

# 2011 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

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## MEN: TOP-25 ABSOLUTE

### 56kg Category

	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Valluri Srinivasa Rao	1981	IND	55.70	104	140	244	24-Dec	Berhampur, IND
K. Ramanna	1989	IND	55.54	106	137	243	24-Dec	Berhampur, IND
<i>Manueli Tulo *</i>	1990	FIJ	55.91	105	134	239	5-Nov	Paris, FRA
Mohd Shafiq Ismail	1988	MAS		107	130	237	23-Mar	Selangor, MAS
Ranjit Chinchwade	1991	IND	56.00	105	132	237	24-Dec	Berhampur, IND
S. Mohan Sundaram	1983	IND	55.78	109	127	236	24-Dec	Berhampur, IND
C.S.S.P. Wijesurya	1984	SRI	55.92	103	133	236	10-Oct	Capetown, RSA
Amirul Hamizan Ibrahim	1981	MAS	56.00	105	130	235	14-Jan	Fujian, CHN
Swapnil Ghagare	1990	IND	56.00	108	125	233	24-Dec	Berhampur, IND
G. Veeramani	1990	IND	55.90	98	130	228	23-Mar	Bangalore, IND
W.G.K. Bandara	1985	SRI	55.82	98	129	227	10-Oct	Capetown, RSA
S. Ramesh		IND	55.79	100	125	225	24-Dec	Berhampur, IND
Mayur Sinhasane	1983	IND	55.84	103	122	225	22-Feb	Jamshedpur, IND
Sushant Sahu	1991	IND	55.98	100	125	225	24-Dec	Berhampur, IND
Muhammad Shazad	1990	PAK	55.85	100	123	223	30-Nov	Tashkent, UZB
Rasaq Tanimowo	1992	NGR	54.80	95	127	222	29-Jun	Port Harcourt, NGR
K. Kannudaiyar	1988	IND	55.40	98	124	222	26-Mar	Bangalore, IND
Vikram	1987	IND	55.05	96	124	220	23-Mar	Bangalore, IND
Morea Baru	1990	PNG	55.40	95	125	220	5-Sep	Mont Dore, NCL
Mohd Anas Malek Moktar	1994	MAS	56.00	103	117	220	30-Jun	Penang, MAS
V. Kumar	1983	IND	55.50	99	120	219	23-Mar	Bangalore, IND
Elson Brechtefield	1994	NRU	55.50	97	121	218	10-Oct	Capetown, RSA
King Kalu		NGR	55.30	97	120	217	29-Jun	Port Harcourt, NGR
M. Tamil Selvan	1986	IND	56.00	100	117	217	24-Dec	Berhampur, IND
Monree Adonis	1988	RSA	55.78	94	122	216	10-Oct	Capetown, RSA
Apurba Chetia	1994	IND	55.84	94	120	214	10-Oct	Capetown, RSA

### 62kg Category

	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Dimitris Minasidis	1989	CYP	61.81	125	157	282	12-Apr	Kazan, RUS
Aricco Jumitih	1990	MAS	61.64	119	150	269	6-Nov	Paris, FRA
Rustam Sarang	1988	IND	61.80	120	148	268	11-Oct	Capetown, RSA
Yukar Sibi	1992	IND	61.54	116	148	264	11-Oct	Capetown, RSA
Namechand Sunil Kumar	1989	IND	61.74	121	141	262	22-Feb	Jamshedpur, IND
Shanmugam Deva Kumar	1982	IND	61.72	122	138	260	22-Feb	Jamshedpur, IND
Daniel Koum Koum	1985	AUS	61.41	112	145	257	6-Nov	Paris, FRA
K. Ramesh Kumar	1989	IND	61.55	108	149	257	24-Mar	Bangalore, IND
D. Senthamizh Selvan	1987	IND	61.08	113	143	256	25-Dec	Berhampur, IND
Gourav Seth	1984	IND	61.87	114	142	256	25-Dec	Berhampur, IND
Vannara Be	1988	AUS	60.95	113	140	253	12-May	Darwin, AUS
<i>Manueli Tulo *</i>	1990	FIJ	57.20	112	140	252	24-Oct	Mont Dore, NCL
Charles Ssekyaaya	1994	UGA	61.42	107	145	252	2-Dec	Mobile, USA
V. Ramesh Kumar	1987	IND	61.75	115	137	252	25-Dec	Berhampur, IND
Otari Omkar Shekhar	1987	IND	61.94	115	136	251	25-Dec	Berhampur, IND
Thirumurugan		IND	61.97	116	135	251	25-Dec	Berhampur, IND
Amirul Hamizan Ibrahim	1981	MAS		115	135	250	24-Mar	Selangor, MAS
D.M.I.C. Dissanayaka	1989	SRI		113	137	250	10-Jul	Colombo, SRI
Alphonso Adonis	1986	RSA	61.55	106	142	248	6-Aug	Strand, RSA
Adah Joseph		NGR	61.20	110	137	247	30-Jun	Port Harcourt, NGR
Lapua Lapua	1991	TUV	61.60	111	136	247	24-Oct	Mont Dore, NCL
Ismaila Adams		NGR	62.00	105	142	247	30-Jun	Port Harcourt, NGR
Garath Evans	1986	WAL	61.30	110	135	245	16-Jul	Lilleshall, England, GBR
K. Ramanna	1989	IND	56.84	111	133	244	28-Aug	Bangalore, IND
Ianne Guinares	1988	NZL	62.00	109	135	244	12-Nov	Auckland, NZL
Brown Ramohaka	1988	SOL	61.00	105	138	243	22-Jul	Honiara, SOL

<b>69kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Mohd Hafifi Mansor	1990	MAS	68.78	133	180	313	7-Nov	Paris, FRA
Katulu Ravi Kumar	1988	IND	68.81	137	174	311	8-Nov	Paris, FRA
Dimitris Minasidis	1989	CYP	64.66	128	160	288	17-Dec	Tel Aviv, ISR
Prem Singh	1984	IND	68.87	127	156	283	26-Dec	Berhampur, IND
K.S. Peiris	1985	SRI	69.00	125	155	280	11-Oct	Capetown, RSA
Dominic Lusier	1984	CAN	68.60	128	150	278	21-May	Scarborough, CAN
N. Sunil Kumar	1989	IND	68.55	126	151	277	26-Dec	Berhampur, IND
Kh. Lalhanba Meitei	1988	IND	68.50	120	155	275	26-Dec	Berhampur, IND
Pasam Ram Babu	1983	IND	67.78	120	151	271	11-Oct	Capetown, RSA
Toromon Takenibeia	1992	KIR	68.80	120	151	271	10-Dec	Mont Dore, NCL
Rustam Sarang	1988	IND	62.88	122	148	270	28-Aug	Bangalore, IND
Bronco Deiranauw	1991	NRU	68.22	120	150	270	2-Jul	Penang, MAS
Philippe Bibeau-Villiard	1987	CAN	68.90	121	149	270	17-Dec	La Prairie, CAN
Mohd Fauzi Hasibullah		MAS		120	150	270	25-Mar	Selangor, MAS
S.K. Manikandan	1988	IND	68.67	120	147	267	26-Dec	Berhampur, IND
Gareth Evans	1986	WAL	67.56	121	145	266	11-Oct	Capetown, RSA
Daniel Koum Koum	1985	AUS	65.05	117	147	264	25-Jun	Melbourne, AUS
Toafitu Perive	1985	SAM	68.40	110	154	264	6-Sep	Mont Dore, NCL
Yukar Sibi	1992	IND	63.00	111	150	261	28-Aug	Bangalore, IND
M. Ramakrishna	1992	IND	68.12	116	145	261	7-Jan	Jagadhri, IND
Shanmugam Deva Kumar	1982	IND	62.94	120	140	260	28-Aug	Bangalore, IND
Papul Changmai	1994	IND	68.00	115	145	260	10-Sep	Pattaya, THA
Naveen Chandra	1989	IND	68.05	114	146	260	25-Mar	Bangalore, IND
Ashok Sharma	1990	IND	68.49	115	145	260	26-Dec	Berhampur, IND
Francois Chenier	1990	CAN	68.85	115	145	260	26-Mar	Lachute, CAN

<b>77kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Yukio Peter	1984	NRU	76.90	157	190	347	13-May	Darwin, AUS
Felix Ekpo	1981	NGR	76.14	150	180	330	9-Nov	Paris, FRA
Bernardin Kingue-Matam	1990	CMR	72.90	140	175	315	11-Jun	Saint Marcellin, FRA
Katulu Ravi Kumar	1988	IND	71.95	138	168	306	25-Mar	Bangalore, IND
Jack Oliver	1991	ENG	76.35	140	160	300	9-Nov	Paris, FRA
S. Satish Kumar	1992	IND	76.18	135	163	298	26-Dec	Berhampur, IND
Gaurav Dubey	1990	IND	75.94	127	170	297	12-Oct	Capetown, RSA
Laurent Goyette-Demers	1990	CAN	76.70	128	164	292	21-May	Scarborough, CAN
Ajaydeep Sarang	1989	IND	76.40	131	160	291	25-Mar	Bangalore, IND
Naharudin Mahayudin	1984	MAS	75.40	134	156	290	18-Nov	Jakarta, INA
Halil Zorba	1988	ENG	75.54	120	170	290	15-Aug	Shenzhen, CHN
Neeraj Sharma	1994	IND		132	158	290	28-Nov	Itanagar, IND
Tej Singh	1987	IND	76.95	125	164	289	26-Dec	Berhampur, IND
Mangal Singh	1990	IND	75.96	129	158	287	26-Dec	Berhampur, IND
Vikas Thakur	1993	IND		131	157	287	28-Nov	Itanagar, IND
E. Kandan	1984	IND	75.80	121	165	286	25-Mar	Bangalore, IND
Pascal Plamondon	1992	CAN	77.00	130	155	285	29-Oct	Pointe-aux-Trembles, CAN
Shaun Clegg	1992	ENG	74.00	125	157	282	5-Jun	Fulda, AUT
Th. Dinesh Singh		IND	76.55	124	158	282	25-Mar	Bangalore, IND
Govindasamy Vadivelu	1975	IND	76.54	126	155	281	23-Feb	Jamshedpur, IND
Kenneth Godwin		NGR	75.35	125	155	280	2-Jul	Port Harcourt, NGR
C.P.R. Sudheer Kumar	1979	IND	76.36	129	151	280	23-Feb	Jamshedpur, IND
Charles Simeon	1982	SEY		125	155	280	2-Apr	Victoria, SEY
Bryan Marshall	1984	CAN	77.00	128	150	278	3-Dec	Toronto, CAN
P. Velmurugan	1989	IND	76.60	127	150	277	25-Mar	Bangalore, IND
Manoranjan Roy	1985	SRI	77.00	125	152	277	16-Apr	Tongling, CHN

