150	271	5-Aug	Yaounde, CMR
S. Vijayaraj	1986	IND	68.86	123	145	268	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
Moida Rama Krishna	1992	IND	68.04	117	148	265	22-Feb	Udaipur, IND
Steven Kari	1993	PNG	68.70	115	150	265	10-Jul	Ipswich, AUS
Philippe Bibeau-Villiard	1987	CAN	68.80	115	150	265	30-Oct	La Prairie, CAN
S.K. Manikandan	1988	IND	67.86	117	146	263	22-Feb	Udaipur, IND
Md. Hamidul Islam	1975	BAN	68.93	115	148	263	15-Oct	Guangzhou, CHN
Sunil Naik	1988	IND	67.23	120	142	262	22-Feb	Udaipur, IND

77kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Yukio Peter	1984	NRU	76.71	148	185	333	7-Oct	New Delhi, IND
Ben Turner	1984	AUS	76.39	133	175	308	7-Oct	New Delhi, IND
Chinthana Vidanage	1981	SRI		130	176	306	31-Oct	Kandy, SRI
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
Pradeep Sharma	1978	IND	76.04	132	167	299	23-Feb	Udaipur, IND
Steven Kari	1993	PNG	76.02	127	169	296	15-Dec	Penang, MAS
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
Anupdeo Toppo	1990	IND	74.36	125	164	289	15-Dec	Penang, MAS
Alexandros Amanatidis	1987	CYP	76.37	132	157	289	7-Oct	New Delhi, IND
Jean-Marc Beland	1984	CAN	76.90	132	157	289	22-May	Saint-Hyacinthe, CAN
Zulkifli Che Ros	1985	MAS	76.50	128	160	288	15-Dec	Penang, MAS
D. Shrinivasan	1982	IND	76.56	130	155	285	23-Feb	Udaipur, IND
Charles Simeon	1982	SEY		117	167	284	24-Apr	Victoria, SEY
David Minkoumba	1989	CMR	76.02	126	157	283	5-Aug	Yaounde, CMR
E. Kandan	1984	IND	75.04	124	158	282	23-Feb	Udaipur, IND
Cody Cole	1990	NZL	74.60	125	156	281	11-Dec	Auckland, NZL
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

85kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Yukio Peter	1984	NRU	78.80	160	200	360	20-Nov	Moindou, NCL
Simplice Ribouem	1982	AUS	84.69	150	183	333	8-Oct	New Delhi, IND
Richard Patterson	1983	NZL	84.13	150	181	331	8-Oct	New Delhi, IND
Mathieu Marineau	1990	CAN	84.46	145	180	325	8-Oct	New Delhi, IND
Chandrakant Dadu Mali	1987	IND	84.87	145	180	325	8-Oct	New Delhi, IND
Paul Dumais	1991	CAN	85.00	146	179	325	18-Dec	Pointe-aux-Trembles, CAN
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
Josefa Vueti	1979	*FIJ	85.00	134	176	310	21-Mar	Mont Dore, NCL
Khuram Shehzad	1981	PAK	84.19	140	166	306	8-Oct	New Delhi, IND
Malek Chamoun	1989	AUS	83.85	135	170	305	11-Dec	Launceston, AUS
Steven Kari	1993	PNG	79.80	131	172	303	20-Nov	Moindou, NCL
Tia Falesuani	1986	SAM	83.50	130	170	300	28-Feb	Apia, SAM
Iffy Abbas		PAK	84.34	130	170	300	28-Dec	Peshawar, PAK
Bryan Marshall	1984	CAN	83.18	136	161	297	6-Mar	Columbus, USA
Zulkifli Che 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
David Minkoumba	1989	CMR	82.50	130	160	290	20-Jun	Yaounde, CMR
J. Magesh	1986	IND	79.50	131	156	287	23-Feb	Udaipur, IND
Terrence Dixie	1983	SEY	84.18	126	160	286	6-Aug	Yaounde, CMR
Romesh M.R.R. Samarasekara	1985	SRI		124	162	286	24-Jul	Colombo, SRI
Belon Ben	1989	MAS	82.90	130	155	285	16-Jun	Melaka, MAS

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
Faavae Faauliuli	1983	SAM	93.27	142	192	334	9-Oct	New Delhi, IND
Benedict Uloko	1984	NGR	89.65	140	192	332	9-Oct	New Delhi, IND
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	92.13	135	186	321	9-Oct	New Delhi, IND
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
V.A. Christopher	1986	IND	93.54	138	180	318	8-Aug	New Delhi, IND
Chukwuka Okoli	1980	NGR	92.94	145	170	315	9-Oct	New Delhi, IND
Chandrakant Dadu 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
Jean Greeff	1990	RSA	93.77	135	172	307	24-Sep	Antalya, TUR
Felix Nembot Tagne	1982	CMR	89.89	141	165	306	6-Aug	Yaounde, CMR
Paul Dumais	1991	CAN		145	160	305	12-Mar	Pointe-aux-Trembles, CAN
Eric Chevrier	1970	CAN	93.50	135	168	303	18-Dec	Pointe-aux-Trembles, CAN
Mohammad Shakeel Butt		PAK	88.16	140	160	300	28-Dec	Peshawar, PAK
Ben Watson	1990	ENG	93.20	140	160	300	30-Oct	Oldbury, England, GBR
Ben Mulder	1978	AUS	90.60	130	165	295	21-Mar	Melbourne, AUS

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	1987	KIR	104.70	152	195	347	13-Feb	Mont Dore, NCL
Stanislav Chalaev	1986	NZL	104.04	150	184	334	10-Oct	New Delhi, IND
Curtis Onaghinor	1980	NGR	102.75	145	187	332	10-Oct	New Delhi, IND
Thomas Yule	1976	SCO	104.70	145	185	330	26-Jun	Kilmarnock, Scotland, GBR
Robert Galsworthy	1989	AUS	104.77	145	184	329	10-Oct	New Delhi, IND
Gurbinder Cheema	1978	ENG	103.19	150	178	328	10-Oct	New Delhi, IND
M. Setty 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
Aleksan Karapetyn	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
Cory Coehorn	1984	CAN	104.90	143	180	323	18-Dec	Surrey, CAN
Rupinder Singh	1986	IND	104.73	147	175	322	8-Aug	New Delhi, IND
V.A. Christopher	1986	IND	99.00	140	179	319	25-Sep	Antalya, TUR
Pardeep Singh	1985	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
Sandeep Kumar	1980	IND	104.75	138	173	311	8-Aug	New Delhi, IND
Can Mehmet Osman	1981	CYP	102.00	140	170	310	10-Jul	Limassol, CYP
Muhammad Zafril 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
Eric Chevrier	1970	CAN	102.45	137	169	306	6-Nov	St Thomas, 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

