

2012 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)
<i>Manueli Tulo *</i>	1990	FIJ	55.80	105	137	242	24-Feb	Mont Dore, NCL
Ranjit Kalgonga Chinchwade	1991	IND	55.92	105	135	240	24-Apr	Pyeongtaek, KOR
Apurba Chetia	1994	IND	55.94	105	130	235	16-Dec	New Delhi, IND
Zulhelmi Pisol	1993	MAS	56.00	105	130	235	10-Nov	Yangon, MYA
Abdullah Ghafoor	1986	PAK	55.80	101	133	234	27-Apr	Lahor, PAK
C.S.S.P. Wijesuriya	1984	SRI	55.96	100	132	232	22-Mar	Nepalgunj, NEP
Muhammad Shahzad	1990	PAK	56.00	102	130	232	27-Apr	Lahor, PAK
W.G.K. Bandara	1985	SRI	55.53	100	130	230	22-Mar	Nepalgunj, NEP
Rasaq Tanimowo	1992	NGR		97	130	227	28-Nov	Lagos, NGR
Mohamad Anas	1994	MAS		102	122	224	10-Jul	Pekan, MAS
Santa Aruna	1996	IND	55.90	96	127	223	10-Nov	Yangon, MYA
Vikram	1987	IND				222	26-Mar	New Delhi, IND
Moorayil Suresh Karthik	1992	IND	55.12	95	124	219	16-Dec	New Delhi, IND
Elson Brechtefield	1994	NRU	55.47	97	120	217	6-Jun	Apia, SAM
N. Srinu	1993	IND	55.64	98	119	217	16-Dec	New Delhi, IND
Taju Giwa	1992	NGR	55.20	96	120	216	29-Mar	Nairobi, KEN
Saqib Ali		PAK	55.54	97	118	215	27-Apr	Lahor, PAK
Mohammad Aineuddin	1994	BAN	55.26	98	116	214	30-Jan	Dammam, KSA
Muhammad Aznil Bidin	1994	MAS	55.95	95	118	213	10-Nov	Yangon, MYA
Gurpal Singh	1988	IND				212	26-Mar	New Delhi, IND
Muhamad Tramizi Abdullah	1987	MAS	55.65	90	120	210	24-Apr	Pyeongtaek, KOR
T.B.C. Lacchhanhima	1997	IND	55.07	91	117	208	13-Dec	New Delhi, IND
Monree Adonis	1988	RSA	55.40	90	118	208	29-Mar	Nairobi, KEN
Manoj Kumar M.	1995	IND	54.26	93	113	206	16-Dec	New Delhi, IND
Lou Guinares	1990	NZL	55.55	90	116	206	5-Oct	Auckland, NZL
Muhanad Hanif	1994	MAS	52.00	93	111	204	9-Jul	Pekan, MAS

62kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Dimitris Minasidis	1989	CYP	61.73	130	158	288	10-Apr	Antalya, CYP
Rustam Sarang	1988	IND	61.90	116	145	261	25-Apr	Pyeongtaek, KOR
Tuau Lapua Lapua	1991	TUV	61.70	115	145	260	9-Nov	Mont Dore, NCL
Daniel Koum Koum	1985	AUS	61.55	110	145	255	16-Jun	Brisbane, AUS
Ishtiaq Ghafoor	1976	PAK	61.80	113	142	255	27-Apr	Lahor, PAK
Elson Bretchfield	1994	NRU	61.85	114	140	254	7-Dec	Mont Dore, NCL
Dilli Senthamizh Selvan	1987	IND	61.79	113	140	253	22-Mar	Nepalgunj, NEP
Shola Fadodun	1992	NGR	61.25	110	140	250	30-Mar	Nairobi, KEN
Achyutananda Sahoo	1994	IND	61.81	109	140	249	16-Dec	New Delhi, IND
Kalu Kings		NGR		105	143	248	29-Nov	Lagos, NGR
Cestin Mballa Nke	1993	CMR	61.25	110	136	246	30-Mar	Nairobi, KEN
Ianne Guinares	1988	NZL	61.50	109	137	246	8-Dec	Christchurch, NZL
Charles Sseykaaka	1994	UGA	61.55	105	141	246	30-Mar	Nairobi, KEN
Vannara Be	1988	AUS	61.65	110	135	245	15-Dec	Melbourne, AUS
Mohd Dinie Akmal Lazat	1994	MAS		110	133	243	10-Jul	Pekan, MAS
Olawale Oredugba		NGR		105	136	241	29-Nov	Lagos, NGR
<i>Manueli Tulo *</i>	1990	FIJ	57.60	105	135	240	23-Mar	Melbourne, AUS
Morea Baru	1990	PNG	61.00	105	135	240	28-Jun	Port Moresby, PNG
S. Litanaarachchi	1991	SRI	61.79	114	126	240	22-Mar	Nepalgunj, NEP
Akshay Gaikwad	Yth	IND	61.55	107	131	238	13-Dec	New Delhi, IND
Mohammad Azril Huzairi Ramli	1995	MAS		106	132	238	10-Jul	Pekan, MAS
M. Anthony Raj	Jr	IND	60.63	105	132	237	16-Dec	New Delhi, IND
Christos Michaelas	1993	ENG	61.15	107	130	237	26-May	Derby, England, GBR
Tim Solomon		NGR		107	130	237	29-Nov	Lagos, NGR
S. Manivanan	Jr	IND	61.61	108	128	236	16-Dec	New Delhi, IND
Loro Welkinson	1995	MAS		106	130	236	10-Jul	Pekan, MAS

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ravi Kumar Katulu	1988	IND	68.82	141	170	311	26-Apr	Pyeongtaek, KOR
Mohd Hafifi Mansor	1990	MAS	68.85	133	172	305	26-Apr	Pyeongtaek, KOR
Francis Luna-Grenier	1987	CAN	68.67	130	162	292	2-Jun	La Prairie, CAN
Takenibeia Toromon	1992	KIR	68.70	130	162	292	7-Dec	Mont Dore, NCL
Garath Evans	1986	WAL	68.31	130	158	288	31-Jul	London, England, GBR
Otsili Greg Shushu	1980	RSA	68.95	125	160	285	1-Apr	Nairobi, KEN
Francois Etoundi	1984	AUS	68.95	127	157	284	16-Jun	Brisbane, AUS
Namechand Sunil Kumar	1989	IND	68.11	126	152	278	7-Jun	Apia, SAM
Francois Chenier	1990	CAN	68.91	125	153	278	15-Dec	Pointe-aux-Trembles, CAN
Nyuh Venatius	1988	CMR	68.10	120	155	275	1-Apr	Nairobi, KEN
Anton Sudesh Peiris	1985	SRI	68.91	120	155	275	26-Apr	Pyeongtaek, KOR
Dominic Lussier	1984	CAN	68.92	125	150	275	2-Jun	La Prairie, CAN
Shaun Clegg	1992	ENG	68.70	123	150	273	26-May	Derby, England, GBR
Sambo Lapung	1997	IND	68.56	118	147	265	13-Dec	New Delhi, IND
Mohd Fauzi Abdullah	1989	MAS		120	145	265	3-Apr	Kota Bahaur, MAS
David Adeyemo	1993	NGR		115	150	265	29-Nov	Lagos, NGR
Guy Ngongang	1995	CMR				265	19-Dec	Douala, CMR
Abukakas Jubril		NGR		117	147	264	29-Nov	Lagos, NGR
Akbar Ali		PAK	66.92	115	147	262	28-Apr	Lahor, PAK
Philippe Bibeau-Villiard	1987	CAN	69.00	114	148	262	31-Mar	Lachute, CAN
Mohammad Hisyamuddin Zuhalmi	1992	MAS		117	140	257	10-Jul	Pekan, MAS
K.S. Sai Krishna	1993	IND	67.39	118	138	256	17-Dec	New Delhi, IND
V. Arun Adaikalaraj	1992	IND	67.82	110	144	254	17-Dec	New Delhi, IND
Jagdish Vishwarma	1994	IND	68.97	108	146	254	17-Dec	New Delhi, IND
Abu Sufyan		PAK	66.92	107	146	253	28-Apr	Lahor, PAK
Jack Yohunna		NGR		111	142	253	29-Nov	Lagos, NGR
77kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Felix Ekpo	1981	NGR	76.25	151	181	332	1-Apr	Nairobi, KEN
Jack Oliver	1991	ENG	76.45	140	170	310	1-Aug	London, England, GBR
Sivalingam Sathish Kumar	1992	IND	76.72	139	165	304	26-Apr	Pyeongtaek, KOR
Jean-Baptiste Yanou-Ketchanke	1993	CMR				304	19-Dec	Douala, CMR
Abdul Mubin Rahim	1991	MAS		128	171	299	12-Jul	Pekan, MAS
Pascal Plamondon	1992	CAN	76.88	135	163	298	2-Jun	La Prairie, CAN
Toafitu Perive	1985	SAM	74.90	127	170	297	11-May	Apia, SAM
Bronco Deiranauw	1985	NRU	73.40	128	165	293	24-Mar	Melbourne, AUS
Halil Zorba	1988	ENG	76.60	122	170	292	28-Apr	Lilleshall, England, GBR
Ragala Venkat Rahul	1997	IND	76.65	133	155	288	10-Nov	Yangon, MYA
Muhammad Irfan Islam	1981	PAK	73.81	127	160	287	23-Mar	Nepalgunj, NEP
Vikas Thakur	1993	IND	76.50	130	156	286	7-Jun	Apia, SAM
Nahuradin Mahayudin	1984	MAS		125	161	286	3-Apr	Kota Baharu, MAS
Chris Chea	1985	ENG	75.60	125	159	284	21-Jan	San Francisco, USA
Bob Pesaleli	1992	SAM	75.90	122	162	284	30-Jun	Apia, SAM
Ben Turner	1984	AUS	75.10	121	161	282	25-Mar	Melbourne, AUS
Ibrahim Rabi		NGR		126	156	282	30-Nov	Lagos, NGR
<i>Paula Peniasi Taqua *</i>	1982	FIJ	75.80	125	155	280	30-Jun	Suva, FIJ
Zulkifli Che Rose	1985	MAS	76.75	125	155	280	26-Apr	Pyeongtaek, KOR
Ajaydeep Sarang	1989	IND	76.80	122	158	280	23-Mar	Nepalgunj, NEP
Shaun Clegg	1992	ENG	72.30	125	153	278	11-Feb	Bristol, England, GBR
Laurent Goyette-Demers	1990	CAN	76.97	122	155	277	2-Jun	La Prairie, CAN
Eric Emmanuel		NGR		122	155	277	30-Nov	Lagos, NGR
Seldum Mamodum		NGR		126	151	277	30-Nov	Lagos, NGR
Ika Aliklik	1985	NRU	75.96	125	150	275	7-Jun	Apia, SAM
Takinibeia Toromon	1992	KIR	70.25	120	155	275	24-Mar	Melbourne, AUS
Francois Etoundi	1984	AUS	76.45	125	150	275	21-Apr	Melbourne, AUS

85kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Richard Patterson	1983	NZL	84.70	155	190	345	28-Apr	Auckland, NZL
Steven Kari	1993	PNG	85.00	147	190	337	7-Dec	Mont Dore, NCL
Benedict Uloko	1984	NGR	83.70	150	185	335	2-Apr	Nairobi, KEN
Mathieu Marineau	1990	CAN	84.44	145	184	329	2-Jun	La Prairie, CAN
Paul Dumais	1991	CAN	84.93	145	175	320	8-Jun	Apia, SAM
Bryce Batchaya	1985	CMR	84.57	145	171	316	1-Feb	Dammam, KSA
Uati Maposua	1976	SAM	83.25	140	175	315	11-May	Apia, SAM
Gideon Aigbefoh		NGR		142	170	312	1-Dec	Lagos, NGR
Abdul Mubin Rahim	1991	MAS	78.82	141	170	311	27-Apr	Pyeongtaek, KOR
Malek Chamoun	1989	AUS	84.34	140	170	310	17-Nov	Sydney, AUS
Ika Aliklik	1985	NRU	78.60	135	165	300	26-Feb	Mont Dore, NCL
Pascal Plamondon	1992	CAN	80.35	135	165	300	24-Nov	L'Ancienne Lorette, CAN
Jean-Marc Beland	1984	CAN	80.90	135	165	300	12-May	La Prairie, CAN
David Minkoumba	1989	CMR	82.95	130	170	300	2-Apr	Nairobi, KEN
Saxon Gregory-Hunt	1993	NZL	84.30	133	165	298	6-Oct	Auckland, NZL
Jasvant Singh	1990	IND	84.74	135	160	295	27-Apr	Pyeongtaek, KOR
Salihu Abdulrahim		NGR		130	165	295	1-Dec	Lagos, NGR
Sonny Webster	1994	ENG	84.53	133	160	293	13-Apr	Antalya, TUR
Siaosi Leuio	1992	SAM	84.78	123	165	288	28-Jun	Apia, SAM
Caleb Symons	1982	NZL	85.00	124	164	288	6-Oct	Auckland, NZL
Darryl Conrad	1984	CAN	84.50	131	156	287	2-Jun	La Prairie, CAN
Laurent Goyette-Demers	1990	CAN	79.55	125	160	285	31-Mar	Lachute, CAN
Gabriel Filiatreault	1993	CAN	83.29	125	160	285	15-Dec	Pointe-aux-Trembles, CAN
David Samoyoa	1992	CAN	84.10	130	155	285	21-Jan	Toronto, CAN
Petunu Opeloge	1994	SAM	84.51	120	165	285	11-May	Apia, SAM

94kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
David Katoatau	1984	KIR	93.80	150	201	351	9-Nov	Mont Dore, NCL
Simplice Ribouem	1982	AUS	92.75	150	190	340	25-Mar	Melbourne, AUS
Faavae Faauliuli	1983	SAM	93.80	145	190	335	11-May	Apia, SAM
Chandrakant Dadu Mali	1987	IND	93.72	147	187	334	28-Apr	Pyeongtaek, KOR
Steven Kari	1993	PNG	89.55	145	188	333	17-Nov	Melbourne, AUS
Chris Ciancio	1984	AUS	90.85	150	180	330	25-Mar	Melbourne, AUS
Peter Kirkbride	1987	SCO	93.37	138	190	328	4-Aug	London, England, GBR
Andrew Ciancio	1978	NZL	93.50	145	177	322	26-May	Melbourne, AUS
Mathieu Marineau	1990	CAN	87.30	140	175	315	13-Oct	Lachute, CAN
Thomas Yule	1976	SCO	93.60	138	176	314	26-May	Derby, England, GBR
Jean Greeff	1990	RSA	93.32	137	176	313	4-Aug	London, England, GBR
Zac Grgurevic	1991	AUS	93.75	140	172	312	17-Nov	Melbourne, AUS
Mohammad Jameer Hussain	1993	IND	93.48	135	175	310	19-Dec	New Delhi, IND
Uati Maposua	1976	SAM	85.80	137	171	308	30-Jun	Apia, SAM
Owen Boxall	1990	ENG	91.30	138	170	308	26-May	Derby, England, GBR
Parveen Sharma	1992	IND	92.10	138	165	303	19-Dec	New Delhi, IND
Dalas Santavy	1972	CAN	93.95	135	168	303	2-Jun	La Prairie, CAN
Koliata Petelo	1992	SAM	92.87	131	170	301	30-Mar	Apia, SAM
Sonny Webster	1994	ENG	91.10	135	165	300	20-Oct	Bristol, England, GBR
Eric Chevrier	1970	CAN	93.88	137	163	300	2-Jun	La Prairie, CAN
Petunu Opeloge	1994	SAM	93.89	130	170	300	7-Dec	Apia, SAM
Justin H. Spencer	1981	CAN	93.89	132	168	300	15-Dec	Pointe-aux-Trembles, CAN
Bradley Burrowes	1979	ENG	86.40	135	160	295	11-Feb	Bristol, England, GBR
Malek Chamoun	1989	AUS	89.50	130	165	295	3-Aug	Sydney, AUS
Harinder Mahey	1991	CAN	87.56	133	161	294	2-Jun	La Prairie, CAN

105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Andrew Ciancio	1978	NZL	98.60	156	185	341	6-Oct	Auckland, NZL
Tovia Opeloge	1990	SAM	104.19	150	190	340	7-Dec	Apia, SAM
Mohanlal Syamlal	1989	IND	100.44	151	188	339	8-Jun	Apia, SAM
David Katoatau	1984	KIR	94.85	140	195	335	24-Mar	Melbourne, AUS
Meamea Thomas	1985	KIR	104.64	140	190	330	8-Jun	Apia, SAM
Victor Abilash Christopher	1986	IND	103.93	145	180	325	24-Mar	Nepalgunj, NEP
Ikwuagwi Ifeayin	1983	NGR	103.75	140	182	322	3-Apr	Nairobi, KEN
Tahir Ahmed		PAK	97.94	143	176	319	29-Apr	Lahor, PAK
Akos Sandor	1977	CAN	104.70	142	175	317	3-Nov	Scarborough, CAN
Robert Galsworthy	1989	AUS	104.88	141	176	317	8-Jun	Apia, SAM
Cory Coehoorn	1984	CAN	103.94	141	175	316	2-Jun	La Prairie, CAN
Gordon Laurie	1986	AUS	104.70	150	162	312	8-Dec	Christchurch, NZL
Geoffrey Yee	1990	CAN	98.77	136	175	311	31-Mar	Edmonton, CAN
Solomon Onyemaobi		NGR		145	166	311	2-Dec	Lagos, NGR
Ben Watson	1990	ENG	99.40	145	165	310	26-May	Derby, England, GBR
Jesse Martini	1980	CAN	104.05	140	170	310	26-May	Calgary, CAN
Akos Sandor	1977	CAN	104.80	140	170	310	18-Aug	Collingwood, CAN
Elisha Louis Tan Kim Ho	1992	MAS		142	165	307	15-Jul	Pekan, MAS
Sajid Rasool		PAK	103.08	140	166	306	29-Apr	Lahor, PAK
Ryan Meidl	1987	CAN	104.43	136	170	306	2-Jun	La Prairie, CAN
Zac Grgurevic	1991	AUS	97.00	135	170	305	18-Aug	Melbourne, AUS
Eric Grenier	1986	CAN	103.46	136	169	305	15-Dec	Pointe-aux-Trembles, CAN
Mudha Rajendra Chaitanya	1993	IND	94.30	134	166	300	11-Nov	Yangon, MYA
Justin Ott	1983	CAN	98.50	130	170	300	15-Dec	Vancouver, CAN
Gordon Shaw	1994	RSA	104.75	135	160	295	5-Oct	Bloemfontein, RSA