<b>85kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Richard Patterson	1983	NZL	83.60	151	184	335	16-Jul	Auckland, NZL
Yukio Peter	1984	NRU	81.00	150	180	330	26-Feb	Moindou, NCL
Paul Dumais	1991	CAN	84.90	151	175	326	22-Jan	Regina, CAN
Brice Batchaya	1985	CMR	83.56	150	175	325	10-Nov	Paris, FRA
Simplice Ribouem	1982	AUS	84.37	140	185	325	30-Jul	Sydney, AUS
Steven Kari	1993	PNG	84.70	140	185	325	22-Jul	Mont Dore, NCL
Mathieu Marineau	1990	CAN	83.74	143	180	323	25-Oct	Guadalajara, MEX
Malek Chamoun	1989	AUS	83.31	140	179	319	30-Jul	Sydney, AUS
Chandrakant Dadu Mali	1987	IND	84.90	135	171	306	24-Feb	Jamshedpur, IND
Jaswant Singh	1990	IND	83.53	140	162	302	26-Dec	Berhampur, IND
Abdulahim Salihi		NGR	84.55	131	171	302	3-Jul	Port Harcourt, NGR
Solomon Irahbor	1992	NGR	82.95	136	165	301	3-Jul	Port Harcourt, NGR
Alexandros Amanatidis	1987	CYP	84.16	132	168	300	17-Dec	Tel Aviv, ISR
Jean-Marc Beland	1984	CAN		139	161	300	28-May	La Prairie, CAN
L.B. Singh	1986	IND	81.00	131	167	298	26-Mar	Bangalore, IND
Ben Turner	1984	AUS	82.75	125	168	293	27-Mar	Brisbane, AUS
Nagendra Singh	1985	IND	83.72	132	161	293	26-Dec	Berhampur, IND
Santokh Kumar	1980	IND	84.65	126	167	293	26-Dec	Bangalore, IND
Bryan Marshall	1984	CAN	83.00	130	160	290	5-Feb	Toronto, CAN
Harinder Mahey	1991	CAN	84.00	130	160	290	26-Mar	Richmond, CAN
V. Darwin	1985	IND	84.21	130	160	290	26-Dec	Berhampur, IND
N. Sen Singh		IND	83.63	135	155	289	26-Dec	Berhampur, IND
R.M.R.B. Samarasekara	1985	SRI		125	164	289	29-May	Colombo, SRI
Tope Bankole		NGR	83.50	128	160	288	3-Jul	Port Harcourt, NGR
Sonny Webster	1994	ENG	84.76	128	160	288	13-Oct	Capetown, RSA
K. Hara Gopal	1985	IND	84.80	125	163	288	26-Mar	Bangalore, IND
<b>94kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Simplice Ribouem	1982	AUS	90.15	145	200	345	20-Aug	Melbourne, AUS
Benedict Uloko	1984	NGR	92.15	151	193	344	13-Oct	Capetown, RSA
David Kotoatau	1984	KIR	93.17	143	195	338	11-Nov	Paris, FRA
M. Syamlal	1989	IND	93.78	150	188	338	27-Dec	Berhampur, IND
Chandrakant Dadu Mali	1987	IND	92.22	150	184	334	28-Aug	Bangalore, IND
Nick Roberts	1984	CAN	93.10	148	185	333	21-May	Scarborough, CAN
Faavae Faauliuli	1983	SAM	93.10	140	192	332	7-Sep	Mont Dore, NCL
Peter Kirkbride	1987	SCO	93.08	140	185	325	3-Sep	York, England, GBR
Brice Batchaya	1985	CMR	86.90	152	170	322	11-Jun	Saint Marcellin, FRA
Paul Dumais	1991	CAN		150	170	320	11-Mar	Pointe-aux-Trembles, CAN
Andrew John		NGR	86.90	145	171	316	3-Jul	Port Harcourt, NGR
Steven Kari	1993	PNG	87.20	135	180	315	10-Dec	Mont Dore, NCL
Manjit Singh	1985	IND	92.40	150	165	315	24-Feb	Jamshedpur, IND
Mathieu Marineau	1990	CAN	85.90	140	170	310	15-Oct	St-Hyacinthe, CAN
Josefa Vueti *	1979	FIJ	91.80	132	178	310	26-Jul	Suva, FIJ
Zac Grgurevic	1991	AUS	93.17	137	171	308	30-Jul	Sydney, AUS
Victor A. Christopher	1986	IND	93.44	140	165	305	24-Feb	Jamshedpur, IND
Paul Unusatame		NGR	87.50	132	170	302	3-Jul	Port Harcourt, NGR
Bradley Burrows	1979	ENG	89.10	140	160	300	16-Apr	Bristol, England, BR
Harpreet Singh	1990	IND	89.07	135	161	296	27-Dec	Berhampur, IND
Jean Greeff	1990	RSA	93.05	135	160	295	13-Oct	Capetown, RSA
John Walz	1987	AUS	90.15	132	162	294	12-Feb	Brisbane, AUS
Sonny Webster	1994	ENG	85.32	130	163	293	10-Dec	London, England, GBR
M. Zakir	1980	IND	89.55	126	167	293	26-Mar	Bangalore, IND
Santosh Galgat Kumar	1978	IND	93.51	132	161	293	27-Dec	Berhampur, IND
Savinder Singh	1986	IND	93.40	126	165	291	26-Mar	Bangalore, IND

<b>105kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Niusila Opeloge	1980	SAM	104.10	152	194	346	7-Sep	Mont Dore, NCL
David Kotoatau	1984	KIR	95.50	145	195	340	10-Dec	Mont Dore, NCL
Chandrakant Dadu Mali	1987	IND	94.05	150	188	338	13-Oct	Capetown, RSA
Meamea Thomas	1985	KIR	103.80	145	190	335	7-Sep	Mont Dore, NCL
Robert Galsworthy	1989	AUS	104.60	146	185	331	18-Jun	Toowoomba, AUS
Mohd Firdaus Razak	1987	MAS	100.40	151	177	328	19-Nov	Jakarta, INA
Cory Coehoorn	1984	CAN	104.50	145	180	325	20-Aug	Lake Country, CAN
Marea Teoaiki	1980	KIR	104.30	141	180	321	20-Aug	Christchurch, NZL
Tovia Opeloge	1991	SAM	104.20	135	177	312	13-May	Darwin, AUS
Eric Chevrier	1970	CAN	102.35	138	173	311	17-Dec	La Prairie, CAN
Gurjeet Singh	1986	IND	104.84	135	173	308	27-Dec	Berhampur, IND
Ifeanyi Ikwuagu		NGR	97.50	135	172	307	4-Jul	Port Harcourt, NGR
Praful Kumar Dubey	1984	IND	97.85	133	173	306	27-Dec	Berhampur, IND
Vompu Prabhakar	1991	IND	103.82	134	172	306	27-Dec	Berhampur, IND
Onyemaobi Solomon		NGR	95.85	145	160	305	4-Jul	Port Harcourt, NGR
Haroon Shukat	1988	PAK	103.59	140	165	305	18-Aug	Shenzhen, CHN
Iqbal Singh	1981	IND	104.75	126	177	303	27-Mar	Bangalore, IND
Elisha Louise Tan Kim Ho	1992	MAS	102.42	137	165	302	19-Nov	Jakarta, INA
Muhammad Zafril Zulkifli	1988	MAS		132	170	302	27-Mar	Selangor, MAS
Geoffrey Yee	1990	CAN	101.50	126	175	301	17-Dec	Vancouver, CAN
Ryan Meidl	1987	CAN	103.17	135	166	301	19-Nov	Edmonton, CAN
Zac Grgurevic	1991	AUS	95.80	135	165	300	16-Apr	Launceston, AUS
Ben Watson	1990	ENG	97.84	140	160	300	11-Nov	Paris, FRA
C.P. Rathilal	1985	IND	102.53	136	164	300	27-Dec	Berhampur, IND
Eric Grenier	1986	CAN	103.85	138	162	300	17-Dec	La Prairie, CAN
Joshua Quinn	1991	AUS	104.85	134	166	300	22-Oct	Melbourne, AUS