+105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Itte Detenamo	1986	NRU	153.18	175	228	403	16-Dec	Penang, MAS
Damon Kelly	1983	AUS	149.06	176	221	397	11-Oct	New Delhi, IND
George Kobaladze	1976	CAN	127.29	168	218	386	11-Oct	New Delhi, IND
Sarabjit Singh	1983	IND	140.63	165	215	380	8-Aug	New Delhi, IND
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
Alexandros Kouvakas	1989	CAN	115.60	153	205	358	18-Dec	Pointe-aux-Trembles, CAN
Fredic Fokedjou Tefot	1979	CMR	130.78	156	200	356	11-Oct	New Delhi, IND
Meamea Thomas	1987	KIR	106.30	157	198	355	28-Feb	Mont Dore, NCL
Akos Sandor	1977	CAN	114.85	155	190	345	22-May	Saint-Hyacinthe, CAN
Sam Pera (Jr)	1989	COK	127.72	150	190	340	16-Dec	Penang, MAS
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
Marc-Oliver Prevost	1987	CAN	137.15	151	180	331	18-Dec	Pointe-aux-Trembles, CAN
Mohd Azim Najmi Rashid	1986	MAS				330	28-Mar	Jitra, MAS
Robert Galsworthy	1989	AUS	106.90	143	185	328	4-Sep	Melbourne, AUS
Jesse Martini	1980	CAN	115.00	142	186	328	20-Nov	Calgary, 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
Rian Smit	1982	RSA		140	180	320	27-Feb	Strand, RSA
Sajjad Amin Malik	1973	PAK	106.80	145	170	315	29-Dec	Peshawar, PAK
Daniel Nemani	1981	NIU	137.32	142	171	313	16-Dec	Penang, MAS
Matthew O'Brien	1990	CAN	147.40	143	170	313	27-Mar	Toronto, CAN

NOTE: * FIJ performances before suspension from CWF.

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WOMEN: TOP-25 ABSOLUTE

48kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Augustina Nwaokolo	1992	NGR	47.32	77	98	175	4-Oct	New Delhi, IND
Ngangbam Soniya Chanu	1980	IND	47.49	75	100	175	21-Feb	Udaipur, IND
Atom Sandhya Rani	1980	IND	47.89	73	94	167	7-Aug	New Delhi, IND
Zaira Zakaria	1987	MAS	47.94	75	90	165	4-Oct	New Delhi, IND
Matsa Santoshi	1994	IND	47.98	72	91	163	21-Feb	Udaipur, IND
Portia Vries	1984	RSA	47.85	68	94	162	29-May	Strand, RSA
Vivian Lee	1978	AUS	47.66	69	91	160	4-Oct	New Delhi, IND
Bangura Usha	1991	IND	47.22	67	86	153	21-Feb	Udaipur, IND
Azizah Fadzil	1991	MAS	47.98	68	83	151	13-Dec	Penang, 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 Chanu Devi	1994	IND	47.62	65	83	148	13-Dec	Penang, MAS
Kathleen Hare	1988	PNG	46.80	64	83	147	4-Oct	New Delhi, IND
Katsia Telemaque	1989	SEY	47.36	65	80	145	4-Aug	Yaounde, CMR
Nkechi Udo	1993	NGR	47.80	65	80	145	30-Jun	Lagos, NGR
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
Molla Shabira	1990	BAN	47.69	66	75	141	4-Oct	New Delhi, IND
N. Thoinu Devi		IND		60	80	140	7-Apr	Imphal, IND
Socheata Be	1989	AUS	48.00	62	78	140	1-May	Melbourne, AUS
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
Deborah Groves	1970	AUS	47.85	56	72	128	11-Dec	Launceston, AUS
Hannah Powell	1992	ENG	43.80	55	72	127	30-Oct	Oldbury, England, GBR
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
Onyeka Azike	1990	NGR	51.95	80	100	180	5-Oct	New Delhi, IND
Swati Singh	1987	IND	52.66	76	101	177	7-Aug	New Delhi, IND
Minati Sethi	1986	IND	52.78	75	100	175	7-Aug	New Delhi, IND
Raihan Yusoff	1988	MAS	52.84	80	95	175	5-Oct	New Delhi, 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
Tikina Gopal	1978	IND	52.24	73	90	163	23-Feb	Udaipur, IND
Matsa Santhosi	1994	IND	52.52	71	92	163	13-Dec	Penang, MAS
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	1990	MAS				161	25-Mar	Jitra, MAS
Zaira Zakaria	1987	MAS				161	25-Mar	Jitra, MAS
Mufuli Bankole	1994	NGR	52.40	70	90	160	30-Jun	Lagos, NGR
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	49.15	68	87	155	28-Aug	Melbourne, AUS
Krisani Pramila	1994	IND	52.78	67	87	154	13-Dec	Penang, MAS
Kate Howard	1979	NZL	52.65	70	83	153	5-Oct	New Delhi, IND
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

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
Winifred Ndidi Eze	1988	NGR	58.00	85	112	197	30-Jun	Lagos, NGR
S. Chandra Shouri Devi	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
Racheal Ekoshoria	1994	NGR	55.13	85	105	190	17-Aug	Singapore City, SIN
Clementina Agricole	1988	SEY	57.59	87	100	187	6-Oct	New Delhi, IND
Rita Kari	1989	PNG	57.90	80	107	187	30-Jun	Port Moresby, PNG
Emily Quarton	1984	CAN	57.90	80	105	185	6-Oct	New Delhi, IND
Annie Monique	1990	CAN	57.55	82	102	184	6-Oct	New Delhi, IND
Marilou Dozois-Prevost	1986	CAN		81	102	183	12-Mar	Pointe-aux-Trembles, CAN
Miel McGerrigle	1977	CAN	57.60	81	101	182	13-Feb	Sarnia, CAN
Tania Whalen	1981	CAN		80	100	180	2-Dec	La Prairie, CAN
M. Sunibala Devi	1989	IND	57.46	80	99	179	23-Feb	Udaipur, IND
Isabelle Despres	1980	CAN	57.60	80	97	177	18-Dec	Pointe-aux-Trembles, CAN
Helen Jewell	1988	ENG	57.00	78	96	174	23-Nov	Limassol, CYP
Pilar Bakam	1988	CMR	57.08	76	95	171	5-Aug	Yaounde, CMR
Mona Pretorius	1988	RSA	57.83	73	95	168	5-Aug	Yaounde, CMR
Maria Liku	1990	*FIJ	57.90	70	95	165	28-Feb	Suva, FIJ
Fayama Akther	1991	BAN	57.42	72	92	164	6-Oct	New Delhi, IND
Th. Jeneta Devi	1990	IND		73	90	163	8-Apr	Imphal, IND
Y. Chaoba Devi	1989	IND		70	92	162	8-Apr	Imphal, IND
Amandeep Kaur	1988	IND	57.35	71	90	161	23-Feb	Udaipur, IND
Myriam Chekap 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

63kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Obioma Okoli	1992	NGR	62.46	90	121	211	7-Oct	New Delhi, IND
Toyin Adesanmi	1993	NGR	62.20	87	115	202	30-Jun	Lagos, NGR
Tania Whalen	1981	CAN	62.60	88	114	202	23-May	Saint-Hyacinthe, CAN
Michaela Breeze	1979	WAL	61.68	92	110	202	7-Oct	New Delhi, IND
Marie-Josophe Fergue	1991	CMR	62.83	89	109	198	7-Oct	New Delhi, IND
Seen Lee	1982	AUS	58.70	90	106	196	29-May	Melbourne, AUS
Nurul Farhanah Johari	1988	MAS	62.72	90	105	195	7-Oct	New Delhi, IND
Reena Kadyan	1991	IND	62.86	86	105	191	14-Dec	Penang, MAS
H. Poireinganbi Chanu	1980	IND	62.70	85	105	190	8-Aug	New Delhi, IND
Zoe Smith	1994	ENG	62.40	86	102	188	26-Jun	Kilmarnock, Scotland, GBR
Seera Chandrakala	1992	IND	62.48	83	105	188	8-Aug	New Delhi, IND
Gara Aruna Rani	1991	IND	62.14	83	100	183	17-Jun	Sofia, BUL
Mona Pretorius	1988	RSA		81	101	182	27-Feb	Strand, RSA
Hortense Nguijol Essesse	1981	CMR	62.18	80	100	180	5-Aug	Yaounde, CMR
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	61.87	76	100	176	7-Oct	New Delhi, IND
Pilar Bakam	1988	CMR	59.40	75	100	175	20-Jun	Yaounde, CMR
K. Romi Devi	1980	IND				170	8-Apr	Pune, IND
Th. Memicha Chanu	1990	IND				170	9-Apr	Imphal, IND
Kristel Ngarlem	1995	CAN	62.60	74	93	167	30-Oct	La Prairie, CAN
Nicole Chamberlain	1978	AUS	62.94	77	90	167	29-May	Adelaide, AUS
Michelle Kahi	1994	AUS	62.43	74	92	166	17-Aug	Singapore City, SIN
Jenlyn Wini Tegu	1983	SOL	60.40	70	95	165	7-Oct	New Delhi, IND
Emily Godley	1989	ENG	62.50	75	90	165	15-May	Ohrdruss, GER

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN	68.89	105	130	235	8-Oct	New Delhi, IND
Gaelle Ketchanke	1988	CMR	68.90	98	125	223	30-Oct	Clermont l'Herault, FRA
Janet Georges (Thelermont)	1979	SEY	68.84	100	116	216	8-Oct	New Delhi, IND
Itohan Ebiriguesele	1990	NGR	68.40	95	120	215	8-Oct	New Delhi, IND
Marie-Josée Ares-Pilon	1982	CAN	66.90	97	116	213	18-Dec	Pointe-aux-Trembles, CAN
Laishran Monika Devi	1983	IND	68.84	95	117	212	17-Nov	Guangzhou, CHN
Valerie Lefebvre	1990	CAN	67.65	92	118	210	6-Nov	St Thomas, CAN
Natasha Perdue	1975	WAL	68.17	95	110	205	21-Sep	Antalya, TUR
Marie-Joséphée Fergue	1991	CMR	65.30	87	105	192	20-Jun	Yaounde, CMR
Katelynn Williams	1987	CAN	67.90	87	105	192	27-Jun	Surrey, CAN
Nansita Devi	1974	IND	68.35	85	107	192	8-Aug	New Delhi, IND
Mercy Obiero	1978	KEN	67.44	80	110	190	8-Oct	New Delhi, IND
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
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
Guba Hale	1986	PNG	68.16	80	100	180	8-Oct	New Delhi, IND
Pratima Kumari	1976	IND	67.48	83	96	179	24-Feb	Udaipur, IND
Mangte Parneichong Kom	1992	IND	68.66	77	101	178	15-Dec	Penang, MAS
Nicole Chamberlain	1978	AUS	66.30	82	94	176	20-Mar	Melbourne, AUS
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	68.70	80	94	174	18-Dec	Pointe-aux-Trembles, CAN

75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Hadiza Zakari	1987	NGR	73.96	110	129	239	9-Oct	New Delhi, IND
Marie-Eve Beauchemin-Nadeau	1988	CAN	74.60	102	127	229	16-Apr	Sherbrooke, CAN
Laishran Monika Devi	1983	IND	70.61	95	121	216	9-Oct	New Delhi, IND
Madias Nzesso	1992	CMR	73.75	95	121	216	9-Oct	New Delhi, IND
Mary Opeloge	1992	SAM	73.85	94	120	214	28-Feb	Apia, SAM
Srishti Singh	1990	IND	74.36	92	118	210	8-Aug	New Delhi, IND
Babalwa Ndleleni	1979	RSA		91	118	209	27-Feb	Strand, RSA
Katelynn Williams	1987	CAN	73.70	93	115	208	18-Dec	Surrey, CAN
Jenna Myers	1986	AUS	74.22	95	113	208	9-Oct	New Delhi, IND
Michaela Detenamo	1992	NRU	74.24	90	110	200	9-Oct	New Delhi, IND
Belinda Van Tienen	1986	AUS	73.20	87	109	196	28-Aug	Melbourne, AUS
Amanda Phillips	1981	AUS	74.18	86	110	196	9-Oct	New Delhi, IND
Prabdeep Sanghera	1993	CAN	70.10	88	103	191	18-Dec	Surrey, CAN
Khairakpam Premila Devi	1990	IND	73.69	84	105	189	19-Jun	Sofia, BUL
Arisha Farra Erwin	1988	MAS	73.35	85	102	187	17-Jun	Melaka, MAS
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 Yadev	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
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	72.45	75	98	173	6-Nov	Invercargill, NZL
Georgina Black	1989	SCO	74.70	76	97	173	30-Oct	Oldbury, England, GBR
Mangte Parneichong Kom	1992	IND	69.38	76	93	169	25-Feb	Udaipur, IND

