

2019 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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MEN: TOP-25 ABSOLUTE

From 01/11/2018 to 31/12/2019

| 55kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Hazal Wafie Muhammad Azroy | 1994 | MAS | 54.90 | 112 | 136 | 248 | 20-Apr-19 | Ningbo, CHN |
| D. Isuru Kamara | 1996 | SRI | 54.95 | 108 | 134 | 242 | 18-Sep-19 | Pattaya, THA |
| Mohamad Aniq Kasdan | 2000 | MAS | | 103 | 138 | 241 | 1-Sep-19 | Semarang, INA |
| Shubham Kolekar | 1999 | IND | 54.90 | 102 | 138 | 240 | 15-Dec-18 | Nagpur, IND |
| Ch. Rishikanta Singh | 1998 | IND | 54.72 | 105 | 134 | 239 | 22-Feb-19 | Visakhapatnam, IND |
| Shubham Todkar | 1997 | IND | 54.84 | 103 | 134 | 237 | 22-Feb-19 | Visakhapatnam, IND |
| Muhammed Yousaf | 2001 | PAK | 54.80 | 100 | 137 | 237 | 14-Sep-19 | Lahore, PAK |
| Muna Nayak | 2002 | IND | 54.90 | 106 | 128 | 234 | 16-Oct-19 | Bihar, IND |
| Piyush Singh | 1999 | IND | 54.60 | 103 | 128 | 231 | 15-Dec-18 | Nagpur, IND |
| R. Madhavan | 1998 | IND | 53.76 | 106 | 125 | 231 | 22-Feb-19 | Visakhapatnam, IND |
| Sharjeel Butt | | PAK | | | | 231 | 13-Nov-19 | Abbottabad, PAK |
| Sadam Husen Nazeer | 1995 | IND | 53.16 | 102 | 127 | 229 | 22-Feb-19 | Visakhapatnam, IND |
| Prashant Koli | 1999 | IND | 53.10 | 104 | 122 | 226 | 15-Dec-18 | Nagpur, IND |
| L.W. Kumara | | SRI | | 98 | 128 | 226 | 3-Aug-19 | Colombo, SRI |
| A. Guna Sekar | 1996 | IND | 54.32 | 101 | 124 | 225 | 22-Feb-19 | Visakhapatnam, IND |
| Youri Simard | 2001 | CAN | 54.94 | 98 | 126 | 224 | 18-May-19 | La Prairie, CAN |
| Prashant Sureh Kolo | 1999 | IND | 53.21 | 104 | 120 | 224 | 16-Oct-19 | Bihar, IND |
| Sanket Sargar | 2000 | IND | 54.75 | 100 | 119 | 219 | 16-Oct-19 | Bihar, IND |
| King Kalu | 1995 | NGR | 54.60 | 95 | 123 | 218 | 25-Aug-19 | Rabat, MAR |
| Vijay Kumar Maheshwari | 1999 | IND | 54.50 | 94 | 123 | 217 | 16-Oct-19 | Bihar, IND |
| K. Ezhilarasan | 1998 | IND | 53.50 | 95 | 121 | 216 | 15-Dec-18 | Nagpur, IND |
| Abhishek Mahajan | 2002 | IND | 54.75 | 95 | 121 | 216 | 15-Dec-18 | Nagpur, IND |
| E. Selvam | 1991 | IND | 54.65 | 98 | 117 | 215 | 22-Feb-19 | Visakhapatnam, IND |
| Elson Brechtefeld | 1994 | NRU | 54.70 | 93 | 122 | 215 | 9-Jul-19 | Apia, SAM |
| Dejum Gadi | 2001 | IND | 54.73 | 95 | 120 | 215 | 16-Oct-19 | Bihar, IND |
| Golom Tinku | 2006 | IND | 54.52 | 93 | 122 | 215 | 16-Oct-19 | Bihar, IND |
| 61kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Muhamad Aznil Bidin | 1994 | MAS | 61.00 | 125 | 160 | 285 | 19-Sep-19 | Pattaya, THA |
| Morea Baru | 1990 | PNG | 61.00 | 124 | 160 | 284 | 10-Jul-19 | Apia, SAM |
| D.K.T.W.K. Palangasinghe | 1993 | SRI | 60.80 | 122 | 155 | 277 | 20-Apr-19 | Ningbo, CHN |
| Emmanuel Appah | 1999 | NGR | 60.20 | 120 | 151 | 271 | 26-Aug-19 | Rabat, MAR |
| Sidhanta Gogoi | 2004 | IND | 60.36 | 115 | 151 | 266 | 17-Oct-19 | Bihar, IND |
| Muthupandi Raja | 2000 | IND | 60.94 | 117 | 148 | 265 | 20-Apr-19 | Ningbo, CHN |
| P. Gururaja | 1992 | IND | 60.72 | 118 | 145 | 263 | 23-Feb-19 | Visakhapatnam, IND |
| J.A. Chaturanga Lakmal | 1988 | SRI | 60.80 | 117 | 145 | 262 | 18-Sep-19 | Pattaya, THA |
| Callixtus Daunis | 1996 | MAS | 60.80 | 110 | 145 | 255 | 16-Dec-19 | Kota Kinabalu, MAS |
| Charu Pesi | 2002 | IND | 60.68 | 112 | 142 | 254 | 17-Oct-19 | Bihar, IND |
| Jacob Vanlalitluanga | 2002 | IND | 61.00 | 114 | 139 | 253 | 10-Jan-19 | Pune, IND |
| Muhammad Shahzad | 1990 | PAK | | | | 252 | 13-Nov-19 | Abbottabad, PAK |
| Zakhuma | 2001 | IND | 60.16 | 114 | 135 | 249 | 17-Oct-19 | Bihar, IND |
| Muhammad Aniq Bis Kasdan | 2000 | MAS | 57.70 | 106 | 140 | 246 | 29-Sep-19 | Johor, MAS |
| Lalzuidika | 1997 | IND | 60.42 | 112 | 132 | 244 | 23-Feb-19 | Visakhapatnam, IND |
| V. Srinivasan | 1994 | IND | 60.42 | 108 | 135 | 243 | 23-Feb-19 | Visakhapatnam, IND |
| L. Chinglenmani Singh | 1999 | IND | 60.46 | 107 | 135 | 242 | 23-Feb-19 | Visakhapatnam, IND |
| Elson Brechtefeld | 1994 | NRU | 60.65 | 105 | 135 | 240 | 18-Sep-19 | Pattaya, THA |
| Nur Hamizan Abu Bakar | 1999 | MAS | 60.90 | 104 | 135 | 239 | 16-Dec-19 | Kota Kinabalu, MAS |
| Youri Simard | 2001 | CAN | 60.12 | 105 | 133 | 238 | 1-Nov-19 | La Prairie, CAN |
| Muneeb Yousuf | | PAK | | | | 238 | 13-Nov-19 | Abbottabad, PAK |
| Sohaib Kaleem | | PAK | | | | 237 | 13-Nov-19 | Abbottabad, PAK |
| Ganesh R. | 1996 | IND | 59.80 | 105 | 130 | 235 | 23-Feb-19 | Visakhapatnam, IND |
| M.M. Wijesinghe | | SRI | | 105 | 130 | 235 | 3-Aug-19 | Colombo, SRI |
| Umar Abdul Aziz Busta | 2001 | MAS | 60.60 | 107 | 126 | 233 | 29-Sep-19 | Johor, MAS |

| 67kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Talha Talib | 1999 | PAK | 66.68 | 144 | 170 | 314 | 14-Sep-19 | Lahore, PAK |
| Jeremy Lalrinnunga | 2002 | IND | 66.45 | 140 | 166 | 306 | 20-Dec-19 | Doha, QAT |
| Muhammad Aznil Bidin | 1994 | MAS | 66.30 | 130 | 162 | 292 | 16-Dec-19 | Kota Kinabalu, MAS |
| Vaipava Nevo Ioane | 1988 | SAM | 66.45 | 125 | 164 | 289 | 11-Jul-19 | Apia, SAM |
| Ruben Katoatau | 1997 | KIR | 66.80 | 125 | 161 | 286 | 15-Dec-18 | Mont Dore, FRA |
| Gareth Evans | 1986 | WAL | 67.00 | 125 | 161 | 286 | 11-Jul-19 | Apia, SAM |
| Morea Baru | 1990 | PNG | 61.30 | 120 | 160 | 280 | 25-Jan-19 | NRU |
| Gulam Navi | 2000 | IND | 65.92 | 120 | 160 | 280 | 24-Feb-19 | Visakhapatnam, IND |
| Susant Sahu | 1991 | IND | 66.70 | 121 | 158 | 279 | 24-Feb-19 | Visakhapatnam, IND |
| Mohd Ikram Haikal | 2002 | MAS | 67.00 | 123 | 155 | 278 | 16-Dec-19 | Kota Kinabalu, MAS |
| Matthew Lee | 1989 | CAN | 66.80 | 122 | 154 | 276 | 30-Mar-19 | Lake Country, CAN |
| Matt Darsigny | 2001 | CAN | 66.97 | 123 | 150 | 273 | 18-May-19 | La Prairie, CAN |
| Edidiong Joseph Umoafia | 2002 | NGR | 65.40 | 125 | 147 | 272 | 26-Apr-19 | Cairo, EGY |
| Markio Tario | 2004 | IND | 66.86 | 120 | 152 | 272 | 18-Oct-19 | Bihar, IND |
| T. Sudheer | 1995 | IND | 66.62 | 120 | 151 | 271 | 24-Feb-19 | Visakhapatnam, IND |
| Manjunath Marati | 1995 | IND | 66.70 | 118 | 150 | 268 | 24-Feb-19 | Visakhapatnam, IND |
| Naveen Chandra | 1989 | IND | 66.78 | 118 | 148 | 266 | 24-Feb-19 | Visakhapatnam, IND |
| K. Neelam Raju | 1999 | IND | 66.92 | 115 | 151 | 266 | 18-Oct-19 | Bihar, IND |
| Robo Mech | 1995 | IND | 66.46 | 120 | 144 | 264 | 24-Feb-19 | Visakhapatnam, IND |
| Gurjit Kumar | 1996 | IND | 66.30 | 120 | 143 | 263 | 24-Feb-19 | Visakhapatnam, IND |
| J.A. Chaturanga Lakmal | 1988 | SRI | 66.80 | 119 | 144 | 263 | 6-Dec-19 | Pokhara, NEP |
| Michael Farmer | 1999 | WAL | 66.80 | 115 | 146 | 261 | 11-Jul-19 | Apia, SAM |
| Ezekiel Moses | 2001 | NRU | 67.00 | 115 | 145 | 260 | 11-Jul-19 | Apia, SAM |
| Mohd Yusoff Nandong | 1998 | MAS | 64.30 | 119 | 140 | 259 | 19-Sep-19 | Pattaya, THA |
| Jaswant Shergill | 1993 | ENG | 65.45 | 110 | 148 | 258 | 7-Jun-19 | Cocentry, England, GBR |

| 73kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Achinta Sheuli | 2001 | IND | 72.85 | 136 | 169 | 305 | 11-Jul-19 | Apia, SAM |
| Muhammad Erry Hydayat | 1999 | MAS | 72.70 | 140 | 165 | 305 | 30-Sep-19 | Johor, MAS |
| Abu Sufyan | 1993 | PAK | 72.84 | 135 | 165 | 300 | 14-Sep-19 | Lahore, PAK |
| D.M.Indika C. Dissanayake | 1989 | SRI | 72.75 | 134 | 164 | 298 | 21-Sep-19 | Pattaya, THA |
| Akshay Gaikwad | 1996 | IND | 72.78 | 133 | 164 | 297 | 25-Feb-19 | Visakhapatnam, IND |
| Nikolay Varbanov | 1999 | CAN | 72.03 | 130 | 165 | 295 | 18-May-19 | La Prairie, CAN |
| M. Rajan | 1993 | IND | 71.50 | 127 | 165 | 292 | 25-Feb-19 | Visakhapatnam, IND |
| Deepak Lathar | 2000 | IND | 72.82 | 134 | 157 | 291 | 25-Feb-19 | Visakhapatnam, IND |
| K.L. Meitei | 1988 | IND | 72.74 | 131 | 160 | 291 | 25-Feb-19 | Visakhapatnam, IND |
| Mihirkant Sethi | 1996 | IND | 71.60 | 126 | 164 | 290 | 25-Feb-19 | Visakhapatnam, IND |
| Brandon Wakeling | 1994 | AUS | 72.70 | 123 | 167 | 290 | 11-Jul-19 | Apia, SAM |
| Anton Sudesh Peiris | 1985 | SRI | 72.95 | 130 | 160 | 290 | 21-Sep-19 | Pattaya, THA |
| Muhammad Saiful Irfan | 2000 | MAS | 72.30 | 128 | 161 | 289 | 16-Dec-19 | Kota Kinabalu, MAS |
| Gareth Evans | 1986 | WAL | 69.95 | 131 | 155 | 286 | 7-Jun-19 | Coventry, England, GBR |
| Ezekiel Moses | 2001 | NRU | 72.48 | 126 | 160 | 286 | 7-Dec-19 | Mont Dore, FRA |
| Ranjit Chavan | 1998 | IND | 72.10 | 124 | 161 | 285 | 18-Dec-18 | Nagpur, IND |
| Tareitia Tabaroua | 1994 | KIR | 72.90 | 120 | 165 | 285 | 8-Feb-19 | Chiang Mai, THA |
| Mukesh Singh | 1998 | IND | 72.40 | 129 | 155 | 284 | 18-Dec-18 | Nagpur, IND |
| Ruben Katoatau | 1997 | KIR | 68.30 | 124 | 160 | 284 | 25-Jan-19 | NRU |
| Leiphrakpam Sadananda Singh | 2002 | IND | 72.89 | 125 | 158 | 283 | 23-Oct-19 | Pyongyang, PRK |
| Rajath Narayanan | 1995 | IND | 72.76 | 124 | 158 | 282 | 25-Feb-19 | Visakhapatnam, IND |
| Lalu Taku | 1998 | IND | 72.94 | 120 | 161 | 281 | 25-Feb-19 | Visakhapatnam, IND |
| Rajesh Mittal | 1989 | IND | 72.30 | 130 | 150 | 280 | 25-Feb-19 | Visakhapatnam, IND |
| Edouard Freve-Guerin | 1996 | CAN | 72.48 | 120 | 156 | 276 | 8-Mar-19 | Las Vegas, USA |
| N. Ajith | 1999 | IND | 72.50 | 125 | 150 | 275 | 18-Dec-18 | Nagpur, IND |