<b>+105kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Itte Detenamo	1986	NRU	151.20	184	229	413	13-May	Darwin, AUS
George Kobaladze	1976	CAN	131.45	170	223	393	27-Oct	Guadalajara, MEX
Damon Kelly	1983	AUS	142.55	166	210	376	29-Oct	Brisbane, AUS
Parmajit Phangura	1979	CAN	138.00	160	202	362	20-Aug	Lake Country, CAN
Alexandros Kouvakas	1989	CAN	115.50	155	200	355	21-May	Scarborough, CAN
Sam Pera Jr	1989	COK	133.70	160	190	350	7-Sep	Mont Dore, NCL
Abdul Azim Najmi	1986	MAS	129.07	155	190	345	19-Nov	Jakarta, INA
Sarabjit Kanda Singh	1983	IND	147.20	160	185	345	25-Feb	Jamshedpur, IND
Sandeep Kumar	1980	IND	124.81	150	192	342	28-Aug	Bangalore, IND
Marc-Olivier Prevost	1987	CAN	139.10	155	187	342	17-Dec	La Prairie, CAN
Rupinder Singh	1985	IND	115.48	153	188	341	28-Aug	Bangalore, IND
Himanshu Kumar Chang	1992	IND	129.24	151	183	334	28-Dec	Berhampur, IND
Meamea Thomas	1985	KIR	106.00	150	180	330	26-Feb	Tarawa, KIR
Taranbir Singh	1987	IND	126.69	150	180	330	28-Dec	Berhampur, IND
Danny Nemani	1981	NIU	136.80	147	178	325	16-Jul	Auckland, NZL
Lad Singh	1983	IND	106.80	150	168	318	10-Dec	Brisbane, AUS
Gurminder Singh	1976	IND	125.65	136	177	313	27-Mar	Bangalore, IND
Marea Teoaiki	1980	KIR	109.50	140	172	312	14-May	Auckland, NZL
Matthew O'Brien	1990	CAN	157.30	142	170	312	21-May	Scarborough, CAN
Iqbal Singh	1981	IND	105.45	130	181	311	28-Aug	Bangalore, IND
Vompu Prabhakar	1991	IND	108.00	135	176	311	9-Jan	Jagadhri, IND
Adam Kok	1990	AUS	120.90	138	168	306	6-Apr	Melbourne, AUS
Mustaqeem Mahmood Butt	1991	PAK	126.83	135	170	305	18-Aug	Shenzhen, CHN
Muhammad Zafril Zulkifli	1988	MAS	110.21	130	170	300	19-Nov	Jakarta, INA
Tevita Ngalu	1973	TGA	119.30	130	170	300	12-Mar	Auckland, NZL
Craig Wegert	1973	AUS	132.65	135	165	300	28-Oct	Sumner Park, AUS

NOTE: \* Fiji currently suspended from the Commonwealth.

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## WOMEN: TOP-25 ABSOLUTE

<b>48kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Ngangbam Soniya Chanu	1980	IND	47.80	75	99	174	10-Oct	Capetown, RSA
Augustina Nwokolo	1992	NGR	47.00	77	95	172	10-Oct	Capetown, RSA
Khumukcham Sanjita Chanu	1994	IND	47.54	70	95	165	10-Oct	Capetown, RSA
Rosemary Daniel Omobude	1988	NGR	47.80	70	95	165	29-Jun	Port Harcourt, NGR
Nkechi Okpara	1995	NGR	47.02	70	90	160	10-Oct	Capetown, RSA
Jessica Ruel	1991	CAN	48.00	75	84	159	30-Jun	Penang, MAS
Archana Gupta	1992	IND		68	87	155	27-Nov	Itanagar, IND
Joanne Calvino	1980	ENG	47.99	65	88	153	26-Nov	London, England, GBR
N. Thoinu Devi	1986	IND	47.42	64	88	152	27-Aug	Bangalore, IND
Atom Sandhya Rani	1980	IND	47.58	65	87	152	27-Aug	Bangalore, IND
Saikhom Mirabai Chanu	1994	IND	47.70	66	85	151	9-Sep	Pattaya, THA
Margaret Abikphi		NGR	47.85	65	85	150	29-Jun	Port Harcourt, NGR
Kathleen Hare	1988	PNG	47.20	65	83	148	5-Sep	Mont Dore, NCL
Vivian Lee	1978	AUS	47.68	64	84	148	30-Jul	Sydney, AUS
Katsia Telemaque	1989	SEY		68	80	148	3-Dec	Victoria, SEY
Azizah Fadzil	1991	MAS	47.95	67	80	147	30-Jun	Penang, MAS
Sharada Siddi	1973	IND	47.00	63	81	144	23-Mar	Bangalore, IND
Hannah Powell	1992	ENG	44.64	60	80	140	10-Oct	Capetown, RSA
Deepa Mahara	1990	IND	46.75	60	80	140	23-Mar	Bangalore, IND
Rajni Upadhyay	1982	IND	46.90	63	76	139	23-Mar	Bangalore, IND
Arta Peter		NGR	47.30	55	82	137	29-Jun	Port Harcourt, NGR
Menu Tajo	1994	IND	47.91	59	76	135	30-Jun	Penang, MAS
Phillipa Hale	1984	NZL	48.00	60	75	135	22-Oct	Auckland, NZL
Komal Kamble	1992	IND	45.10	59	72	131	6-Jan	Jagadhri, IND
Amandeep Kaur	1988	IND				130	2-Mar	Patiala, IND
<b>53kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Chinenye Fidelis	1993	NGR	52.40	85	120	205	30-Jun	Port Harcourt, NGR
Marilou Dozois-Prevost	1986	CAN	52.70	88	107	195	22-May	Scarborough, CAN
Onyeka Azike	1987	NGR	52.00	82	102	184	22-Jul	Lagos, NGR
Azizah Fadzil	1991	MAS	51.51	79	97	176	20-Nov	Jakarta, INA
Tikina Gopal	1980	IND	52.15	77	95	172	25-Dec	Berhampur, IND
Matsa Santoshi	1994	IND	52.50	73	90	171	9-Sep	Pattaya, THA
Joke Mufuli Bankole	1994	NGR	52.55	75	96	171	30-Jun	Port Harcourt, NGR
Raihan Yusoff	1988	MAS	52.64	77	94	171	6-Nov	Paris, FRA
Hidam Shaya Devi	1982	IND	52.68	75	95	170	22-Feb	Jamshedpur, IND
Swati Singh	1987	IND	52.33	77	92	169	25-Dec	Berhampur, IND
Piyainu Devi	1985	IND	53.00	73	95	168	22-Feb	Jamshedpur, IND
Jessica Ruel	1991	CAN	52.95	73	90	163	29-Oct	Pointe-aux-Trembles, CAN
N. Lakshmi Devi	1991	IND	52.25	72	90	162	23-Mar	Bangalore, IND
Pramila Krisani	1996	IND	52.40	68	94	162	6-Nov	Paris, FRA
Minati Sethi	1986	IND	52.96	71	90	161	22-Feb	Jamshedpur, IND
Kavita Kumari	1987	IND	52.55	68	92	160	23-Mar	Bangalore, IND
Ann Tessa		NGR	52.55	65	95	160	30-Jun	Port Harcourt, NGR
A. Piainu Chanu	1985	IND	52.90	70	90	160	23-Mar	Bangalore, IND
Joanne Calvino	1980	ENG	51.50	68	91	159	16-Jul	Lilleshall, England, GBR
Joy Chima		NGR	51.55	67	92	159	30-Jun	Port Harcourt, NGR
Socheata Be	1989	AUS	51.90	70	87	157	17-Dec	Melbourne, AUS
Kulvir Kaur		IND				157	2-Mar	Patiala, IND
Vivian Lee	1978	AUS	49.60	67	89	156	22-Oct	Melbourne, AUS
Portia Vries	1984	RSA	50.24	65	90	155	11-Oct	Capetown, RSA
Neelamsetti Krishna Veni	1982	IND	52.20	73	80	153	22-Feb	Jamshedpur, IND
Helena Wong	1988	SIN	52.69	70	83	153	20-Nov	Jakarta, INA

<b>58kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Rachael Ekoshoria	1994	NGR	57.00	87	115	202	30-Jun	Port Harcourt, NGR
Caroline Okeuocka	1981	NGR	57.90	86	112	198	30-Jun	Port Harcourt, NGR
Annie Moniqui	1990	CAN	57.48	85	106	191	7-Nov	Paris, FRA
Onyeka Azize	1987	NGR	56.17	83	105	188	7-Nov	Paris, FRA
Minati Sethi	1986	IND	57.33	81	107	188	25-Dec	Berhampur, IND
Marilou Dozois-Prevost	1986	CAN	55.40	85	100	185	23-Feb	Brossard, CAN
Maibam Sunibala Devi	1989	IND	57.20	82	103	185	27-Aug	Bangalore, IND
Isabelle Despres	1980	CAN	57.70	82	101	183	22-May	Scarborough, CAN
<i>Maria Liku *</i>	1990	FIJ	57.69	80	100	180	26-Jul	Suva, FIJ
Meena Kumari	1989	IND	57.90	78	102	180	25-Dec	Berhampur, IND
Lairenmayum Premeshori Devi	1984	IND	55.48	80	99	179	23-Feb	Jamshedpur, IND
Shougrakpam Chandra Shouri Devi	1980	IND	57.68	80	98	178	15-Apr	Tongling, CHN
Frenceay Titus	1991	MAS	56.98	75	101	176	20-Nov	Jakarta, INA
Seen Lee	1982	AUS	57.88	78	98	176	12-May	Darwin, AUS
Erika Yamasaki	1987	AUS	55.60	78	97	175	18-Jun	Toowoomba, AUS
Jenly Tegu Wini	1983	SOL	56.80	75	97	172	5-Sep	Mont Dore, NCL
Emily Quarton	1984	CAN	58.00	76	96	172	22-May	Scarborough, CAN
Nameirakpam Sumanbala Devi	1992	IND	57.68	73	98	171	12-Oct	Capetown, RSA
Ruby Malvina	1984	SEY	57.07	72	97	169	8-Aug	Victoria, SEY
Vandana Gupta	1994	IND	57.55	76	93	169	24-Mar	Bangalore, IND
Seeta Jena	1987	IND	57.45	70	96	166	24-Mar	Bangalore, IND
Esther Patrick	1995	NGR	56.10	72	95	167	30-Jun	Port Harcourt, NGR
Elyone Matin	1990	MAS	57.69	77	90	167	20-Nov	Jakarta, INA
Preeti Rani	1982	IND				165	2-Mar	Patiala, IND
Anju Chauhan	Jr	IND	55.00	74	90	164	7-Jan	Jagadhri, IND
Y. Chaoba Devi	1991	IND		71	93	164	28-Nov	Itanagar, IND