+105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
George Kobaladze	1976	CAN	132.48	172	220	392	2-Jun	La Prairie, CAN
Damon Kelly	1983	AUS	148.09	172	218	390	9-Jun	Apia, SAM
Itte Detenamo	1986	NRU	151.32	175	215	390	7-Aug	London, England, GBR
Parminder Phangura	1979	CAN	137.80	163	205	368	15-Dec	Vancouver, CAN
Frederic Fokejou Tefot	1979	CMR	132.74	160	202	362	7-Aug	London, England, GBR
Darius Jokarzadeh	1993	WAL	141.00	171	190	361	8-Dec	Eilat, ISR
Niusila Opeloge	1980	SAM	106.23	152	201	353	30-Mar	Apia, SAM
Tijjani Abdulhakeem	1987	NGR	111.55	146	191	337	3-Apr	Nairobi, KEN
Marc-Olivier Provost	1987	CAN	137.13	156	180	336	2-Jun	La Prairie, CAN
Riaan Smit	1982	RSA	120.75	150	181	331	30-Jun	Strand, RSA
Alexandros Kouvakas	1989	CAN	113.60	140	190	330	31-Mar	Lachute, CAN
Daniel Nemani	1981	NIU	140.35	150	180	330	6-Oct	Auckland, NZL
Tovia Opeloge	1991	SAM	105.90	140	185	325	11-May	Apia, SAM
Himanshu Kumar Chang	1992	IND	131.94	146	179	325	24-Mar	Nepalgunj, NEP
Victor Abilash Christopher	1986	IND	105.10	145	178	323	9-Jun	Apia, SAM
Mustaqeem Mahmood Buut	1991	PAK	126.91	145	175	320	24-Mar	Nepalgunj, NEP
Robert Galsworthy	1989	AUS	113.70	140	178	318	8-Dec	Christchurch, NZL
Mohamad Norfarhan Ideris	1992	MAS		135	181	316	15-Jul	Pekan, MAS
Jordan Steffens	1989	AUS	130.90	142	172	314	8-Dec	Christchurch, NZL
Matthew O'Brien	1990	CAN	158.30	144	170	314	3-Nov	Scarborough, CAN
Tevita Ngalu	1973	NZL	122.10	136	176	312	1-Dec	Auckland, NZL
Gordon Shaw	1994	RSA	110.70	145	165	310	25-Nov	Tunis, TUN
Joshua Quinn	1991	AUS	110.80	140	170	310	25-Feb	Melbourne, AUS
Joshua Martin	1984	CAN	127.94	140	170	310	24-Nov	Calgary, CAN
Rizwan Lodhi		PAK	121.20	140	165	305	29-Apr	Lahor, PAK

NOTE: * Fiji currently suspended from the Commonwealth.

2012 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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WOMEN: TOP-25 ABSOLUTE

48kg Category

	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Marilou Dozois-Prevost	1986	CAN	47.95	80	98	178	31-Mar	Lachute, CAN
Ngangbam Sonyia Chanu	1980	IND	47.70	75	100	175	24-Apr	Pyeongtaek, KOR
Augustina Nwokolo	1992	NGR	47.25	75	95	170	29-Mar	Nairobi, KEN
Saikhom Mirabai Chanu	1994	IND	47.80	74	94	168	10-Nov	Yangon, MYA
Khumukcham Sanjita Chanu	1994	IND	47.95	74	91	165	10-Nov	Yangon, MYA
Nkechi Okpara	1995	NGR		75	90	165	28-Nov	Lagos, NGR
Jessica Ruel	1991	CAN	47.96	72	87	159	15-Dec	Pointe-aux-Trembles, CAN
Vivian Lee	1978	AUS	47.85	65	89	154	16-Jun	Brisbane, AUS
Jo Calvino	1980	ENG	48.00	65	88	153	26-May	Deby, England, GBR
Numiada Nordin	1988	MAS	47.66	70	80	150	24-Apr	Pyeongtaek, KOR
Atom Sandhya Rani Devi	1980	IND				149	26-Mar	New Delhi, IND
Jegede Temidayo		NGR		63	85	148	28-Nov	Lagos, NGR
Hannah Powell	1992	ENG	44.20	63	82	145	26-May	Deby, England, GBR
Kathleen Hare	1988	PNG	47.80	67	77	144	30-Jun	Port Morseby, PNG
Grace Namayo		NGR		63	81	144	28-Nov	Lagos, NGR
Joti Mal	1996	IND	48.00	62	81	143	8-Nov	Yangon, MYA
Harshdeep Kaur	Jr	IND	47.12	62	80	142	16-Dec	New Delhi, IND
Meera Fakade	1992	IND	47.30	63	78	141	16-Dec	New Delhi, IND
Asha Rani		IND				141	26-Mar	New Delhi, IND
Dali Das	1993	IND	47.46	60	77	137	16-Dec	New Delhi, IND
Monalisha Sonowal	1995	IND	47.90	61	76	137	8-Nov	Yangon, MYA
Deepa Mehra	1990	IND				137	26-Mar	New Delhi, IND
Chandrika Tarafdar	1996	IND	43.61	58	77	135	16-Dec	New Delhi, IND
S. Sangeetha	Yth	IND	47.92	60	74	134	16-Dec	New Delhi, IND
Atom Indubala Chanu	1997	IND	47.37	60	73	133	6-Jun	Apia, SAM
M. Purnima		IND				133	5-Nov	Imphal, IND

53kg Category

	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Chinenye Fidelis	1993	NGR	52.50	87	115	202	31-Mar	Nairobi, KEN
Chika Amalaka		NGR	51.80	86	103	189	28-Nov	Lagos, NGR
Loa Dika Toua	1984	PNG	52.70	80	108	188	7-Dec	Mont Dore, NCL
Matsa Santoshi	1994	IND	51.49	78	103	181	16-Dec	New Delhi, IND
Bose Sunday		NGR		75	102	177	28-Nov	Lagos, NGR
Tikina Gopal	1980	IND	52.74	76	95	171	25-Apr	Pyeongtaek, KOR
Azizah Fadzil	1991	MAS	52.05	75	95	170	25-Apr	Pyeongtaek, KOR
Jessica Ruel	1991	CAN	52.97	75	93	168	3-Jun	La Prairie, CAN
Joke Mufuli Bankole	1994	NGR		72	95	167	28-Nov	Lagos, NGR
Sharifah Inani Najwa Anuar	1990	MAS	52.51	70	95	165	25-Apr	Pyeongtaek, KOR
Socheata Be	1989	AUS	52.70	75	86	161	15-Dec	Melburne, AUS
Portia Vries	1984	RSA	52.55	69	91	160	30-Jun	Strand, RSA
Vivian Lee	1978	AUS	49.95	68	91	159	14-Jul	Melburne, AUS
Katila Venkata Lakshmi	1993	IND	52.40	68	91	159	16-Dec	New Delhi, IND
Anju Chauhan	1992	IND	52.32	67	91	158	16-Dec	New Delhi, IND
Pramila Krisani	1996	IND	51.45	67	90	157	16-Dec	New Delhi, IND
Tali Darsigny	1998	CAN	53.00	70	87	157	5-May	Saint-Hyacinthe, CAN
Jo Calvino	1980	ENG	52.78	63	89	152	1-Dec	London, England, GBR
Dominic Ukamoka		NGR		70	82	152	28-Nov	Lagos, NGR
Reena	Jr	IND	52.03	65	85	150	16-Dec	New Delhi, IND
Khan Gembam Bidyabati Chanu	1994	IND	52.62	66	84	150	16-Dec	New Delhi, IND
Margaret Abikphi		NGR		65	85	150	28-Nov	Lagos, NGR
Phillipa Hale	1984	NZL	51.80	69	80	149	23-Jun	Auckland, NZL
Menu Tajo	1994	IND	52.65	62	87	149	10-Nov	Yangon, MYA
Zayanda Mjezu	1992	RSA	52.85	63	84	147	31-Mar	Nairobi, KEN

58kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Zoe Smith	1994	ENG	57.97	90	121	211	30-Jul	London, England, GBR
Annie Monique	1990	CAN	57.97	89	112	201	3-Jun	La Prairie, CAN
Margaret Uwah	1983	NGR	57.25	85	106	191	1-Apr	Nairobi, KEN
<i>Maria Liku *</i>	1990	<i>FIJ</i>	<i>57.39</i>	<i>84</i>	<i>104</i>	<i>188</i>	<i>6-Jun</i>	<i>Apia, SAM</i>
Seen Lee	1982	AUS	57.70	84	104	188	16-Jun	Brisbane, AUS
Nididi Winifred Eze	1988	NGR		82	104	186	29-Nov	Lagos, NGR
Maureen Igbinevobo		NGR		80	105	185	29-Nov	Lagos, NGR
Jenlyn Tegu Wini	1983	SOL	57.20	75	106	181	9-Nov	Mont Dore, NCL
Isabelle Despres	1980	CAN	57.72	80	100	180	15-Dec	Pointe-aux-Trembles, CAN
Chinyere Onati		NGR		81	96	177	29-Nov	Lagos, NGR
Minati Sethi	1990	IND	57.50	76	100	176	26-Apr	Pyeongtaek, KOR
Franceay Titus	1991	MAS		81	95	176	11-Jul	Pekan, MAS
Myriam Ghekap Wafo	1994	CMR	56.80	75	97	172	1-Apr	Nairobi, KEN
Tali Darsigny	1998	CAN	57.71	77	95	172	24-Nov	L'Ancienne Lorette, CAN
Shireesha Kopparthi	1993	IND	57.95	74	98	172	11-Nov	Yangon, MYA
Helen Jewell	1988	ENG	57.95	77	93	170	26-May	Derby, England, GBR
Nameirakpam Sumanballa Devi	1992	IND	57.20	72	97	169	11-Nov	Yangon, MYA
Harjeet Kour	1994	IND	53.60	73	95	168	17-Dec	New Delhi, IND
Ruby Malvina	1984	SEY	56.95	73	95	168	1-Apr	Nairobi, KEN
Mona Pretorius	1988	RSA	57.45	75	93	168	1-Apr	Nairobi, KEN
Camille Leblanc-Bazinet	1988	CAN	57.95	76	91	167	11-Feb	Brisbane, AUS
K. Shireesha	1993	IND	56.83	72	93	165	17-Dec	New Delhi, IND
L. Gyanlaxmi Devi	Jr	IND	57.70	71	93	164	17-Dec	New Delhi, IND
Socheata Be	1989	AUS	53.80	73	90	163	14-Jul	Melbourne, AUS
Marie-Julie Malboeuf	1994	CAN	57.76	75	88	163	24-Nov	L'Ancienne Lorette, CAN
Arianne Blais	1995	CAN	57.82	74	89	163	21-Jan	Toronto, CAN
63kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN	62.87	103	133	236	31-Jul	London, England, GBR
Obiama Agatha Okoli	1992	NGR	61.60	95	120	215	1-Apr	Nairobi, KEN
Caroline Okonkwo		NGR		96	118	214	30-Nov	Lagos, NGR
Victoria Oluwatoyin Adesanmi		NGR		95	117	212	30-Nov	Lagos, NGR
Zoe Smith	1994	ENG	60.60	94	117	211	26-May	Derby, England, GBR
Joy Chima		NGR	58.80	87	116	203	30-Nov	Lagos, NGR
Marie-Josophe Fegue	1991	CMR	61.85	92	110	202	1-Apr	Nairobi, KEN
Vandana Gupta	1994	IND	61.54	82	108	190	17-Dec	New Delhi, IND
Seen Lee	1982	AUS	59.65	83	103	186	31-Jul	London, England, GBR
Emily Godley	1989	ENG	62.50	82	103	185	12-Apr	Antalya, TUR
<i>Maria Liku *</i>	1990	<i>FIJ</i>	<i>61.45</i>	<i>82</i>	<i>100</i>	<i>182</i>	<i>31-Jul</i>	<i>London, England, GBR</i>
Kristel Ngarlem	1995	CAN	63.00	78	100	178	3-Jun	La Prairie, CAN
Rajwant Kaur	1987	IND	62.49	72	103	175	26-Apr	Pyeongtaek, KOR
Rachel Siemens	1989	CAN	62.50	73	102	175	15-Dec	Vancouver, CAN
Jasvir Kaur	1993	IND	62.12	77	97	174	17-Dec	New Delhi, IND
Seeta Kumari Jena	1987	IND	59.84	73	100	173	26-Apr	Pyeongtaek, KOR
Rosemary Ekah		NGR		77	95	172	30-Nov	Lagos, NGR
Rakhi Haldar	1993	IND	61.65	74	97	171	17-Dec	New Delhi, IND
Poonam Yadav	1994	IND	61.72	75	95	170	17-Dec	New Delhi, IND
Jacque White	1982	AUS	62.90	77	93	170	15-Dec	Melbourne, AUS
Swarupa Purty	1993	IND	58.89	75	93	168	17-Dec	New Delhi, IND
Rebekah Tiler	1999	ENG	62.75	73	95	168	4-Nov	Ellesmere Port, England, GBR
Myriam Ghekap Wafo	1994	CMR				168	18-Dec	Douala, CMR
Arianne Blais	1995	CAN	61.27	79	88	167	24-Nov	L'Ancienne Lorette, CAN
Jillian Halligan	1975	CAN	62.90	70	97	167	31-Mar	Edmonton, CAN
Filicia Muyat	1991	MAS		73	92	165	13-Jul	Pekan, MAS

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN	67.80	107	136	243	1-Jul	Surrey, CAN
Marie-Eve Beauchemin-Nadeau	1988	CAN	68.85	106	134	240	31-Mar	Lachute, CAN
Laishram Monika Devi	1983	IND	68.75	98	117	215	28-Apr	Pyeongtaek, KOR
Marie-Josophe Fegue	1991	CMR				215	19-Dec	Douala, CMR
Natasha Perdue	1975	WAL	68.20	98	115	213	5-May	Holyhead, Wales, GBR
Valerie Lefebvre	1990	CAN	67.30	95	115	210	31-Mar	Lachute, CAN
Marie-Josée Ares-Pilon	1982	CAN	68.40	95	115	210	31-Mar	Lachute, CAN
Janet Georges	1979	SEY	68.30	94	114	208	2-Apr	Nairobi, KEN
Oluwatoyin Adesanmi	1992	NGR	64.75	90	115	205	2-Apr	Nairobi, KEN
Musa Belikisu Otiameh		NGR		87	112	199	30-Nov	Lagos, NGR
Vanessa Lui	1991	SAM	68.98	87	109	196	7-Dec	Apia, SAM
Mary Orji		NGR		86	108	194	30-Nov	Lagos, NGR
Sushila Panwar	1993	IND	67.95	91	102	193	18-Dec	New Delhi, IND
Kristel Ngarlem	1995	CAN	66.23	84	108	192	24-Nov	L'Ancienne Lorette, CAN
Manu Ah Khuoi	1982	SAM	68.95	85	107	192	11-May	Apia, SAM
Taiwo Osiju		NGR		80	105	185	30-Nov	Lagos, NGR
Emily Godley	1989	ENG	64.41	82	101	183	1-Dec	London, Enmglnd, GBR
Katelynn Williams	1987	CAN	67.40	80	102	182	18-Aug	Lake Country, CAN
Mercy Obiero	1978	KEN	67.85	76	105	181	1-Aug	London, Enmglnd, GBR
Michele St-Pierre	1992	CAN	68.74	81	100	181	15-Dec	Pointe-aux-Trembles, CAN
Dora Abotsi	1991	GHA	67.95	80	100	180	2-Apr	Nairobi, KEN
Guba Hale	1986	PNG	68.80	80	100	180	26-Feb	Port Morseby, PNG
Georgina Black	1989	SCO	68.80	80	100	180	24-Mar	Leeds, England, GBR
Caroline Beaulieu	1992	CAN	68.87	83	97	180	27-Oct	Huntingdon, CAN
Hepline Iro	1992	SOL	66.00	77	99	176	26-Feb	Honiara, SOL

75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Madias Nzesso	1992	CMR	74.55	115	131	246	3-Aug	London, England, GBR
Mary Opeloge	1992	SAM	74.82	111	135	246	7-Dec	Apia, SAM
Marie-Eve Beauchemin-Nadeau	1988	CAN	73.20	103	135	238	30-Jun	Surrey, CAN
Gaelle Nayo-Ketchanke	1988	CMR	71.65	100	130	230	3-Mar	Quimper, FRA
Jeanne Lassen	1980	CAN	74.82	101	126	227	31-Mar	Edmonton, CAN
Johanie Filiatreault	1993	CAN	74.79	93	128	221	15-Dec	Pointe-aux-Trembles, CAN
Bilikis Otunla	1994	NGR	71.45	97	120	217	2-Apr	Nairobi, KEN
Jenna Myers	1986	AUS	74.58	96	115	211	8-Jun	Apia, SAM
Prabdeep Sanghera	1993	CAN	73.40	92	110	202	30-Jun	Surrey, CAN
Christine Girard	1985	CAN	69.80	88	113	201	20-Oct	Toulon, FRA
Katelyn Williams	1987	CAN	73.11	90	111	201	3-Jun	La Prairie, CAN
Bernice Egbo		NGR		83	115	198	1-Dec	Lagos, NGR
Joke Oloruntoba		NGR		88	110	198	1-Dec	Lagos, NGR
Manu Ah Khuoi	1982	SAM	70.56	85	110	195	30-Jun	Apia, SAM
Abaobi Onyia		NGR		85	110	195	1-Dec	Lagos, NGR
<i>Apolonia Vaivai *</i>	<i>1991</i>	<i>FIJ</i>	<i>74.13</i>	<i>86</i>	<i>107</i>	<i>193</i>	<i>8-Jun</i>	<i>Apia, SAM</i>
Vanessa Lui	1991	SAM	69.80	85	104	189	30-Jun	Apia, SAM
Carolyne Beaulieu	1992	CAN	70.22	83	100	183	24-Nov	L'Ancienne Lorette, CAN
Georgina Black	1989	SCO	69.45	80	100	180	26-May	Derby, England, GBR
Intan Ayuni Abdullah	1992	MAS		77	100	177	14-Jul	Pekan, MAS
Kara Doherty (Yessie)	1982	CAN	74.79	78	98	176	30-Nov	Palm Springs, USA
Chantel Lambrechts	1990	NZL	73.75	76	99	175	8-Jun	Apia, SAM
Alberta Ampomoh	1994	GHA	74.00	73	100	173	2-Apr	Nairobi, KEN
Sandi Klempner	1983	CAN	74.70	75	98	173	15-Dec	Saskatoon, CAN
Nor Khasida Halim	1991	MAS		73	99	172	14-Jul	Pekan, MAS
Elena Palamara	1986	AUS	69.32	76	94	170	27-Oct	Sydney, NSW
Tasha Williams	1973	NZL	72.40	70	100	170	28-Apr	Wellington, NZL