| 81kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Ajay Singh | 1997 | IND | 81.00 | 148 | 190 | 338 | 12-Jul-19 | Apia, SAM |
| Alex Bellemarre | 1998 | CAN | 80.45 | 154 | 183 | 337 | 25-Apr-19 | Guatemala City, GUA |
| Dickson Mamdum Seldom | 1992 | NGR | 80.70 | 146 | 178 | 324 | 28-Aug-19 | Rabat, MAR |
| Jack Oliver | 1991 | ENG | 80.38 | 146 | 176 | 322 | 10-Apr-19 | Batumi, GEO |
| Papal Changmai | 1994 | IND | 80.24 | 140 | 180 | 320 | 25-Feb-19 | Visakhapatnam, IND |
| Haider Ali | 1995 | PAK | | | | 320 | 14-Nov-19 | Abbottabad, PAK |
| Nicolas Vachon | 1996 | CAN | 80.65 | 137 | 181 | 318 | 22-Sep-19 | Pattaya, THA |
| Sambo Lapung | 1997 | IND | 81.00 | 145 | 171 | 316 | 25-Feb-19 | Visakhapatnam, IND |
| Amarjit Guru | 1995 | IND | 80.90 | 142 | 171 | 313 | 25-Feb-19 | Visakhapatnam, IND |
| Ahmed Valdy Njoya | 1999 | CMR | 80.90 | 136 | 175 | 311 | 28-Aug-19 | Rabat, MAR |
| Cameron McTaggart | 1997 | NZL | 80.90 | 141 | 169 | 310 | 2-Nov-19 | Auckland, NZL |
| Jean-Baptiste Yanou-Ketchanke | 1993 | CMR | 80.60 | 137 | 171 | 308 | 28-Aug-19 | Rabat, MAR |
| Loro Wilkinson | 1995 | MAS | 81.00 | 136 | 171 | 307 | 16-Dec-19 | Kota Kinabalu, MAS |
| Chinthana Geethal Vidanage | 1981 | SRI | | 135 | 170 | 305 | 3-Aug-19 | Colombo, SRI |
| Christopher Murray | 1999 | ENG | 78.16 | 139 | 165 | 304 | 10-Apr-19 | Batumi, GEO |
| Allan King | 1994 | ENG | 75.30 | 136 | 165 | 301 | 5-May-19 | Leeds, England, GBR |
| Anil Kumar Sahu | 1995 | IND | 80.86 | 132 | 168 | 300 | 25-Feb-19 | Visakhapatnam, IND |
| Samuel Guertin | 2000 | CAN | 80.50 | 133 | 167 | 300 | 14-Sep-19 | Montreal, CAN |
| Jack Opeloge | 2000 | SAM | 80.35 | 138 | 160 | 298 | 12-Jul-19 | Apia, SAM |
| U.Sivaprakesh | 1996 | IND | 80.10 | 132 | 164 | 296 | 25-Feb-19 | Visakhapatnam, IND |
| Sabastin Joseph | 1989 | IND | 80.60 | 123 | 171 | 294 | 25-Feb-19 | Visakhapatnam, IND |
| Arun Adaikalaraj K. | 1992 | IND | 80.34 | 128 | 165 | 293 | 25-Feb-19 | Visakhapatnam, IND |
| Enzo-Gabriel Dias | 1998 | CAN | 79.62 | 132 | 160 | 292 | 1-Dec-18 | Sherbrooke, CAN |
| M. Ramakrishna | 1992 | IND | 77.50 | 134 | 158 | 292 | 25-Feb-19 | Visakhapatnam, IND |
| Ryley Porter | 1995 | AUS | 76.25 | 134 | 158 | 292 | 24-Aug-19 | Brisbane, AUS |
| 89kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Don Opeloge | 1999 | SAM | 88.20 | 151 | 198 | 349 | 4-Jun-19 | Suva, FIJ |
| David Samayoya | 1992 | CAN | 89.00 | 155 | 188 | 343 | 23-Sep-19 | Pattaya, THA |
| Antonis Martasidis | 1992 | CYP | 88.80 | 150 | 190 | 340 | 23-Feb-19 | Limassol, CYP |
| Harshad Wadekar | 1995 | IND | 88.70 | 150 | 187 | 337 | 26-Feb-19 | Visakhapatnam, IND |
| Venkat Rahul Ragala | 1997 | IND | 88.40 | 142 | 187 | 329 | 26-Feb-19 | Visakhapatnam, IND |
| Desmond Akano | 1997 | NGR | 88.50 | 149 | 180 | 329 | 28-Aug-19 | Rabat, MAR |
| Jagdish Vishwakarma | 1994 | IND | 88.90 | 147 | 181 | 328 | 26-Feb-19 | Visakhapatnam, IND |
| Christian Omoah | 1999 | GHA | 87.90 | 148 | 180 | 328 | 28-Aug-19 | Rabat, MAR |
| Forrester Osei | 1989 | GHA | 88.40 | 145 | 181 | 326 | 28-Aug-19 | Rabat, MAR |
| Michael Anyalewechi | 1999 | NGR | 86.40 | 145 | 177 | 322 | 28-Aug-19 | Rabat, MAR |
| Alex Bellemarre | 1998 | CAN | 84.00 | 145 | 175 | 320 | 17-Nov-18 | Saint-Marcellin, FRA |
| Gabriel Dagenais | 1997 | CAN | 88.56 | 141 | 179 | 320 | 18-May-19 | La Prairie, CAN |
| Abdur Rehman | 1998 | PAK | 85.08 | 140 | 180 | 320 | 14-Sep-19 | Lahore, PAK |
| Noah Santavy | 1998 | CAN | 88.70 | 145 | 175 | 320 | 2-Nov-19 | Mississauga, CAN |
| Sandeep Kumar | 1996 | IND | 88.94 | 139 | 178 | 317 | 26-Feb-19 | Visakhapatnam, IND |
| Harsha D.R. | 1994 | IND | 88.74 | 139 | 177 | 316 | 26-Feb-19 | Visakhapatnam, IND |
| Shubham | 1994 | IND | 88.80 | 140 | 175 | 315 | 26-Feb-19 | Visakhapatnam, IND |
| Shahid Sultan | | PAK | | | | 315 | 14-Nov-19 | Abbottabad, PAK |
| Cedric Feugno | 1997 | CMR | 88.00 | 140 | 171 | 311 | 28-Aug-19 | Rabat, MAR |
| Felix-Antoine Bouffard | 1996 | CAN | | 135 | 175 | 310 | 3-Nov-18 | La Prairie, CAN |
| Braydon Kennedy | 1996 | CAN | 88.77 | 145 | 165 | 310 | 18-May-19 | La Prairie, CAN |
| Ramkaran Prajapati | 1998 | IND | 88.56 | 137 | 171 | 308 | 26-Feb-19 | Visakhapatnam, IND |
| Boris Elesin | 1995 | AUS | 87.85 | 142 | 166 | 308 | 12-Jul-19 | Apia, SAM |
| Nicolas Vachon | 1996 | CAN | 82.20 | 138 | 170 | 308 | 24-Aug-19 | Ottawa, CAN |
| Jack Dobson | 1993 | ENG | 88.00 | 133 | 175 | 308 | 3-Nov-19 | Milton Keynes, England, GBR |

| 96kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Boady Santavy | 1997 | CAN | 94.85 | 176 | 208 | 384 | 29-Jul-19 | Lima, PER |
| Don Opeloge | 1999 | SAM | 94.94 | 160 | 201 | 361 | 10-Nov-19 | Lima, PER |
| Steven Kari | 1993 | PNG | 95.21 | 156 | 198 | 354 | 13-Jul-19 | Apia, SAM |
| Vikas Thakur | 1993 | IND | 95.85 | 157 | 196 | 353 | 10-Feb-19 | Chiang Mai, THA |
| Edmon Avetisyan | 1994 | ENG | 95.68 | 152 | 190 | 342 | 11-Apr-19 | Batumi, GEO |
| Cyrille Fagat Tchatchet II | 1995 | CMR | 95.00 | 150 | 190 | 340 | 20-Jan-19 | Milton Keynes, England, GBR |
| Pierre-Alexandre Bessette | 1999 | CAN | 95.30 | 160 | 180 | 340 | 2-Nov-19 | La Prairie, CAN |
| David Samayoya | 1992 | CAN | 92.95 | 153 | 185 | 338 | 26-Apr-19 | Guatemala City, GUA |
| Christian Amoah | 1999 | GHA | 93.18 | 150 | 185 | 335 | 7-Nov-18 | Ashgabat, TKM |
| Maeu Nanai Livi | 1999 | SAM | 92.99 | 154 | 181 | 335 | 13-Jul-19 | Apia, SAM |
| Kojum Taba | 1997 | IND | 93.36 | 151 | 183 | 334 | 27-Feb-19 | Visakhapatnam, IND |
| Venkat Rahul Ragala | 1997 | IND | 90.30 | 149 | 183 | 332 | 10-Feb-19 | Chiang Mai, THA |
| Forrester Osei | 1989 | GHA | 93.60 | 151 | 180 | 331 | 28-Apr-19 | Cairo, EGY |
| Ridge Barredo | 1995 | AUS | 95.06 | 145 | 183 | 328 | 20-Oct-19 | Canberra, AUS |
| Maxim Lebrun | 1992 | CAN | 94.00 | 140 | 185 | 325 | 21-Sep-19 | Brossard, CAN |
| Samuel Kennedy | 1990 | AUS | 95.36 | 140 | 175 | 315 | 20-Oct-19 | Canberra, AUS |
| Zuhaib Manzoor | 1992 | PAK | | | | 315 | 15-Nov-19 | Abbottabad, PAK |
| Mohd Nasir | 1997 | MAS | 93.70 | 142 | 170 | 312 | 1-Oct-19 | Johor, MAS |
| Jake Douglas | 1990 | AUS | 94.65 | 138 | 173 | 311 | 6-Apr-19 | Newcastle, AUS |
| Quran Rashed | 1998 | CAN | 95.50 | 139 | 170 | 309 | 8-Nov-19 | Naniamo, CAN |
| Sachin Mehmi | 1995 | IND | 95.74 | 135 | 171 | 306 | 27-Feb-19 | Visakhapatnam, IND |
| Benjamin Ward | 2000 | AUS | 94.40 | 136 | 170 | 306 | 5-May-19 | Brisbane, AUS |
| Mohammad Tahir | 1992 | PAK | | | | 306 | 15-Nov-19 | Abbottabad, PAK |
| Ruben Burger | 1991 | RSA | 95.65 | 136 | 170 | 306 | 30-Nov-19 | Cape Town, RSA |
| Ashutosh Kumar | 1995 | IND | 95.90 | 135 | 170 | 305 | 27-Feb-19 | Visakhapatnam, IND |
| Umair Ali | | PAK | | | | 305 | 15-Nov-19 | Abbottabad, PAK |

| 102kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Cyrille Fagat Tchatchet II | 1995 | CMR | 100.60 | 160 | 200 | 360 | 14-Apr-19 | London, England, GBR |
| Pardeep Singh | 1995 | IND | 101.00 | 150 | 201 | 351 | 26-Apr-19 | Ningbo, CHN |
| Essama Owana Denis John | 1989 | CMR | 100.00 | 159 | 190 | 349 | 30-Aug-19 | Rabat, MAR |
| Petunu Opeloge | 1994 | SAM | 101.10 | 149 | 195 | 344 | 29-Apr-19 | Darwin, AUS |
| Koriata Petelo | 1991 | SAM | 100.52 | 150 | 193 | 343 | 8-Nov-18 | Ashgabat, TKM |
| Patrick Olawale Barbde | 2001 | NGR | 101.40 | 158 | 185 | 343 | 30-Aug-19 | Rabat, MAR |
| David Katoatau | 1984 | KIR | 100.99 | 142 | 196 | 338 | 13-Jul-19 | Apia, SAM |
| Usman Amjad Rathore | 1987 | PAK | 100.25 | 150 | 180 | 330 | 7-Dec-19 | Pokhara, NEP |
| Muhammad Hafiz Shamsuddin | 1999 | MAS | 100.80 | 150 | 178 | 328 | 1-Oct-19 | Johor, MAS |
| Umar Farooq | | PAK | | | | 326 | 15-Nov-19 | Abbottabad, PAK |
| Abayomi Vincent Adeyemi | 2002 | NGR | 99.60 | 140 | 185 | 325 | 30-Aug-19 | Rabat, MAR |
| Gilles Caza | 1997 | CAN | 97.81 | 145 | 177 | 322 | 18-May-19 | La Prairie, CAN |
| Mohit Teotia | 1992 | IND | 101.50 | 146 | 174 | 320 | 27-Feb-19 | Visakhapatnam, IND |
| Akash Virdhy | 1994 | IND | 101.24 | 144 | 174 | 318 | 27-Feb-19 | Visakhapatnam, IND |
| Omar Keshta | 1998 | ENG | 101.35 | 137 | 180 | 317 | 5-Oct-19 | Luton, England, GBR |
| Nicolas Viens | 1994 | CAN | 101.61 | 141 | 170 | 311 | 18-May-19 | La Prairie, CAN |
| Erik Ostenfeld | 1994 | CAN | 100.20 | 140 | 170 | 310 | 2-Feb-19 | Belleville, CAN |
| Manish Kumar | 1998 | IND | 101.20 | 139 | 171 | 310 | 27-Feb-19 | Visakhapatnam, IND |
| Petelo Lautusi | 1996 | SAM | 100.55 | 140 | 170 | 310 | 13-Jul-19 | Apia, SAM |
| Cody Wilks | 1993 | AUS | 101.50 | 145 | 163 | 308 | 24-Feb-19 | Perth, AUS |
| Zac Grgurevic | 1991 | AUS | 101.85 | 135 | 170 | 305 | 7-Apr-19 | Melbourne, AUS |
| Robbie Salton | 1997 | NZL | 99.40 | 142 | 162 | 304 | 3-Nov-19 | Auckland, NZL |
| Kristaps Valdamis | 1988 | ENG | 100.00 | 125 | 175 | 300 | 24-Nov-18 | Loughborough, England, GBR |
| Lucky Markam | 1994 | IND | 98.10 | 137 | 163 | 300 | 27-Feb-19 | Visakhapatnam, IND |
| Ruben Burger | 1991 | RSA | 96.50 | 130 | 170 | 300 | 25-Sep-19 | Pattaya, THA |

| 109kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|---------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Sanele Mao | 1985 | SAM | 106.23 | 160 | 206 | 366 | 13-Jul-19 | Apia, SAM |
| Richmond Osarfo | 1999 | GHA | 106.94 | 160 | 205 | 365 | 8-Nov-18 | Ashgabat, TKM |
| Owen Boxell | 1990 | ENG | 108.40 | 160 | 202 | 362 | 3-Nov-19 | Milton Keynes, England, GBR |
| Junior Periclex Nganja Nyabeyeu | 1993 | CMR | 103.50 | 156 | 200 | 356 | 29-Apr-19 | Cairo, EGY |
| Spencer Moorman | 1991 | CAN | 108.40 | 155 | 195 | 350 | 2-Nov-19 | Mississauga, CAN |
| Richard Davidson | 1994 | CAN | 107.90 | 145 | 195 | 340 | 18-May-19 | La Prairie, CAN |
| Andrius Barakauskas | 1992 | NZL | 107.80 | 153 | 186 | 339 | 8-Dec-18 | Christchurch, NZL |
| Ryan Meidl | 1987 | CAN | 108.32 | 150 | 188 | 338 | 18-May-19 | La Prairie, CAN |
| Hanzala Dastgir Butt | 2002 | PAK | | | | 338 | 15-Nov-19 | Abbottabad, PAK |
| Jackson Roberts-Young | 1996 | AUS | 108.08 | 146 | 190 | 336 | 20-Oct-19 | Canberra, AUS |
| Matthew Lydement | 1994 | AUS | 107.84 | 158 | 177 | 335 | 20-Oct-19 | Canberra, AUS |
| Sio (Joe) Polelile | 1993 | TGA | 108.49 | 143 | 185 | 328 | 13-Jul-19 | Apia, SAM |
| Graham Unruh | 1991 | CAN | 105.79 | 145 | 180 | 325 | 18-May-19 | La Prairie, CAN |
| Ben Watson | 1990 | ENG | 103.80 | 150 | 175 | 325 | 1-Dec-19 | Maidenhead, England, GBR |
| Ankit Chhoker | 1996 | IND | 107.36 | 148 | 176 | 324 | 28-Feb-19 | Visakhapatnam, IND |
| Jordan Sakkas | 1999 | WAL | | 140 | 178 | 318 | 12-Oct-19 | Cardiff, Wales, GBR |
| Vipin Kumar | 1988 | IND | 108.06 | 142 | 175 | 317 | 28-Feb-19 | Visakhapatnam, IND |
| Unnikrishnan S. | 1991 | IND | 109.00 | 140 | 175 | 315 | 28-Feb-19 | Visakhapatnam, IND |
| Christopher Palsler-Thorne | 1993 | ENG | 108.00 | 132 | 183 | 315 | 3-Nov-19 | Milton Keynes, England, GBR |
| Daniel O'Hare | 1998 | NIR | 108.65 | 140 | 174 | 314 | 27-Oct-19 | Bucharest, ROU |
| Nicolas Viens | 1994 | CAN | 106.20 | 140 | 171 | 311 | 22-Feb-19 | Sherbrooke, CAN |
| M.R. Chaitanya | 1993 | IND | 108.96 | 135 | 176 | 311 | 28-Feb-19 | Visakhapatnam, IND |
| Pardeep Singh | 1995 | IND | 102.45 | 140 | 170 | 310 | 10-Feb-19 | Chiang Mai, THA |
| Dylan Bergin | 1990 | AUS | 108.65 | 135 | 175 | 310 | 25-Aug-19 | Perth, AUS |
| Zac Grgurevic | 1991 | AUS | 108.70 | 135 | 170 | 305 | 17-Feb-19 | Melbourne, AUS |
| +109kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| David Liti | 1996 | NZL | 166.50 | 180 | 230 | 410 | 19-May-19 | Auckland, NZL |
| Muhammad Noor Dastgir Butt | 1998 | PAK | 160.64 | 175 | 220 | 395 | 28-Apr-19 | Ningbo, CHN |
| Gurdeep Singh | 1995 | IND | 155.00 | 170 | 220 | 390 | 28-Feb-19 | Visakhapatnam, IND |
| Muhammad Abdullah Butt | 1996 | PAK | | | | 387 | 15-Nov-19 | Abbottabad, PAK |
| Gordon Shaw | 1996 | RSA | 127.45 | 176 | 201 | 377 | 30-Nov-19 | Cape Town, RSA |
| Vipin Kumar | 1994 | IND | 154.10 | 156 | 201 | 357 | 28-Feb-19 | Visakhapatnam, IND |
| Quinn Everett | 1992 | CAN | 145.36 | 155 | 198 | 353 | 18-May-19 | La Prairie, CAN |
| Miklos Bencsik II | 1989 | CAN | 138.10 | 147 | 200 | 347 | 18-May-19 | La Prairie, CAN |
| MacKenzie Middleton | 1998 | ENG | 126.15 | 151 | 186 | 337 | 27-Oct-19 | Bucharest, ROU |
| Haroon Shukat | 1988 | PAK | 117.75 | 153 | 183 | 336 | 24-Nov-18 | Sydney, AUS |
| Muhammad Hafiz | 1999 | MAS | 115.70 | 155 | 180 | 335 | 18-Dec-19 | Kota Kinabalu, MAS |
| Geoff Gray | 1994 | CAN | 140.30 | 141 | 191 | 332 | 2-Feb-19 | Winnipeg, CAN |
| Ushan Chakura Widanapathirana | 1993 | SRI | | 147 | 185 | 332 | 3-Aug-19 | Colombo, SRI |
| Jaspreet Singh | 1992 | IND | 146.90 | 155 | 176 | 331 | 28-Feb-19 | Visakhapatnam, IND |
| Aisake Tuitupou | 1994 | TGA | 153.46 | 140 | 190 | 330 | 13-Jul-19 | Apia, SAM |
| Gabriel Auclair | 1984 | CAN | 136.44 | 145 | 185 | 330 | 2-Nov-19 | La Prairie, CAN |
| Joachim Setefano | 1998 | NZL | 163.80 | 147 | 180 | 327 | 3-Mar-19 | Auckland, NZL |
| Orion Walsh | 1999 | AUS | 147.22 | 150 | 177 | 327 | 20-Oct-19 | Canberra, AUS |
| Jackson Solofa | 1982 | AUS | 140.86 | 147 | 179 | 326 | 20-Oct-19 | Canberra, AUS |
| Abdulakeem Tijani Abdul | 1987 | NGR | 124.00 | 143 | 180 | 323 | 30-Aug-19 | Rabat, MAR |
| Kedar Satputhe | 1994 | IND | 142.64 | 143 | 178 | 321 | 28-Feb-19 | Visakhapatnam, IND |
| Anthony Usmar | 1987 | AUS | 124.45 | 140 | 180 | 320 | 28-Jul-19 | Perth, AUS |
| Jerry Gawan | 2000 | MAS | 122.40 | 145 | 175 | 320 | 18-Dec-19 | Kota Kinabalu, MAS |
| Hitesh | 1997 | IND | 131.36 | 147 | 171 | 318 | 28-Feb-19 | Visakhapatnam, IND |
| Zohaib Ahmed | | PAK | | | | 315 | 15-Nov-19 | Abbottabad, PAK |

