

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:	≥15
MASTER:	≥35

BODYWEIGHT CATEGORIES

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

YOUTH ONLY

YOUTH ONLY

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 2023

01/01/23-31/12/23

Full Name	Age	Category	Total	Sinclair	% of CWPS
Catrin Haf Jones	Senior	F59	191	264.93	107%
Madaline Connelly	Junior	F55	165	236.94	108%
Emma McCready	Senior	F81	204	235.70	100%
Chloe Hood	Under 23	F71	190	234.51	101%
Molly Greenwood	Under 23	F64	180	234.38	101%
Jo McEwan	Master	F64	179	233.19	97%
Bethany Randall	Senior	F64	176	230.15	95%
Charlotte Whalley	Junior	F59	165	229.53	105%
Bethan Watkins	Senior	F64	173	227.32	94%
Leah Clarke	Senior	F87+	221	227.10	100%
Keri Collings	Senior	F64	167	227.01	90%
Sinead Lenihan	Senior	F55	155	225.80	92%
Molly Greenwood	Under 23	F71	174	224.99	92%
Emma McCready	Senior	F87	198	224.24	95%
Chloe Hood	Under 23	F76	184	223.45	96%
Catrin Jones	Under 23	F59	161	222.57	93%
Jennifer Potter	Senior	F71	178	222.57	91%
Jennifer Potter	Senior	F64	170	221.46	92%
Sian Peters	Master	F59	161	220.30	90%
Niamh Collins	Under 23	F87	195	219.26	100%
Chase Clark	Under 23	F64	167	218.70	96%
Sinead Lenihan	Senior	F59	155	218.06	87%
Nikole Roberts	Junior	F55	145	215.46	98%
Megan Dixon	Senior	F71	171	213.73	88%
Rae Trowbridge	Under 23	F71	172	213.48	88%
Emily Baron	Under 23	F55	147	213.30	93%
Megan Dixon	Senior	F64	163	211.94	88%
Charlotte Whalley	Junior	F59	154	211.66	98%
Annie Clay	Senior	F64	157	207.72	85%
Chase Clark	Under 23	F71	163	207.71	89%
Janine Dovey	Senior	F64	157	207.00	85%
Ella Beard	Junior	F81	177	203.68	102%
Cerys Head	Senior	F81	171	197.64	84%
Helen Qualters	Master	F55	131	196.33	78%
Tracy Rosser	Master	F71	155	191.31	79%
Ellis Thomas	Senior	F76	161	190.90	81%
Dionn Hargreaves	Senior	F59	136	190.76	76%
Holly Knowles	Senior	F71	147	188.04	75%

Lindsay Atkinson	Senior	F59	134	186.95	75%
Nadine Kehely	Senior	F76	153	186.74	77%
Kathryn Joseph	Senior	F64	143	186.55	77%
Sam Kyriacou	Under 23	F64	140	184.32	78%
Millie Lerwill	Junior	F59	130	184.23	86%
Ella Beard	Junior	F87	162	183.29	92%
Sarah Kedward	Master	F76	153	183.07	77%
Chloe Briggs	Senior	F71	145	182.34	74%
Ellis Thomas	Senior	F81	155	180.89	76%
Olivia Lennon	Master	F76	149	179.07	75%
Nadine Kehely	Senior	F71	143	177.81	73%
Kirstie Milne	Senior	F59	128	176.13	72%
Grace Morris	Youth	F81+	159	169.38	95%
Emily Seymour	Master	F59	123	168.30	69%
Alys Le Roux	Junior	F64	120	162.59	74%
Manon Johnston	Senior	F64	121	160.49	65%
Elinor Edwards	Senior	F71	128	158.05	66%
Maisie Davies	Junior	F64	121	157.33	72%
Maisie Davies	Junior	F59	114	156.69	70%
Honey Seaton	Junior	F76	132	156.51	79%
Alys Le Roux	Junior	F59	109	149.98	69%
Luned Jones	Master	F59	106	147.89	59%
Ashleigh Sperry	Senior	F64	110	145.03	59%
Mia Wyn Evans	Under 15	F81+	133	142.94	83%
Elin-Haf Tossell	Youth	F55	91	140.94	66%
Alicia Piper	Under 23	F71	112	140.67	61%
Elin-haf Tossell	Youth	F49	86	135.33	70%
Ella Jenkins	Under 23	F71	105	134.55	56%
Nell McDonagh	Under 23	F64	100	132.11	57%
Calli Rouse	Master	F87+	121	131.92	55%
Emma Brooks	Junior	F55	91	131.61	59%
Ffion Barnikel	Junior	F55	90	130.50	61%
Scarlett James	Junior	F71	100	129.19	58%
Nyarai Hector	Under 15	F71	104	128.61	71%
Samantha Luehrs	Senior	F59	92	128.43	51%
Elin-hâf Tossell	Youth	F59	90	127.94	62%
Della Pemberton	Under 15	F81+	118	127.38	80%
Leanne Talbot	Master	F71	101	126.08	52%
Jamillah Robinson-Heather	Senior	F87+	122	125.37	55%
Milly Woodyatt	Under 15	F49	78	123.73	72%
Alicia Piper	Under 23	F71	97	123.43	53%
Roxi Hayward	Under 15	F64	94	122.23	68%
Lili Thomas	Youth	F59	88	120.68	61%