<b>63kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Christine Girard	1985	CAN	62.85	105	133	238	8-Nov	Paris, FRA
Obiama Okoli	1992	NGR	62.41	95	125	220	7-Nov	Paris, FRA
Valerie Lefebvre	1990	CAN	62.95	90	115	205	17-Dec	La Prairie, CAN
Zoe Smith	1994	ENG	62.87	92	112	204	8-Nov	Paris, FRA
Victoria Oluwatoyin Adesunmi	1992	NGR	60.30	92	110	202	1-Jul	Port Harcourt, NGR
Annie Moniqui	1990	CAN	59.30	85	105	190	15-Oct	St-Hyacinthe, CAN
Hijam Poirreinganbi Chanu	1980	IND	62.37	84	104	188	27-Aug	Bangalore, IND
Reena Kadyan	1991	IND	62.26	82	105	187	7-Jan	Jagadhri, IND
Tawa Adegunke	1986	NGR	61.70	80	105	185	1-Jul	Port Harcourt, NGR
Jenly Wini Tegu	1983	SOL	59.60	80	103	183	24-Oct	Mont Dore, NCL
Seen Lee	1982	AUS	60.85	83	100	183	28-May	Melbourne, AUS
Helen Jewell	1988	ENG	61.50	80	103	183	16-Jul	Lilleshall, England, GBR
Seeta Jena	1987	IND	59.52	76	105	181	27-Dec	Berhampur, IND
Rajwant Kaur	1987	IND	61.21	79	102	181	27-Dec	Berhampur, IND
<i>Maria Liku *</i>	1990	FIJ	59.30	80	100	180	24-Oct	Mont Dore, NCL
Rita Kari	1989	PNG	61.90	78	100	178	12-May	Darwin, AUS
Gara Aruna Rani	1991	IND	62.01	78	99	177	24-Mar	Bangalore, IND
Emanuella Lent	1987	MRI	62.30	75	102	177	10-Aug	Victoria, SEY
Surajat Akinwande		NGR	63.00	80	96	176	1-Jul	Port Harcourt, NGR
Emily Godley	1989	ENG	62.90	78	97	175	19-Mar	Sheffield, England, GBR
Kristel Ngarlem	1995	CAN	63.00	75	100	175	29-Oct	Pointe-aux-Trembles, CAN
Th. Memicha Chanu	1990	IND	61.52	78	93	171	23-Feb	Jamshedpur, IND
Camilla Fogagnolo	1986	AUS	62.90	75	96	171	26-Nov	Sorell, AUS
Isabelle Despres	1980	CAN	59.20	77	93	170	17-Jun	Toronto, CAN
Sushila Panwar	1993	IND	61.66	80	90	170	7-Jan	Jagadhri, IND
Lairenmayum Premeshori Devi	1984	IND	58.86	74	91	165	27-Dec	Berhampur, IND
Khairani Mohd Malek	1992	MAS	62.16	75	90	165	3-Jul	Penang, MAS
Carolanne Lanouette	1990	CAN	62.50	71	94	165	5-Feb	Lachute, CAN
Sunny Brar	1985	ENG	62.75	75	90	165	5-Mar	Columbus, USA

<b>69kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Marie-Eve Beauchemin-Nadeau	1988	CAN	68.95	104	132	236	17-Dec	La Prairie, CAN
Gaelle Nayo Ketchanke	1988	CMR	68.52	102	125	227	5-Mar	Paris, FRA
Laishran Monika Devi	1983	IND	68.76	99	116	215	27-Dec	Berhampur, IND
Christine Girard	1985	CAN	67.48	94	119	213	10-Dec	London, England, GBR
Valerie Lefebvre	1990	CAN	67.50	92	118	210	22-May	Scarborough, CAN
Marie-Josée Ares-Pilon	1982	CAN	67.76	95	113	208	19-Nov	Edmonton, CAN
Janet Georges	1979	SEY	68.00	96	110	206	8-Nov	Paris, FRA
Katelyn Williams	1987	CAN	68.80	92	113	205	20-Aug	Lake Country, CAN
Natasha Perdue	1975	WAL	68.70	92	111	203	16-Jul	Lilleshall, England, GBR
Bilikis Otunia	1994	NGR	68.00	85	115	200	2-Jul	Port Harcourt, NGR
Marie-Joséphine Fegue	1991	CMR	65.60	87	105	192	15-Jan	Fujian, CHN
Pratima Kumari	1976	IND	68.77	83	108	191	24-Feb	Jamshedpur, IND
Oluchi Okeakwu		NGR	67.60	82	106	188	2-Jul	Port Harcourt, NGR
Musa Otiama		NGR	66.95	80	107	187	2-Jul	Port Harcourt, NGR
K. Krishna Kumari	1976	IND	66.37	82	101	183	24-Feb	Jamshedpur, IND
Prabdeep Sanghera	1993	CAN	67.20	83	100	183	22-Jan	Regina, CAN
Mangte Parneichong Kom	1992	IND	68.97	83	100	183	4-Jul	Penang, MAS
Guba Hale	1986	PNG	67.60	81	100	181	6-Sep	Mont Dore, NCL
Mona Pretorius	1988	RSA	65.45	77	103	180	13-Oct	Capetown, RSA
Kristel Ngarlem	1995	CAN	65.65	78	102	180	26-Nov	Sherbrooke, CAN
Nor Khasida Halim	1991	MAS	68.03	75	105	180	4-Jul	Penang, MAS
Mercy Obiera	1978	KEN	68.10	75	105	180	9-Sep	Kampala, UGA
Gara Aruna Rani	1991	IND	63.20	79	100	179	8-Jan	Jagadhri, IND
Hepline Iro	1992	SOL	66.80	79	99	178	6-Sep	Mont Dore, NCL
<i>Apolonia Vaivai *</i>	1991	FIJ	68.70	79	98	177	6-Sep	Mont Dore, NCL
Vanessa Lui	1993	SAM	68.10	76	100	176	6-Sep	Mont Dore, NCL

<b>75kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Hadiza Zakari	1987	NGR	74.89	115	125	240	10-Nov	Paris, FRA
Marie-Eve Beauchemin-Nadeau	1988	CAN	72.90	99	130	229	3-Dec	Strasbourg, FRA
Laishran Monika Devi	1983	IND	71.86	100	126	226	24-Feb	Jamshedpur, IND
Juliet Okoebor	1989	NGR	74.36	100	123	223	10-Nov	Paris, FRA
Mary Opeloge	1992	SAM	73.99	101	121	222	10-Nov	Paris, FRA
Jeanne Lassen	1980	CAN	74.81	97	123	220	10-Nov	Paris, FRA
Gloria Moses	Jr	NGR	70.75	92	122	214	3-Jul	Port Harcourt, NGR
Michaela Detanamo	1992	NRU	74.90	91	120	211	22-Jul	Mont Dore, NCL
Katelynn Williams	1987	CAN	72.20	91	118	209	22-May	Scarborough, CAN
Nue Jannah Batrisyah	1990	MAS	70.00	88	120	208	21-Nov	Jakarta, INA
Jenna Myers	1986	AUS	74.19	95	112	207	10-Nov	Paris, FRA
Marie-Josée Ares-Pilon	1982	CAN	69.15	93	113	206	29-Oct	Pointe-aux-Trembles, CAN
Gaelle Nayo Ketchanke	1988	CMR	71.45	90	115	205	25-Jun	Comines, FRA
Janet Georges	1979	SEY	71.11	90	110	200	11-Aug	Victoria, SEY
Blessing Ezealor	1992	NGR	74.15	90	110	200	13-Oct	Capetown, RSA
A. Janeshori Devi	1986	IND	72.72	90	106	196	24-Feb	Jamshedpur, IND
Prabdeep Sanghera	1993	CAN	72.40	90	105	195	17-Dec	Vancouver, CAN
Kara Doherty (Yessie)	1982	CAN	74.20	90	104	194	22-May	Scarborough, CAN
Johanie Filiatreault	1993	CAN	74.20	84	110	194	17-Dec	La Prairie, CAN
Natasha Perdue	1975	WAL	69.80	85	105	190	22-Oct	Oldbury, England, GBR
Khairakpam Premila Devi	1990	IND	71.42	83	106	189	24-Feb	Jamshedpur, IND
Srishti Singh	1990	IND	74.78	80	105	185	24-Feb	Jamshedpur, IND
Mangte Parneichong Kom	1992	IND	70.70	80	100	180	24-Feb	Jamshedpur, IND
Georgina Black	1989	SCO		78	99	177	27-Nov	Kilmarnock, Scotland, GBR
<i>Apolonia Vaivai *</i>	1991	FIJ	71.80	80	93	173	26-Jul	Suva, FIJ
Chantal Lambrechts	1990	NZL	73.20	77	95	172	20-Aug	Christchurch, NZL