2019 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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WOMEN: TOP-25 ABSOLUTE

From 01/11/2018 to 31/12/2019

| 45kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Jhilli Dalabehera | 1999 | IND | 44.95 | 70 | 94 | 164 | 9-Jul-19 | Apia, SAM |
| Riya Sen | 1995 | IND | 44.82 | 67 | 87 | 154 | 22-Feb-19 | Visakhapatnam, IND |
| Dipali Gursale | 1996 | IND | 44.70 | 70 | 83 | 153 | 22-Feb-19 | Visakhapatnam, IND |
| Thushmita M.V. | 1996 | IND | 44.86 | 62 | 88 | 150 | 22-Feb-19 | Visakhapatnam, IND |
| H. Jinarani Devi | 1996 | IND | 44.82 | 65 | 84 | 149 | 22-Feb-19 | Visakhapatnam, IND |
| Hannah Powell | 1992 | WAL | 44.90 | 64 | 84 | 148 | 9-Jul-19 | Apia, SAM |
| Dinusha Hansami Bomiriyage Gomas | 1992 | SRI | | 65 | 80 | 145 | 3-Aug-19 | Colombo, SRI |
| K.V.L. Panavi Kumari | 2003 | IND | 45.00 | 65 | 80 | 145 | 15-Oct-19 | Bihar, IND |
| Bornali Borah | 2000 | IND | 44.19 | 64 | 81 | 145 | 15-Oct-19 | Bihar, IND |
| T. Priyadarshini | 2000 | IND | 44.64 | 57 | 84 | 141 | 22-Feb-19 | Visakhapatnam, IND |
| D. Srimali Divsekara Samarakoon | 1999 | SRI | 44.60 | 58 | 81 | 139 | 5-Dec-19 | Pokhara, NEP |
| Komal Manoj Kamble | 1991 | IND | 45.00 | 62 | 76 | 138 | 22-Feb-19 | Visakhapatnam, IND |
| Stella Peter | 2002 | NGR | 44.50 | 58 | 80 | 138 | 25-Aug-19 | Rabat, MAR |
| Manish Kumari | 1995 | IND | 43.60 | 62 | 75 | 137 | 22-Feb-19 | Visakhapatnam, IND |
| Harshada Sharad Garud | 2003 | IND | 44.26 | 62 | 75 | 137 | 15-Oct-19 | Bihar, IND |
| Nurul Afiqah Zamzuri | 2000 | MAS | 44.12 | 59 | 77 | 136 | 1-Dec-19 | Manila, PHI |
| Komal Kohar | 2002 | IND | 44.71 | 60 | 75 | 135 | 15-Oct-19 | Bihar, IND |
| Techani Nadam | 1999 | IND | 44.40 | 56 | 77 | 133 | 22-Feb-19 | Visakhapatnam, IND |
| Radha Soni | 2003 | IND | 44.49 | 57 | 76 | 133 | 15-Oct-19 | Bihar, IND |
| B. Jyothi | 2004 | IND | 44.34 | 58 | 73 | 131 | 15-Oct-19 | Bihar, IND |
| Nikita Sunil Kamalakar | 2005 | IND | 44.66 | 57 | 74 | 131 | 15-Oct-19 | Bihar, IND |
| Sakshi Mahske | 2001 | IND | 44.70 | 58 | 72 | 130 | 9-Jul-19 | Apia, SAM |
| Winnifred Ntumi | 2002 | GHA | 44.90 | 57 | 69 | 126 | 26-Aug-19 | Rabat, MAR |
| Dipti Saikia | 1995 | IND | 44.90 | 55 | 70 | 125 | 22-Feb-19 | Visakhapatnam, IND |
| Gyaneshwari Yadav | 2003 | IND | 44.50 | 58 | 67 | 125 | 15-Oct-19 | Bihar, IND |
| Anjali Patel | 2004 | IND | 44.69 | 57 | 68 | 125 | 15-Oct-19 | Bihar, IND |
| Srity Akther | 1994 | BAN | 44.70 | 55 | 70 | 125 | 5-Dec-19 | Pokhara, NEP |
| 49kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Saikhom Mirabai Chanu | 1994 | IND | 49.00 | 87 | 114 | 201 | 19-Sep-19 | Pattaya, THA |
| Loa Dika Toua | 1984 | PNG | 48.97 | 78 | 107 | 185 | 15-Dec-18 | Mont Dore, FRA |
| Marie-Haintra Riolya Ranaivosoa | 1990 | MRI | | 80 | 97 | 177 | 21-Jul-19 | Port Louis, MRI |
| Jhilli Dalabehera | 1999 | IND | 48.68 | 76 | 98 | 174 | 2-Nov-18 | Ashgabat, TKM |
| Amanda Braddock | 1989 | CAN | 48.65 | 78 | 96 | 174 | 19-May-19 | La Prairie, CAN |
| S. Bindyarani Devi | 1999 | IND | 48.52 | 72 | 100 | 172 | 22-Feb-19 | Visakhapatnam, IND |
| Pooja Gupta | 1998 | IND | 48.64 | 70 | 97 | 167 | 22-Feb-19 | Visakhapatnam, IND |
| Augustina Nwaokolo | 1992 | NGR | 48.60 | 71 | 90 | 161 | 25-Aug-19 | Rabat, MAR |
| Veerjeet Kaur | 1999 | IND | 48.33 | 70 | 90 | 160 | 15-Oct-19 | Bihar, IND |
| Dinusha Hansami Bomiriyage Gomas | 1992 | SRI | 48.85 | 72 | 85 | 157 | 18-Sep-19 | Pattaya, THA |
| Sneha Soren | 2001 | IND | | 68 | 89 | 157 | 5-Dec-19 | Pokhara, NEP |
| Kelly-Jo Robson | 1988 | ENG | 48.75 | 69 | 87 | 156 | 7-Jun-19 | Coventry, England, GBR |
| Epham Quasar Khanam | 2001 | IND | 48.90 | 70 | 85 | 155 | 22-Feb-19 | Visakhapatnam, IND |
| Keerthi | 1998 | IND | 49.00 | 68 | 86 | 154 | 15-Dec-18 | Nagpur, IND |
| Pooja Kene | 1996 | IND | 48.20 | 68 | 86 | 154 | 22-Feb-19 | Visakhapatnam, IND |
| Noorim Gulam | 1995 | ENG | 48.95 | 68 | 86 | 154 | 7-Jun-19 | Coventry, England, GBR |
| Hannah Powell | 1992 | WAL | 47.00 | 66 | 85 | 151 | 7-Jun-19 | Coventry, England, GBR |
| Asha Sheuli | 2005 | IND | 47.90 | 60 | 87 | 147 | 15-Oct-19 | Bihar, IND |
| Usha | 2003 | IND | 48.61 | 65 | 81 | 146 | 15-Oct-19 | Bihar, IND |
| K. Normita Devi | 2002 | IND | 48.05 | 65 | 81 | 146 | 15-Oct-19 | Bihar, IND |
| Shrabani Das | 2002 | IND | 48.30 | 65 | 80 | 145 | 15-Dec-18 | Nagpur, IND |
| Alyce Stephenson | 1990 | AUS | 48.78 | 60 | 84 | 144 | 27-Apr-19 | Darwin, AUS |
| Lisa Tobias | 1980 | SCO | 48.50 | 60 | 82 | 143 | 27-Apr-19 | Pitlochry, Scotland, GBR |
| Daphne-Anne Hodgson | 1990 | CAN | 48.53 | 62 | 81 | 143 | 19-May-19 | La Prairie, CAN |
| Alina Ismaguilova | 1994 | CAN | 48.64 | 62 | 81 | 143 | 5-Oct-19 | Calgary, CAN |
| V. Rithika | 2004 | IND | 47.85 | 63 | 180 | 143 | 15-Oct-19 | Bihar, IND |
| Myriam Deragon | 1999 | CAN | 48.54 | 64 | 79 | 143 | 7-Dec-19 | Saint-Hyacinthe, CAN |
| Nilcy Tunik | 2001 | MAS | 48.50 | 60 | 83 | 143 | 17-Dec-19 | Kota Kinabalu, MAS |

55kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Adijat Adenike Olarinoye | 1999 | NGR | 54.70 | 93 | 116 | 209 | 26-Aug-19 | Rabat, MAR |
| Chika Joy Amalaha | 1997 | NGR | 54.80 | 93 | 115 | 208 | 26-Aug-19 | Rabat, MAR |
| Rachel Leblanc-Bazinet | 1988 | CAN | 54.85 | 91 | 110 | 201 | 20-Sep-19 | Pattaya, THA |
| Matsa Santoshi | 1994 | IND | 53.46 | 84 | 104 | 188 | 23-Feb-19 | Visakhapatnam, IND |
| Fraer Morrow | 1998 | ENG | 54.50 | 80 | 107 | 187 | 20-Oct-19 | Bucharest, ROU |
| Sorokhaibam Bindyarani Devi | 1999 | IND | 53.24 | 81 | 104 | 185 | 24-Oct-19 | Pyongyang, PRK |
| Loa Dika Toua | 1984 | PNG | 50.01 | 80 | 103 | 183 | 17-Nov-18 | Mont Dore, FRA |
| Harshdeep Kaur | 1994 | IND | 54.80 | 80 | 102 | 182 | 23-Feb-19 | Visakhapatnam, IND |
| B. Usha | 1991 | IND | 54.32 | 80 | 101 | 181 | 23-Feb-19 | Visakhapatnam, IND |
| Catrin Haf Jones | 1999 | WAL | 54.80 | 78 | 103 | 181 | 30-Nov-19 | Bangor, Wales, GBR |
| Erika Yamasaki | 1987 | AUS | 54.85 | 79 | 102 | 181 | 20-Dec-19 | Doha, QAT |
| Haylee Johnson | 1998 | CAN | 55.00 | 78 | 100 | 178 | 19-Sep-19 | Pattaya, THA |
| Johanni Taljaard | 1984 | RSA | 54.91 | 80 | 97 | 177 | 1-Nov-18 | Ashgabat, TKM |
| Amanda Braddock | 1989 | CAN | 51.80 | 80 | 97 | 177 | 10-Aug-19 | Toronto, CAN |
| Hannah Kaminski | 1994 | CAN | 54.97 | 78 | 99 | 177 | 6-Oct-19 | San Diego, USA |
| Manalisha Sonawal | 1995 | IND | 53.34 | 76 | 98 | 174 | 23-Feb-19 | Visakhapatnam, IND |
| Cynthia Barrette | 1997 | CAN | 54.84 | 80 | 94 | 174 | 19-May-19 | La Prairie, CAN |
| Marilou Dozois-Prevost | 1986 | CAN | 54.91 | 75 | 98 | 173 | 1-Nov-18 | Ashgabat, TKM |
| Amy Williams | 1992 | ENG | 54.60 | 75 | 98 | 173 | 7-Apr-19 | Batumi, GEO |
| Sneha Soren | 2001 | IND | 52.85 | 72 | 101 | 173 | 19-Sep-19 | Pattaya, THA |
| Ph. Ranibala Devi | 1998 | IND | 54.00 | 76 | 96 | 172 | 23-Feb-19 | Visakhapatnam, IND |
| Josee Gallant | 1992 | CAN | 54.70 | 78 | 93 | 171 | 2-Feb-19 | Moncton, CAN |
| Gauri Pandey | 1997 | IND | 54.60 | 71 | 99 | 170 | 15-Dec-18 | Nagpur, IND |
| W. Chamari M. Warnakulasuriya | 1990 | SRI | 54.78 | 75 | 95 | 170 | 22-Apr-19 | Ningbo, CHN |
| Saloni Singh | 2001 | IND | 54.05 | 79 | 90 | 169 | 15-Dec-18 | Nagpur, IND |

59kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|---------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Zoe Smith | 1994 | ENG | 58.90 | 93 | 123 | 216 | 21-Sep-19 | Pattaya, THA |
| Chineye Fidelis | 1993 | NGR | 58.75 | 90 | 125 | 215 | 3-Nov-18 | Ashgabat, TKM |
| Folaahade Lawal | 1996 | NGR | 57.50 | 93 | 117 | 210 | 27-Aug-19 | Rabat, MAR |
| Tali Darsigny | 1998 | CAN | 59.00 | 92 | 112 | 204 | 19-May-19 | La Prairie, CAN |
| Jerly Wini Tegu | 1983 | SOL | 58.90 | 85 | 115 | 200 | 17-Nov-18 | Mont Dore, FRA |
| Erra Deexitha | 1997 | IND | 58.20 | 85 | 115 | 200 | 23-Feb-19 | Visakhapatnam, IND |
| Davinder Kaur | 1995 | IND | 57.00 | 87 | 111 | 198 | 23-Feb-19 | Visakhapatnam, IND |
| Swati Singh | 1987 | IND | 58.29 | 87 | 109 | 196 | 23-Apr-19 | Ningbo, CHN |
| Johanni Taljaard | 1984 | RSA | 58.85 | 84 | 108 | 192 | 30-Nov-19 | Cape Town, RSA |
| Diksha Gaikwad | 1990 | IND | 58.66 | 86 | 105 | 191 | 23-Feb-19 | Visakhapatnam, IND |
| Popy Hazarika | 1998 | IND | 56.82 | 87 | 103 | 190 | 23-Feb-19 | Visakhapatnam, IND |
| Kopparthi Shireesha | 1993 | IND | 58.90 | 79 | 110 | 189 | 8-Feb-19 | Chiang Mai, THA |
| Erika Yamasaki | 1987 | AUS | 58.89 | 84 | 105 | 189 | 29-Jun-19 | Brisbane, AUS |
| Rachel Leblanc-Bazinet | 1988 | CAN | 57.16 | 86 | 102 | 188 | 1-Nov-19 | La Prairie, CAN |
| Mohini Daryappa Chavan | 1999 | IND | 57.50 | 83 | 103 | 186 | 18-Dec-18 | Nagpur, IND |
| N. Sumanbala Devi | 1992 | IND | 58.76 | 80 | 105 | 185 | 23-Feb-19 | Visakhapatnam, IND |
| Helen Jewell | 1988 | ENG | 58.20 | 82 | 103 | 185 | 21-Sep-19 | Plymouth, England, GBR |
| Rupa Hanagandi | 1998 | IND | 58.82 | 83 | 101 | 184 | 23-Feb-19 | Visakhapatnam, IND |
| Olivia Blatch | 1993 | ENG | 58.80 | 81 | 103 | 184 | 2-Nov-19 | Milton Keynes, England, GBR |
| Thea Lund | 1995 | CAN | 58.45 | 80 | 103 | 183 | 16-Feb-19 | Surrey, CAN |
| Jennifer Tong | 1996 | ENG | 58.55 | 82 | 101 | 183 | 21-Oct-19 | Bucharest, ROU |
| Jessica Gordon-Brown | 1995 | ENG | 58.70 | 82 | 100 | 182 | 2-Nov-19 | Milton Keynes, England, GBR |
| Caroline Lamarche-McClure | 1995 | CAN | | 83 | 97 | 180 | 2-Nov-18 | La Prairie, CAN |
| Josee Gallant | 1992 | CAN | 57.40 | 83 | 97 | 180 | 17-Nov-18 | Bedford, CAN |
| Sukarna Adak | 2003 | IND | 58.30 | 80 | 100 | 180 | 21-Dec-18 | Doha, QAT |
| Marilou Dozois-Prevost | 1986 | CAN | 58.75 | 80 | 100 | 180 | 1-Nov-19 | La Prairie, CAN |

64kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Maude Charron | 1993 | CAN | 63.85 | 103 | 127 | 230 | 22-Sep-19 | Pattaya, THA |
| Zoe Smith | 1994 | ENG | 63.85 | 100 | 125 | 225 | 8-Jun-19 | Coventry, England, GBR |
| Sarah Davies | 1992 | ENG | 63.70 | 101 | 123 | 224 | 8-Jun-19 | Coventry, England, GBR |
| Joy Ogbonne Eze | 2004 | NGR | 63.50 | 97 | 121 | 218 | 27-Aug-19 | Rabat, MAR |
| Rakhi Halder | 1993 | IND | 63.90 | 95 | 123 | 218 | 21-Dec-19 | Doha, QAT |
| Kiana Elliott | 1997 | AUS | 63.55 | 99 | 114 | 213 | 10-Jul-19 | Apia, SAM |
| Megan Signal | 1990 | NZL | 63.60 | 92 | 115 | 207 | 22-Sep-19 | Pattaya, THA |
| Sarah Cochrane | 1989 | AUS | 63.30 | 93 | 113 | 206 | 21-Sep-19 | Pattaya, THA |
| Rachel Siemens | 1989 | CAN | 63.55 | 89 | 114 | 203 | 19-May-19 | La Prairie, CAN |
| Anju Chauhan | 1992 | IND | 63.80 | 86 | 116 | 202 | 24-Feb-19 | Visakhapatnam, IND |
| Tali Darsigny | 1998 | CAN | 60.10 | 90 | 110 | 200 | 2-Nov-19 | Villeneuve-Loubet, FRA |
| Amandeep Kaur | 1988 | IND | 63.00 | 86 | 113 | 199 | 24-Feb-19 | Visakhapatnam, IND |
| Philippa Malone | 1989 | AUS | 63.60 | 90 | 108 | 198 | 5-Nov-18 | Ashgabat, TKM |
| Nadia Yanguï | 1992 | CAN | 63.95 | 84 | 114 | 198 | 25-Apr-19 | Guatemala City, GUA |
| Seram Nirupama Devi | 2000 | IND | 63.80 | 85 | 112 | 197 | 10-Jul-19 | Apia, SAM |
| Oluwatuwin Victoria Adesanmi | 1992 | NGR | 62.93 | 85 | 110 | 195 | 4-Nov-18 | Ashgabat, TKM |
| Magalie Roux | 1999 | CAN | 63.94 | 85 | 109 | 194 | 1-Dec-18 | Sherbrooke, CAN |
| Megan Trupp | 2000 | CAN | 64.00 | 89 | 104 | 193 | 10-Aug-19 | Toront, CAN |
| Mona Pretorius | 1988 | RSA | 63.50 | 86 | 106 | 192 | 27-Aug-19 | Rabat, MAR |
| Nancy Genzel Abouke | 2003 | NRU | 63.30 | 80 | 110 | 190 | 10-Jul-19 | Apia, SAM |
| Yasmin Zammit-Stevens | 1993 | MLT | 63.84 | 86 | 103 | 189 | 9-Apr-19 | Batumi, GEO |
| Katrina Smith | 1987 | CAN | 63.95 | 85 | 103 | 188 | 13-Jul-19 | Melbourne, AUS |
| Stephanie Gowanlock | 1984 | CAN | 63.30 | 84 | 104 | 188 | 2-Nov-19 | Mississauga, CAN |
| Catherine St-Gelais | 1994 | CAN | 62.05 | 82 | 105 | 187 | 1-Nov-19 | La Prairie, CAN |
| Maggie Cumetti | 1995 | CAN | | 84 | 102 | 186 | 2-Nov-18 | La Prairie, CAN |

71kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|---------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Emily Muscat (Godley) | 1989 | ENG | 70.65 | 101 | 130 | 231 | 11-Dec-19 | Tianjin, CHN |
| Maya Laylor | 1995 | CAN | 70.58 | 99 | 124 | 223 | 19-May-19 | La Prairie, CAN |
| Caroline Edujïe Oko-Uokha | 1991 | NGR | 70.10 | 95 | 116 | 211 | 28-Aug-19 | Rabat, MAR |
| Adreanne Messier | 1999 | CAN | 70.99 | 95 | 112 | 207 | 30-Mar-19 | Saint-Hyacinthe, CAN |
| Megan Signal | 1990 | NZL | 68.97 | 89 | 116 | 205 | 11-Dec-19 | Tianjin, CHN |
| Quinnie Rwahwire | 1990 | CAN | 70.97 | 92 | 112 | 204 | 1-Nov-19 | La Prairie, CAN |
| Nadia Yanguï | 1992 | CAN | 68.85 | 89 | 114 | 203 | 23-Sep-19 | Pattaya, THA |
| Kh. Sarjubala Devi | 1999 | IND | 69.10 | 89 | 113 | 202 | 24-Feb-19 | Visakhapatnam, IND |
| Ebony Gorincu | 1989 | AUS | 70.98 | 91 | 110 | 201 | 29-Jun-19 | Brisbane, AUS |
| Stephanie Davies | 1989 | AUS | 69.35 | 86 | 114 | 200 | 15-Dec-18 | Mont Dore, FRA |
| Kiana Elliott | 1997 | AUS | 66.10 | 95 | 105 | 200 | 27-Jul-19 | Adelaide, AUS |
| Maximina Uepa | 2002 | NRU | 69.84 | 87 | 113 | 200 | 7-Dec-19 | Mont Dore, FRA |
| Rachel Siemens | 1989 | CAN | 66.00 | 88 | 111 | 199 | 16-Feb-19 | Surrey, CAN |
| Pooja Yadav | 1996 | IND | 68.40 | 88 | 111 | 199 | 24-Feb-19 | Visakhapatnam, IND |
| Magalie Roux | 1999 | CAN | 68.89 | 88 | 111 | 199 | 30-Mar-19 | Saint-Hyacinthe, CAN |
| Sarah Cochrane | 1989 | AUS | 64.97 | 87 | 111 | 198 | 29-Jun-19 | Townsville, AUS |
| Sk. Allima Begum | 1995 | IND | 69.46 | 86 | 110 | 196 | 24-Feb-19 | Visakhapatnam, IND |
| Sally Bennett | 1991 | ENG | 69.15 | 87 | 109 | 196 | 8-Jun-19 | Coventry, England, GBR |
| Isabel Lorenzini | 1999 | AUS | 70.70 | 89 | 106 | 195 | 2-Feb-19 | Sydney, AUS |
| Sarah Davies | 1992 | ENG | 68.00 | 87 | 107 | 194 | 3-Nov-19 | Milton Keynes, England, GBR |
| Maggie Cumetti | 1995 | CAN | 68.67 | 84 | 109 | 193 | 19-May-19 | La Prairie, CAN |
| Sabah Chamoun | 2000 | AUS | 69.80 | 83 | 109 | 192 | 20-Oct-19 | Canberra, AUS |
| Manpreet Kaur | 1996 | IND | 70.30 | 85 | 107 | 192 | 6-Dec-19 | Pokhara, NEP |
| Caity Haniver | 1990 | AUS | 70.34 | 86 | 105 | 191 | 20-Oct-19 | Canberra, AUS |
| Zoe Horseman | 1993 | SCO | 68.05 | 85 | 105 | 190 | 4-Nov-18 | Edinburgh, Scotland, GBR |
| K. Roshilata Devi | 1999 | IND | 67.34 | 85 | 105 | 190 | 24-Feb-19 | Visakhapatnam, IND |
| Swati | 1995 | IND | 65.64 | 84 | 106 | 190 | 24-Feb-19 | Visakhapatnam, IND |
| Yasmin Zammit-Stevens | 1993 | MLT | 69.45 | 85 | 105 | 190 | 23-Sep-19 | Pattaya, THA |

76kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Marie-Josephe Fegue | 1991 | CMR | 74.60 | 112 | 136 | 248 | 17-Nov-18 | St Maur, FRA |
| Kristel Ngarlem | 1995 | CAN | 75.25 | 100 | 130 | 230 | 24-Sep-19 | Pattaya, THA |
| Maya Laylor | 1995 | CAN | 74.10 | 98 | 125 | 223 | 10-Aug-19 | Toronto, CAN |
| Marie-Eve Beauchemin-Nadeau | 1988 | CAN | 75.94 | 96 | 124 | 220 | 7-Nov-18 | Ashgabat, TKM |
| Emily Muscat (Godley) | 1989 | ENG | 71.35 | 93 | 127 | 220 | 11-Jul-19 | Apia, SAM |
| <i>Manpreet Kaur</i> | 1996 | IND | 73.30 | 97 | 120 | 217 | 24-Feb-19 | Visakhapatnam, IND |
| Kanah Andrews-Nahu | 2001 | NZL | 75.90 | 98 | 114 | 212 | 5-Jun-19 | Suva, FIJ |
| Stephanie Davies | 1989 | AUS | 71.05 | 95 | 116 | 211 | 3-Nov-18 | Melbourne, AUS |
| Adreanne Messier | 1999 | CAN | 75.94 | 96 | 115 | 211 | 2-Nov-19 | La Prairie, CAN |
| <i>Bilikis Otunla</i> | 1994 | NGR | 75.58 | 92 | 117 | 209 | 7-Nov-18 | Ashgabat, TKM |
| Quinnie Rwahwire | 1990 | CAN | 72.90 | 92 | 115 | 207 | 24-Sep-19 | Pattaya, THA |
| Ebony Gorincu | 1989 | AUS | 73.70 | 93 | 113 | 206 | 22-Dec-19 | Doha, QAT |
| Deepika Handa | 1985 | IND | 74.80 | 84 | 120 | 204 | 24-Feb-19 | Visakhapatnam, IND |
| Shashi Yadav | 1993 | IND | 74.40 | 91 | 112 | 203 | 24-Feb-19 | Visakhapatnam, IND |
| Tayla Howe | 1996 | WAL | 72.00 | 93 | 110 | 203 | 14-Apr-19 | London, England, GBR |
| Bailey Rogers | 1991 | NZL | 74.85 | 92 | 110 | 202 | 11-Jul-19 | Apia, SAM |
| R. Arokiya Alish | 2000 | IND | 71.25 | 85 | 116 | 201 | 20-Dec-18 | Nagpur, IND |
| Jeanne Gaelle Eyenga Mboosi | 1999 | CMR | 75.45 | 87 | 112 | 199 | 6-Sep-19 | Kampala, UGA |
| Rayen Cupid | 1985 | SVG | 74.55 | 88 | 109 | 197 | 26-Apr-19 | Guatemala City, GUA |
| Prabdeep Sanghera | 1993 | CAN | 73.13 | 87 | 106 | 193 | 19-May-19 | La Prairie, CAN |
| Jabriella Teo Samuel | 1998 | MAS | 75.45 | 85 | 108 | 193 | 24-Sep-19 | Pattaya, THA |
| Mimi Syazwani Zainal Abidin | 1999 | MAS | 75.10 | 84 | 108 | 192 | 17-Dec-19 | Kota Kinabalu, MAS |
| Alison Sunee | 1999 | MRI | 73.35 | 86 | 105 | 191 | 28-Apr-19 | Cairo, EGY |
| Sally Bennett | 1991 | ENG | 71.95 | 86 | 105 | 191 | 22-Dec-19 | Doha, QAT |
| Lianne Ireland | 1995 | CAN | 75.30 | 85 | 105 | 190 | 30-Mar-19 | Toronto, CAN |
| Nada Hassan | 1997 | CAN | 75.24 | 85 | 105 | 190 | 19-May-19 | La Prairie, CAN |

81kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Eileen Cikamatana | 1999 | AUS | 80.52 | 110 | 150 | 260 | 12-Dec-19 | Tianjin, CHN |
| Punam Yadav | 1995 | IND | 78.12 | 99 | 121 | 220 | 25-Feb-19 | Visakhapatnam, IND |
| Fatima Otiameh Musa | 1999 | NGR | 77.10 | 97 | 122 | 219 | 29-Aug-19 | Rabat, MAR |
| <i>Bilikis Otunla</i> | 1994 | NGR | 76.70 | 93 | 125 | 218 | 28-Apr-19 | Cairo, EGY |
| Liadi Taiwo | 2002 | NGR | 77.30 | 95 | 121 | 216 | 29-Aug-19 | Rabat, MAR |
| Kanah Andrews-Nahu | 2001 | NZL | 79.30 | 100 | 112 | 212 | 2-Feb-19 | Auckland, NZL |
| Swapna Priya Baruah | 1996 | IND | 79.94 | 89 | 121 | 210 | 25-Feb-19 | Visakhapatnam, IND |
| Rajwant Kaur | 1987 | IND | 77.50 | 93 | 116 | 209 | 25-Feb-19 | Visakhapatnam, IND |
| Julia Ryan | 1990 | CAN | 80.90 | 90 | 111 | 201 | 15-Dec-18 | Quinte West, CAN |
| Rayssa Djafick Ma-Atemken Zomgoua | 1998 | CMR | 80.20 | 90 | 111 | 201 | 29-Aug-19 | Rabat, MAR |
| Akshata Kamati | 1999 | IND | 78.94 | 80 | 120 | 200 | 20-Oct-19 | Bihar, IND |
| Leotina Petelo | 2001 | SAM | 79.60 | 92 | 107 | 199 | 6-Jun-19 | Suva, FIJ |
| Sofia Zudova | 1994 | AUS | 80.40 | 88 | 110 | 198 | 29-Apr-19 | Darwin, AUS |
| Zoe Glasson | 1991 | NZL | 78.90 | 87 | 111 | 198 | 20-Jul-19 | Auckland, NZL |
| Rayen Cupid | 1985 | SVG | 76.45 | 90 | 106 | 196 | 9-Jun-19 | Coventry, England, GBR |
| Bailey Rogers | 1991 | NZL | 77.50 | 84 | 110 | 194 | 2-Mar-19 | Hobart, AUS |
| Tara Pratt | 1992 | AUS | 77.80 | 86 | 105 | 191 | 20-Oct-19 | Canberra, AUS |
| T. Dharshini | 1998 | IND | 76.10 | 84 | 106 | 190 | 19-Dec-18 | Nagpur, IND |
| Emma Collins-Jones | 1990 | ENG | 80.40 | 87 | 103 | 190 | 7-Sep-19 | Salisbury, England, GBR |
| Sharsti Singh | 1988 | IND | 80.90 | 82 | 108 | 190 | 7-Dec-19 | Pokhara, NEP |
| Alison Sunee | 1999 | MRI | 77.42 | 87 | 100 | 187 | 6-Sep-19 | Kampala, UGA |
| M. Ooha Sai | 1997 | IND | 79.20 | 77 | 107 | 184 | 25-Feb-19 | Visakhapatnam, IND |
| Yiyin Chen | | ENG | 80.00 | 80 | 103 | 183 | 8-Sep-19 | London, England, GBR |
| Christine Col | 1990 | CAN | 80.90 | 82 | 100 | 182 | 30-Mar-19 | Lake Country, CAN |
| Cassie Todd | 1991 | AUS | 80.54 | 75 | 105 | 180 | 20-Oct-19 | Canberra, AUS |

87kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Eileen Cikamatana | 1999 | AUS | 83.64 | 115 | 151 | 266 | 10-Nov-19 | Lima, PER |
| Pavunraj Anuradha | 1992 | IND | 86.24 | 102 | 126 | 228 | 26-Feb-19 | Visakhapatnam, IND |
| Clementine Meukeugni Noubissi | 1990 | CMR | 86.00 | 101 | 126 | 227 | 30-Aug-19 | Rabat, MAR |
| Srishti Singh | 1990 | IND | 87.00 | 102 | 120 | 222 | 26-Feb-19 | Visakhapatnam, IND |
| Kaitlyn Fassina | 1990 | AUS | 86.60 | 101 | 121 | 222 | 29-Apr-19 | Darwin, AUS |
| Usha B.N. | 1995 | IND | 86.30 | 95 | 120 | 215 | 26-Feb-19 | Visakhapatnam, IND |
| Julia Ryan | 1990 | CAN | 82.30 | 89 | 112 | 201 | 30-Mar-19 | Toronto, CAN |
| Hayley Whiting | 1993 | NZL | 84.10 | 90 | 110 | 200 | 3-Mar-19 | Auckland, NZL |
| Sofia Zudova | 1994 | AUS | 82.20 | 85 | 108 | 193 | 8-Dec-18 | Melbourne, AUS |
| Lorraine Harry | 1996 | PNG | 84.45 | 85 | 107 | 192 | 12-Jul-19 | Apia, SAM |
| Tara Pratt | 1992 | AUS | 82.65 | 85 | 105 | 190 | 5-May-19 | Perth, AUS |
| Modhusmita Baruah | 1999 | IND | 86.16 | 81 | 105 | 186 | 26-Feb-19 | Visakhapatnam, IND |
| Lauren Miller | 1994 | ENG | 82.08 | 82 | 104 | 186 | 3-Nov-19 | Milton Keynes, England, GBR |
| Dimitra Tsiliaskopoulos | 1984 | AUS | 86.70 | 78 | 106 | 184 | 23-Jun-19 | Sydney, AUS |
| Caroline Joachim | 1999 | MAS | 87.00 | 80 | 103 | 183 | 18-Dec-19 | Kota Kinabalu, MAS |
| Nur Shafika Samsuddin | 2000 | MAS | 82.30 | 79 | 102 | 181 | 18-Dec-19 | Kota Kinabalu, MAS |
| Jessica Silva | 1993 | ENG | 81.25 | 78 | 102 | 180 | 9-Jun-19 | Coventry, England, GBR |
| Leora Yates | 1976 | AUS | 83.50 | 80 | 94 | 174 | 14-Dec-19 | Melbourne, AUS |
| Priyadarshini Jagushte | 1993 | IND | 86.36 | 83 | 90 | 173 | 26-Feb-19 | Visakhapatnam, IND |
| Chloe Kerwick | 1996 | AUS | 86.30 | 76 | 97 | 173 | 18-May-19 | Miles, AUS |
| Jasmine Stimson | 1996 | AUS | 84.05 | 78 | 95 | 173 | 15-Dec-19 | Perth, AUS |
| Elisia Scicluna | 1992 | MLT | 81.03 | 76 | 95 | 171 | 23-Mar-19 | Cospicua, MLT |
| Miriam Messmer | 1984 | ENG | 87.00 | 76 | 95 | 171 | 11-May-19 | London, England, GBR |
| Cassandra Todd | 1991 | AUS | 83.88 | 70 | 100 | 170 | 5-Jan-19 | Brisbane, AUS |
| Sydney Emmons | 1995 | CAN | 87.00 | 74 | 96 | 170 | 7-Dec-19 | Saskatoon, CAN |