+75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ele Opeloge	1985	SAM	123.09	125	160	285	10-Oct	New Delhi, IND
Maryam Usman	1990	NGR	116.97	115	140	255	10-Oct	New Delhi, IND
Deborah Acason	1983	AUS	92.95	110	135	245	10-Oct	New Delhi, IND
Geeta Rani	1981	IND	113.76	103	132	235	25-Feb	Udaipur, IND
Narita Viliamu	1989	NIU	139.50	100	130	230	30-Jun	Alofi, NIU
Tracey Lambrechts	1985	NZL	100.09	99	127	226	10-Oct	New Delhi, IND
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
Luniarra Simanu	1993	SAM	100.35	86	110	196	10-Oct	New Delhi, IND
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
Shalinee Valaydon	1986	MRI	100.05	83	105	188	10-Oct	New Delhi, IND
Laura-Denise Ramsey-Overall	1965	TRI	77.65	86	98	184	24-Jul	London, England, GBR
Becky Namusoke	1990	UGA	96.47	80	101	181	10-Oct	New Delhi, IND
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
Marie-Pier Hinse	1989	CAN	94.70	75	93	168	18-Dec	Pointe-aux-Trembles, CAN
Kaitlyn Fassina	1990	AUS	86.05	80	85	165	23-Oct	Hobart, AUS
Kate Linford	1989	AUS	112.00	74	90	164	28-Aug	Melbourne, AUS
Binitha Devi	1989	IND	84.74	73	90	163	25-Feb	Udaipur, IND
Snimerdeep Sanghera	1995	CAN	75.50	72	85	157	18-Dec	Surrey, CAN
Manroop Sahota	1994	CAN	79.21	70	87	157	27-Mar	Winnipeg, CAN
Luisa Peters	1993	COK	89.68	66	90	156	16-Dec	Penang, MAS
Neelima Saraf	1976	IND	95.16	65	90	155	25-Feb	Udaipur, IND
Xolile Nxumalo	1970	SWZ	83.87	60	87	147	10-Oct	New Delhi, IND
Alison Loyst	1992	CAN	126.20	63	84	147	9-Oct	North Bay, CAN

NOTE: * FIJ performances before suspension from CWF.

2010 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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MEN: ONE PER COUNTRY

56kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Amirul Hamizan Ibrahim	1981	MAS	55.39	116	141	257	4-Oct	New Delhi, IND
Sukhen Dey	1989	IND	55.57	112	140	252	4-Oct	New Delhi, IND
Mauei Tulo	1990	*FIJ	55.70	105	140	245	20-Nov	Moindou, NCL
Abdullah Ghafoor	1986	PAK	55.57	104	133	237	4-Oct	New Delhi, IND
W.G. Kamal Bandara	1985	SRI	55.68	103	130	233	4-Oct	New Delhi, IND
Akramul Haque	1984	BAN	55.57	102	126	228	31-Jan	Dhaka, BAN
Marc Jonathan Coret	1989	MRI		100	123	223	10-Jul	Vacoas, MRI
Lou Guinares	1990	NZL	55.46	94	124	218	4-Oct	New Delhi, IND
Elson Brechtefeld	1994	NRU	56.00	96	122	218	20-Nov	Moindou, NCL
Ismail Katamba	1987	UGA				212	4-Jul	Kampala, UGA
Anrich Phillips	1992	RSA	55.09	90	118	208	4-Aug	Yaounde, CMR
Morea Baru	1990	PNG	55.36	90	115	205	4-Oct	New Delhi, IND
Tuau Lapua Lapua	1991	TUV	55.80	86	106	192	1-May	Suva, FIJ
Mathew Tolo	1981	SOL	56.00	85	100	185	29-Jun	Honiara, SOL
Dylan Scott	1993	SCO	54.50	83	101	184	30-Oct	Oldbury, England, GBR
Jaswant Shergill	1993	ENG	53.90	83	100	183	30-Oct	Oldbury, England, GBR
Damien Hewish	1964	AUS	55.85	80	92	172	13-Nov	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	61.25	120	156	276	5-Oct	New Delhi, IND
Anton Sudesh Peiris	1985	SRI	61.85	120	152	272	5-Oct	New Delhi, IND
Rustam Sarang	1988	IND	61.70	121	150	271	5-Oct	New Delhi, IND
Dimitrios Minasides	1989	CYP	61.65	123	147	270	23-Nov	Limassol, CYP
Daniel Koum Koum	1985	AUS	61.85	119	145	264	5-Oct	New Delhi, IND
Muhammad Istiaq Ghafoor	1976	PAK	61.47	115	145	260	5-Oct	New Delhi, IND
Jasvir Singh	1977	CAN	61.85	113	147	260	22-May	Saint-Hyacinthe, CAN
Cameron Sinclair	1987	NZL	60.36	113	138	251	5-Oct	New Delhi, IND
Gareth Evans	1986	WAL	61.25	111	135	246	6-Apr	Kiev, BLR
Simon Ngamba	1982	CMR	61.66	115	130	245	5-Oct	New Delhi, IND
Charles Ssekyaaya	1994	UGA	61.41	106	137	243	5-Oct	New Delhi, IND
Chris Freebury	1989	ENG	61.80	110	130	240	26-Jun	Kilmarnock, Scotland, GBR
Alphonso Adonis	1986	RSA	61.00	100	137	237	18-Sep	Antalya, TUR
Lapua Lapua	1991	TUV	61.42	105	125	230	14-Dec	Penang, MAS
Jean Yannick Coret	1991	MRI		105	125	230	10-Jul	Vacoas, MRI
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
Brown Ramohaka	1988	SOL	61.40	95	125	220	29-Jun	Honiara, SOL
Michael Taufa	1993	TGA	61.53	97	120	217	16-Aug	Singapore City, SIN
Morea Baru	1990	PNG	57.70	95	120	215	30-Jun	Port Morseby, PNG
Ian Rose	1981	SEY	61.49	95	120	215	4-Aug	Yaounde, CMR
Mark Middleton	1980	SCO	62.00	92	121	213	21-Mar	Glasgow, Scotland, GBR
Daniel Darko	1986	GHA	61.14	85	115	200	5-Oct	New Delhi, IND
Bob Pesaleli	1993	SAM	61.50	85	115	200	28-Feb	Apia, SAM
Charles Chauyauya	1993	MAW	60.94	85	108	193	5-Oct	New Delhi, IND
Elson Bretchfeld	1994	NRU	58.90	90	100	190	7-Feb	NRU
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
Emmanuel Camilleri	1970	MLT	62.00	80	97	177	14-Nov	Cospicua, MLT
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)
Katulu Ravi Kumar	1988	IND	68.78	141	180	321	7-Aug	New Delhi, IND
Chinthana Vidanage	1981	SRI	68.96	134	174	308	6-Oct	New Delhi, IND
Mohd Hafifi Mansour	1990	MAS	68.58	137	169	306	6-Oct	New Delhi, 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
Mati-ur-Rehman	1984	PAK	68.82	126	157	283	6-Oct	New Delhi, IND
Mark Spooner	1984	NZL	68.72	123	157	280	6-Oct	New Delhi, IND
Francois Etoundi	1984	AUS	69.00	125	150	275	5-May	Suva, FIJ
Otsili Greg Shushu	1980	RSA	68.86	121	150	271	5-Aug	Yaounde, CMR
Steven Kari	1993	PNG	68.70	115	150	265	10-Jul	Ipswich, AUS
Md. Hamidul Islam	1975	BAN	68.93	115	148	263	15-Oct	Guangzhou, CHN
Bronko Deiranaw	1991	NRU	68.80	115	145	260	7-Feb	NRU
Halil Zorba	1988	ENG	68.90	110	150	260	17-Jul	Bristol, England, GBR
Takenibeia Toromomon	1992	KIR	68.90	115	140	255	20-Nov	Moindou, NCL
Toafitu Perive	1985	SAM	68.27	107	146	253	6-Oct	New Delhi, IND
Seth Fetrie	1991	GHA	68.97	101	140	241	6-Oct	New Delhi, IND
Garath Evans	1986	WAL	63.30	107	133	240	16-May	Holyhead, Wales, GBR
Thokozani Kakhongwe	1987	MAW	67.52	110	127	237	6-Oct	New Delhi, IND
Con Vasiliades	1985	CYP	68.61	105	130	235	6-Oct	New Delhi, IND
Neil Dougan	1985	NIR	68.45	104	125	229	6-Apr	Minsk, BLR
Craig Carfrey	1992	SCO	67.70	98	128	226	30-Oct	Oldbury, England, GBR
Margarajen Moonien	1981	MRI	68.96	105	120	225	6-Oct	New Delhi, IND
Tevita Tawai	1992	*FIJ	67.70	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
Tera Karei	1993	SOL	68.20	90	110	200	29-Jun	Honiara, SOL
Derrick Semambo		UGA				195	4-Jul	Kampala, UGA
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)
Yukio Peter	1984	NRU	76.71	148	185	333	7-Oct	New Delhi, IND
Ben Turner	1984	AUS	76.39	133	175	308	7-Oct	New Delhi, IND
Chinthana Vidanage	1981	SRI		130	176	306	31-Oct	Kandy, SRI
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
Steven Kari	1993	PNG	76.02	127	169	296	15-Dec	Penang, MAS
Irfan Islam	1981	PAK		134	160	294	30-Mar	Lahour, PAK
Alexandros Amanatidis	1987	CYP	76.37	132	157	289	7-Oct	New Delhi, IND
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
Cody Cole	1990	NZL	74.60	125	156	281	11-Dec	Auckland, NZL
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
Manoranjan Roy	1985	BAN	76.79	125	148	273	7-Oct	New Delhi, IND
Graeme Kane	1988	SCO	76.42	120	145	265	12-Dec	Pitlochry, Scotland, GBR
Khalid Batuusa	1986	UGA	76.94	115	142	257	7-Oct	New Delhi, IND
Lyle du Plooy	1988	RSA	71.10	115	141	256	29-May	Strand, RSA
Paula Peniasi Taqua	1982	*FIJ	75.20	115	140	255	13-Jun	Levuka, FIJ
Margarajen Moonien	1981	MRI		115	140	255	10-Jul	Vacoas, MRI
Taubena Tatonga	1990	KIR	74.80	110	142	252	30-Jun	Tarawa, KIR
Iluame Finau	1986	TGA	73.60	110	135	245	31-Jul	Mont Dore, NCL
David Gorosi	1988	SOL	74.10	105	140	245	30-Jun	Honiara, SOL
Neil Dougan	1985	NIR	70.70	106	130	236	16-Oct	Cork City, 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	71.50	88	112	200	20-Jun	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	78.80	160	200	360	20-Nov	Moindou, NCL
Simplice Ribouem	1982	AUS	84.69	150	183	333	8-Oct	New Delhi, IND
Richard Patterson	1983	NZL	84.13	150	181	331	8-Oct	New Delhi, IND
Mathieu Marineau	1990	CAN	84.46	145	180	325	8-Oct	New Delhi, IND
Chandrakant Dadu Mali	1987	IND	84.87	145	180	325	8-Oct	New Delhi, 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
Khuram Shehzad	1981	PAK	84.19	140	166	306	8-Oct	New Delhi, IND
Steven Kari	1993	PNG	79.80	131	172	303	20-Nov	Moindou, NCL
Tia Falesuani	1986	SAM	83.50	130	170	300	28-Feb	Apia, SAM
David Minkoumba	1989	CMR	82.50	130	160	290	20-Jun	Yaounde, CMR
Terrence Dixie	1983	SEY	84.18	126	160	286	6-Aug	Yaounde, CMR
Romesh M.R.R. Samarasekara	1985	SRI		124	162	286	24-Jul	Colombo, SRI
Richard Williams	1992	ENG	85.00	120	155	275	26-Jun	Kilmarnock, Scotland, GBR
Graeme Kane	1988	SCO	77.30			267	29-Aug	Scotland, GBR
Brandon Innes	1993	BAR	80.92	122	145	267	25-Apr	Chiclayo, PER
Duke Onguti	1993	KEN	83.20	115	150	265	8-Oct	New Delhi, IND
Jermain Nadezdine		NIR	84.40	117	147	265	29-May	Jordanstown, NIR, GBR
Godfrey Baligeya	1987	UGA	84.12	115	145	260	8-Oct	New Delhi, IND
Mummin Al Abdulla	1983	BAN	84.47	115	145	260	1-Feb	Dhaka, BAN
Linda Matsebula	1983	SWZ	84.20	105	147	252	8-Oct	New Delhi, IND
Beru Karianako	1988	KIR	84.32	112	140	252	8-Oct	New Delhi, IND
Sean Anthony	1991	RSA	78.25	110	140	250	23-Mar	Cairo, EGY
Sade Fiuu	1972	SOL	82.50	105	140	245	30-Jun	Honiara, SOL
Mohamed Kamara	1987	SLE	83.25	110	135	245	8-Oct	New Delhi, IND
Pala Molisa	1979	VAN	84.30	115	130	245	5-May	Suva, FIJ
Hansley Gaya	1985	MRI	85.00	106	135	241	23-Sep	Antalya, TUR
Joe Aboagye	1989	GHA	83.13	100	135	235	8-Oct	New Delhi, IND
Noel Coleiro	1974	MLT	84.51	100	132	232	11-Apr	Cospicua, MLT
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
Longo Teutao	1971	TGA	84.00	90	100	190	30-Jun	Nuku'Alofa, TGA
Michael Francois	1985	TCE	84.90	70	95	165	8-Oct	New Delhi, IND
Hukui Tiakia	1994	NIU	80.00	67	92	159	28-Feb	Alofi, NIU