Emily Storey	Under 23	F76	96	116.58	52%
Kiani Geldard	Master	F64	84	113.81	45%
Molly Barlow	Under 23	F55	77	113.47	46%
Nell McDonagh	Under 23	F64	84	111.25	48%
Cerys Davies	Under 15	F49	67	109.43	64%
Priya Liley	Under 15	F64	81	105.82	59%
Tanya Beattie	Senior	F71	78	99.91	40%
Jamie Hughes	Under 15	F55	66	96.41	55%
Isabella Jones	Under 15	F71	76	95.81	52%
Cari Adams	Under 15	F64	68	88.79	49%
Daisy Plews	Youth	F55	56	82.47	33%
Ava Wyn	Under 15	F64	63	82.30	46%
Emily Wraith	Youth	F59	56	76.97	40%
Ashleigh Bellis	Under 15	F64	56	73.37	41%
Julie Kearton	Master	F81	57	65.70	28%
Ashleigh Bellis	Under 15	F71	49	60.60	34%

FEMALE AGE GROUP RANKINGS 2023

01/01/23-31/12/23

UNDER 23

Full Name	Age	Sinclair
Chloe Hood	U23	234.51
Molly Greenwood	U23	234.38
Catrin Jones	U23	222.57

JUNIOR

Full Name	Age	Sinclair
Madaline Connelly	Junior	236.94
Charlotte Whalley	Junior	229.53
Nikole Roberts	Junior	215.46

YOUTH

Full Name	Age	Sinclair
Grace Morris	Youth	169.38
Elin-Haf Tossell	Youth	140.94
Lili Thomas	Youth	120.68

Full Name	Age Cate	BW Cate	TOTAL	SINCLAIR	% of CWPS
Madaline Connelly	U23	W55	173	249.23	109%
Bethan Watkins	Senior	W64	180	234.93	97%
Charlotte Whalley	U20	W59	170	234.45	105%
Leah Clarke	Senior	W87+	206	212.65	93%
Catrin Jones	U23	W59	163	225.31	91%
Chloe Hood	U23	W71	180	222.17	92%
Helen Qualter	Master	W49	134	211.90	88%
Emily Baron	U23	W55	148	216.33	91%
Esmee Williams	U15	W59	70	#NUM!	47%
Tegan Crowle	U23	W59	149	205.49	89%
Megan Dixon	Senior	W71	169	209.15	87%
Nikole Roberts	U20	W55	151	227.61	99%
Ella Beard	U20	W81	178	204.83	99%
Martha Bailey	Master	W71	166	203.58	85%
Chase Clark	U23	W71	160	201.21	85%
Nadine Kehely	Senior	W71	154	189.50	79%
Holly Knowles	Senior	W71	153	191.54	78%
Victoria Friss de Kereki	Master	W64	144	190.14	78%
Tracy Rosser-Shrewsbury	Master	W71	146	179.05	75%
Lindsay Atkinson	Master	W59	130	179.28	73%
Isla Travers	U17	W64	137	181.26	91%
Meg Gwyther	U20	W71	135	172.92	82%
Millie Lerwill	U20	W59	123	171.50	78%
Weronica Ling	Master	W71	136	168.12	70%
Honey Seaton	U20	W76	144	170.63	83%
Claudia Holliday-Williams	Master	W64	126	169.54	68%
Georgia Hawkins	Master	W71	130	161.77	67%
Elinor Edwards	Senior	W64	123	159.93	66%
Alys Le Roux	U20	W64	120	159.89	71%
Grace Morris	U17	W81+	153	162.50	88%
Anita Madan	Senior	W87+	139	153.76	63%
Olivia Roderick	Master	W71	119	149.52	61%
Mia Wyn Evans	U17	W81+	141	150.23	84%
Bethan Harry	U15	W55	100	148.49	83%
Therese Forsberg-Bowes	Master	W71	116	147.29	59%
Mali Hill	U17	W81	126	146.92	79%

Clare Williams	Master	W71	115	143.56	59%
Nyarai Hector	U17	W71	117	146.12	77%
Kiani Geldard	Master	W64	105	138.17	57%
Scarlett James	U20	W71	111	139.02	63%
Alicia Piper	U23	W71	109	136.46	58%
Roxi Hayward	U17	W64	102	134.68	71%
Rebecca Conibear	Master	W64	98	129.34	53%
Elin-Haf Tossell	U20	W59	89	125.82	59%
Della Pemberton	U15	W81+	117	125.32	76%
Emma Brooks	U23	W55	82	117.68	52%
Cerys Davies	U15	W49	75	117.74	69%
Sue Williams	Master	W81	90	104.94	44%
Cari Adams	U17	W64	82	109.88	57%
Celyn Millership	Master	W71	83	104.12	43%
Tanya Beattie	Senior	W71	82	102.53	42%
Ellie Davis	U23	W87	85	95.24	41%
Betsan Daniels	U15	W55	67	102.43	53%
Jamie Hughes	U15	W55	69	102.10	55%
Poppy James	U15	W64	77	101.32	61%
Charlotte Maber	U15	W64	74	100.70	56%
Gabrielle Maber	U15	W71	79	99.89	56%
Sienna Jones	U15	W49	62	99.11	60%
Ruby Pearce	U15	W81+	88	98.69	55%
Ava Wyn	U15	W64	72	96.88	52%
Hazel Williams	U15	W55	63	94.76	50%
Ela Nunes	U15	W71	72	92.59	49%
Isabella Jones	U17	W71	70	88.47	46%
Shannon Garmon	U15	W64	64	86.03	50%
Julie Kearton	Master	W81	62	72.08	30%
Gwennan Edwards	U15	W59	59	84.14	46%
Alys Baynham	U15	W81+	66	72.04	45%
Ruby Samuel	U15	W76	56	66.36	41%
Ruby Samuel	U15	W76	46	54.86	34%
Milly Woodyatt	U15	W49	0	0.00	0%