<b>+75kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Ele Opeloge	1985	SAM	123.50	120	161	281	7-Sep	Mont Dore, NCL
Mariam Usman	1990	NGR	122.88	117	156	273	13-Nov	Paris, FRA
Joy Omokhuale		NGR	92.35	102	135	237	4-Jul	Port Harcourt, NGR
Tracy Lambrechts	1985	NZL	101.30	106	131	237	20-Aug	Christchurch, NZL
Obehi Joseph	1994	NGR	99.15	95	140	235	14-Oct	Capetown, RSA
Jenna Myers	1986	AUS	81.36	98	124	222	30-Jul	Sydney, AUS
Jeane Lassen	1980	CAN	76.99	95	121	216	11-Dec	London, England, GBR
Narita Viliamu	1989	NIU	141.90	90	120	210	7-Sep	Mont Dore, NCL
Simanu Iuniara	1993	SAM	98.20	88	115	203	13-May	Darwin, AUS
Janet Georges	1979	SEY	75.50	90	111	201	2-Apr	Victoria, SEY
Comfort Nga		NGR	76.05	90	105	195	4-Jul	Port Harcourt, NGR
Kaitlyn Fassina	1990	AUS	88.30	90	105	195	26-Nov	Sorell, AUS
A. Janeshori Devi	1986	IND	75.12	87	106	193	27-Aug	Bangalore, IND
Gbemisola Yusuf		NGR	75.10	87	105	192	4-Jul	Port Harcourt, NGR
Kara Doherty (Yessie)	1982	CAN	77.20	86	105	191	6-Aug	Sacramento, USA
Shalinee Valaydon	1986	MRI	103.90	81	110	191	11-Aug	Victoria, SEY
Y. Binita Devi	1989	IND	92.00	82	108	190	27-Aug	Bangalore, IND
Tey Shan Feng	1989	MAS		82	107	189	26-Mar	Bangi, MAS
Stella Maduabuchi		NGR	110.65	80	106	186	4-Jul	Port Harcourt, NGR
Keisha-Dean Soffe	1982	NZL	143.00	80	105	185	16-Jul	Auckland, NZL
Amanpreet Kaur	1985	IND	86.30	83	101	184	28-Dec	Berhampur, IND
Chantal Lambrechts	1990	NZL	75.50	76	103	179	14-Oct	Capetown, RSA
Belinda van Tienen	1986	AUS	82.55	77	101	178	30-Jul	Sydney, AUS
Monika	Jr	IND	87.50	77	101	178	9-Jan	Jagadhri, IND
Kate Linford	1987	AUS	106.25	78	98	176	26-Mar	Brisbane, AUS

NOTE: \* Fiji currently suspended from the Commonwealth.

# 2011 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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## MEN: ONE PER COUNTRY

<b>56kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Valluri Srinivasa Rao	1981	IND	55.70	104	140	244	25-Dec	Berhampur, IND
Manueli Tulo *	1990	FIJ	55.91	105	134	239	5-Nov	Paris, FRA
Mohd Shafiq Ismail	1988	MAS		107	130	237	23-Mar	Selangor, MAS
C.S.S.P. Wijesurya	1984	SRI	55.92	103	133	236	10-Oct	Capetown, RSA
Muhammad Shazad	1990	PAK	55.85	100	123	223	30-Nov	Tashkent, UZB
Rasaq Tanimowo	1992	NGR	54.80	95	127	222	29-Jun	Port Harcourt, NGR
Morea Baru	1990	PNG	55.40	95	125	220	5-Sep	Mont Dore, NCL
Elson Brechtefeld	1994	NRU	55.50	97	121	218	10-Oct	Capetown, RSA
Monree Adonis	1988	RSA	55.78	94	122	216	10-Oct	Capetown, RSA
Kivumbi Musoke Mubarak	1989	UGA	56.00	87	124	211	22-Oct	Oldbury, England, GBR
Marc Jonathan Coret	1989	MRI	54.64	90	120	210	8-Aug	Victoria, SEY
Rahoman Mizanur	1992	BAN	55.95	95	110	205	9-Sep	Pattaya, THA
Lou Guinares	1990	NZL	55.90	88	115	203	14-May	Auckland, NZL
Nayden Rusev	1974	CYP	56.00	93	105	198	5-Nov	Limassol, CYP
Jaswant Shergill	1993	ENG	55.00	83	106	189	16-Jul	Lilleshall, England, GBR
Dylan Scott	1993	SCO	55.02	86	102	188	2-Apr	Kilmarnock, Scotland, GBR
David Hockins	1991	AUS	55.95	78	104	182	24-Sep	Melbourne, AUS
Raphael Bouchard-Tremblay	1993	CAN	55.10	75	100	175	16-Apr	Brossard, CAN
Rick Confiance	1994	SEY		75	95	170	3-Dec	Victoria, SEY
Tebwara Lamalei	1994	KIR	55.10	70	90	160	22-Jul	Tarawa, KIR
Kennedy Susuli	1995	SOL	54.00	67	85	152	22-Jul	Honiara, SOL
Abdallah Shaib	1992	ZAN	54.00	60	80	140	22-Jul	Zanzibar City, ZAN
Charles Pau	1996	SIN	54.50	50	60	110	23-Jul	Singapore City, SIN
Sem Henderson	1997	WAL	37.10	30	38	68	30-Apr	Holyhead, Wales, GBR
<b>62kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Dimitris Minasidis	1989	CYP	61.81	125	157	282	12-Apr	Kazan, RUS
Aricco Jumitih	1990	MAS	61.64	119	150	269	6-Nov	Paris, FRA
Rustam Sarang	1988	IND	61.80	120	148	268	11-Oct	Capetown, RSA
Daniel Koum Koum	1985	AUS	61.41	112	145	257	6-Nov	Paris, FRA
Manueli Tulo *	1990	FIJ	57.20	112	140	252	24-Oct	Mont Dore, NCL
Charles Ssekyaaya	1994	UGA	61.42	107	145	252	2-Dec	Mobile, USA
D.M.I.C. Dissanayaka	1989	SRI		113	137	250	10-Jul	Colombo, SRI
Alphonso Adonis	1986	RSA	61.55	106	142	248	6-Aug	Strand, RSA
Adah Joseph		NGR	61.20	110	137	247	30-Jun	Port Harcourt, NGR
Lapua Lapua	1991	TUV	61.60	111	136	247	24-Oct	Mont Dore, NCL
Garath Evans	1986	WAL	61.30	110	135	245	16-Jul	Lilleshall, England, GBR
Ianne Guinares	1988	NZL	62.00	109	135	244	12-Nov	Auckland, NZL
Brown Ramohaka	1988	SOL	61.00	105	138	243	22-Jul	Honiara, SOL
Ian Rose	1981	SEY		105	132	237	3-Dec	Victoria, SEY
Jean Yannick Coret	1991	MRI	61.17	106	130	236	9-Aug	Victoria, SEY
Elson Brechtefeld	1994	NRU	57.20	105	130	235	22-Jul	Mont Dore, NCL
Morea Baru	1990	PNG	61.04	100	130	230	26-Feb	Port Morseby, PNG
Yasir Ali	1993	PAK	61.92	102	128	230	26-Nov	Tashkent, UZB
Sebastien Carrier	1986	CAN	61.90	90	122	212	26-Mar	Lachute, CAN
Altmark Applewante	1995	BAR	61.04	85	120	205	11-Oct	Capetown, RSA
Sisi Akau'ola	1992	TGA	61.00	80	108	188	22-Jul	Nuku'Alofa, TGA
Steven McMichael	1984	SCO	60.62	78	95	173	2-Apr	Kilmarnock, Scotland, GBR
Toantemam	1993	KIR	62.00	80	90	170	22-Jul	Tarawa, KIR
Ng Bing Wen	1990	SIN	61.20	67	78	145	23-Jul	Singapore City, SIN
Luka Grixti	1996	MLT	61.60	40	55	95	22-Jul	Valletta, MLT

