

## 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](mailto:office@weightlifting.wales)

### AGE CATEGORIES

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

<b>UNDER 15</b>	≤15
<b>YOUTH:</b>	13-17
<b>JUNIOR:</b>	15-20
<b>UNDER 23:</b>	21-23
<b>SENIOR:</b>	≥15
<b>MASTER:</b>	≥35

### BODYWEIGHT CATEGORIES

MALE KG	FEMALE KG	
<b>M49</b>	<b>F40</b>	YOUTH ONLY
M55	F45	
M61	F49	
M67	F55	
M73	F59	
M81	F64	
M89	F71	
M96	F76	
M102	F81	
<b>M102+</b>	<b>F81+</b>	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 used 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

01/01/24-12/03/24

Full Name	Age	Category	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%
Nikole Roberts	U20	W55	151	227.61	99%
Catrin Jones	U23	W59	163	225.31	91%
Chloe Hood	U23	W71	180	222.17	92%
Emily Baron	U23	W55	148	216.33	91%
Leah Clarke	Senior	w87+	206	212.65	93%
Helen Qualter	Master	W49	134	211.90	88%
Megan Dixon	Senior	W71	169	209.15	87%
Tegan Crowle	U23	W59	149	205.49	89%
Ella Beard	U20	W81	178	204.83	99%
Martha Bailey	Master	W71	166	203.58	85%
Chase Clark	U23	W71	160	201.21	85%
Holly Knowles	Senior	W71	153	191.54	78%
Victoria Friss de Kereki	Master	W64	144	190.14	78%
Nadine Kehely	Senior	W71	154	189.50	79%
Isla Travers	U17	W64	137	181.26	91%
Lindsay Atkinson	Master	W59	130	179.28	73%
Tracy Rosser-Shrewsbury	Master	W71	146	179.05	75%
Meg Gwyther	U20	W71	135	172.92	82%
Millie Lerwill	U20	W59	123	171.50	78%
Honey Seaton	U20	W76	144	170.63	83%
Claudia Holliday-Williams	Master	W64	126	169.54	68%
Weronica Ling	Master	W71	136	168.12	70%
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%
Mia Wyn Evans	U17	W81+	141	150.23	84%
Olivia Roderick	Master	W71	119	149.52	61%
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%
Nyarai Hector	U17	W71	117	146.12	77%
Clare Williams	Master	W71	115	143.56	59%
Scarlett James	U20	W71	111	139.02	63%
Kiani Geldard	Master	W64	105	138.17	57%
Alicia Piper	U23	W71	109	136.46	58%



**WEIGHTLIFTING WALES**  
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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%
Cerys Davies	U15	W49	75	117.74	69%
Emma Brooks	U23	W55	82	117.68	52%
Cari Adams	U17	W64	82	109.88	57%
Sue Williams	Master	W81	90	104.94	44%
Celyn Millership	Master	W71	83	104.12	43%
Tanya Beattie	Senior	W71	82	102.53	42%
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%
Ellie Davis	U23	W87	85	95.24	41%
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%
Gwennan Edwards	U15	W59	59	84.14	46%
Julie Kearton	Master	W81	62	72.08	30%
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%