+75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Mariam Usman	1990	NGR	121.80	125	156	281	3-Apr	Nairobi, KEN
Ele Opeloge	1985	SAM	120.60	120	152	272	30-Jun	Apia, SAM
Tracey Lambrechts	1985	NZL	101.00	108	133	241	23-Jun	Auckland, NZL
Mary Opeloge	1992	SAM	78.40	107	125	232	6-Oct	Auckland, NZL
Johanie Filiatreault	1993	CAN	79.66	102	128	230	27-Oct	Huntingdon, CAN
Jeanne Lassen	1980	CAN	79.00	101	126	227	11-Feb	Auckland, NZL
Iuniarra Simanu	1993	SAM	105.60	100	125	225	11-May	Apia, SAM
Jenna Myers	1986	AUS	84.35	101	122	223	21-Apr	Sorell, AUS
Deborah Acason	1983	AUS	88.74	103	120	223	9-Jun	Apia, SAM
Nurjannah Batrisya Abdullah	1990	MAS	106.50	100	121	221	29-Apr	Pyeongtaek, KOR
Gbemisola Yusuf		NGR		96	117	213	2-Dec	Lagos, NGR
Comfort Nye		NGR		92	115	205	2-Dec	Lagos, NGR
Janet Georges	1979	SEY		91	112	203	10-Mar	Victoria, SEY
Kaitlyn Fassina	1990	AUS	90.02	91	110	201	24-Nov	Launceston, AUS
Belinda van Tienen	1986	AUS	88.35	86	111	197	15-Dec	Melbourne, AUS
Prabdeep Sanghera	1993	CAN	75.30	90	105	195	15-Dec	Vancouver, CAN
Beky Johnson		NGR		87	108	195	2-Dec	Lagos, NGR
<i>Apolonia Vaivai *</i>	<i>1991</i>	<i>FIJ</i>	<i>76.00</i>	<i>84</i>	<i>105</i>	<i>189</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Shalinee Valaydon	1986	MRI	110.45	83	104	187	3-Apr	Nairobi, KEN
Munni	1995	IND	77.60	83	103	186	19-Dec	New Delhi, IND
Becky Namusoke	1990	UGA	92.70	82	103	185	3-Apr	Nairobi, KEN
Keisha-Dean Soffe	1982	NZL	143.10	82	103	185	28-Apr	Auckland, NZL
Kate Linford	1987	AUS	106.05	83	100	183	15-Dec	Melbourne, AUS
Luisa Peters	1993	COK	88.58	82	100	182	5-Aug	London, England, GBR
Kelly McGillis	1996	CAN	109.10	81	100	181	1-Dec	Toronto, CAN
Marie-Pier Hinse	1989	CAN	95.71	78	100	178	27-Oct	Huntingdon, CAN
Victoria Johnson		NGR		83	95	178	2-Dec	Lagos, NGR

NOTE: * Fiji currently suspended from the Commonwealth.

2012 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)
<i>Manueli Tulo *</i>	1990	FIJ	55.80	105	137	242	24-Feb	Mont Dore, NCL
Ranjit Kalgonga Chinchwade	1991	IND	55.92	105	135	240	24-Apr	Pyeongtaek, KOR
Zulhelmi Pisol	1993	MAS	56.00	105	130	235	10-Nov	Yangon, MYA
Abdullah Ghafoor	1986	PAK	55.80	101	133	234	27-Apr	Lahor, PAK
C.S.S.P. Wijesuriya	1984	SRI	55.96	100	132	232	22-Mar	Nepalgunj, NEP
Rasaq Tanimowo	1992	NGR		97	130	227	28-Nov	Lagos, NGR
Elson Brechtefield	1994	NRU	55.47	97	120	217	6-Jun	Apia, SAM
Mohammad Aineuddin	1994	BAN	55.26	98	116	214	30-Jan	Dammam, KSA
Monree Adonis	1988	RSA	55.40	90	118	208	29-Mar	Nairobi, KEN
Lou Guinares	1990	NZL	55.55	90	116	206	5-Oct	Auckland, NZL
Fred Oala	1996	PNG	55.31	80	108	188	6-Jun	Apai, SAM
Alex Bellemarre	1998	CAN	55.44	84	100	184	24-Nov	L'Ancienne Lorette, CAN
David Hockings	1991	AUS	55.95	83	100	183	23-Mar	Melbourne, AUS
Benson Eytan	1985	ENG	55.80	70	90	160	26-May	Derby, England, GBR
Faruk Kyambadde	1996	UGA	56.00	61	87	148	30-Jan	Nairobi, KEN
Allen Solo	1997	SOL	56.00	60	80	140	26-Feb	Honiara, SOL
Robert Smith	1995	SCO	54.20	63	75	138	16-Sep	Pitlochry, Scotland, GBR
James Ndundu	1993	KEN	55.52	60	77	137	30-Jan	Nairobi, KEN
Ruben Katoatau	1997	KIR	53.90	59	72	131	30-Jun	Tarawa, KIR
Miguel Grixti	1999	MLT	55.59	37	42	79	30-Jun	Valetta, MLT
Sam Henderson	1997	WAL	46.80	30	45	75	5-May	Holyhead, Wales, GBR
Ramil Vinda		SEY		35	40	75	8-Dec	Victoria, SEY

62kg Category

	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Dimitris Minasidis	1989	CYP	61.73	130	158	288	10-Apr	Antalya, CYP
Rustam Sarang	1988	IND	61.90	116	145	261	25-Apr	Pyeongtaek, KOR
Tuau Lapua Lapua	1991	TUV	61.70	115	145	260	9-Nov	Mont Dore, NCL
Daniel Koum Koum	1985	AUS	61.55	110	145	255	16-Jun	Brisbane, AUS
Ishtiaq Ghafoor	1976	PAK	61.80	113	142	255	27-Apr	Lahor, PAK
Elson Bretchfield	1994	NRU	61.85	114	140	254	7-Dec	Mont Dore, NCL
Shola Fadodun	1992	NGR	61.25	110	140	250	30-Mar	Nairobi, KEN
Cestin Mballa Nke	1993	CMR	61.25	110	136	246	30-Mar	Nairobi, KEN
Ianne Guinares	1988	NZL	61.50	109	137	246	8-Dec	Christchurch, NZL
Charles Sseykaaka	1994	UGA	61.55	105	141	246	30-Mar	Nairobi, KEN
Mohd Dinie Akmal	1994	MAS		110	133	243	10-Jul	Pekan, MAS
<i>Manueli Tulo *</i>	1990	FIJ	57.60	105	135	240	23-Mar	Melbourne, AUS
Morea Baru	1990	PNG	61.00	105	135	240	28-Jun	Port Moresby, PNG
S. Litanaarachchi	1991	SRI	61.79	114	126	240	22-Mar	Nepalgunj, NEP
Christos Michaelas	1993	ENG	61.15	107	130	237	26-May	Derby, England, GBR
Ramoaka Brown	1988	SOL	61.00	97	135	232	26-Feb	Honiara, SOL
Luwellyne Phillips	1988	RSA	61.05	100	125	225	30-Mar	Nairobi, KEN
Nicolas Vachon	1996	CAN	61.80	99	125	224	24-Nov	L'Ancienne Lorette, CAN
Simul Kanti Singha	1986	BAN	61.49	102	118	220	22-Mar	Nepalgunj, NEP
Daniel Darko	1986	GHA	61.45	87	115	202	30-Mar	Nairobi, KEN
Rick Confiance	1994	SEY		90	110	200	8-Dec	Victoria, SEY
Fusakichi Fukuyama	1996	KIR	61.43	80	107	187	6-Jun	Apia, SAM
Julius Mogire	1993	KEN	60.95	85	100	185	30-Mar	Nairobi, KEN
Steven McMichael	1984	SCO	59.20	78	100	178	31-Mar	Glasgow, Scotland, GBR
John Muliano	1993	SAM	60.90	70	90	160	30-Jun	Apia, SAM
Selimoti Unga	1993	TGA	61.93	65	85	150	6-Jun	Apia, SAM
Luca Vella	1998	MLT	61.24	21	26	47	30-Jun	Valetta, MLT