+87kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|--------------------------------|
| Laurel Hubbard | 1978 | NZL | 138.15 | 131 | 154 | 285 | 27-Sep-19 | Pattaya, THA |
| Feagaiga Stowers | 2000 | SAM | 116.20 | 124 | 151 | 275 | 8-Jun-19 | Suva, FIJ |
| Emily Campbell | 1994 | ENG | 119.38 | 119 | 152 | 271 | 12-Dec-19 | Tianjin, CHN |
| Charisma Amoe-Tarrant | 1999 | AUS | 144.80 | 110 | 152 | 262 | 23-Dec-19 | Doha, QAT |
| Iuniarra Sipaia | 1993 | SAM | 129.83 | 108 | 147 | 255 | 13-Jul-19 | Apia, SAM |
| Obehi Joseph | 1994 | NGR | 102.60 | 105 | 130 | 235 | 30-Aug-19 | Rabat, MAR |
| Kuinini Manumaa | 2000 | TGA | 107.55 | 98 | 129 | 227 | 9-Nov-18 | Ashgabat, TKM |
| Leslia Fiapule | 2001 | SAM | 106.45 | 100 | 127 | 227 | 13-Jul-19 | Apia, SAM |
| Mercy Brown | 1996 | ENG | 95.34 | 98 | 128 | 226 | 10-Mar-19 | Las Vegas, USA |
| Sonia Casendra | 2000 | MAS | 99.80 | 90 | 127 | 217 | 18-Dec-19 | Kota Kinabalu, MAS |
| Kaitlyn Fassina | 1990 | AUS | 88.65 | 98 | 116 | 214 | 7-Dec-19 | Hobart, AUS |
| Shalinee Valaydon | 1986 | MRI | 114.41 | 95 | 115 | 210 | 29-Apr-19 | Cairo, EGY |
| Leah Clarke | | ENG | 103.03 | 90 | 115 | 205 | 3-Nov-19 | Milton Keynes, England, GBR |
| Lauren Bruce | 1997 | NZL | 90.10 | 90 | 115 | 205 | 3-Nov-19 | Auckland, NZL |
| Tuualii Ropati | 2000 | SAM | 113.25 | 90 | 114 | 204 | 13-Jul-19 | Apia, SAM |
| Pardeep Kaur | 1986 | IND | 95.82 | 84 | 110 | 194 | 26-Feb-19 | Visakhapatnam, IND |
| Ashwini Malage | 1998 | IND | 106.50 | 85 | 108 | 193 | 26-Feb-19 | Visakhapatnam, IND |
| Anais Michaud | 2001 | CAN | 113.66 | 88 | 105 | 193 | 2-Nov-19 | La Prairie, CAN |
| Mamuel Mwareow | 2002 | NRU | 98.25 | 80 | 111 | 191 | 12-Jul-19 | Apia, SAM |
| Angel-Leigh Durham | 1997 | NZL | 119.90 | 83 | 108 | 191 | 3-Aug-19 | Christchurch, NZL |
| H.W. Thimali N.B.J. Haputhanna | 1999 | SRI | | 84 | 105 | 189 | 3-Aug-19 | Colombo, SRI |
| Jessica Collins | 1991 | NZL | 158.60 | 88 | 100 | 188 | 19-May-19 | Auckland, NZL |
| Estelle Momeni | 1993 | CMR | 89.45 | 80 | 107 | 187 | 11-Jul-19 | Nairobi, KEN |
| Diviya A/P Loganathan | 1999 | MAS | 99.40 | 87 | 100 | 187 | 18-Dec-19 | Kota Kinabalu, MAS |
| Claire McLamon | 1976 | NIR | 104.70 | 84 | 102 | 186 | 11-Aug-19 | Belfast, Northern Ireland, GBR |

2019 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

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MEN: ONE PER COUNTRY

From 01/11/2018 to 31/12/2019

| 55kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Hazal Wafie Muhammad Azroy | 1994 | MAS | 54.90 | 112 | 136 | 248 | 20-Apr-19 | Ningbo, CHN |
| D. Isuru Kamara | 1996 | SRI | 54.95 | 108 | 134 | 242 | 18-Sep-19 | Pattaya, THA |
| Shubham Kolekar | 1999 | IND | 54.90 | 102 | 138 | 240 | 15-Dec-18 | Nagpur, IND |
| Muhammed Yousaf | 2001 | PAK | 54.80 | 100 | 137 | 237 | 14-Sep-19 | Lahore, PAK |
| Youri Simard | 2001 | CAN | 54.94 | 98 | 126 | 224 | 18-May-19 | La Prairie, CAN |
| King Kalu | 1995 | NGR | 54.60 | 95 | 123 | 218 | 25-Aug-19 | Rabat, MAR |
| Elson Brechtefeld | 1994 | NRU | 54.70 | 93 | 122 | 215 | 9-Jul-19 | Apia, SAM |
| Paul Ndicka-Matam | 1988 | CMR | 56.00 | 81 | 110 | 191 | 2-Feb-19 | Gennevillios, FRA |
| Gahua Ian Nauari | 2002 | PNG | 54.65 | 80 | 108 | 188 | 9-Jul-19 | Apia, SAM |
| Walter Shadrack | 2000 | SOL | 54.75 | 80 | 105 | 185 | 9-Jul-19 | Apia, SAM |
| Davis Niyoyita | 2004 | UGA | 54.96 | 80 | 103 | 183 | 6-Sep-19 | Kampala, UGA |
| Wilem Emile Gwendal | 2002 | MRI | | 79 | 102 | 181 | 21-Jul-19 | Port Louis, MRI |
| Benjamin Hickling | 2002 | ENG | 54.70 | 76 | 102 | 178 | 5-Oct-19 | Luton, England, GBR |
| Cliff Wong Jia Hui | 1990 | SGP | | 75 | 95 | 170 | 9-Mar-19 | Singapore City, SGP |
| Kgotla Alphius Kgaswane | 2000 | BOT | 54.64 | 70 | 95 | 165 | 10-Dec-19 | Tianjin, CHN |
| Avery Fesolia | 2002 | NZL | 54.00 | 70 | 93 | 163 | 15-Dec-18 | Auckland, NZL |
| Pantelis Papadopoulos | 2004 | CYP | 55.00 | 67 | 80 | 147 | 15-Dec-18 | Limassol, CYP |
| Logan Weaver | 2005 | AUS | 54.60 | 60 | 85 | 145 | 4-May-19 | Rockhampton, AUS |
| Mpho Khobal | 1999 | LES | 54.95 | 52 | 70 | 122 | 18-May-19 | Johannesburg, RSA |
| Gitto Garabwan | 2002 | NRU | 43.00 | 48 | 65 | 113 | 25-Jan-19 | NRU |
| Daniel Shaw | 2005 | FIJ | 54.00 | 45 | 63 | 108 | 9-Jul-19 | Apia, SAM |
| Kaimauri Erati | 2004 | KIR | 53.80 | --- | 75 | --- | 9-Jul-19 | Apia, SAM |
| 61kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Muhamad Aznil Bidin | 1994 | MAS | 61.00 | 125 | 160 | 285 | 19-Sep-19 | Pattaya, THA |
| Morea Baru | 1990 | PNG | 61.00 | 124 | 160 | 284 | 10-Jul-19 | Apia, SAM |
| D.K.T.W.K. Palangasinghe | 1993 | SRI | 60.80 | 122 | 155 | 277 | 20-Apr-19 | Ningbo, CHN |
| Emmanuel Appah | 1999 | NGR | 60.20 | 120 | 151 | 271 | 26-Aug-19 | Rabat, MAR |
| Sidhanta Gogoi | 2004 | IND | 60.36 | 115 | 151 | 266 | 17-Oct-19 | Bihar, IND |
| Muhammad Shahzad | 1990 | PAK | | | | 252 | 13-Nov-19 | Abbottabad, PAK |
| Elson Brechtefeld | 1994 | NRU | 60.65 | 105 | 135 | 240 | 18-Sep-19 | Pattaya, THA |
| Youri Simard | 2001 | CAN | 60.12 | 105 | 133 | 238 | 1-Nov-19 | La Prairie, CAN |
| Jaswant Shergill | 1993 | ENG | 60.20 | 100 | 131 | 231 | 19-Jan-19 | Milton Keynes, England, GBR |
| David Akwei | 2000 | GHA | 60.60 | 100 | 127 | 227 | 26-Aug-19 | Rabat, MAR |
| Brown Ramohaka | 1988 | SOL | 60.45 | 99 | 127 | 226 | 10-Jul-19 | Apia, SAM |
| Jack Dorian Madanamoothoo | 2001 | MRI | 60.86 | 95 | 124 | 219 | 26-Apr-19 | Cairo, EGY |
| Mubarak Musoke Kivumbi | 1989 | UGA | 61.00 | 96 | 120 | 216 | 26-Aug-19 | Rabat, MAR |
| John Tafi | 2002 | SAM | 60.55 | 95 | 115 | 210 | 10-Jul-19 | Apia, SAM |
| Blake Armitage | 1995 | AUS | 60.81 | 89 | 117 | 206 | 1-Dec-18 | Brisbane, AUS |
| Ben Goh Zuo Fu | 1994 | SGP | 60.40 | 92 | 111 | 203 | 27-Apr-19 | Darwin, AUS |
| Paul Ndicka-Matam | 1988 | CMR | 56.00 | 81 | 116 | 197 | 17-Nov-18 | Lorient, FRA |
| Avery Fasolai | 2002 | NZL | 59.04 | 84 | 112 | 196 | 30-Nov-19 | Auckland, NZL |
| Tatake leeti | 2000 | KIR | 59.50 | 85 | 102 | 187 | 10-Jul-19 | Apia, SAM |
| Nkhakhale Thapelo Sebota | 1997 | LES | 59.65 | 80 | 97 | 177 | 6-Nov-19 | Antananarivo, MAD |
| Dino Van Rensburg | 1983 | RSA | 60.30 | 74 | 103 | 177 | 30-Nov-19 | Cape Town, RSA |
| Ben Foggo | | WAL | 59.40 | 80 | 95 | 175 | 2-Feb-19 | Bangor, Wales, GBR |
| Kgotla Alphius Kgaswane | 2000 | BOT | 57.75 | 72 | 99 | 171 | 20-Dec-19 | Doha, QAT |
| Jesse Otundo Bosire | 1995 | KEN | 59.30 | 71 | 91 | 162 | 8-Jul-19 | Nairobi, KEN |
| Pantelis Papadopoulos | 2004 | CYP | | 75 | 95 | 170 | 2-Nov-19 | Limassol, CYP |
| Maika Taukeinikoro | 2004 | FIJ | 59.25 | 57 | 75 | 132 | 2-Jun-19 | Suva, FIJ |
| Rylee Borg | 2006 | MLT | 55.70 | 58 | 71 | 129 | 30-Mar-19 | Budapest, HUN |

| 67kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Talha Talib | 1999 | PAK | 66.68 | 144 | 170 | 314 | 14-Sep-19 | Lahore, PAK |
| Jeremy Lalrinnunga | 2002 | IND | 66.45 | 140 | 166 | 306 | 20-Dec-19 | Doha, QAT |
| Muhammad Anzil Bidin | 1994 | MAS | 66.30 | 130 | 162 | 292 | 16-Dec-19 | Kota Kinabalu, MAS |
| Vaipava Nevo Ioane | 1988 | SAM | 66.45 | 125 | 164 | 289 | 11-Jul-19 | Apia, SAM |
| Ruben Katoatau | 1997 | KIR | 66.80 | 125 | 161 | 286 | 15-Dec-18 | Mont Dore, FRA |
| Gareth Evans | 1986 | WAL | 67.00 | 125 | 161 | 286 | 11-Jul-19 | Apia, SAM |
| Morea Baru | 1990 | PNG | 61.30 | 120 | 160 | 280 | 25-Jan-19 | NRU |
| Matthew Lee | 1989 | CAN | 66.80 | 122 | 154 | 276 | 30-Mar-19 | Lake Country, CAN |
| Editiong Joseph Umoafia | 2002 | NGR | 65.40 | 125 | 147 | 272 | 26-Apr-19 | Cairo, EGY |
| J.A. Chaturanga Lakmal | 1988 | SRI | | 119 | 144 | 263 | 6-Dec-19 | Pokhara, NEP |
| Ezekiel Moses | 2001 | NRU | 67.00 | 115 | 145 | 260 | 11-Jul-19 | Apia, SAM |
| Jaswant Shergill | 1993 | ENG | 65.45 | 110 | 148 | 258 | 7-Jun-19 | Coventry, England, GBR |
| Jon-Antohein Phillips | 2000 | RSA | 66.45 | 110 | 145 | 255 | 30-Nov-19 | Cape Town, RSA |
| Marc Jonathan Coret | 1989 | MRI | | 110 | 140 | 250 | 22-Jul-19 | Port Louis, MRI |
| Md Nayemul Islam | 2003 | BAN | 66.08 | 114 | 132 | 246 | 22-Oct-19 | Pyongyang, PRK |
| Christopher Moore | 1991 | AUS | 66.68 | 109 | 130 | 239 | 19-Oct-19 | Canberra, AUS |
| David Akwei | 2000 | GHA | 65.40 | 104 | 130 | 234 | 26-Apr-19 | Cairo, EGY |
| Cester Brown Ramohaka | 1988 | SOL | 65.30 | 100 | 130 | 230 | 8-Dec-18 | Honiara, SOL |
| Dustin Terrill | 1989 | NZL | 66.40 | 100 | 125 | 225 | 24-Feb-19 | Wellington, NZL |
| Keith Koh Jia Jie | 1996 | SGP | | 90 | 127 | 217 | 9-Mar-19 | Singapore City, SGP |
| Julius Ssekitoleko | 2000 | UGA | 63.39 | 95 | 121 | 216 | 6-Sep-19 | Kampala, UGA |
| Lucas Clark | 1993 | SCO | 66.85 | 90 | 122 | 212 | 27-Apr-19 | Pitlochry, Scotland, GBR |
| Giorgos Anastasiou | 1997 | CYP | 66.15 | 90 | 117 | 207 | 22-Oct-19 | Bucharest, ROU |
| Daryl Riage | 1989 | SEY | | 85 | 120 | 205 | 22-Jul-19 | Port Louis, MRI |
| Samuela Nasila | 1999 | FIJ | 66.30 | 88 | 110 | 198 | 10-Jul-19 | Apia, SAM |
| Bafokeng Moeti | 1989 | LES | 64.65 | 90 | 105 | 195 | 18-May-19 | Johannesburg, RSA |
| Esmen Maltungtung | 1996 | VAN | 66.55 | 55 | 75 | 130 | 10-Jul-19 | Apia, SAM |
| Manuila Raobu | 2000 | TUV | 65.70 | 106 | --- | --- | 11-Jul-19 | Apia, SAM |

| 73kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|---------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Achinta Sheuli | 2001 | IND | 72.85 | 136 | 169 | 305 | 11-Jul-19 | Apia, SAM |
| Muhammad Erry Hydayat | 1999 | MAS | 72.70 | 140 | 165 | 305 | 30-Sep-19 | Johor, MAS |
| Abu Sufyan | 1993 | PAK | 72.84 | 135 | 165 | 300 | 14-Sep-19 | Lahore, PAK |
| D.M.Indika C. Dissanayake | 1989 | SRI | 72.75 | 134 | 164 | 298 | 21-Sep-19 | Pattaya, THA |
| Nikolay Varbanov | 1999 | CAN | 72.03 | 130 | 165 | 295 | 18-May-19 | La Prairie, CAN |
| Brandon Wakeling | 1994 | AUS | 72.70 | 123 | 167 | 290 | 11-Jul-19 | Apia, SAM |
| Gareth Evans | 1986 | WAL | 69.95 | 131 | 155 | 286 | 7-Jun-19 | Coventry, England, GBR |
| Ezekiel Moses | 2001 | NRU | 72.48 | 126 | 160 | 286 | 7-Dec-19 | Mont Dore, FRA |
| Taretiia Tabaroua | 1994 | KIR | 72.90 | 120 | 165 | 285 | 8-Feb-19 | Chiang Mai, THA |
| Jonathan Chin | 1994 | ENG | 72.45 | 124 | 147 | 271 | 21-Sep-19 | Pattaya, THA |
| Otsile Greg Shushu | 1980 | RSA | 70.72 | 117 | 150 | 267 | 2-Nov-18 | Ashgabat, TKM |
| Rick Confiance | 1994 | SEY | 72.10 | 120 | 146 | 266 | 27-Aug-19 | Rabat, MAR |
| Karl McLean | 1996 | NIR | 72.20 | 112 | 150 | 262 | 13-Apr-19 | London, England, GBR |
| Hakim Musoke Ssempereza | 1995 | UGA | 70.71 | 115 | 145 | 260 | 8-Mar-19 | Las Vegas, USA |
| Craig Carffrey | 1992 | SCO | 72.50 | 111 | 145 | 256 | 30-Nov-19 | Bangor, Wales, GBR |
| Anthony Taylor | 1996 | NZL | 71.70 | 112 | 143 | 255 | 1-Nov-19 | Auckland, NZL |
| Dinesh Pandoo | 2001 | MRI | | 115 | 136 | 251 | 22-Jul-19 | Port Louis, MRI |
| Anthony Masinde | 1989 | KEN | 70.75 | 105 | 140 | 245 | 9-Jul-19 | Nairobi, KEN |
| Ivenil Andronov | 1993 | CYP | 72.00 | 107 | 130 | 237 | 23-Feb-19 | Limassol, CYP |
| Douglas Mea | 1999 | PNG | 72.30 | 97 | 130 | 227 | 10-Jul-19 | Apia, SAM |
| Machmachamise Ntsinyi | 1998 | LES | 72.60 | 90 | 123 | 213 | 27-Aug-19 | Rabat, MAR |
| Lim Tze Wei | 1987 | SGP | | 96 | 110 | 206 | 10-Mar-19 | Singapore City, SGP |
| Kaia Davis | 2004 | NIU | 71.30 | 80 | 105 | 185 | 10-Jul-19 | Apia, SAM |
| Robinson Wotlelen | 1995 | VAN | 72.90 | 77 | 100 | 177 | 7-Dec-19 | Mont Dore, FRA |

