

WEIGHTLIFTING WALES RANKINGS

Weightlifting Wales athlete database monitors all Welsh sport 80 registered competitions, all British National championships, Welsh and British representation at international competitions.

If an athlete has competed in a tier 3 event in another home nation it may not appear in the WW rankings. To add these results please email the relevant competition results/scoresheet to office@weightlifting.wales

AGE CATEGORIES

Use your age on the 31 December of the competing year.

UNDER 15	≤15
YOUTH:	13-17
JUNIOR:	15-20
UNDER 23:	21-23
SENIOR:	≥24
MASTER:	≥35

BODYWEIGHT CATEGORIES

MALE KG	FEMALE KG	
M49	F40	YOUTH ONLY
M55	F45	
M61	F49	
M67	F55	
M73	F59	
M81	F64	
M89	F71	
M96	F76	
M102	F81	
M102+	F81+	YOUTH ONLY
M109	F87	
M109+	F87+	

TOTAL

Total = Snatch + clean & jerk

The totals displayed are from competitions only. Your total is made up of your heaviest snatch plus your heaviest clean and jerk in a competition.

SINCLAIR TOTAL

A sinclair total is use to compare results across different bodyweight categories.

[How to work out sinclair total](#)

COMMONWEALTH PATHWAY STANDARD (CWPS %)

Standards are based on analysis of medal zones across previous Commonwealth Games with regression from the medal standard based on the progress rates of medal-winning UK athletes. Totals displayed by age and weight categories.

[Female Commonwealth Pathway Standard \(CWPS\)](#)

FEMALE OVERALL RANKINGS 2024

01/01/2024-31/12/2024

Position	Full Name	Age	Category	Total	Sinclair	% of CWPS
1st	Catrin Haf Jones	Senior	W59	188	257.82	105%
2nd	Madaline Connelly	U23	W55	173	251.22	109%
3rd	Charlotte Whalley	U20	W59	179	246.02	110%
4th	Bethan Watkins	Senior	W64	188	245.03	102%
5th	Nikole Roberts	U20	W49	156	243.92	113%
6th	Laura Hughes	Senior	W76	197	233.44	99%
7th	Chloe Hood	U23	W71	188	232.4	96%
8th	Jo McEwan	Master	W64	178	231.47	96%
9th	Catrin Jones	U23	W64	173	230.98	94%
10th	Sinead Lenihan	Senior	W55	155	228.29	92%
11th	Molly Greenwood	U23	W64	174	227.49	94%
12th	Emma McCready	Senior	W81	197	226.7	97%
13th	Sabrina Butler	Senior	W81	185	218.6	91%
14th	Jessica Wheeler	Senior	W71	175	217.68	90%
15th	Janine Dovey	Senior	W64	164	217.07	89%
16th	Leah Clarke	Senior	W87+	210	216.48	95%
17th	Emily Baron	U23	W55	148	216.33	91%
18th	Chase Clark	U23	W64	166	216.15	93%
19th	Annie Clay	Senior	W64	163	213.66	88%
20th	Megan Dixon	Senior	W71	172	213.53	88%
21st	Helen Qualter	Master	W49	134	211.9	88%
22nd	Teagan Crowle	U23	W59	154	211.54	92%
23rd	Rae Trowbridge	Senior	W76	175	210.67	88%
24th	Niamh Collins	U23	W87	183	207.45	91%
25th	Ella Beard	U20	W81	178	204.83	99%
26th	Martha Bailey	Master	W71	166	203.58	85%
27th	Isla Travers	U17	W71	160	200.38	101%

WEIGHTLIFTING WALES
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28th	Jennifer Potter	Senior	W71	160	200.38	82%
29th	Bethan Jones	U23	W71	162	198.82	89%
30th	Holly Knowles	Senior	W71	160	198.17	82%
31st	Anjelica Rodgers	Master	W71	160	197.94	82%
32nd	Meg Gwyther	U20	W71	151	194.81	92%
33rd	Millie Lerwill	U20	W55	134	192.8	91%
34th	Ellis Thomas (nee Brotherton)	Senior	W76	162	192.02	82%
35th	Victoria Friss de Kereki	Master	W64	144	190.14	78%
36th	Nadine Kehely	Senior	W71	154	189.5	79%
37th	Grace Morris	U17	W81+	173	187.23	99%
38th	Nyarai Hector	U17	W71	145	180.51	95%
39th	Lindsay Atkinson	Master	W59	130	179.28	73%
40th	Tracy Rosser-Shrewsbury	Master	W71	146	179.05	75%
41st	Honey Seaton	U20	W81	150	173.66	84%
42nd	Lauren Holt	Master	W71	139	171.83	71%
43rd	Bethan Harry	U15	W55	116	171.53	96%
44th	Claudia Holliday-Williams	Master	W64	126	169.54	68%
45th	Weronica Ling	Master	W71	136	168.12	70%
46th	Mia Wyn Evans	U17	W81+	156	166.07	93%
47th	Georgia Hawkins	U23	W71	130	161.77	67%
48th	Elinor Edwards	Senior	W64	123	159.93	66%
49th	Alys Le Roux	U20	W64	120	159.89	71%
50th	Mali Hill	U17	W81	126	146.92	79%