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Ravi Kumar Katulu	1988	IND	68.82	141	170	311	26-Apr	Pyeongtaek, KOR
Mohd Hafifi Mansor	1990	MAS	68.85	133	172	305	26-Apr	Pyeongtaek, KOR
Francis Luna-Grenier	1987	CAN	68.67	130	162	292	2-Jun	La Prairie, CAN
Takenibeia Toromon	1992	KIR	68.70	130	162	292	7-Dec	Mont Dore, NCL
Garath Evans	1986	WAL	68.31	130	158	288	31-Jul	London, England, GBR
Otsili Greg Shushu	1980	RSA	68.95	125	160	285	1-Apr	Nairobi, KEN
Francois Etoundi	1984	AUS	68.95	127	157	284	16-Jun	Brisbane, AUS
Nyuh Venatius	1988	CMR	68.10	120	155	275	1-Apr	Nairobi, KEN
Anton Sudesh Peiris	1985	SRI	68.91	120	155	275	26-Apr	Pyeongtaek, KOR
Shaun Clegg	1992	ENG	68.70	123	150	273	26-May	Derby, England, GBR
David Adeyemo	1993	NGR		115	150	265	29-Nov	Lagos, NGR
Akbar Ali		PAK	66.92	115	147	262	28-Apr	Lahor, PAK
Elson Brechtefeld	1994	NRU	63.10	110	140	250	9-Nov	Mont Dore, NCL
Craig Carfray	1992	SCO	68.80	108	138	246	26-May	Derby, England, GBR
Vester Villalon	1991	NZL	66.70	107	137	244	28-Apr	Christchurch, NZL
Toua Udia	1992	PNG	68.00	105	140	245	26-Feb	Port Morseby, PNG
<i>Tevita Tawai *</i>	1992	<i>FIJ</i>	<i>69.00</i>	<i>105</i>	<i>140</i>	<i>245</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Ian Rose	1981	SEY	68.05	105	135	240	1-Apr	Nairobi, KEN
Tuau Lapua Lapua	1991	TUV	63.75	107	132	239	23-Mar	Melbourne, AUS
Seth Fetrie	1991	GHA	68.70	100	137	237	1-Apr	Nairobi, KEN
Brien Best	1996	BAR	66.50	97	125	222	20-Sep	Kosice, SVK
Mohammad Abdul Kalam	1986	BAN	68.03	100	120	220	31-Jan	Dammam, KSA
Jamil Loubika	1997	UGA	64.30	95	123	218	23-Nov	Tunis, Tunisia
James Ochieng	1984	KEN	68.70	96	122	218	1-Apr	Nairobi, KEN
Billy Walter	1989	SOL	66.00	95	120	215	26-Jun	Honiara, SOL
Mathew Tolo	1989	TGA	67.00	80	115	205	22-Nov	Nuku'alofa, TGA
Faitamai Aliu	1994	SAM	63.79	77	110	187	7-Dec	Apia, SAM
Sam Saapunki	1994	MLT	66.03	55	66	121	30-Jun	Valetta, MLT
77kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Felix Ekpo	1981	NGR	76.25	151	181	332	1-Apr	Nairobi, KEN
Jack Oliver	1991	ENG	76.45	140	170	310	1-Aug	London, England, GBR
Sivalingam Sathish Kumar	1992	IND	76.72	139	165	304	26-Apr	Pyeongtaek, KOR
Jean-Baptiste Yanou-Ketchanke	1993	CMR				304	19-Dec	Douala, CMR
Abdul Mubin Rahim	1991	MAS		128	171	299	12-Jul	Pekan, MAS
Pascal Plamondon	1992	CAN	76.88	135	163	298	2-Jun	La Prairie, CAN
Toafitu Perive	1985	SAM	74.90	127	170	297	11-May	Apia, SAM
Bronco Deiranauw	1985	NRU	73.40	128	165	293	24-Mar	Melbourne, AUS
Muhammad Irfan Islam	1981	PAK	73.81	127	160	287	23-Mar	Nepalgunj, NEP
Ben Turner	1984	AUS	75.10	121	161	282	25-Mar	Melbourne, AUS
<i>Paula Peniasi Taqua *</i>	1982	<i>FIJ</i>	<i>75.80</i>	<i>125</i>	<i>155</i>	<i>280</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Takinibeia Toromon	1992	KIR	70.25	120	155	275	24-Mar	Melbourne, AUS
Graeme Kane	1988	SCO	76.90	120	150	270	3-Nov	Kilmarnock, Scotland, GBR
Mathew Madsen	1991	NZL	75.00	110	155	265	23-Jun	Auckland, NZL
Lyle Du Plooy	1988	RSA	74.85	117	141	258	30-Jun	Strand, RSA
David Gorosi	1988	SOL	76.00	112	145	257	26-Feb	Honiara, SOL
Ilaniume Finau	1986	TGA	76.46	110	145	255	7-Jun	Apia, SAM
Wayne Healy	1976	NIR	72.50	105	145	250	6-Oct	Bangor, Wales, GBR
Nii Darku Doodoo	1987	GHA	74.85	100	150	250	1-Apr	Nairobi, KEN
Kalidi Batuusa	1986	UGA	76.05	115	135	250	31-Jan	Dammam, KSA
P.K.N. Dayan	1980	SRI	76.23	100	140	240	23-Mar	Nepalgunj, NEP
Rodmar Pulis	1994	MLT	76.25	98	127	225	1-Dec	London, England, GBR
Md Foyjer Ali	1989	BAN	70.40	95	110	205	31-Jan	Dammam, KSA
Derek Come	Yth	SEY		89	105	194	20-Oct	Reunion, FRA
Udu Heni	1974	PNG	73.15	80	105	185	7-Jun	Apia, SAM
Gwilym Pari	1995	WAL	72.85	80	100	180	6-Oct	Bangor, Wales, GBR
Arthur Oyim	1985	KEN	75.35	110	---	---	1-Apr	Nairobi, KEN

85kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Richard Patterson	1983	NZL	84.70	155	190	345	28-Apr	Auckland, NZL
Steven Kari	1993	PNG	85.00	147	190	337	7-Dec	Mont Dore, NCL
Benedict Uloko	1984	NGR	83.70	150	185	335	2-Apr	Nairobi, KEN
Mathieu Marineau	1990	CAN	84.44	145	184	329	2-Jun	La Prairie, CAN
Bryce Batchaya	1985	CMR	84.57	145	171	316	1-Feb	Dammam, KSA
Uati Maposua	1976	SAM	83.25	140	175	315	11-May	Apia, SAM
Abdul Mubin Rahim	1991	MAS	78.82	141	170	311	27-Apr	Pyeongtaek, KOR
Malek Chamoun	1989	AUS	84.34	140	170	310	17-Nov	Sydney, AUS
Ika Aliklik	1985	NRU	78.60	135	165	300	26-Feb	Mont Dore, NCL
Jasvant Singh	1990	IND	84.74	135	160	295	27-Apr	Pyeongtaek, KOR
Sonny Webster	1994	ENG	84.53	133	160	293	13-Apr	Antalya, TUR
Duke Onguti Machaka	1993	KEN	83.20	120	160	280	2-Apr	Nairobi, KEN
Terrence Dixie	1983	SEY		125	155	280	8-Dec	Victoria, SEY
Alexandros Amanatidis	1987	CYP	81.80	120	156	276	13-Apr	Antalya, TUR
Habib Asghar		PAK	78.38	120	150	270	28-Apr	Lahor, PAK
<i>Mesake Raiviu *</i>	<i>1990</i>	<i>FIJ</i>	<i>81.70</i>	<i>120</i>	<i>145</i>	<i>265</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Dale Cree	1992	SCO	83.20	118	143	261	26-May	Derby, England, GBR
Taubena Tatonga	1990	KIR	79.80	115	140	255	26-Feb	Tarawa, KIR
Majeti Fetrie	1974	GHA	82.65	112	140	252	2-Apr	Nairobi, KEN
Kermit Tieties	1993	RSA	82.25	105	130	235	30-Jun	Strand, RSA
Sade Fiu	1972	SOL	82.00	100	132	232	26-Feb	Honiara, SOL
Ross Miller		WAL	82.20	107	122	229	1-Dec	London, England, GBR
Jean Pierrot	1996	MRI	80.95	95	120	215	2-Apr	Nairobi, KEN
Yeow Ng Choon	1993	SIN	82.70	95	120	215	8-Jun	Apia, SAM
Jovan Reljic	1987	MLT	81.35	90	115	205	30-Jun	Valetta, MLT
Feofani Sese Jr	1990	TGA	84.00	80	105	185	22-Nov	Nuku'alofa, TGA
C.T.J.N. Perera	1983	SRI	83.75	---	145	---	23-Mar	Nepalgunj, NEP
94kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
David Katoatau	1984	KIR	93.80	150	201	351	9-Nov	Mont Dore, NCL
Simplice Ribouem	1982	AUS	92.75	150	190	340	25-Mar	Melbourne, AUS
Faavae Faauliuli	1983	SAM	93.80	145	190	335	11-May	Apia, SAM
Chandrakant Dadu Mali	1987	IND	93.72	147	187	334	28-Apr	Pyeongtaek, KOR
Steven Kari	1993	PNG	89.55	145	188	333	17-Nov	Melbourne, AUS
Peter Kirkbride	1987	SCO	93.37	138	190	328	4-Aug	London, England, GBR
Andrew Ciancio	1978	NZL	93.50	145	177	322	26-May	Melbourne, AUS
Mathieu Marineau	1990	CAN	87.30	140	175	315	13-Oct	Lachute, CAN
Jean Greeff	1990	RSA	93.32	137	176	313	4-Aug	London, England, GBR
Owen Boxall	1990	ENG	91.30	138	170	308	26-May	Derby, England, GBR
Usman Amjad Rathore	1987	PAK	87.90	135	157	292	28-Apr	Lahor, PAK
<i>Josefa Vueti *</i>	<i>1979</i>	<i>FIJ</i>	<i>93.30</i>	<i>125</i>	<i>165</i>	<i>290</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Ku Azarul Othman	1994	MAS		130	152	282	14-Jul	Pekan, MAS
Charles Simeon	1982	SEY		115	160	275	8-Dec	Victoria, SEY
Abdulla A.L. Mumin	1983	BAN	89.76	120	151	271	1-Feb	Dammam, KSA
Val-John Starr	1989	NRU	87.00	115	155	270	30-Jun	NRU
R.M.R.R. Samarasekara	1985	SRI	85.55	117	152	269	24-Mar	Nepalgunj, NEP
Jake Davies	1994	WAL	91.57	120	145	265	1-Dec	London, England, GBR
Godfrey Baligeya	1987	UGA	92.26	110	150	260	1-Feb	Dammam, KSA
Pala Molisa	1979	VAN	88.91	100	130	230	8-Jun	Apia, SAM
Christopher Vea	1992	TGA	93.02	100	125	225	8-Jun	Apia, SAM
Aaron Small	1987	NIR	94.00	100	125	225	17-Nov	Jordanstown, Northern Ireland,
Noel Coleiro	1974	MLT	88.10	80	100	180	30-Jun	Valetta, MLT
Friday Olushola	1990	NGR	92.25	149	---	---	2-Apr	Nairobi, KEN