| 81kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Ajay Singh | 1997 | IND | 81.00 | 148 | 190 | 338 | 12-Jul-19 | Apia, SAM |
| Alex Bellemarre | 1998 | CAN | 80.45 | 154 | 183 | 337 | 25-Apr-19 | Guatemala City, GUA |
| Dickson Mamdum Seldom | 1992 | NGR | 80.70 | 146 | 178 | 324 | 28-Aug-19 | Rabat, MAR |
| Jack Oliver | 1991 | ENG | 80.38 | 146 | 176 | 322 | 10-Apr-19 | Batumi, GEO |
| Haider Ali | 1995 | PAK | | | | 320 | 14-Nov-19 | Abbottabad, PAK |
| Ahmed Valdy Njoya | 1999 | CMR | 80.90 | 136 | 175 | 311 | 28-Aug-19 | Rabat, MAR |
| Cameron McTaggart | 1997 | NZL | 80.90 | 141 | 169 | 310 | 2-Nov-19 | Auckland, NZL |
| Loro Wilkinson | 1995 | MAS | 81.00 | 136 | 171 | 307 | 16-Dec-19 | Kota Kinabalu, MAS |
| Chinthana Geethal Vidanage | 1981 | SRI | | 135 | 170 | 305 | 3-Aug-19 | Colombo, SRI |
| Jack Opeloge | 2000 | SAM | 80.35 | 138 | 160 | 298 | 12-Jul-19 | Apia, SAM |
| Ryley Porter | 1995 | AUS | 76.25 | 134 | 158 | 292 | 24-Aug-19 | Brisbane, AUS |
| Jason Epton | 2000 | SCO | 80.50 | 125 | 160 | 285 | 27-Apr-19 | Pitlochry, Scotland, GBR |
| Webstar Ndoli Lukose | 1989 | KEN | 80.30 | 130 | 155 | 285 | 28-Aug-19 | Rabat, MAR |
| Tuau Lapua Lapua | 1991 | TUV | 79.86 | 125 | 160 | 285 | 7-Dec-19 | Mont Dore, NCL |
| Titara Kaiti | 1998 | KIR | 80.15 | 125 | 155 | 280 | 12-Jul-19 | Apia, SAM |
| Jack Anthony Madanamoothoo | 1999 | MRI | 80.50 | 129 | 150 | 279 | 27-Apr-19 | Cairo, EGY |
| Lyle Du Plooy | 1988 | RSA | 80.90 | 125 | 150 | 275 | 21-Dec-18 | Doha, QAT |
| Ika Aliklik | 1985 | NRU | 74.55 | 124 | 150 | 274 | 21-Sep-19 | Pattaya, THA |
| Jeremiah Teng-Gbul Benye | 2001 | GHA | 80.00 | 122 | 150 | 272 | 28-Aug-19 | Rabat, MAR |
| Patrick Veidreyaki | 1989 | FIJ | 79.90 | 117 | 151 | 268 | 11-Jul-19 | Apia, SAM |
| Andreas Constantinou | 1987 | CYP | 80.10 | 117 | 150 | 267 | 15-Dec-18 | Limassol, CYP |
| Anton Micallef | 1991 | MLT | 80.98 | 114 | 141 | 255 | 17-Jan-00 | Cospicua, MLT |
| Rhodri Beynon | 1999 | WAL | 81.00 | 117 | 134 | 251 | 13-Apr-19 | London, England, GBR |
| Lim Kang Yin | 1996 | SGP | 80.05 | 110 | 140 | 250 | 28-Apr-19 | Darwin, AUS |
| Sumon Chandra Roy | 1987 | BAN | 80.75 | 110 | 140 | 250 | 21-Dec-19 | Doha, QAT |
| Ivan Masakwe | 1990 | UGA | 80.15 | 105 | 140 | 245 | 10-Jul-19 | Nairobi, KEN |
| Jeremy Felicite | 2000 | MRI | | 110 | 127 | 237 | 24-Jul-19 | Port Louis, MRI |
| Anthony Saru | 1995 | SOL | 78.30 | 100 | 130 | 230 | 11-Jul-19 | Apia, SAM |
| Angelo Servina | 1994 | SEY | | 105 | 125 | 230 | 24-Jul-19 | Port Louis, MRI |
| Machachamise Ntsinyi | 1998 | LES | 77.65 | 96 | 120 | 216 | 10-Jul-19 | Nairobi, KEN |
| Igo Lohia | 1999 | PNG | 76.50 | 111 | --- | --- | 11-Jul-19 | Apia, SAM |

| 89kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Don Opeloge | 1999 | SAM | 88.20 | 151 | 198 | 349 | 4-Jun-19 | Suva, FIJ |
| David Samayoya | 1992 | CAN | 89.00 | 155 | 188 | 343 | 23-Sep-19 | Pattaya, THA |
| Antonis Martasidis | 1992 | CYP | 88.80 | 150 | 190 | 340 | 23-Feb-19 | Limassol, CYP |
| Harshad Wadekar | 1995 | IND | 88.70 | 150 | 187 | 337 | 26-Feb-19 | Visakhapatnam, IND |
| Desmond Akano | 1997 | NGR | 88.50 | 149 | 180 | 329 | 28-Aug-19 | Rabat, MAR |
| Christian Omoah | 1999 | GHA | 87.90 | 148 | 180 | 328 | 28-Aug-19 | Rabat, MAR |
| Abdur Rehman | 1998 | PAK | 85.08 | 140 | 180 | 320 | 14-Sep-19 | Lahore, PAK |
| Cedric Feugno | 1997 | CMR | 88.00 | 140 | 171 | 311 | 28-Aug-19 | Rabat, MAR |
| Boris Elesin | 1995 | AUS | 87.85 | 142 | 166 | 308 | 12-Jul-19 | Apia, SAM |
| Jack Dobson | 1993 | ENG | 88.00 | 133 | 175 | 308 | 3-Nov-19 | Milton Keynes, England, GBR |
| Guy-Michel Tchuissi | 1995 | CMR | 83.50 | 135 | 170 | 305 | 28-Apr-19 | Derby, England, GBR |
| Vernon Taylor | 1998 | NZL | 87.80 | 137 | 167 | 304 | 15-Dec-18 | Auckland, NZL |
| Mohamad Rasdan | 2000 | MAS | 87.05 | 125 | 162 | 287 | 1-Oct-19 | Johor, MAS |
| Cedric Coret | 1991 | MRI | 88.60 | 120 | 161 | 281 | 28-Aug-19 | Rabat, MAR |
| David Katoatau | 1984 | KIR | 88.75 | 120 | 160 | 280 | 9-Feb-19 | Chiang Mai, THA |
| Allen Brindley | 1997 | SCO | 87.00 | 126 | 150 | 276 | 30-Nov-19 | Bangor, Wales, GBR |
| David Gorosi | 1988 | SOL | 87.30 | 118 | 150 | 268 | 8-Dec-18 | Honiara, SOL |
| Md Shakayet Hossain | 1997 | BAN | 86.90 | 123 | 145 | 268 | 6-Dec-19 | Pokhara, NEP |
| Timothy Vakuruivalu | 1999 | FIJ | 88.05 | 120 | 140 | 260 | 4-Jun-19 | Suva, FIJ |
| Brian Muscat | 1988 | MLT | 88.35 | 113 | 145 | 258 | 6-Oct-19 | San Marino, SMR |
| Sirous Farabeau | 1996 | SEY | | 116 | 141 | 257 | 24-Jul-19 | Port Louis, MRI |
| Chris Reeders | 1990 | RSA | 88.50 | 112 | 144 | 256 | 30-Nov-19 | Cape Town, RSA |
| Ryan Wilson | | WAL | 88.90 | 115 | 140 | 255 | 2-Mar-19 | Bangor, Wales, GBR |
| Maurice Oduor Aromo | 1988 | KEN | 87.50 | 110 | 145 | 255 | 28-Aug-19 | Rabat, MAR |
| Marcincy Cook | 2002 | NRU | 87.71 | 115 | 140 | 255 | 7-Dec-19 | Mont Dore, FRA |
| Dikabelo Solomon | 1995 | BOT | 86.50 | 106 | 135 | 241 | 28-Aug-19 | Rabat, MAR |
| Sepa Simoi | 2002 | PNG | 86.95 | 94 | 130 | 224 | 12-Jul-19 | Apia, SAM |
| Zwelathu Sonkhe Gamedze | 1999 | SWZ | 86.76 | 80 | 100 | 180 | 8-Sep-19 | Kampala, UGA |
| Nukumaeaea Mokorao | 2004 | COK | 84.29 | 45 | 65 | 110 | 7-Dec-19 | Mont Dore, FRA |

| 96kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Boady Santavy | 1997 | CAN | 94.85 | 176 | 208 | 384 | 29-Jul-19 | Lima, PER |
| Don Opeloge | 1999 | SAM | 94.94 | 160 | 201 | 361 | 10-Nov-19 | Lima, PER |
| Steven Kari | 1993 | PNG | 95.21 | 156 | 198 | 354 | 13-Jul-19 | Apia, SAM |
| Vikas Thakur | 1993 | IND | 95.85 | 157 | 196 | 353 | 10-Feb-19 | Chiang Mai, THA |
| Edmon Avetisyan | 1994 | ENG | 95.68 | 152 | 190 | 342 | 11-Apr-19 | Batumi, GEO |
| Cyrille Fagat Tchatchet II | 1995 | CMR | 95.00 | 150 | 190 | 340 | 20-Jan-19 | Milton Keynes, England, GBR |
| Christian Amoah | 1999 | GHA | 93.18 | 150 | 185 | 335 | 7-Nov-18 | Ashgabat, TKM |
| Ridge Barredo | 1995 | AUS | 95.06 | 145 | 183 | 328 | 20-Oct-19 | Canberra, AUS |
| Zuhaib Manzoor | 1992 | PAK | | | | 315 | 15-Nov-19 | Abbottabad, PAK |
| Mohd Nasir | 1997 | MAS | 93.70 | 142 | 170 | 312 | 1-Oct-19 | Johor, MAS |
| Ruben Burger | 1991 | RSA | 95.65 | 136 | 170 | 306 | 30-Nov-19 | Cape Town, RSA |
| Douglas Sekone-Fraser | 1991 | NZL | 94.60 | 140 | 162 | 302 | 8-Dec-18 | Christchurch, NZL |
| Karim Zubairi Kubo | 1995 | UGA | 95.20 | 131 | 170 | 301 | 29-Aug-19 | Rabat, MAR |
| John Cheah En Wei | 1991 | SGP | 94.55 | 133 | 162 | 295 | 23-Sep-19 | Pattaya, THA |
| Cedric Coret | 1991 | MRI | | 128 | 157 | 285 | 24-Jul-19 | Port Louis, MRI |
| Vlad Baldacchino | 1995 | MLT | 95.60 | 127 | 145 | 272 | 23-Mar-19 | Cospicua, MLT |
| Giuseppe Aschettino | 1985 | NIR | 95.35 | 121 | 151 | 272 | 9-Jun-19 | Coventry, England, GBR |
| David Steel | 1986 | SCO | 95.15 | 114 | 156 | 270 | 27-Apr-19 | Pitlochry, Scotland, GBR |
| Bokang Alphius Kagiso | 1997 | BOT | 94.92 | 125 | 140 | 265 | 28-Apr-19 | Cairo, EGY |
| James Omondi Adede | 1986 | KEN | 95.20 | 120 | 145 | 265 | 29-Aug-19 | Rabat, MAR |
| Freedom Scotty | 1997 | NRU | 95.40 | 115 | 147 | 262 | 29-Apr-19 | Darwin, AUS |
| Ziarul Islam | 1995 | BAN | 94.30 | 120 | 142 | 262 | 7-Dec-19 | Pokhara, NEP |
| Beru Karianako | 1998 | KIR | 93.05 | 115 | 145 | 260 | 13-Jul-19 | Apia, SAM |
| Timothy Vakuruivalu | 1999 | FIJ | 94.50 | 113 | 143 | 256 | 26-Jan-19 | NRU |
| Dereck Come | 1996 | SEY | | 116 | 140 | 256 | 24-Jul-19 | Port Louis, MRI |
| Antreas Erotokritou | 1994 | CYP | 95.70 | 116 | 136 | 252 | 29-Jun-19 | Limassol, CYP |
| James Hart | | WAL | 94.70 | 105 | 120 | 225 | 2-Mar-19 | Bangor, Wales, GBR |

| 102kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Cyrille Fagat Tchatchet II | 1995 | CMR | 100.60 | 160 | 200 | 360 | 14-Apr-19 | London, England, GBR |
| Pardeep Singh | 1995 | IND | 101.00 | 150 | 201 | 351 | 26-Apr-19 | Ningbo, CHN |
| Petunu Opeloge | 1994 | SAM | 101.10 | 149 | 195 | 344 | 29-Apr-19 | Darwin, AUS |
| Patrick Olawale Barbde | 2001 | NGR | 101.40 | 158 | 185 | 343 | 30-Aug-19 | Rabat, MAR |
| David Katoatau | 1984 | KIR | 100.99 | 142 | 196 | 338 | 13-Jul-19 | Apia, SAM |
| Usman Amjad Rathore | 1987 | PAK | 100.25 | 150 | 180 | 330 | 7-Dec-19 | Pokhara, NEP |
| Muhammad Hafiz Shamsuddin | 1999 | MAS | 100.80 | 150 | 178 | 328 | 1-Oct-19 | Johor, MAS |
| Gilles Caza | 1997 | CAN | 97.81 | 145 | 177 | 322 | 18-May-19 | La Prairie, CAN |
| Cody Wilks | 1993 | AUS | 101.50 | 145 | 163 | 308 | 24-Feb-19 | Perth, AUS |
| Omar Keshta | 1998 | ENG | 101.70 | 132 | 174 | 306 | 14-Apr-19 | London, England, GBR |
| Robbie Salton | 1997 | NZL | 99.40 | 142 | 162 | 304 | 3-Nov-19 | Auckland, NZL |
| Ruben Burger | 1991 | RSA | 96.50 | 130 | 170 | 300 | 25-Sep-19 | Pattaya, THA |
| S.M. Peters | 1991 | SRI | | 131 | 166 | 297 | 3-Aug-19 | Colombo, SRI |
| Steven Baccus | 1977 | SEY | | 130 | 165 | 295 | 25-Jul-19 | Port Louis, MRI |
| Gary Barker | 1990 | SCO | 100.50 | 127 | 157 | 284 | 27-Apr-19 | Pitlochry, Scotland, GBR |
| Bokang Alphius Kagiso | 1997 | BOT | 98.65 | 135 | 147 | 282 | 11-Jul-19 | Nairobi, KEN |
| Harry Nelms | 1999 | WAL | 99.02 | 117 | 160 | 277 | 15-Apr-19 | London, England, GBR |
| Andreas Erotokritou | 1994 | CYP | | 118 | 140 | 258 | 2-Nov-19 | Limassol, CYP |
| Md Mainul Islam | 1979 | BAN | 96.10 | 108 | 142 | 250 | 7-Dec-19 | Pokhara, NEP |
| Oscar Taramae | 1999 | SOL | 99.80 | 100 | 137 | 237 | 8-Dec-18 | Honiara, SOL |
| Dhunanjay Alvin Jooron | 1986 | MRI | | 95 | 140 | 235 | 25-Jul-19 | Port Louis, MRI |
| Yong Wen Charles Tan | 2001 | SGP | 98.11 | 85 | 110 | 195 | 26-Oct-19 | Pyongyang, PRK |
| Jeffrey Grima | 1972 | MLT | 101.61 | 50 | 60 | 110 | 17-Aug-19 | Cospicua, MLT |

| 109kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|---------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Sanele Mao | 1985 | SAM | 106.23 | 160 | 206 | 366 | 13-Jul-19 | Apia, SAM |
| Richmond Osarfo | 1999 | GHA | 106.94 | 160 | 205 | 365 | 8-Nov-18 | Ashgabat, TKM |
| Owen Boxell | 1990 | ENG | 108.40 | 160 | 202 | 362 | 3-Nov-19 | Milton Keynes, England, GBR |
| Junior Periclex Nganja Nyabeyeu | 1993 | CMR | 103.50 | 156 | 200 | 356 | 29-Apr-19 | Cairo, EGY |
| Spencer Moorman | 1991 | CAN | 108.40 | 155 | 195 | 350 | 2-Nov-19 | Mississauga, CAN |
| Andrius Barakauskas | 1992 | NZL | 107.80 | 153 | 186 | 339 | 8-Dec-18 | Christchurch, NZL |
| Hanzala Dastgir Butt | 2002 | PAK | | | | 338 | 15-Nov-19 | Abbottabad, PAK |
| Jackson Roberts-Young | 1996 | AUS | 108.08 | 146 | 190 | 336 | 20-Oct-19 | Canberra, AUS |
| Sio (Joe) Polelile | 1993 | TGA | 108.49 | 143 | 185 | 328 | 13-Jul-19 | Apia, SAM |
| Ankit Chhoker | 1996 | IND | 107.36 | 148 | 176 | 324 | 28-Feb-19 | Visakhapatnam, IND |
| Jordan Sakkas | 1999 | WAL | | 140 | 178 | 318 | 12-Oct-19 | Cardiff, Wales, GBR |
| Daniel O'Hare | 1998 | NIR | 108.65 | 140 | 174 | 314 | 27-Oct-19 | Bucharest, ROU |
| D.C. Jayawickrama | | SRI | | 131 | 165 | 296 | 3-Aug-19 | Colombo, SRI |
| Callum Downie | 1990 | SCO | 108.55 | 120 | 170 | 290 | 10-Mar-19 | Forth Valley, Scotland, GBR |
| Khelwin Juboo | 2002 | MRI | 108.63 | 120 | 160 | 280 | 15-Mar-19 | Las Vegas, USA |
| Nathan Morris | 1996 | RSA | 108.65 | 130 | 150 | 280 | 30-Nov-19 | Cape Town, RSA |
| Mohammad Abdullah Al Mumin | 1983 | BAN | | 120 | 147 | 267 | 8-Dec-19 | Pokhara, NEP |
| Terence Dixie | 1983 | SEY | | 125 | 130 | 255 | 25-Jul-19 | Port Louis, MRI |
| Kikiakos Kesidis | 1999 | CYP | 104.50 | 115 | 133 | 248 | 29-Jun-19 | Limassol, CYP |
| Tristan Zammit | 2003 | MLT | 108.71 | 85 | 95 | 180 | 17-Aug-19 | Cospicua, MLT |
| Charles Tan | 2001 | SGP | | 70 | 80 | 150 | 10-Mar-19 | Singapore City, SGP |