<b>69kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Mohd Hafifi Mansor	1990	MAS	68.78	133	180	313	7-Nov	Paris, FRA
Katulu Ravi Kumar	1988	IND	68.81	137	174	311	8-Nov	Paris, FRA
Dimitris Minasidis	1989	CYP	64.66	128	160	288	17-Dec	Tel Aviv, ISR
K.S. Peiris	1985	SRI	69.00	125	155	280	11-Oct	Capetown, RSA
Dominic Lusier	1984	CAN	68.60	128	150	278	21-May	Scarborough, CAN
Toromon Takenibeia	1992	KIR	68.80	120	151	271	10-Dec	Mont Dore, NCL
Bronco Deiranauw	1991	NRU	68.22	120	150	270	2-Jul	Penang, MAS
Gareth Evans	1986	WAL	67.56	121	145	266	11-Oct	Capetown, RSA
Daniel Koum	1985	AUS	65.05	117	147	264	25-Jun	Melbourne, AUS
Toafitu Perive	1985	SAM	68.40	110	154	264	6-Sep	Mont Dore, NCL
David Adeyemo	1993	NGR	67.20	110	146	256	1-Jul	Port Harcourt, NGR
<i>Tevita Tawai *</i>	1987	<i>FIJ</i>	<i>69.00</i>	<i>110</i>	<i>145</i>	<i>255</i>	<i>22-Jul</i>	<i>Suva, FIJ</i>
Ian Rose	1981	SEY	67.96	110	140	250	9-Aug	Victoria, SEY
Lyle Du Plooy	1988	RSA	68.82	112	138	250	11-Oct	Capetown, RSA
Chris Freebury	1989	ENG	69.00	115	135	250	22-Oct	Oldbury, England, GBR
Toua Udia	1992	PNG	68.50	105	140	245	6-Sep	Mont Dore, NCL
Craig Carfray	1992	SCO	68.20	102	130	232	2-Apr	Kilmarnock, Scotland, GBR
Ismail Katamba	1993	KEN	62.40	97	130	227	7-Sep	Kampala, UGA
Vester Villalon	1991	NZL	63.20	95	127	222	16-Jul	Christchurch, NZL
Michael Sebbale	1979	UGA	67.10	85	125	220	7-Sep	Kampala, UGA
Ioane Haumili	1988	TUV	63.30	94	125	219	26-Feb	Funafeti, TUV
Billy Walter	1989	SOL	65.80	95	120	215	26-Feb	Honiara, SOL
Sisi Patiola Akau'ola	1992	TGA	68.80	93	115	208	6-Sep	Mont Dore, NCL
Joel Law Wei	1993	SIN	66.00	87	105	192	18-Jun	Johor, MAS
Ryan Borg	1996	MLT	64.40	45	65	110	22-Jul	Valetta, MLT
Magarajen Monien	1981	MRI	68.08	105	---	---	9-Aug	Victoria, SEY
<b>77kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Yukio Peter	1984	NRU	76.90	157	190	347	13-May	Darwin, AUS
Felix Ekpo	1981	NGR	76.14	150	180	330	9-Nov	Paris, FRA
Bernardin Kingue-Matam	1990	CMR	72.90	140	175	315	11-Jun	Saint Marcellin, FRA
Katulu Ravi Kumar	1988	IND	71.95	138	168	306	25-Mar	Bangalore, IND
Jack Oliver	1991	ENG	76.35	140	160	300	9-Nov	Paris, FRA
Laurent Goyette-Demers	1990	CAN	76.70	128	164	292	21-May	Scarborough, CAN
Naharudin Mahayudin	1984	MAS	75.40	134	156	290	18-Nov	Jakarta, INA
Charles Simeon	1982	SEY		125	155	280	2-Apr	Victoria, SEY
Manoranjan Roy	1985	SRI	77.00	125	152	277	16-Apr	Tongling, CHN
Ilaniume Finau	1986	TGA	74.90	120	152	272	6-Sep	Mont Dore, NCL
Caleb Symon	1983	NZL	76.70	122	150	272	11-Jun	Auckland, NZL
<i>Peniasi Taqua *</i>	1982	<i>FIJ</i>	<i>75.40</i>	<i>118</i>	<i>153</i>	<i>271</i>	<i>6-Sep</i>	<i>Mont Dore, NCL</i>
Graeme Kane	1988	SCO	76.88	122	148	270	12-Oct	Capetown, RSA
Takenibeia Toromon	1992	KIR	71.60	121	148	269	6-Sep	Mont Dore, NCL
P.G.C. Gunapala		SRI		110	148	258	10-Jul	Colomba, SRI
David Gorosi	1982	SOL	74.40	110	145	255	6-Sep	Mont Dore, NCL
Khati Mabuya	1988	RSA	71.95	111	143	254	6-Aug	Strand, RSA
Peter Stewart	1978	NIR	76.20	112	142	254	3-Dec	Jordanstown, NIR, GBR
Bob Pesaleli	1993	SAM	73.00	105	143	248	6-Sep	Mont Dore, NCL
Manzoor Zohaib	1992	PAK	74.90	107	139	246	10-Sep	Pattaya, THA
Khalid Batuusa	1987	UGA	71.20	100	130	230	7-Sep	Kampala, UGA
Cedric Coret	1991	MRI	73.90	90	127	217	17-Apr	Victoria, SEY
Rodmar Pulis	1994	MLT	76.24	96	117	213	12-Oct	Capetown, RSA
Soho Grox	1985	PNG	70.70	90	115	205	6-Sep	Mont Dore, NCL
Abdulrahman Said	1991	ZAN	75.00	78	105	183	22-Jul	Zanzibar City, ZAN
Ng Choon Yeow	1993	SIN	75.80	77	100	177	18-Jun	Johor, MAS
Kyriakos Kesidis	1999	CYP	69.15	58	71	129	17-Dec	Tel Aviv, CYP

<b>85kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Richard Patterson	1983	NZL	83.60	151	184	335	16-Jul	Auckland, NZL
Yukio Peter	1984	NRU	81.00	150	180	330	26-Feb	Moindou, NCL
Paul Dumais	1991	CAN	84.90	151	175	326	22-Jan	Regina, CAN
Brice Batchaya	1985	CMR	83.56	150	175	325	10-Nov	Paris, FRA
Simplice Ribouem	1982	AUS	84.37	140	185	325	30-Jul	Sydney, AUS
Steven Kari	1993	PNG	84.70	140	185	325	22-Jul	Mont Dore, NCL
Chandrakant Dadu Mali	1987	IND	84.90	135	171	306	24-Feb	Jamshedpur, IND
Abdulahim Salihu		NGR	84.55	131	171	302	3-Jul	Port Harcourt, NGR
Alexandros Amanatidis	1987	CYP	84.16	132	168	300	17-Dec	Tel Aviv, ISR
R.M.R.B. Samarasekara	1985	SRI		125	164	289	29-May	Colombo, SRI
Sonny Webster	1994	ENG	84.76	128	160	288	13-Oct	Capetown, RSA
Brandon Inniss	1993	BAR	81.84	125	155	280	13-Oct	Capetown, RSA
Josefa Vueti *	1979	FIJ	84.40	121	157	278	6-Sep	Mont Dore, NCL
Terrence Dixie	1983	SEY	83.33	130	145	275	11-Aug	Victoria, SEY
Graeme Kane	1988	SCO	79.06	118	154	272	2-Apr	Kilmarnock, Scotland, GBR
Jonathan Yoshida	1982	SAM	84.20	120	150	270	13-May	Darwin, AUS
Beruu Karianako	1988	KIR	84.00	115	150	265	26-Feb	Tarawa, KIR
Mohd Hafiz Ab Halim		MAS		120	143	263	26-Mar	Selangor, MAS
Hansley Gaya	1985	MRI	83.58	115	144	259	11-Aug	Victoria, SEY
Muctaar Jobe	1989	SLE		115	151	256	7-Apr	Freetown, SLE
Peter Stewart	1978	NIR	77.60	113	142	255	11-Jun	Jordanstown, NIR, GBR
Sada Fiua	1992	SOL	84.00	107	140	247	22-Jul	Honiara, SOL
Oyim Arthur	1987	KEN	80.90	105	130	235	8-Sep	Kampala, UGA
Thapelo Maikhi	1983	RSA	81.20	101	130	231	6-Aug	Srand, RSA
Mafileo Fanguani Taufu	1988	TGA	82.10	98	130	228	6-Sep	Mont Dore, NCL
Toh Guang Yan	1984	SIN	79.50	105	120	225	23-Jul	Singapore City, SIN
Clive Zammit	1989	MLT	78.80	81	90	171	22-Jul	Valetta, MLT
Byron Jones	1996	WAL	79.30	47	50	97	30-Apr	Holyhead, Wales, GBR

<b>94kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Simplice Ribouem	1982	AUS	90.15	145	200	345	20-Aug	Melbourne, AUS
Benedict Uloko	1984	NGR	92.15	151	193	344	13-Oct	Capetown, RSA
David Kotoatau	1984	KIR	93.17	143	195	338	11-Nov	Paris, FRA
M. Syamlal	1989	IND	93.78	150	188	338	27-Dec	Berhampur, IND
Nick Roberts	1984	CAN	93.10	148	185	333	21-May	Scarborough, CAN
Faavae Faauliuli	1983	SAM	93.10	140	192	332	7-Sep	Mont Dore, NCL
Peter Kirkbride	1987	SCO	93.08	140	185	325	3-Sep	York, England, GBR
Brice Batchaya	1985	CMR	86.90	152	170	322	11-Jun	Saint Marcellin, FRA
Steven Kari	1993	PNG	87.20	135	180	315	10-Dec	Mont Dore, NCL
Josefa Vueti *	1979	FIJ	91.80	132	178	310	26-Jul	Suva, FIJ
Bradley Burrows	1979	ENG	89.10	140	160	300	16-Apr	Bristol, England, BR
Jean Greeff	1990	RSA	93.05	135	160	295	13-Oct	Capetown, RSA
Steven Baccus	1977	SEY	92.73	140	150	290	12-Aug	Victoria, SEY
R.M.R.B. Samarasekara	1985	SRI		125	162	287	10-Jul	Colombo, SRI
Abubakaar Kabia	1985	SLE		125	155	280	7-Apr	Freetown, SLE
Duke Machaka	1987	KEN	85.20	115	160	275	7-Sep	Kampala, UGA
Teejay Starr	1989	NRU	87.40	120	155	275	16-May	NRU
Godfrey Baligeya	1972	UGA	91.10	120	152	272	7-Sep	Kampala, UGA
Muhammad Yadzaimie		MAS		120	145	265	26-Mar	Selangor, MAS
Saxon Gregory-Hunt	1993	NZL	85.62	118	145	263	11-Dec	Auckland, NZL
Hansley Gaya	1985	MRI	88.00	110	140	250	26-Mar	Bohumin, CZE
Jake Davies	1994	WAL	88.25	110	135	245	13-Oct	Capetown, RSA
Aaron Small	1987	NIR	92.90	100	130	230	3-Dec	Jordanstown, NIR, GBR
Noel Coleiro	1974	MLT	88.99	103	125	228	17-Dec	Tel Aviv, ISR
Michael Naonaiasi	1989	SOL	93.50	100	125	225	26-Feb	Honiara, SOL
Sione Vasi	1986	TGA	92.40	101	122	223	7-Sep	Mont Dore, NCL