105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Andrew Ciancio	1978	NZL	98.60	156	185	341	6-Oct	Auckland, NZL
Tovia Opeloge	1990	SAM	104.19	150	190	340	7-Dec	Apia, SAM
Mohanlal Syamlal	1989	IND	100.44	151	188	339	8-Jun	Apia, SAM
David Katoatau	1984	KIR	94.85	140	195	335	24-Mar	Melbourne, AUS
Ikwuagwi Ifeayin	1983	NGR	103.75	140	182	322	3-Apr	Nairobi, KEN
Tahir Ahmed		PAK	97.94	143	176	319	29-Apr	Lahor, PAK
Robert Galsworthy	1989	AUS	104.88	141	176	317	8-Jun	Apia, SAM
Cory Coehoorn	1984	CAN	103.94	141	175	316	2-Jun	La Prairie, CAN
Ben Watson	1990	ENG	99.40	145	165	310	26-May	Derby, England, GBR
Elisha Louis Tan Kim Ho	1992	MAS		142	165	307	15-Jul	Pekan, MAS
Gordon Shaw	1994	RSA	104.75	135	160	295	5-Oct	Bloemfontein, RSA
Ferdinand Ngongang	1977	CMR	96.40	130	156	286	3-Apr	Nairobi, KEN
Callum Downie	1990	SCO	97.00	121	156	277	15-Dec	Glasgow, Scotland, GBR
Michael Maomasi	1993	SOL	104.00	120	147	267	26-Feb	Honiara, SOL
Nii Otoo Larkyne	1995	GHA	100.20	117	150	267	3-Apr	Nairobi, KEN
Biddut Kumar Roy	1972	BAN	103.63	120	145	265	24-Mar	Nepalgunj, NEP
Godfrey Baligeya	1987	UGA	104.15	110	140	250	13-Oct	Saint Petersburg, RUS
Laurence McConnell	1945	NIR	99.50	100	125	225	6-Oct	Bangor, Wales, GBR
Sione Latu Hamani	1990	TGA	95.45	95	126	221	8-Jun	Apia, SAM
Matthew Inglott	1982	MLT	95.70	100	116	216	5-Feb	Valetta, MLT
Luke Moce *	1973	FIJ	102.10	95	120	215	26-Feb	Suva, FIJ

+105kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
George Kobaladze	1976	CAN	132.48	172	220	392	2-Jun	La Prairie, CAN
Damon Kelly	1983	AUS	148.09	172	218	390	9-Jun	Apia, SAM
Itte Detenamo	1986	NRU	151.32	175	215	390	7-Aug	London, England, GBR
Frederic Fokejou Tefot	1979	CMR	132.74	160	202	362	7-Aug	London, England, GBR
Darius Jokarzadeh	1993	WAL	141.00	171	190	361	8-Dec	Eilat, ISR
Niusila Opeloge	1980	SAM	106.23	152	201	353	30-Mar	Apia, SAM
Tijjani Abdulhakeem	1987	NGR	111.55	146	191	337	3-Apr	Nairobi, KEN
Riaan Smit	1982	RSA	120.75	150	181	331	30-Jun	Strand, RSA
Daniel Nemani	1981	NIU	140.35	150	180	330	6-Oct	Auckland, NZL
Himanshu Kumar Chang	1992	IND	131.94	146	179	325	24-Mar	Nepalgunj, NEP
Mustaqeem Mahmood Buut	1991	PAK	126.91	145	175	320	24-Mar	Nepalgunj, NEP
Mohamad Norfarhan Ideris	1992	MAS		135	181	316	15-Jul	Pekan, MAS
Tevita Ngalu	1973	NZL	122.10	136	176	312	1-Dec	Auckland, NZL
Marea Teoaiki	1980	KIR	115.40	122	180	302	26-May	Auckland, NZL
Andrew Ruegg	1986	ENG		134	163	297	26-May	Derby, England, GBR
Mohamad S. Hussin	1990	MAS	111.30	131	160	291	2-Feb	Dammam, KSA
Albert Abotsi	1981	GHA	107.20	120	170	290	3-Apr	Nairobi, KEN
Kyle Pearson	1992	SCO	107.60	120	153	273	28-Apr	Lilleshall, England, GBR
Maamaloa Lolohea	1968	TGA	130.80	120	153	273	9-Jun	Apia, SAM
Daniel Serences	1988	MLT	108.00	120	150	270	30-Jun	Valetta, MLT
Ali Farhad	1988	BAN	105.80	120	147	267	24-Mar	Nepalgunj, NEP
Lubega Rashid	1972	UGA	125.40	100	130	230	2-Feb	Dammam, KSA
Abdul Azim Najimi	1986	MAS	131.01	150	---	---	30-Apr	Pyeongtaek, KOR

NOTE: * Fiji currently suspended from the Commonwealth.

2012 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)
Marilou Dozois-Prevost	1986	CAN	47.95	80	98	178	31-Mar	Lachute, CAN
Ngangbam Sonyia Chanu	1980	IND	47.70	75	100	175	24-Apr	Pyeongtaek, KOR
Augustina Nwokolo	1992	NGR	47.25	75	95	170	29-Mar	Nairobi, KEN
Vivian Lee	1978	AUS	47.85	65	89	154	16-Jun	Brisbane, AUS
Jo Calvino	1980	ENG	48.00	65	88	153	26-May	Deby, England, GBR
Numiada Nordin	1988	MAS	47.66	70	80	150	24-Apr	Pyeongtaek, KOR
Kathleen Hare	1988	PNG	47.80	67	77	144	30-Jun	Port Morseby, PNG
Mulla Shabira	1990	BAN	47.52	60	72	132	22-Mar	Nepalgunj, NEP
D.D.D. Abeysekera	1997	SRI	46.20	56	65	121	22-Mar	Nepalgunj, NEP
Collete Will	1992	SCO	47.80	53	67	120	24-Mar	Leeds, England, GBR
<i>Seruwaia Malani *</i>	1993	<i>FIJ</i>	<i>47.80</i>	<i>52</i>	<i>68</i>	<i>120</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Febrose Tsiode	1999	NRU	37.30	40	53	93	26-Feb	NRU
Charlotte Moss	1995	NZL	47.19	41	52	93	6-Jun	Auckland, NZL
Mary Toloau	1995	SOL	47.50	35	48	83	26-Feb	Honiara, SOL
Lasoi Wairimu	1985	KEN	46.75	35	42	77	29-Mar	Nairobi, KEN
Francesca Mercieca	2000	MLT	37.91	16	18	34	5-Feb	Valletta, MLT
53kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Chinenye Fidelis	1993	NGR	52.50	87	115	202	31-Mar	Nairobi, KEN
Loa Dika Toua	1984	PNG	52.70	80	108	188	7-Dec	Mont Dore, NCL
Matsa Santoshi	1994	IND	51.49	78	103	181	16-Dec	New Delhi, IND
Azizah Fadzil	1991	MAS	52.05	75	95	170	25-Apr	Pyeongtaek, KOR
Jessica Ruel	1991	CAN	52.97	75	93	168	3-Jun	La Prairie, CAN
Portia Vries	1984	RSA	52.55	69	91	160	30-Jun	Strand, RSA
Socheata Be	1989	AUS	52.75	70	90	160	16-Jun	Brisbane, AUS
Jo Calvino	1980	ENG	52.78	63	89	152	1-Dec	London, England, GBR
Phillipa Hale	1984	NZL	51.80	69	80	149	23-Jun	Auckland, NZL
Ruth Baffoe	1994	GHA	52.45	62	75	137	31-Mar	Nairobi, KEN
Fullapati Chakma	1988	BAN	50.58	60	76	136	22-Mar	Nepalgunj, NEP
Helena Wong	1988	SIN	52.31	61	73	134	29-Jul	London, England, GBR
C.M. Wadumesthreege	1990	SRI	52.48	60	72	132	22-Mar	Nepalgunj, NEP
<i>Arieta Mudunavoce *</i>	1993	<i>FIJ</i>	<i>53.00</i>	<i>55</i>	<i>72</i>	<i>127</i>	<i>30-Jun</i>	<i>Suva, FIJ</i>
Collete Will	1992	SCO	51.70	53	70	123	15-Dec	Glasgow, Scotland, GBR
Arina Kalibiu	1998	SOL	52.00	47	64	121	26-Feb	Honiara, SOL
Nicole Gatt	1997	MLT	51.72	45	65	110	1-Dec	London, England, GBR
Kalsoom Beenazir Abdallah	1976	PAK	48.33	42	52	94	25-Apr	Pyeongtaek, KOR
Tori Itsimera	2000	NRU	49.90	38	50	88	26-Feb	NRU
Prisca Mwangi	1982	KEN	49.65	40	45	85	31-Mar	Nairobi, KEN
58kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Zoe Smith	1994	ENG	57.97	90	121	211	30-Jul	London, England, GBR
Annie Monique	1990	CAN	57.97	89	112	201	3-Jun	La Prairie, CAN
Margaret Uwah	1983	NGR	57.25	85	106	191	1-Apr	Nairobi, KEN
<i>Maria Liku *</i>	1990	<i>FIJ</i>	<i>57.39</i>	<i>84</i>	<i>104</i>	<i>188</i>	<i>6-Jun</i>	<i>Apia, SAM</i>
Seen Lee	1982	AUS	57.70	84	104	188	16-Jun	Brisbane, AUS
Jenlyn Tegu Wini	1983	SOL	57.20	75	106	181	9-Nov	Mont Dore, NCL
Minati Sethi	1990	IND	57.50	76	100	176	26-Apr	Pyeongtaek, KOR
Franceay Titus	1991	MAS		81	95	176	11-Jul	Pekan, MAS
Myriam Ghekap Wafo	1994	CMR	56.80	75	97	172	1-Apr	Nairobi, KEN
Ruby Malvina	1984	SEY	56.95	73	95	168	1-Apr	Nairobi, KEN
Mona Pretorius	1988	RSA	57.45	75	93	168	1-Apr	Nairobi, KEN
Fayema Akther	1991	BAN	57.38	65	91	156	23-Mar	Nepalgunj, NEP
Nikki Hamilton	1995	SCO	57.60	71	85	156	31-Mar	Glasgow, Scotland, GBR
Nicole Kumerich	1975	NZL	57.75	68	81	149	6-Oct	Auckland, NZL
R.M.N.S. Rajapaksha	1990	SRI	55.85	60	75	135	23-Mar	Nepalgunj, NEP
Monalisa Kassman	1992	PNG	57.30	58	75	133	26-Feb	Port Morseby, PNG
Juliana Arkoh	1997	GHA	56.25	57	70	127	1-Apr	Nairobi, KEN
Moata Tokaniman	1997	KIR	54.70	45	60	105	30-Jun	Tarawa, KIR
Marilyn Grech	1988	MLT	54.40	37	35	72	30-Jun	Valetta, MLT

63kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN	62.87	103	133	236	31-Jul	London, England, GBR
Obiama Agatha Okoli	1992	NGR	61.60	95	120	215	1-Apr	Nairobi, KEN
Zoe Smith	1994	ENG	60.60	94	117	211	26-May	Derby, England, GBR
Marie-Josophe Fegue	1991	CMR	61.85	92	110	202	1-Apr	Nairobi, KEN
Vandana Gupta	1994	IND	61.54	82	108	190	17-Dec	New Delhi, IND
Seen Lee	1982	AUS	59.65	83	103	186	31-Jul	London, England, GBR
<i>Maria Liku *</i>	1990	<i>FIJ</i>	<i>61.45</i>	<i>82</i>	<i>100</i>	<i>182</i>	<i>31-Jul</i>	<i>London, England, GBR</i>
Filicia Muyat	1991	MAS	73	73	92	165	13-Jul	Pekan, MAS
Ruby Malvina	1984	SEY	58.80	67	97	164	8-Dec	Victoria, SEY
Hepline Iro	1992	SOL	61.90	74	90	164	7-Jun	Apia, SAM
Matshidiso Masiu	1992	RSA	62.05	70	90	160	30-Jun	Strand, RSA
Mercy Obiero	1978	KEN	61.40	65	91	156	1-Apr	Nairobi, KEN
Fakaola Tuipuloti	1997	TGA	61.98	65	82	147	7-Jun	Apia, SAM
Lauren Roberts	1985	NZL	62.80	67	80	147	11-Feb	Auckland, NZL
Jane Armour	1985	SCO	61.60	62	84	146	31-Mar	Glasgow, Scotland, GBR
Penisilia	2000	SAM	62.95	37	50	87	7-Dec	Apia, SAM
Diana Tapak	1998	PNG	63.00	37	50	87	26-Feb	Port Morseby, PNG
Marika Lamsa	1997	KIR	61.50	40	45	85	30-Jun	Tarawa, KIR
Destiny Busutill	1996	MLT	62.22	33	52	85	30-Jun	Valetta, MLT
Misha Cannon	1997	NRU	61.30	35	47	82	30-Jun	NRU
L.G.A.V. Dharmasena	1985	SRI	62.95	60	---	---	23-Mar	Nepalgunj, NEP

69kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Christine Girard	1985	CAN	67.80	107	136	243	1-Jul	Surrey, CAN
Laishram Monika Devi	1983	IND	68.75	98	117	215	28-Apr	Pyeongtaek, KOR
Marie-Josophe Fegue	1991	CMR				215	19-Dec	Douala, CMR
Natasha Perdue	1975	WAL	68.20	98	115	213	5-May	Holyhead, Wales, GBR
Janet Georges	1979	SEY	68.30	94	114	208	2-Apr	Nairobi, KEN
Oluwatoyin Adesanmi	1992	NGR	64.75	90	115	205	2-Apr	Nairobi, KEN
Vanessa Lui	1991	SAM	68.98	87	109	196	7-Dec	Apia, SAM
Emily Godley	1989	ENG	64.41	82	101	183	1-Dec	London, England, GBR
Mercy Obiero	1978	KEN	67.85	76	105	181	1-Aug	London, England, GBR
Dora Abotsi	1991	GHA	67.95	80	100	180	2-Apr	Nairobi, KEN
Guba Hale	1986	PNG	68.80	80	100	180	26-Feb	Port Morseby, PNG
Georgina Black	1989	SCO	68.80	80	100	180	24-Mar	Leeds, England, GBR
Hepline Iro	1992	SOL	66.00	77	99	176	26-Feb	Honiara, SOL
Kylie Lindbeck	1984	AUS	68.90	74	91	165	1-Sep	Canberra, AUS
Matshidiso Masiu	1992	RSA	63.70	74	90	164	24-Nov	Tunis, TUN
Chantel Lambrechts	1990	NZL	69.00	73	89	162	17-Mar	Auckland, NZL
Nor Shahida Halim	1991	MAS		71	90	161	13-Jul	Pekan, MAS
Giovika Kepae	1994	NRU	67.86	67	80	147	7-Jun	Apia, SAM
Uaraai Kaua	1996	KIR	69.00	57	75	132	30-Jun	Tarawa, KIR
Denise Offerman	1965	CYP	68.60	53	67	120	3-Jun	Lankaran, AZE
Destiny Busutill	1996	MLT	64.10	35	---	---	5-Feb	Valetta, MLT

75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Madias Nzesso	1992	CMR	74.55	115	131	246	3-Aug	London, England, GBR
Mary Opeloge	1992	SAM	74.82	111	135	246	7-Dec	Apia, SAM
Marie-Eve Beauchemin-Nadeau	1988	CAN	73.20	103	135	238	30-Jun	Surrey, CAN
Bilikis Otunla	1994	NGR	71.45	97	120	217	2-Apr	Nairobi, KEN
Jenna Myers	1986	AUS	74.58	96	115	211	6-Jun	Apai, SAM
<i>Apolonia Vaivai *</i>	1991	<i>FIJ</i>	<i>74.13</i>	<i>86</i>	<i>107</i>	<i>193</i>	<i>8-Jun</i>	<i>Apai, SAM</i>
Georgina Black	1989	SCO	69.45	80	100	180	26-May	Derby, England, GBR
Intan Ayuni Abdullah	1992	MAS		77	100	177	14-Jul	Pekan, MAS
Chantel Lambrechts	1990	NZL	73.75	76	99	175	8-Jun	Apai, SAM
Alberta Ampomoh	1994	GHA	74.00	73	100	173	2-Apr	Nairobi, KEN
Susan Luisa	1989	SOL	73.30	70	87	157	26-Feb	Honiara, SOL
Shahria Sultana	1981	BAN	69.80	65	88	153	24-Mar	Nepalgunj, NEP
Jovika Kepae	1994	NRU	74.20	70	80	150	26-Feb	NRU
Sandra Ako	1993	PNG	69.50	60	80	140	26-Feb	Port Morseby, PNG
Marie Ranaivosoa	1990	MRI	69.85	57	78	135	2-Apr	Nairobi, KEN
Kaeuntaake Marcus	1988	KIR	73.00	57	72	129	26-Feb	Tarawa, KIR
Leandri Geel	1997	RSA	73.75	50	60	110	5-Oct	Bloemfontein, RSA
Melenaite Fusitua	1994	TGA	75.00	37	50	87	22-Nov	Nuku'alofa, TGA
Ivana Micallef	1997	MLT	70.00	32	50	82	30-Jun	Valetta, MLT

+75kg Category	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Date	Where (City, Nation)
Mariam Usman	1990	NGR	121.80	125	156	281	3-Apr	Nairobi, KEN
Ele Opeloge	1985	SAM	120.60	120	152	272	30-Jun	Apia, SAM
Tracey Lambrechts	1985	NZL	101.00	108	133	241	23-Jun	Auckland, NZL
Johanie Filiatreault	1993	CAN	79.66	102	128	230	27-Oct	Huntingdon, CAN
Jenna Myers	1986	AUS	84.35	101	122	223	21-Apr	Sorell, AUS
Nurjannah Batrisya Abdullah	1990	MAS	106.50	100	121	221	29-Apr	Pyeongtaek, KOR
Janet Georges	1979	SEY		91	112	203	10-Mar	Victoria, SEY
<i>Apolonia Vaivai *</i>	1991	<i>FIJ</i>	76.00	84	105	189	30-Jun	Suva, FIJ
Shalinee Valaydon	1986	MRI	110.45	83	104	187	3-Apr	Nairobi, KEN
Munni	1995	IND	77.60	83	103	186	19-Dec	New Delhi, IND
Becky Namusoke	1990	UGA	92.70	82	103	185	3-Apr	Nairobi, KEN
Luisa Peters	1993	COK	88.58	82	100	182	5-Aug	London, England, GBR
Alberta Ampomoh	1994	GHA	78.53	73	101	174	5-Aug	London, England, GBR
Gemma Williams	1985	WAL	99.60	76	94	170	26-May	Derby, England, GBR
Michaela Detenamo	1992	NRU	76.80	80	85	165	26-Feb	NRU
Anna Kransnopolska	1982	ENG	81.70	70	90	160	26-May	Derby, England, GBR
M.M.D. Harischandra	1985	SRI	83.90	70	88	158	24-Mar	Nepalgunj, NEP
Lorraine Herry	1996	PNG	75.90	67	89	156	30-Jun	Port Morseby, PNG
Tatenda Nyatsanza	1988	SCO	82.20	65	83	148	24-Mar	Leeds, England, GBR
Daisy Tolugu	1982	SOL	80.00	67	80	147	26-Feb	Honiara, SOL
Jesmin Akter	1985	BAN	76.37	56	68	124	24-Mar	Nepalgunj, NEP
Mareta	1992	KIR	88.00	60	70	130	30-Jun	Tarawa, KIR
Jessica Ghigo	1984	MLT	77.38	40	75	115	30-Jun	Valetta, MLT
Suliana Fate	1997	TGA	90.00	45	65	110	22-Nov	Nuku'alofa, TGA
Lamees Daniels	2000	RSA	87.80	46	60	106	4-Oct	Bloemfontein, RSA

NOTE: * Fiji currently suspended from the Commonwealth.