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
Faavae Faauliuli	1983	SAM	93.27	142	192	334	9-Oct	New Delhi, IND
Benedict Uloko	1984	NGR	89.65	140	192	332	9-Oct	New Delhi, IND
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	92.13	135	186	321	9-Oct	New Delhi, IND
V.A. Christopher	1986	IND	93.54	138	180	318	8-Aug	New Delhi, IND
Jean Greeff	1990	RSA	93.77	135	172	307	24-Sep	Antalya, TUR
Felix Nembot Tagne	1982	CMR	89.89	141	165	306	6-Aug	Yaounde, CMR
Josefa Vueti	1979	*FIJ	88.30	128	165	293	7-May	Suva, FIJ
Ravi Bhollah	1981	MRI		130	160	290	10-Jul	Vacoas, MRI
K,A.T.S. Abeykoon	1985	SRI		125	160	285	24-Jul	Colombo, SRI
Abu-Bakarr Kabia	1985	SLE	90.61	125	155	280	9-Oct	New Delhi, IND
James Adede	1986	KEN	89.12	121	150	271	9-Oct	New Delhi, IND
Tee-Jay Star	1989	NRU	87.40	115	150	265	26-Jun	Mont Dore, NCL
Sirla Pera	1992	COK	93.67	110	135	245	9-Oct	New Delhi, IND
Noel Coleiro	1974	MLT	86.00	105	130	235	24-Oct	Cospicua, MLT
Aaron Small	1987	NIR	89.40	95	130	225	29-May	Jordanstown, NIR, GBR
Pala Molisa	1979	VAN	86.20	100	118	218	30-Jun	Port Vila, VAN
Jake Davies	1994	WAL	90.00	99	118	217	11-Dec	Bristol, England, GBR
Sione Vasi	1985	TGA	93.00	90	115	205	28-Feb	Nuku'Alofa, TGA
Ezekial Waiswa	1984	UGA				205	4-Jul	Kampala, UGA
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	1987	KIR	104.70	152	195	347	13-Feb	Mont Dore, NCL
Stanislav Chalaev	1986	NZL	104.04	150	184	334	10-Oct	New Delhi, IND
Curtis Onaghinor	1980	NGR	102.75	145	187	332	10-Oct	New Delhi, IND
Thomas Yule	1976	SCO	104.70	145	185	330	26-Jun	Kilmarnock, Scotland, GBR
Robert Galsworthy	1989	AUS	104.77	145	184	329	10-Oct	New Delhi, IND
Gurbinder Cheema	1978	ENG	103.19	150	178	328	10-Oct	New Delhi, IND
M. Setty 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
Alexandros Kouvakas	1989	CAN	104.15	145	180	325	30-May	Guatemala City, GUA
Rahimi Rahim	1988	MAS	98.50	141	171	312	18-Jun	Melaka, MAS
Can Mehmet Osman	1981	CYP	102.00	140	170	310	10-Jul	Limassol, CYP
Jean Greef	1990	RSA	94.35	134	171	305	29-May	Strand, RSA
R. Manjula S. Wijerathna	1980	SRI	103.60	135	152	287	10-Oct	New Delhi, IND
Marcus Cook	1982	NRU	101.00	120	165	285	30-Jun	NRU
Ferdinand Ngongang	1977	CMR	98.80	120	160	280	7-Aug	Yaounde, CMR
Steven Baccus	1977	SEY		125	155	280	24-Apr	Victoria, SEY
Roy Biddut Kumar	1972	BAN	103.14	121	156	277	2-Feb	Dhaka, BAN
Nii Otoo Larkyne	1995	GHA	102.21	110	140	250	10-Oct	New Delhi, IND
Liam Whiteway	1977	NIR	97.40	100	125	225	29-May	Jordanstown, NIR, GBR
David Finau	1985	TGA	103.00	97	115	212	28-Feb	Nuku'Alofa, TGA
Deo Kalyango	1988	UGA				195	4-Jul	Kampala, UGA
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	153.18	175	228	403	16-Dec	Penang, MAS
Damon Kelly	1983	AUS	149.06	176	221	397	11-Oct	New Delhi, IND
George Kobaladze	1976	CAN	127.29	168	218	386	11-Oct	New Delhi, IND
Sarabjit Singh	1983	IND	140.63	165	215	380	8-Aug	New Delhi, IND
Fredic Fokedjou Tefot	1979	CMR	130.78	156	200	356	11-Oct	New Delhi, IND
Meamea Thomas	1987	KIR	106.30	157	198	355	28-Feb	Mont Dore, NCL
Sam Pera (Jr)	1989	COK	127.72	150	190	340	16-Dec	Penang, MAS
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
Daniel Nemani	1981	NIU	137.32	142	171	313	16-Dec	Penang, MAS
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
Albert Abotsi	1981	GHA	106.37	115	160	275	11-Oct	New Delhi, IND
Feroz Mohammad	1979	BAN	129.61	119	155	274	2-Feb	Dhaka, BAN
Emanuel Schembri	1986	MLT	117.15	114	156	270	10-Jul	Limassol, CYP
Lewis Chua Yong Hwee	1991	SIN	120.41	113	150	263	22-May	SIN
Tevita Ngalu	1973	TGA	119.50	115	140	255	13-Mar	Auckland, NZL
Sehzad Nandoo	1984	MRI		110	140	250	10-Jul	Vacoas, MRI
Robert Kilindo	1972	SEY		110	135	245	24-Apr	Victoria, SEY
Darius Jokarzadeh	1993	WAL	133.70	112	132	244	11-Dec	Bristol, England, GBR
Matthew McCoy	1994	NIR	118.80	98	132	230	29-May	Jordanstown, NIR, GBR
Luke Moce	1973	*FIJ		95	120	215	13-Jun	Levuka, FIJ
Kimmit Harvey	1973	TCA	113.88	90	120	210	11-Oct	New Delhi, IND

NOTE: * FIJ performances before suspension from CWF.