<b>105kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Niusila Opeloge	1980	SAM	104.10	152	194	346	7-Sep	Mont Dore, NCL
David Kotoatau	1984	KIR	95.50	145	195	340	10-Dec	Mont Dore, NCL
Chandrakant Dadu Mali	1987	IND	94.05	150	188	338	13-Oct	Capetown, RSA
Robert Galsworthy	1989	AUS	104.60	146	185	331	18-Jun	Toowoomba, AUS
Mohd Firdaus Razak	1987	MAS	100.40	151	177	328	19-Nov	Jakarta, INA
Cory Coehoorn	1984	CAN	104.50	145	180	325	20-Aug	Lake Country, CAN
Ifeanyi Ikwuagu		NGR	97.50	135	172	307	4-Jul	Port Harcourt, NGR
Haroon Shukat	1988	PAK	103.59	140	165	305	18-Aug	Shenzhen, CHN
Ben Watson	1990	ENG	97.84	140	160	300	11-Nov	Paris, FRA
R. P.M.S. Wijerathne	1980	SRI		136	161	297	10-Jul	Colombo, SRI
Elvis Jeanne	1975	SEY	101.60	136	160	296	12-Aug	Victoria, SEY
Andrew Ciancio	1978	NZL	95.30	135	150	285	10-Dec	Auckland, NZL
Ravi Bhollah	1981	MRI	94.70	125	150	275	12-Aug	Victoria, SEY
Kyle Pearson	1992	SCO		120	155	275	27-Nov	Kilmarnock, Scotland, GBR
Gordon Shaw	1994	RSA	102.15	127	142	269	13-Oct	Capetown, RSA
Sirla Pera	1992	COK	101.80	115	150	265	7-Sep	Mont Dore, NCL
Tuki Aubiat	1991	NRU	99.70	115	145	260	16-May	NRU
Michael Maomasi	1990	SOL	103.90	116	130	246	7-Sep	Mont Dore, NCL
Martin Mifsud	1973	MLT	100.20	85	90	175	22-Jul	Valetta, MLT
<b>+105kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Itte Detenamo	1986	NRU	151.20	184	229	413	13-May	Darwin, AUS
George Kobaladze	1976	CAN	131.45	170	223	393	27-Oct	Guadalajara, MEX
Damon Kelly	1983	AUS	142.55	166	210	376	29-Oct	Brisbane, AUS
Sarabjit Kanda Singh	1983	IND	147.20	160	185	345	25-Feb	Jamshedpur, IND
Sam Pera Jr	1989	COK	133.70	160	190	350	7-Sep	Mont Dore, NCL
Meamea Thomas	1985	KIR	106.00	150	180	330	26-Feb	Tarawa, KIR
Abdul Azim Najmi	1986	MAS	129.07	155	190	345	19-Nov	Jakarta, INA
Danny Nemani	1981	NIU	136.80	147	178	325	16-Jul	Auckland, NZL
Mustaqeem Mahmood Butt	1991	PAK	126.83	135	170	305	18-Aug	Shenzhen, CHN
Tevita Ngalu	1973	TGA	119.30	130	170	300	12-Mar	Auckland, NZL
John Hanna	1983	ENG	118.70	130	160	290	16-Jul	Lilleshall, England, GBR
Lewis Chua Yong Hwee	1994	SIN	121.47	126	163	289	29-Sep	Palembang, INA
Darius Jokarzadeh	1993	WAL	136.85	125	161	286	14-Oct	Capetown, RSA
Elvis Simeon	1978	SEY	114.80	120	150	270	12-Aug	Victoria, SEY
Ikechukwe Okeke		NGR	108.35	120	145	265	4-Jul	Port Harcourt, NGR
W.P.G.D.C. Jayawickrama		SRI		115	148	263	10-Jul	Colombo, SRI
Sehzad Nandoo	1984	MRI	145.90	105	147	252	12-Aug	Victoria, SEY
Jules Dempsey	1971	NZL	113.90	113	135	248	12-Mar	Christchurch, NZL
Matthew McCoy	1994	NIR	120.50	112	135	247	11-Jun	Jordanstown, NIR, GBR
John Watson	1984	SCO	111.58	108	135	243	2-Apr	Kilmarnock, Scotland, GBR
Nassor Jamal	1984	ZAN	113.00	78	105	183	22-Jul	Zanzibar City, ZAN
Matthew Attard	1989	MLT	134.70	60	78	138	22-Jul	Valetta, MLT

NOTE: \* Fiji currently suspended from the Commonwealth.

# 2011 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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## WOMEN: ONE PER COUNTRY

<b>48kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Ngangbam Soniya Chanu	1980	IND	47.80	75	99	174	10-Oct	Capetown, RSA
Augustina Nwokolo	1992	NGR	47.00	77	95	172	10-Oct	Capetown, RSA
Jessica Ruel	1991	CAN	48.00	75	84	159	30-Jun	Penang, MAS
Joanne Calvino	1980	ENG	47.99	65	88	153	26-Nov	London, England, GBR
Kathleen Hare	1988	PNG	47.20	65	83	148	5-Sep	Mont Dore, NCL
Vivian Lee	1978	AUS	47.68	64	84	148	30-Jul	Sydney, AUS
Katsia Telemaque	1989	SEY		68	80	148	3-Dec	Victoria, SEY
Azizah Fadzil	1991	MAS	47.95	67	80	147	30-Jun	Penang, MAS
Phillipa Hale	1984	NZL	48.00	60	75	135	22-Oct	Auckland, NZL
D.D.D. Abeysekera	1997	SRI	46.40	53	68	121	10-Oct	Capetown, RSA
<i>Malani Seruwaia *</i>	1993	<i>FIJ</i>	<i>46.20</i>	<i>50</i>	<i>62</i>	<i>112</i>	<i>26-Jul</i>	<i>Suva, FIJ</i>
Janura Akter Reshma	1998	BAN	43.70	47	60	107	5-Sep	Pattaya, THA
Arina Kalibiu	1998	SOL	47.00	47	57	104	22-Jul	Honiara, SOL
Stephanie McDiarmid	1994	SCO	45.10	43	58	101	16-Jul	Lilleshall, England, GBR
Tembile Hiabathe	1994	RSA	45.40	41	53	94	10-Oct	Capetown, RSA
Haula Nakiganda	1990	UGA	47.20	42	50	92	9-Sep	Kampala, UGA
Kulsoom Abdullah	1976	PAK	47.80	40	52	92	5-Nov	Paris, FRA
Nicole Gatt	1997	MLT		35	50	85	24-Sep	Valetta, MLT
Ribwatia Buruno	1997	KIR	47.50	20	35	55	26-Feb	Tarawa, KIR
Suzanne Hiram	1987	NRU	47.30	66	---	---	5-Sep	Mont Dore, NCL
<b>53kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Chinenye Fidelis	1993	NGR	52.40	85	120	205	30-Jun	Port Harcourt, NGR
Marilou Dozois-Prevost	1986	CAN	52.70	88	107	195	22-May	Scarborough, CAN
Azizah Fadzil	1991	MAS	51.51	79	97	176	20-Nov	Jakarta, INA
Tikina Gopal	1980	IND	52.15	77	95	172	25-Dec	Berhampur, IND
Joanne Calvino	1980	ENG	51.50	68	91	159	16-Jul	Lilleshall, England, GBR
Vivian Lee	1978	AUS	49.60	67	89	156	22-Oct	Melbourne, AUS
Portia Vries	1984	RSA	50.24	65	90	155	11-Oct	Capetown, RSA
Helena Wong	1988	SIN	52.69	70	83	153	20-Nov	Jakarta, INA
Loa Dika Toua	1984	PNG	52.80	65	85	150	5-Sep	Mont Dore, NCL
Suzanne Hiram	1987	NRU	51.60	65	83	148	22-Jul	Mont Dore, NCL
Julie Matatiken	1980	SEY	52.17	63	80	143	8-Aug	Victoria, SEY
Fayema Akther	1988	BAN	53.00	65	75	140	14-Jan	Fujian, CHN
Phillipa Hale	1984	NZL	50.50	61	72	133	10-Dec	Auckland, NZL
Christine Duval	1990	MRI	50.73	60	72	132	8-Aug	Victoria, SEY
Colette Will	1992	SCO	49.90	50	65	115	16-Jul	Lilleshall, England, GBR
<i>Arieta Mudunavoce *</i>	1993	<i>FIJ</i>	<i>52.40</i>	<i>50</i>	<i>65</i>	<i>115</i>	<i>26-Jul</i>	<i>Suva, FIJ</i>
Grace Itea	1993	SOL	51.00	50	62	112	22-Jul	Honoara, SOL
W.C.M. Warnakulasooriya		SRI		45	50	95	9-Jul	Colombo, SRI
Milly Kaitesi	1994	UGA	52.60	40	50	90	9-Sep	Kampala, UGA
Nei Taruru Brown	1997	KIR	53.00	25	35	50	26-Feb	Tarawa, KIR
<b>58kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Rachael Ekoshoria	1994	NGR	57.00	87	115	202	30-Jun	Port Harcourt, NGR
Annie Moniqui	1990	CAN	57.48	85	106	191	7-Nov	Paris, FRA
Minati Sethi	1986	IND	57.33	81	107	188	25-Dec	Berhampur, IND
<i>Maria Liku *</i>	1990	<i>FIJ</i>	<i>57.69</i>	<i>80</i>	<i>100</i>	<i>180</i>	<i>26-Jul</i>	<i>Suva, FIJ</i>
Frenceay Titus	1991	MAS	56.98	75	101	176	20-Nov	Jakarta, INA
Seen Lee	1982	AUS	57.88	78	98	176	12-May	Darwin, AUS
Jenly Tegu Wini	1983	SOL	56.80	75	97	172	5-Sep	Mont Dore, NCL
Ruby Malvina	1984	SEY	57.07	72	97	169	8-Aug	Victoria, SEY
Zayanda Mjezu	1992	RSA	57.90	70	93	163	6-Aug	Strand, RSA
Sunny Brar	1985	ENG	57.96	70	90	160	26-Nov	London, England, GBR
R.M.N.S. Rajapaksha	1990	SRI		55	89	144	28-May	Colombo, SRI
Nicole Kumerich	1975	NZL	57.50	65	77	142	20-Aug	Christchurch, NZL
Hitolo Dogodo	1992	PNG	54.24	60	75	135	26-Feb	Port Morseby, PNG
Moata Tokaniman	1997	KIR	54.70	45	60	105	22-Jul	Tarawa, KIR
Samantha Murray	1988	SCO	57.50	33	43	76	28-Aug	Kilmarnock, Scotland, GBR

