

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	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

01/01/24-01/09/24

Full Name	Age	Category	Total	Sinclair	% of CWPS
Catrin Haf Jones	Senior	W59	186	256.46	104%
Madaline Connelly	U23	W55	173	251.22	109%
Bethan Watkins	Senior	W64	188	245.03	102%
Nikole Roberts	U20	W49	156	243.92	113%
Charlotte Whalley	U20	W59	170	234.45	105%
Jo McEwan	Master	W64	178	231.47	96%
Chloe Hood	U23	W71	186	228.33	95%
Sinead Lenihan	Senior	W55	155	228.29	92%
Catrin Jones	U23	W59	165	227.71	92%
Molly Greenwood	U23	W64	174	227.49	94%
Emma McCready	Senior	W81	197	226.70	97%
Janine Dovey	Senior	W64	164	217.07	89%
Leah Clarke	Senior	w87+	210	216.48	95%
Emily Baron	U23	W55	148	216.33	91%
Chase Clark	U23	W64	166	216.15	93%
Megan Dixon	Senior	W71	172	213.53	88%
Helen Qualter	Master	W49	134	211.90	88%
Teagan Crowle	U23	W59	154	211.54	92%
Rae Trowbridge	Senior	W76	175	210.67	88%
Sabrina Butler	Master	W81	176	208.49	86%
Jessica Wheeler	Senior	W71	167	207.16	85%
Tegan Crowle	U23	W59	149	205.49	89%
Ella Beard	U20	W81	178	204.83	99%
Martha Bailey	Master	W71	166	203.58	85%
Anjelica Rodgers	Master	W71	160	197.94	82%
Bethan Jones	U23	W71	158	197.64	86%
Niamh Collins	U23	W87	172	195.18	85%
Meg Gwyther	U20	W71	151	194.81	92%
Holly Knowles	Senior	W71	153	191.54	78%
Millie Lerwill	U20	W55	132	190.78	89%
Victoria Friss de Kereki	Master	W64	144	190.14	78%
Nadine Kehely	Senior	W71	154	189.50	79%
Isla Travers	U17	W71	144	185.69	91%
Nyarai Hector	U17	W71	143	179.75	94%
Lindsay Atkinson	Master	W59	130	179.28	73%
Tracy Rosser-Shrewsbury	Master	W71	146	179.05	75%
Grace Morris	U17	W81+	162	175.06	93%

Honey Seaton	U20	W81	150	173.66	84%
Lauren Holt	Master	W71	139	171.83	71%
Claudia Holliday-Williams	Master	W64	126	169.54	68%
Weronica Ling	Master	W71	136	168.12	70%
Mia Wyn Evans	U17	W81+	156	166.07	93%
Bethan Harry	U15	W55	110	165.09	91%
Grace Morris	U17	W81+	153	162.50	88%
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%
Anita Madan	Senior	w87+	139	153.76	63%
Mali Hill	U17	W81	131	151.58	82%
Olivia Roderick	Master	W71	119	149.52	61%
Therese Forsberg-Bowes	Master	W71	116	147.29	59%
Naomi Burton	U15	W55	96	146.76	76%
Esther Gimblett	Master	W49	92	144.43	61%
Clare Williams	Master	W71	115	143.56	59%
Lea Klein	Master	W81	121	143.15	59%
Roxi Hayward	U17	W64	108	140.96	75%
Scarlett James	U20	W71	111	139.02	63%
Della Pemberton	U15	W81+	129	138.20	84%
Kiani Geldard	Master	W64	105	138.17	57%
Alicia Piper	U23	W71	109	136.46	58%
Milly Woodyatt	U15	W49	84	133.49	74%
Sienna Jones	U15	W55	88	131.32	76%
Betsan Daniels	U15	W55	85	129.36	67%
Rebecca Conibear	Master	W64	98	129.34	53%
Pamela Cheung	Master	W71	102	128.75	52%
Elin-Haf Tossell	U20	W59	89	125.82	59%
Cari Adams	U17	W64	94	125.31	65%
Cerys Davies	U15	W55	80	123.52	66%
Macey Williams	U15	W40	62	122.60	66%
Rachel Taylor	Master	W87	107	122.00	51%
Emma Brooks	U23	W55	82	117.68	52%
Ela Nunes	U15	W71	93	115.91	64%
Poppy James	U15	W64	86	115.54	68%
Esther Altman	Master	W87	102	114.88	49%
Ruby Pearce	U15	W81+	104	114.71	65%
Ava Wyn	U15	W71	86	109.43	59%
Ellie Davis	U23	w87+	97	108.32	44%
Gabrielle Maber	U15	W71	84	105.94	60%
Sue Williams	Master	W81	90	104.94	44%
Celyn Millership	Master	W71	83	104.12	43%
Charlotte Maber	U15	W64	77	102.54	58%

Tanya Beattie	Senior	W71	82	102.53	42%
Jamie Hughes	U15	W55	71	102.15	56%
Hazel Williams	U15	W55	63	94.76	50%
Ashleigh Bellis	U17	W64	72	93.88	50%
Isabella Jones	U17	W71	70	88.47	46%
Shannon Garmon	U15	W64	64	86.03	50%
Gwennan Edwards	U15	W59	59	84.14	46%
Daisy Plews	U17	W55	55	79.03	40%
Alys Baynham	U15	W81+	73	78.38	49%
Ruby Samuel	U15	W76	64	76.43	47%
Julie Kearton	Master	W81	62	72.08	30%
Jennifer Potter	Senior	W64	0	0.00	0%