2010 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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WOMEN: ONE PER COUNTRY

48kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Augustina Nwaokolo	1992	NGR	47.32	77	98	175	4-Oct	New Delhi, IND
Ngangbam Soniya Chanu	1980	IND	47.49	75	100	175	21-Feb	Udaipur, IND
Zaira Zakaria	1987	MAS	47.94	75	90	165	4-Oct	New Delhi, IND
Portia Vries	1984	RSA	47.85	68	94	162	29-May	Strand, RSA
Vivian Lee	1978	AUS	47.66	69	91	160	4-Oct	New Delhi, IND
Jessica Ruel	1991	CAN	47.90	70	78	148	27-Mar	Sherbrooke, CAN
Kathleen Hare	1988	PNG	46.80	64	83	147	4-Oct	New Delhi, IND
Katsia Telemaque	1989	SEY	47.36	65	80	145	4-Aug	Yaounde, CMR
Molla Shabira	1990	BAN	47.69	66	75	141	4-Oct	New Delhi, IND
Hannah Powell	1992	ENG	43.80	55	72	127	30-Oct	Oldbury, England, GBR
Christine Duval	1990	MRI		55	65	120	22-May	Vacoas, MRI
S.D. Peduruarchchi	1983	SRI		57	62	119	24-Jul	Colombo, SRI
Stephanie McDiarmid	1994	SCO	43.60	42	50	92	30-Oct	Oldbury, England, GBR
Nicole Gatt	1997	MLT	44.30	32	39	71	14-Nov	Cospicua, MLT
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)
Marilou Dozois-Prevost	1986	CAN	52.95	87	100	187	27-Mar	Sherbrooke, CAN
Onyeka Azike	1990	NGR	51.95	80	100	180	5-Oct	New Delhi, IND
Swati Singh	1987	IND	52.66	76	101	177	7-Aug	New Delhi, IND
Raihan Yusoff	1988	MAS	52.84	80	95	175	5-Oct	New Delhi, IND
Erica Yamasaki	1987	AUS	52.65	75	96	171	26-Jun	Brisbane, AUS
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	52.65	70	83	153	5-Oct	New Delhi, IND
Helena Wong	1988	SIN	51.93	66	80	146	5-Oct	New Delhi, IND
Hitolo Dogodo	1992	PNG	52.44	63	75	138	5-Oct	New Delhi, IND
Arcangeline Fouodji Sonkbou	1987	CMR	52.60	62	75	137	4-Aug	Yaounde, CMR
Parvin Figroga	1986	BAN	52.56	63	73	136	5-Oct	New Delhi, IND
Ruby Malvina	1984	SEY	51.83	60	75	135	4-Aug	Yaounde, CMR
Colette Will	1992	SCO	49.22	50	63	113	12-Dec	Pitlochry, Scotland, GBR
Alinafe McHochoma	1993	MAW	52.21	47	65	112	5-Oct	New Delhi, IND
Louisa Lolohea	1993	*FIJ	53.00	35	50	85	28-Feb	Suva, FIJ
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
Winifred Ndidi Eze	1988	NGR	58.00	85	112	197	30-Jun	Lagos, NGR
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
Clementina Agricole	1988	SEY	57.59	87	100	187	6-Oct	New Delhi, IND
Rita Kari	1989	PNG	57.90	80	107	187	30-Jun	Port Morseby, PNG
Emily Quarton	1984	CAN	57.90	80	105	185	6-Oct	New Delhi, IND
Pilar Bakam	1988	CMR	57.09	76	95	171	5-Aug	Yaounde, CMR
Mona Pretorius	1988	RSA	57.83	73	95	168	5-Aug	Yaounde, CMR
Maria Liku	1990	*FIJ	57.90	70	95	165	28-Feb	Suva, FIJ
Fayama Akther	1991	BAN	57.42	72	92	164	6-Oct	New Delhi, IND
Fatin Atikah Osman	1993	MAS	56.10	70	85	155	10-Apr	Tashkent, UZB
Kate Howard	1979	NZL	53.90	68	85	153	14-Aug	Auckland, NZL
Amy Hamilton	1991	SCO	57.87	70	80	150	26-Jun	Kilmarnock, Scotland, GBR
Diana Waikori	1988	SOL	58.00	60	80	140	29-Jun	Honiara, SOL
L.G.A.V. Darmasena		SRI		55	72	127	24-Jul	Colombo, SRI
Danielle Callendar	1996	BAR	54.38	55	70	125	21-Apr	Chiclayo, PER
Jamie Emma Wee	1993	SIN	57.82	52	63	115	17-Aug	Singapore City, SIN
Emmanuelle Maigre		MRI		39	58	97	10-Jul	Vacoas, MRI
Mariana Melekula	1992	NRU	57.10	25	40	65	30-Jun	NRU

63kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Obioma Okoli	1992	NGR	62.46	90	121	211	7-Oct	New Delhi, IND
Michaela Breeze	1979	WAL	61.68	92	110	202	7-Oct	New Delhi, IND
Tania Whalen	1981	CAN	62.60	88	114	202	23-May	Saint-Hyacinthe, CAN
Marie-Josophe Fergue	1991	CMR	62.83	89	109	198	7-Oct	New Delhi, IND
Seen Lee	1982	AUS	58.70	90	106	196	29-May	Melbourne, AUS
Nurul Farhanah Johari	1988	MAS	62.72	90	105	195	7-Oct	New Delhi, IND
Reena Kadyan	1991	IND	62.86	86	105	191	14-Dec	Penang, MAS
Zoe Smith	1994	ENG	62.40	86	102	188	26-Jun	Kilmarnock, Scotland, GBR
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
Faitoa Togagae	1989	SAM	61.87	76	100	176	7-Oct	New Delhi, IND
Jenlyn Wini Tegu	1983	SOL	60.40	70	95	165	7-Oct	New Delhi, IND
Emmanuella Lent Labonne	1985	MRI	62.36	70	88	158	5-Aug	Yaounde, CMR
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
Jamie Emma Wee	1994	SIN	58.99	52	62	114	23-May	SIN
Satiko Detenamo	1995	NRU	60.50	47	60	107	30-Jun	NRU
Farah Dogley		SEY		44	55	99	24-Apr	Victoria, SEY
Wanda Tutu		KIR	59.50	30	42	72	30-Jun	Tarawa, KIR