<b>63kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Christine Girard	1985	CAN	62.85	105	133	238	8-Nov	Paris, FRA
Obiama Okoli	1992	NGR	62.41	95	125	220	7-Nov	Paris, FRA
Zoe Smith	1994	ENG	62.87	92	112	204	8-Nov	Paris, FRA
Hijam Poireinganbi Chanu	1980	IND	62.37	84	104	188	27-Aug	Bangalore, IND
Jenly Wini Tegu	1983	SOL	59.60	80	103	183	24-Oct	Mont Dore, NCL
Seen Lee	1982	AUS	60.85	83	100	183	28-May	Melbourne, AUS
<i>Maria Liku *</i>	1990	FIJ	59.30	80	100	180	24-Oct	Mont Dore, NCL
Rita Kari	1989	PNG	61.90	78	100	178	12-May	Darwin, AUS
Emanuella Lent	1987	MRI	62.30	75	102	177	10-Aug	Victoria, SEY
Khairani Mohd Malek	1992	MAS	62.16	75	90	165	3-Jul	Penang, MAS
Faitoa Togagae	1989	SAM	62.40	71	92	163	12-May	Darwin, AUS
Matshidiso Masiu	1992	RSA	62.74	68	85	153	12-Oct	Capetown, RSA
Nicole Kumerich	1975	NZL	59.00	63	80	143	11-Jun	Auckland, NZL
L.G.A. Vinodani Dharmasena		SRI		60	81	141	9-Jul	Colombo, SRI
Fakaola Tuipulotu	1997	TGA	61.30	62	75	137	5-Sep	Mont Dore, NCL
Sultana Shahria	1989	BAN	59.80	60	75	135	14-Jan	Fujian, CHN
Jane Armour	1988	SCO	62.74	57	73	130	28-May	Kilmarnock, Scotland, GBR
Rena Agricole	1995	SEY		60	70	130	3-Dec	Victoria, SEY
Takuaiti Katoatau	1993	KIR	62.20	55	70	125	22-Jul	Tarawa, KIR
Destiny Vella Busutill	1996	MLT		35	55	90	24-Sep	Valetta, MLT
Lisa Cameron		NIR	62.90	31	42	73	3-Dec	Jordanstown, NIR, GBR

<b>69kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Marie-Eve Beauchemin-Nadeau	1988	CAN	68.95	104	132	236	17-Dec	La Prairie, CAN
Gaelle Nayo Ketchanke	1988	CMR	68.52	102	125	227	5-Mar	Paris, FRA
Laishran Monika Devi	1983	IND	68.76	99	116	215	27-Dec	Berhampur, IND
Janet Georges	1979	SEY	68.00	96	110	206	8-Nov	Paris, FRA
Natasha Perdue	1975	WAL	68.70	92	111	203	16-Jul	Lilleshall, England, GBR
Bilikis Otunia	1994	NGR	68.00	85	115	200	2-Jul	Port Harcourt, NGR
Guba Hale	1986	PNG	67.60	81	100	181	6-Sep	Mont Dore, NCL
Mona Pretorius	1988	RSA	65.45	77	103	180	13-Oct	Capetown, RSA
Nor Khasida Halim	1991	MAS	68.03	75	105	180	4-Jul	Penang, MAS
Mercy Obiero	1978	KEN	68.10	75	105	180	9-Sep	Kampala, UGA
Hepline Iro	1992	SOL	66.80	79	99	178	6-Sep	Mont Dore, NCL
<i>Apolonia Vaivai *</i>	1991	FIJ	68.70	79	98	177	6-Sep	Mont Dore, NCL
Vanessa Lui	1993	SAM	68.10	76	100	176	6-Sep	Mont Dore, NCL
Camilla Fogagnolo	1986	AUS	67.60	75	100	175	19-Mar	Hobart, AUS
Röilya Hanitra Ranaivosoa	1990	MRI	66.98	61	84	145	9-Aug	Victoria, SEY
J.A.S. Nirmani		SRI		65	80	145	9-Jul	Colombo, SRI
Jane Armour	1988	SCO		63	82	145	27-Nov	Kilmarnock, Scotland, GBR
Ruth Horrell	1984	NZL	68.48	60	82	142	9-Dec	Invercargill, NZL
Uaraai	1996	KIR	66.40	50	65	115	22-Jul	Tarawa, KIR
Rodienn Balzan	1983	MLT	66.90	43	45	88	22-Jul	Valetta, MLT

<b>75kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Hadiza Zakari	1987	NGR	74.89	115	125	240	10-Nov	Paris, FRA
Marie-Eve Beauchemin-Nadeau	1988	CAN	72.90	99	130	229	3-Dec	Strasbourg, FRA
Laishran Monika Devi	1983	IND	71.86	100	126	226	24-Feb	Jamshedpur, IND
Mary Opeloge	1992	SAM	73.99	101	121	222	10-Nov	Paris, FRA
Michaela Detanamo	1992	NRU	74.90	91	120	211	22-Jul	Mont Dore, NCL
Nue Jannah Batrisyah	1990	MAS	70.00	88	120	208	21-Nov	Jakarta, INA
Jenna Myers	1986	AUS	74.19	95	112	207	10-Nov	Paris, FRA
Gaelle Nayo Ketchanke	1988	CMR	71.45	90	115	205	25-Jun	Comines, FRA
Janet Georges	1979	SEY	71.11	90	110	200	11-Aug	Victoria, SEY
Natasha Perdue	1975	WAL	69.80	85	105	190	22-Oct	Oldbury, England, GBR
Georgina Black	1989	SCO		78	99	177	27-Nov	Kilmarnock, Scotland, GBR
<i>Apolonia Vaivai *</i>	1991	FIJ	71.80	80	93	173	26-Jul	Suva, FIJ
Chantal Lambrechts	1990	NZL	73.20	77	95	172	20-Aug	Christchurch, NZL
Sandra Ako	1994	PNG	71.00	70	85	155	6-Sep	Mont Dore, NCL
Susan Luisa	1989	SOL	73.30	70	85	155	26-Feb	Honiara, SOL
Kaeuntaake Marcus	1988	KIR	73.00	57	72	129	26-Feb	Tarawa, KIR
Denise Offermann	1965	CYP	69.20	53	68	121	30-Oct	Limassol, CYP
W.M.A.S. Wickramasinghe		SRI		51	65	116	9-Jul	Colombo, SRI
Fruisina Musonya	1985	KEN	70.10	45	55	100	9-Sep	Kampala, UGA

<b>+75kg Category</b>	<b>Born</b>	<b>Nation</b>	<b>Body.Wt</b>	<b>Snatch</b>	<b>Cl &amp; Jk</b>	<b>Total</b>	<b>Date</b>	<b>Where (City, Nation)</b>
Ele Opeloge	1985	SAM	123.50	120	161	281	7-Sep	Mont Dore, NCL
Mariam Usman	1990	NGR	122.88	117	156	273	13-Nov	Paris, FRA
Tracy Lambrechts	1985	NZL	101.30	106	131	237	20-Aug	Christchurch, NZL
Jenna Myers	1986	AUS	81.36	98	124	222	30-Jul	Sydney, AUS
Jeane Lassen	1980	CAN	76.99	95	121	216	11-Dec	London, England, GBR
Narita Viliamu	1989	NIU	141.90	90	120	210	7-Sep	Mont Dore, NCL
Janet Georges	1979	SEY	75.50	90	111	201	2-Apr	Victoria, SEY
A. Janeshori Devi	1986	IND	75.12	87	106	193	27-Aug	Bangalore, IND
Shalinee Valaydon	1986	MRI	103.90	81	110	191	11-Aug	Victoria, SEY
Tey Shan Feng	1989	MAS		82	107	189	26-Mar	Bangi, MAS
Luisa Peters	1993	COK	88.00	80	95	175	7-Sep	Mont Dore, NCL
Becky Namusoke	1990	UGA	93.60	80	95	175	9-Sep	Kampala, UGA
Taatia Riino	1986	KIR	105.20	74	96	170	7-Sep	Mont Dore, NCL
Laura Denise Ramsay-Overall	1965	TRI	78.50	73	95	168	30-Oct	Limassol, CYP
Michaela Detenamo	1992	NRU	77.90	70	95	165	26-Feb	NRU
Matilda Iso	1986	PNG	80.55	75	90	165	13-May	Darwin, AUS
Kathryn Davis	1986	ENG	83.77	70	86	156	26-Mar	London, England, GBR
M.M.D. Harischandra		SRI		70	83	153	9-Jul	Colombo, SRI
Daisy Tolugu	1982	SOL	78.80	65	80	145	26-Feb	Honiara, SOL
Tatenda Nyatsanza	1988	SCO	78.80	55	80	135	22-Oct	Oldbury, England, GBR
Lebona Hopolang	1989	RSA	79.65	70	---	---	6-Aug	Strand, RSA

NOTE: \* Fiji currently suspended from the Commonwealth.