| +109kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|--------------------------------|
| David Liti | 1996 | NZL | 166.50 | 180 | 230 | 410 | 19-May-19 | Auckland, NZL |
| Muhammad Noor Dastgir Butt | 1998 | PAK | 160.64 | 175 | 220 | 395 | 28-Apr-19 | Ningbo, CHN |
| Gurdeep Singh | 1995 | IND | 155.00 | 170 | 220 | 390 | 28-Feb-19 | Visakhapatnam, IND |
| Gordon Shaw | 1996 | RSA | 127.45 | 176 | 201 | 377 | 30-Nov-19 | Cape Town, RSA |
| Quinn Everett | 1992 | CAN | 145.36 | 155 | 198 | 353 | 18-May-19 | La Prairie, CAN |
| MacKenzie Middleton | 1998 | ENG | 126.15 | 151 | 186 | 337 | 27-Oct-19 | Bucharest, ROU |
| Muhammad Hafiz | 1999 | MAS | 115.70 | 155 | 180 | 335 | 18-Dec-19 | Kota Kinabalu, MAS |
| Ushan Chakura Widanapathirana | 1993 | SRI | | 147 | 185 | 332 | 3-Aug-19 | Colombo, SRI |
| Aisake Tuitupou | 1994 | TGA | 153.46 | 140 | 190 | 330 | 13-Jul-19 | Apia, SAM |
| Orion Walsh | 1999 | AUS | 147.22 | 150 | 177 | 327 | 20-Oct-19 | Canberra, AUS |
| Abdulakeem Tijani Abdul | 1987 | NGR | 124.00 | 143 | 180 | 323 | 30-Aug-19 | Rabat, MAR |
| Daniel O'Hare | 1998 | NIR | 114.11 | 135 | 170 | 305 | 11-Aug-19 | Belfast, Northern Ireland, GBR |
| Amalachi Faamausilifala | 1999 | SAM | 132.93 | 131 | 150 | 281 | 13-Jul-19 | Apia, SAM |
| Khelwin Juboo | 2002 | MRI | 109.60 | 120 | 160 | 280 | 30-Aug-19 | Rabat, MAR |
| Callum Downie | 1990 | SCO | 112.65 | 120 | 160 | 280 | 8-Dec-19 | Glasgow, Scotland, GBR |
| Lewis Chua Yong Hwee | 1991 | SGP | | 115 | 155 | 270 | 10-Mar-19 | Singapore City, SGP |
| Md Forhad Ali | 1993 | BAN | | 120 | 143 | 263 | 8-Dec-19 | Pokhara, NEP |
| Tristan Zammit | 2003 | MLT | 112.00 | 102 | 123 | 225 | 25-Oct-19 | Tramalan, SUI |
| Neil Adam | 2001 | NRU | 138.60 | 70 | 105 | 175 | 26-Jan-19 | NRU |

2019 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan,
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WOMEN: ONE PER COUNTRY

From 01/11/2018 to 31/12/2019

45kg Category

| | Born | Nation | Body.Wt | Snatch | Ci & Jk | Total | Date | Where (City, Nation) |
|----------------------------------|------|--------|---------|--------|---------|-------|-----------|-------------------------|
| Jhilli Dalabehera | 1999 | IND | 44.95 | 70 | 94 | 164 | 9-Jul-19 | Apia, SAM |
| Hannah Powell | 1992 | WAL | 44.90 | 64 | 84 | 148 | 9-Jul-19 | Apia, SAM |
| Dinusha Hansami Bomiriyage Gomas | 1992 | SRI | | 65 | 80 | 145 | 3-Aug-19 | Colombo, SRI |
| Stella Peter | 2002 | NGR | 44.50 | 58 | 80 | 138 | 25-Aug-19 | Rabat, MAR |
| Nurul Afiqah Zamzuri | 2000 | MAS | 44.12 | 59 | 77 | 136 | 1-Dec-19 | Manilla, PHI |
| Winnifred Ntumi | 2002 | GHA | 44.90 | 57 | 69 | 126 | 26-Aug-19 | Rabat, MAR |
| Srity Akther | 1994 | BAN | 44.70 | 55 | 70 | 125 | 5-Dec-19 | Pokhara, NEP |
| Tenishia Thornton | 2005 | MLT | 44.70 | 56 | 68 | 124 | 7-Dec-19 | Eilat, ISR |
| Tebora Willy | 1998 | KIR | 44.85 | 52 | 67 | 119 | 9-Jul-19 | Apia, SAM |
| Myonly Stephen | 2006 | NRU | 44.80 | 53 | 65 | 118 | 9-Jul-19 | Apia, SAM |
| Konio Toua | 1999 | PNG | 44.95 | 50 | 65 | 115 | 9-Jul-19 | Apia, SAM |
| Kristine Santos | 1996 | ENG | 44.30 | 51 | 61 | 112 | 11-May-19 | Oldbury, England, GBR |
| Isabella Brown | 2003 | CAN | 44.66 | 50 | 60 | 110 | 19-Jan-19 | Brossard, CAN |
| Sawera Farooq | | PAK | 38.66 | 40 | 53 | 93 | 14-Sep-19 | Lahore, PAK |
| Emily Tjung | 1996 | AUS | 44.58 | 41 | 50 | 91 | 27-Jan-19 | Darwin, AUS |
| Maeva Matelot | | MRI | | 40 | 48 | 88 | 21-Jul-19 | Port Louis, MRI |
| Amanda Craig | 1973 | SCO | 44.50 | 38 | 46 | 84 | 27-Jan-19 | Stirling, Scotland, GBR |
| Beverley Tan | 1992 | NZL | 44.10 | 31 | 39 | 70 | 13-Dec-19 | Wanganui, NZL |
| Idau Vagi | 2006 | PNG | 33.45 | 28 | 40 | 68 | 9-Jul-19 | Apia, SAM |
| Rowina Donga | 2006 | SOL | 37.80 | 21 | 35 | 56 | 8-Dec-18 | Honiara, SOL |

49kg Category

| | Born | Nation | Body.Wt | Snatch | Ci & Jk | Total | Date | Where (City, Nation) |
|----------------------------------|------|--------|---------|--------|---------|-------|-----------|--------------------------|
| Saikhom Mirabai Chanu | 1994 | IND | 49.00 | 87 | 114 | 201 | 19-Sep-19 | Pattaya, THA |
| Loa Dika Toua | 1984 | PNG | 48.97 | 78 | 107 | 185 | 15-Dec-18 | Mont Dore, FRA |
| Marie-Haintra Riolya Ranaivosoa | 1990 | MRI | | 80 | 97 | 177 | 21-Jul-19 | Port Louis, MRI |
| Amanda Braddock | 1989 | CAN | 48.65 | 78 | 96 | 174 | 19-May-19 | La Prairie, CAN |
| Augustina Nwaokolo | 1992 | NGR | 48.60 | 71 | 90 | 161 | 25-Aug-19 | Rabat, MAR |
| Dinusha Hansami Bomiriyage Gomas | 1992 | SRI | 48.85 | 72 | 85 | 157 | 18-Sep-19 | Pattaya, THA |
| Kelly-Jo Robson | 1988 | ENG | 48.75 | 69 | 87 | 156 | 7-Jun-19 | Coventry, England, GBR |
| Hannah Powell | 1992 | WAL | 47.00 | 66 | 85 | 151 | 7-Jun-19 | Coventry, England, GBR |
| Alyce Stephenson | 1990 | AUS | 48.78 | 60 | 84 | 144 | 27-Apr-19 | Darwin, AUS |
| Lisa Tobias | 1980 | SCO | 48.50 | 60 | 82 | 143 | 27-Apr-19 | Pitlochry, Scotland, GBR |
| Nilcy Tunik | 2001 | MAS | 48.50 | 60 | 83 | 143 | 17-Dec-19 | Kota Kinabalu, MAS |
| Molla Shabira | 1990 | BAN | 48.20 | 55 | 75 | 130 | 5-Dec-19 | Pokhara, NEP |
| Winnifred Ntumi | 2002 | GHA | 47.76 | 57 | 67 | 124 | 25-Apr-19 | Cairo, EGY |
| Veronika Sohail | 2002 | PAK | 46.80 | 55 | 66 | 121 | 5-Dec-19 | Pakhara, NEP |
| Tenishia Thornton | 2005 | MLT | 46.17 | 52 | 67 | 119 | 25-Oct-19 | Tramelan, SUI |
| Sheryl Tan | 1988 | NZL | 48.50 | 54 | 64 | 118 | 1-Nov-19 | Auckland, NZL |
| Jaylyn Mala | 2000 | SOL | 47.55 | 50 | 65 | 115 | 9-Jul-19 | Apia, SAM |
| Rachael Achieng Enoch | 2004 | KEN | 49.00 | 46 | 47 | 93 | 25-Aug-19 | Rabat, MAR |
| Sarah Ang Su En | 2002 | SGP | | 40 | 45 | 85 | 9-Mar-19 | Singapore City, SGP |
| Lalau Harris | 2006 | NRU | 45.70 | 30 | 42 | 72 | 25-Jan-19 | NRU |

| 55kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|---------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Adijat Adenike Olarinoye | 1999 | NGR | 54.70 | 93 | 116 | 209 | 26-Aug-19 | Rabat, MAR |
| Rachel Leblanc-Bazinet | 1988 | CAN | 54.85 | 91 | 110 | 201 | 20-Sep-19 | Pattaya, THA |
| Matsa Santoshi | 1994 | IND | 53.46 | 84 | 104 | 188 | 23-Feb-19 | Visakhapatnam, IND |
| Fraer Morrow | 1998 | ENG | 54.50 | 80 | 107 | 187 | 20-Oct-19 | Bucharest, ROU |
| Loa Dika Toua | 1984 | PNG | 50.01 | 80 | 103 | 183 | 17-Nov-18 | Mont Dore, FRA |
| Catrin Haf Jones | 1999 | WAL | 54.80 | 78 | 103 | 181 | 30-Nov-19 | Bangor, Wales, GBR |
| Erika Yamasaki | 1987 | AUS | 54.85 | 79 | 102 | 181 | 20-Dec-19 | Doha, QAT |
| Johanni Taljaard | 1984 | RSA | 54.91 | 80 | 97 | 177 | 1-Nov-18 | Ashgabat, TKM |
| W. Chamari M. Warnakulasuriya | 1990 | SRI | 54.78 | 75 | 95 | 170 | 22-Apr-19 | Ningbo, CHN |
| Mary Kini Lifu | 1994 | SOL | 54.80 | 75 | 90 | 165 | 7-Sep-19 | Mont Dore, FRA |
| Elly Cascandra Engelbert | 2000 | MAS | 54.54 | 72 | 92 | 164 | 2-Dec-19 | Manila, PHI |
| Phillipa Patterson | 1984 | NZL | 54.30 | 70 | 81 | 151 | 1-Nov-19 | Auckland, NZL |
| Kathsia Telemaque | 1989 | SEY | | 60 | 75 | 135 | 22-Jul-19 | Port Louis, MRI |
| Nikoletta Demetriou | 1992 | CYP | 51.00 | 63 | 71 | 134 | 23-Feb-19 | Limassol, CYP |
| Shona Oldham | 1986 | SCO | 54.30 | 57 | 74 | 131 | 27-Apr-19 | Pitlochry, Scotland, GBR |
| Saima Shahzad | | PAK | 54.82 | 61 | 70 | 131 | 14-Sep-19 | Lahore, PAK |
| Kirani Appi | 2006 | NRU | 54.00 | 55 | 70 | 125 | 25-Jan-19 | NRU |
| Jahura Akter Reshma | 1998 | BAN | 51.95 | 55 | 70 | 125 | 20-Dec-19 | Doha, QAT |
| Yu Chien Lan | 1989 | SGP | | 54 | 63 | 117 | 9-Mar-19 | Singapore City, SGP |
| Marie-Haintra Riolya Ranaivosoa | 1990 | MRI | 55.00 | 82 | --- | --- | 20-Dec-19 | Doha, QAT |

| 59kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Zoe Smith | 1994 | ENG | 58.90 | 93 | 123 | 216 | 21-Sep-19 | Pattaya, THA |
| Chineye Fidelis | 1993 | NGR | 58.75 | 90 | 125 | 215 | 3-Nov-18 | Ashgabat, TKM |
| Tali Darsigny | 1998 | CAN | 59.00 | 92 | 112 | 204 | 19-May-19 | La Prairie, CAN |
| Jenly Wini Tegu | 1983 | SOL | 58.90 | 85 | 115 | 200 | 17-Nov-18 | Mont Dore, FRA |
| Erra Deexitha | 1997 | IND | 58.20 | 85 | 115 | 200 | 23-Feb-19 | Visakhapatnam, IND |
| Johanni Taljaard | 1984 | RSA | 58.85 | 84 | 108 | 192 | 30-Nov-19 | Cape Town, RSA |
| Erika Yamasaki | 1987 | AUS | 58.89 | 84 | 105 | 189 | 29-Jun-19 | Brisbane, AUS |
| Nurul Anis Abdullah | 1999 | MAS | 57.90 | 73 | 102 | 175 | 17-Dec-19 | Kota Kinabalu, MAS |
| Nikki Hamilton | 1995 | SCO | 58.95 | 77 | 94 | 171 | 8-Jun-19 | Coventry, England, GBR |
| Clementina Agricole | 1988 | SEY | 59.00 | 75 | 95 | 170 | 27-Aug-19 | Rabat, MAR |
| N.S. Rajapaksha | 1990 | SRI | | 70 | 95 | 165 | 3-Aug-19 | Colombo, SRI |
| Sekolasitika Isais | 2000 | SAM | 57.65 | 71 | 91 | 162 | 10-Jul-19 | Apia, SAM |
| Elizabeth Bateman | 1991 | NZL | 58.40 | 75 | 86 | 161 | 2-Mar-19 | Auckland, NZL |
| Bernada Uepa | 2000 | NRU | 58.84 | 69 | 92 | 161 | 27-Apr-19 | Darwin, AUS |
| Dimitra Ioannou | 1993 | CYP | 58.20 | 71 | 89 | 160 | 23-Feb-19 | Limassol, CYP |
| Magdeline Moyengwa | 2001 | BOT | 58.10 | 70 | 85 | 155 | 27-Aug-19 | Rabat, MAR |
| Awen Davies | | WAL | 58.80 | 66 | 88 | 154 | 12-Oct-19 | Cardiff, Wales, GBR |
| Sandra Mensimah Owusu | 2002 | GHA | 58.08 | 66 | 80 | 146 | 26-Apr-19 | Cairo, EGY |
| Winny Chepngeno Langat | 1988 | KEN | 58.25 | 64 | 81 | 145 | 8-Jul-19 | Nairobi, KEN |
| Lusiana Tabusali Kato | 1996 | FIJ | 57.90 | 62 | 81 | 143 | 10-Jul-19 | Apia, SAM |
| Melissa Ho Xin Yi | 1994 | SGP | 58.54 | 60 | 77 | 137 | 27-Apr-19 | Darwin, AUS |
| Saniha Ghafoor | | PAK | 57.36 | 59 | 75 | 134 | 14-Sep-19 | Lahore, PAK |
| Zagora Callender | 2002 | BAR | 57.27 | 60 | 73 | 133 | 8-Mar-19 | Las Vegas, USA |
| Krystal Chanderban | 1997 | GUY | 57.15 | 54 | 68 | 122 | 24-Apr-19 | Guatemala City, GUA |
| Doushka Gopaloodoo | 2000 | MRI | | 51 | 68 | 119 | 24-Jul-19 | Port Louis, MRI |

64kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Maude Charron | 1993 | CAN | 63.85 | 103 | 127 | 230 | 22-Sep-19 | Pattaya, THA |
| Zoe Smith | 1994 | ENG | 63.85 | 100 | 125 | 225 | 8-Jun-19 | Coventry, England, GBR |
| Joy Ogbonne Eze | 2004 | NGR | 63.50 | 97 | 121 | 218 | 27-Aug-19 | Rabat, MAR |
| Rakhi Halder | 1993 | IND | 63.90 | 95 | 123 | 218 | 21-Dec-19 | Doha, QAT |
| Kiana Elliott | 1997 | AUS | 63.55 | 99 | 114 | 213 | 10-Jul-19 | Apia, SAM |
| Megan Signal | 1990 | NZL | 63.60 | 92 | 115 | 207 | 22-Sep-19 | Pattaya, THA |
| Mona Pretorius | 1988 | RSA | 63.50 | 86 | 106 | 192 | 27-Aug-19 | Rabat, MAR |
| Nancy Genzel Abouke | 2003 | NRU | 63.30 | 80 | 110 | 190 | 10-Jul-19 | Apia, SAM |
| Yasmin Zammit-Stevens | 1993 | MLT | 63.84 | 86 | 103 | 189 | 9-Apr-19 | Batumi, GEO |
| Mabia Aktar | 1999 | BAN | 63.95 | 80 | 103 | 183 | 21-Sep-19 | Pattaya, THA |
| Christie-Marie Williams | 1992 | WAL | 63.90 | 83 | 100 | 183 | 12-Oct-19 | Cardiff, Wales, GBR |
| Ruby Malvina | 1984 | SEY | | 75 | 100 | 175 | 30-Nov-19 | Bel Ombre, SEY |
| Nikki Hamilton | 1995 | SCO | 62.90 | 80 | 94 | 174 | 27-Oct-19 | Kilmarkock, Scotland |
| V. Ashika | 2001 | SRI | | 76 | 95 | 171 | 3-Aug-19 | Colombo, SRI |
| Winnie Atieno Okoth | 1991 | KEN | 62.60 | 80 | 87 | 167 | 27-Aug-19 | Rabat, MAR |
| Hepilyn Iro | 1992 | SOL | 63.80 | 70 | 88 | 158 | 8-Dec-18 | Honiara, SOL |
| Rebecca Johns | 2003 | FIJ | 62.75 | 71 | 82 | 153 | 10-Jul-19 | Apia, SAM |
| Sonia Azmat | 1994 | PAK | 62.60 | 67 | 80 | 147 | 14-Sep-19 | Lahore, PAK |
| Lollin Bebe | 2000 | KIR | 63.70 | 60 | 79 | 139 | 10-Jul-19 | Apia, SAM |
| Masturah Kamarudin | 2003 | MAS | 61.00 | 65 | 74 | 139 | 30-Sep-19 | Johor, MAS |
| Maria Ligkou | 1992 | CYP | 63.80 | 58 | 72 | 130 | 23-Feb-19 | Limassol, CYP |
| Nicole Heng Lin Li | 1995 | SGP | | 55 | 68 | 123 | 9-Mar-19 | Singapore City, SGP |

71kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|---------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Emily Muscat (Godley) | 1989 | ENG | 70.65 | 101 | 130 | 231 | 11-Dec-19 | Tianjin, CHN |
| Maya Laylor | 1995 | CAN | 70.58 | 99 | 124 | 223 | 19-May-19 | La Prairie, CAN |
| Caroline Edujje Oko-Uokha | 1991 | NGR | 70.10 | 95 | 116 | 211 | 28-Aug-19 | Rabat, MAR |
| Megan Signal | 1990 | NZL | 68.97 | 89 | 116 | 205 | 11-Dec-19 | Tianjin, CHN |
| Kh. Sarjubala Devi | 1999 | IND | 69.10 | 89 | 113 | 202 | 24-Feb-19 | Visakhapatnam, IND |
| Ebony Gorincu | 1989 | AUS | 70.98 | 91 | 110 | 201 | 29-Jun-19 | Brisbane, AUS |
| Maximina Uepa | 2002 | NRU | 69.84 | 87 | 113 | 200 | 7-Dec-19 | Mont Dore, FRA |
| Zoe Horseman | 1993 | SCO | 68.05 | 85 | 105 | 190 | 4-Nov-18 | Edinburgh, Scotland, GBR |
| Yasmin Zammit-Stevens | 1993 | MLT | 69.45 | 85 | 105 | 190 | 23-Sep-19 | Pattaya, THA |
| Christie Williams | 1992 | WAL | 65.90 | 85 | 103 | 188 | 30-Nov-19 | Bangor, Wales, GBR |
| Ketty Lent | 2001 | MRI | 66.70 | 82 | 105 | 187 | 28-Aug-19 | Rabat, MAR |
| Mona Pretorius | 1988 | RSA | 65.05 | 80 | 105 | 185 | 8-Jun-19 | Coventry, England, GBR |
| Mabia Akhter | 1999 | BAN | 65.42 | 80 | 105 | 185 | 24-Oct-19 | Pyongyang, PRK |
| Tiiuu Bakaekiri | 1997 | KIR | 70.55 | 83 | 100 | 183 | 7-Dec-19 | Mont Dore, FRA |
| Jabriella Teo Samuel | 1998 | MAS | 70.83 | 81 | 100 | 181 | 4-Dec-19 | Manila, PHI |
| Nicole Stowers | 1991 | NZL | 70.66 | 79 | 101 | 180 | 15-Dec-18 | Mont Dore, FRA |
| Sandra Ako | 1994 | PNG | 70.85 | 80 | 98 | 178 | 11-Jul-19 | Apia, SAM |
| Angeliki Soteriou | 2003 | CYP | 70.99 | 72 | 85 | 157 | 2-Nov-19 | Limassol, CYP |
| Saofaialo Jim | 2000 | SAM | 65.40 | 66 | 90 | 156 | 11-Jul-19 | Apia, SAM |
| Wilkister Nyiro | 1992 | KEN | 69.80 | 65 | 78 | 143 | 28-Aug-19 | Rabat, MAR |
| Nazia Azmat | | PAK | 70.68 | 65 | 66 | 131 | 14-Sep-19 | Lahore, PAK |
| Vicky Maomasia | 1996 | SOL | 68.50 | 50 | 70 | 120 | 8-Dec-18 | Honiara, SOL |
| Makoena Tsosane | 1997 | LES | 70.40 | 50 | 65 | 115 | 28-Aug-19 | Rabat, MAR |
| Lay Sang Tan | 1966 | SGP | 69.14 | 38 | 51 | 89 | 14-Jun-19 | Gold Coast, AUS |

76kg Category

| | Born | Nation | Body.Wt | Snatch | Ci & Jk | Total | Date | Where (City, Nation) |
|-------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Marie-Josephe Fegue | 1991 | CMR | 74.60 | 112 | 136 | 248 | 17-Nov-18 | St Maur, FRA |
| Kristel Ngarlem | 1995 | CAN | 75.25 | 100 | 130 | 230 | 24-Sep-19 | Pattaya, THA |
| Emily Muscat (Godley) | 1989 | ENG | 71.35 | 93 | 127 | 220 | 11-Jul-19 | Apia, SAM |
| <i>Manpreet Kaur</i> | 1996 | IND | 73.30 | 97 | 120 | 217 | 24-Feb-19 | Visakhapatnam, IND |
| Kanah Andrews-Nahu | 2001 | NZL | 75.90 | 98 | 114 | 212 | 5-Jun-19 | Suva, FIJ |
| Stephanie Davies | 1989 | AUS | 71.05 | 95 | 116 | 211 | 3-Nov-18 | Melbourne, AUS |
| <i>Bilikis Otunla</i> | 1994 | NGR | 75.58 | 92 | 117 | 209 | 7-Nov-18 | Ashgabat, TKM |
| Tayla Howe | 1996 | WAL | 72.00 | 93 | 110 | 203 | 14-Apr-19 | London, England, GBR |
| Rayen Cupid | 1985 | SVG | 74.55 | 88 | 109 | 197 | 26-Apr-19 | Guatemala City, GUA |
| Jabriella Teo Samuel | 1998 | MAS | 74.45 | 85 | 108 | 193 | 24-Sep-19 | Pattaya, THA |
| Alison Sunee | 1999 | MRI | 73.35 | 86 | 105 | 191 | 28-Apr-19 | Cairo, EGY |
| Mabia Akhter Simanta | 1999 | BAN | 71.05 | 80 | 106 | 186 | 22-Dec-19 | Doha, QAT |
| B. Chathurika Priyanthi | 1992 | SRI | 75.25 | 83 | 101 | 184 | 7-Dec-19 | Pokhara, NEP |
| Romantha Larue | 1998 | SEY | | 75 | 100 | 175 | 30-Nov-19 | Bel Ombre, SEY |
| Jaquilla Mau | 2003 | NRU | 74.75 | 73 | 95 | 168 | 11-Jul-19 | Apia, SAM |
| Rabbia Razzaq | 1997 | PAK | 75.74 | 73 | 93 | 166 | 14-Sep-19 | Lahore, PAK |
| Nikki Allorto | 1978 | RSA | 71.90 | 65 | 85 | 150 | 30-Nov-19 | Cape Town, RSA |
| Hannah Young | 1992 | SCO | 73.60 | 65 | 83 | 148 | 27-Apr-19 | Pitlochry, Scotland, GBR |
| Wendy Hale | 1987 | SOL | 70.80 | 62 | 80 | 142 | 8-Dec-18 | Honiara, SOL |
| Charmaine Michael | 1999 | PNG | 74.05 | 64 | 70 | 134 | 11-Jul-19 | Apia, SAM |
| Salome Manumua | 2005 | TGA | 72.75 | 58 | 68 | 126 | 9-Mar-19 | Las Vegas, USA |
| Taobutu Narewi | 1998 | KIR | 73.75 | 55 | 70 | 125 | 11-Jul-19 | Apia, SAM |
| Hadijja Nankanjja | 1995 | UGA | 72.95 | 54 | 65 | 119 | 10-Jul-19 | Nairobi, KEN |
| Jayce Ling Sili | 1991 | SGP | | 51 | 67 | 118 | 10-Mar-19 | Singapore City, SGP |
| Makoena Tsosane | 1997 | LES | 73.85 | 57 | 55 | 112 | 10-Jul-19 | Nairobi, KEN |

81kg Category

| | Born | Nation | Body.Wt | Snatch | Ci & Jk | Total | Date | Where (City, Nation) |
|-----------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Eileen Cikamatana | 1999 | AUS | 80.52 | 110 | 150 | 260 | 12-Dec-19 | Tianjin, CHN |
| Punam Yadev | 1995 | IND | 78.12 | 99 | 121 | 220 | 25-Feb-19 | Visakhapatnam, IND |
| Fatima Otiameh Musa | 1999 | NGR | 77.10 | 97 | 122 | 219 | 29-Aug-19 | Rabat, MAR |
| Kanah Andrews-Nahu | 2001 | NZL | 79.30 | 100 | 112 | 212 | 2-Feb-19 | Auckland, NZL |
| Julia Ryan | 1990 | CAN | 80.90 | 90 | 111 | 201 | 15-Dec-18 | Quinte West, CAN |
| Rayssa Djafick Ma-Atemken Zomgoua | 1998 | CMR | 80.20 | 90 | 111 | 201 | 29-Aug-19 | Rabat, MAR |
| Leotina Petelo | 2001 | SAM | 79.60 | 92 | 107 | 199 | 6-Jun-19 | Suva, FIJ |
| Rayen Cupid | 1985 | SVG | 76.45 | 90 | 106 | 196 | 9-Jun-19 | Coventry, England, GBR |
| Emma Collins-Jones | 1990 | ENG | 80.40 | 87 | 103 | 190 | 7-Sep-19 | Salisbury, England, GBR |
| Alison Sunee | 1999 | MRI | 77.42 | 87 | 100 | 187 | 6-Sep-19 | Kampala, UGA |
| Nurul Farhana Johari | 1988 | MAS | 80.50 | 80 | 98 | 178 | 17-Dec-19 | Kota Kinabalu, MAS |
| Juhora Khaton Nisha | 1990 | BAN | 79.20 | 73 | 95 | 168 | 7-Dec-19 | Pokhara, NEP |
| Noi Igo | 1998 | PNG | 79.25 | 70 | 94 | 164 | 12-Jul-19 | Apia, SAM |
| Ariana Uepa | 2001 | NRU | 78.80 | 71 | 91 | 162 | 12-Jul-19 | Apia, SAM |
| Mata McDonald | 2000 | COK | 80.35 | 67 | 88 | 155 | 12-Jul-19 | Apia, SAM |
| Bethany Cairns | 1993 | SCO | 79.45 | 71 | 83 | 154 | 4-Nov-18 | Edinburgh, Scotland, GBR |
| Joelita Coloma | 2003 | SEY | | 68 | 85 | 153 | 30-Nov-19 | Bel Ombre, SEY |
| Merewalesi Vusonitokalaus | 1999 | FIJ | 79.75 | 65 | 80 | 145 | 6-Jun-19 | Suva, FIJ |
| Twinkle Sohail | | PAK | 76.12 | 60 | 78 | 138 | 14-Sep-19 | Lahore, PAK |
| Tiibeti Taekiti | 1997 | KIR | 77.45 | --- | 75 | --- | 12-Jul-19 | Apia, SAM |

87kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Eileen Cikamatana | 1999 | AUS | 83.64 | 115 | 151 | 266 | 10-Nov-19 | Lima, PER |
| P. Anuradha | 1992 | IND | 86.24 | 102 | 126 | 228 | 26-Feb-19 | Visakhapatnam, IND |
| Clementine Meukeugni Noubissi | 1990 | CMR | 86.00 | 101 | 126 | 227 | 30-Aug-19 | Rabat, MAR |
| Hayley Whiting | 1993 | NZL | 84.10 | 90 | 110 | 200 | 3-Mar-19 | Auckland, NZL |
| Lorraine Harry | 1996 | PNG | 84.45 | 85 | 107 | 192 | 12-Jul-19 | Apia, SAM |
| Lauren Miller | 1994 | ENG | 82.08 | 82 | 104 | 186 | 3-Nov-19 | Milton Keynes, England, GBR |
| Caroline Joachim | 1999 | MAS | 87.00 | 80 | 103 | 183 | 18-Dec-19 | Kota Kinabalu, MAS |
| Elisia Scicluna | 1992 | MLT | 81.03 | 76 | 95 | 171 | 23-Mar-19 | Cospicua, MLT |
| Sydney Emmons | 1995 | CAN | 87.00 | 73 | 95 | 168 | 12-Jan-19 | Regina, CAN |
| Tiaterenga Kaua | 1995 | KIR | 84.55 | 75 | 90 | 165 | 12-Jul-19 | Apia, SAM |
| Cassandra Lau Yi En | 1992 | SGP | | 70 | 94 | 164 | 10-Mar-19 | Singapore City, SGP |
| Loto Pereira | 2000 | SAM | 81.90 | 73 | 90 | 163 | 12-Jul-19 | Apia, SAM |
| Roviel Detenamo | 2003 | NRU | 86.10 | 71 | 90 | 161 | 7-Jun-19 | Suva, FIJ |
| Tyler Johnston | 2004 | SCO | 83.50 | 68 | 86 | 154 | 27-Apr-19 | Pitlochry, Scotland, GBR |
| Romantha Larue | 1998 | SEY | | 65 | 85 | 150 | 25-Jul-19 | Port Louis, MRI |
| Rabbia Razzaq | 1997 | PAK | 87.00 | 63 | 78 | 141 | 7-Dec-19 | Pokhara, NEP |
| Joycemee Agathe | | MRI | | 61 | 70 | 131 | 25-Jul-19 | Port Louis, MRI |

+87kg Category

| | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|--------------------------------|
| Laurel Hubbard | 1978 | NZL | 138.15 | 131 | 154 | 285 | 27-Sep-19 | Pattaya, THA |
| Feagaiga Stowers | 2000 | SAM | 116.20 | 124 | 151 | 275 | 8-Jun-19 | Suva, FIJ |
| Emily Campbell | 1994 | ENG | 119.38 | 119 | 152 | 271 | 12-Dec-19 | Tianjin, CHN |
| Charisma Amoe-Tarrant | 1999 | AUS | 144.80 | 110 | 152 | 262 | 23-Dec-19 | Doha, QAT |
| Obeh Joseph | 1994 | NGR | 102.60 | 105 | 130 | 235 | 30-Aug-19 | Rabat, MAR |
| Kuinini Manumaa | 2000 | TGA | 107.55 | 98 | 129 | 227 | 9-Nov-18 | Ashgabat, TKM |
| Sonia Casendra | 2000 | MAS | 99.80 | 90 | 127 | 217 | 18-Dec-19 | Kota Kinabalu, MAS |
| Shalinee Valaydon | 1986 | MRI | 114.41 | 95 | 115 | 210 | 29-Apr-19 | Cairo, EGY |
| Pardeep Kaur | 1986 | IND | 95.82 | 84 | 110 | 194 | 26-Feb-19 | Visakhapatnam, IND |
| Anais Michaud | 2001 | CAN | 113.66 | 88 | 105 | 193 | 2-Nov-19 | La Prairie, CAN |
| Mamuel Mwareow | 2002 | NRU | 98.25 | 80 | 111 | 191 | 12-Jul-19 | Apia, SAM |
| Thimali Haputhanna | 1999 | SRI | | 84 | 105 | 189 | 3-Aug-19 | Colombo, SRI |
| Estelle Momeni | 1993 | CMR | 89.45 | 80 | 107 | 187 | 11-Jul-19 | Nairobi, KEN |
| Claire McLamon | 1976 | NIR | 104.70 | 84 | 102 | 186 | 11-Aug-19 | Belfast, Northern Ireland, GBR |
| Helen Seipea | 2002 | FIJ | 126.20 | 65 | 85 | 150 | 12-Jul-19 | Apia, SAM |
| Zara Zubair | | PAK | 87.20 | 62 | 80 | 142 | 14-Sep-19 | Lahore, PAK |
| Rose Chakira | 2001 | SEY | | 60 | 80 | 140 | 25-Jul-19 | Port Louis, MRI |
| Daisy Tologu | 1987 | SOL | 96.90 | 62 | 73 | 135 | 8-Dec-18 | Honiara, SOL |
| Kristana Johnston | 2003 | SCO | 114.50 | 61 | 73 | 134 | 27-Apr-19 | Pitlochry, Scotland, GBR |
| Ramsi Edwards | 2006 | NUI | 99.59 | 58 | 75 | 133 | 7-Dec-19 | Mont Dore, FRA |
| Feroza Parvin | 1994 | BAN | 87.20 | 55 | 60 | 115 | 7-Dec-19 | Pokhara, NEP |