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN	68.89	105	130	235	8-Oct	New Delhi, IND
Gaelle Ketchanke	1988	CMR	68.90	98	125	223	30-Oct	Clermont l'Herauld, FRA
Janet Georges (Thelermont)	1979	SEY	68.84	100	116	216	8-Oct	New Delhi, IND
Itohan Ebriguesele	1990	NGR	68.40	95	120	215	8-Oct	New Delhi, IND
Laishran Monika Devi	1983	IND	68.84	95	117	212	17-Nov	Guangzhou, CHN
Natasha Perdue	1975	WAL	68.17	95	110	205	21-Sep	Antalya, TUR
Mercy Obiero	1978	KEN	67.44	80	110	190	8-Oct	New Delhi, IND
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
Guba Hale	1986	PNG	68.16	80	100	180	8-Oct	New Delhi, IND
Emily Godley	1989	ENG	64.63	77	96	173	7-Aug	London, England, GBR
Chantel Lambrechts	1990	NZL	68.75	75	97	172	17-Jul	Auckland, NZL
Nor Khasida Halim	1991	MAS	67.85	75	96	171	8-Oct	New Delhi, IND
Dora Abotsi	1991	GHA	67.03	76	93	169	8-Oct	New Delhi, IND
Prossy Nyanga	1987	UGA	68.01	75	90	165	8-Oct	New Delhi, IND
Tialane Ramarou	1994	RSA	64.02	70	91	161	15-Dec	Penang, MAS
Hapilyn Iro	1992	SOL	65.84	70	86	156	15-Dec	Penang, MAS
Emmanuella Lent Labonne	1985	MRI		70	85	155	10-Jul	Vacoas, MRI
Denise Offermann-Loizou	1965	CYP	68.85	56	71	127	19-Sep	Ciechanow, POL
Rajjeli Katia	1995	*FIJ	69.00	55	65	120	28-Feb	Suva, FIJ
Jean McConville	1955	SCO	67.85	50	68	118	19-Sep	Ciechanow, POL
Tatite		KIR	67.80	45	55	100	30-Jun	Tarawa, KIR
Robiana Starr	1991	NRU	66.30	42	55	97	30-Jun	NRU

75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Hadiza Zakari	1987	NGR	73.96	110	129	239	9-Oct	New Delhi, IND
Marie-Eve Beauchemin-Nadeau	1988	CAN	74.60	102	127	229	16-Apr	Sherbrooke, CAN
Laishran Monika Devi	1983	IND	70.61	95	121	216	9-Oct	New Delhi, IND
Madias Nzesso	1992	CMR	73.75	95	121	216	9-Oct	New Delhi, IND
Mary Opeloge	1992	SAM	73.85	94	120	214	28-Feb	Apia, SAM
Babalwa Ndleleni	1979	RSA		91	118	209	27-Feb	Strand, RSA
Jenna Myers	1986	AUS	74.22	95	113	208	9-Oct	New Delhi, IND
Michaela Detenamo	1992	NRU	74.24	90	110	200	9-Oct	New Delhi, IND
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
Georgina Black	1989	SCO	74.70	76	97	173	30-Oct	Oldbury, England, GBR
Boatema Alberta Ampomah	1994	GHA	72.25	70	95	165	9-Oct	New Delhi, IND
Susan Luisa	1989	SOL	69.80	70	80	150	30-Jun	Honiara, SOL
Apolonia Vaivai	1991	*FIJ	74.40	60	78	138	13-Jun	Levuka, FIJ
Tamyrah Mautama	1995	NIU	73.00	57	75	132	30-Jun	Alofi, NIU
Stephanie Owens	1990	WAL	69.10	55	73	128	31-Oct	Holyhead, Wales, GBR
Juliana Corrine Perrine	1992	MRI		50	66	116	10-Jul	Vacoas, MRI
Tressa Lolohea	1982	TGA	74.00	45	50	95	28-Feb	Nuku'Alofa, TGA
Kristin Edwards	1986	BAR	74.17	---	---	---	9-Oct	New Delhi, IND

+75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ele Opeloge	1985	SAM	123.09	125	160	285	10-Oct	New Delhi, IND
Maryam Usman	1990	NGR	116.97	115	140	255	10-Oct	New Delhi, IND
Deborah Acason	1983	AUS	92.95	110	135	245	10-Oct	New Delhi, IND
Geeta Rani	1981	IND	113.76	103	132	235	25-Feb	Udaipur, IND
Narita Viliamu	1989	NIU	139.50	100	130	230	30-Jun	Alofi, NIU
Tracey Lambrechts	1985	NZL	100.09	99	127	226	10-Oct	New Delhi, IND
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
Shalinee Valaydon	1986	MRI	100.05	83	105	188	10-Oct	New Delhi, IND
Laura-Denise Ramsey-Overall	1965	TRI	77.65	86	98	184	24-Jul	London, England, GBR
Becky Namusoke	1990	UGA	96.47	80	101	181	10-Oct	New Delhi, IND
Luisa Peters	1993	COK	89.68	66	90	156	16-Dec	Penang, MAS
Xolile Nxumalo	1970	SWZ	83.87	60	87	147	10-Oct	New Delhi, IND
Kristin Edwards	1986	BAR	80.90	65	77	142	22-Jul	Mayaguez, PUR
Sandra Smith	1962	ENG	95.60	60	80	140	15-May	Linz, AUT
Daisy Tolugu	1981	SOL	89.50	60	75	135	30-Jun	Honiara, SOL
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
Tressa Lolohea	1982	TGA	78.00	52	65	117	30-Jun	Nuku'Alofa, TGA
Mareta Berenato	1994	KIR	78.60	50	65	115	30-Jun	Tarawa, KIR
Dolly Emille		SEY		50	65	115	24-Apr	Victoria, SEY
Kimberly Coleiro	1994	MLT	84.70	41	53	94	14-Nov	Cospicua, MLT
Sereima Rokodulu	1994	*FIJ	77.00	35	45	80	13-Jun	Levuka, FIJ

NOTE: * FIJ performances before suspension from CWF.