

Weightlifting Wales Female Rankings 2022

01.01.22 to 31.12.22

Red results from virtual competitions

| ATHLETE | AGE CAT | BWT CAT | BEST TOTAL 2022 | SINCLAIR TOTAL | % of CWPS |
|-------------------------|---------|---------|-----------------|----------------|-----------|
| Catrin Haf Jones | U23 | W59 | 192 | 270.56 | 107 |
| Catrin Haf Jones | U23 | W55 | 187 | 268.8 | 111 |
| Christie Marie Williams | Senior | W64 | 184 | 241.36 | 99 |
| Amy Salt | Senior | W76 | 201 | 239.87 | 102 |
| Hannah Powell | Senior | W49 | 152 | 237.07 | 100 |
| Bethan Watkins | Senior | W64 | 178 | 234.88 | 96 |
| Faye Pitman | Senior | W76 | 191 | 233.6 | 96 |
| Hannah Powell | Senior | W55 | 150 | 233.58 | 89 |
| Jo McEwan | Senior | W64 | 178 | 231.56 | 96 |
| Faye Pitman | Senior | W71 | 189 | 231.49 | 97 |
| Chloe Briggs | Senior | W64 | 177 | 230.67 | 96 |
| Nikole Roberts | U20 | W49 | 145 | 227.23 | 113 |
| Bethan Watkins | Senior | W64 | 171 | 223.26 | 92 |
| Charlotte Whalley | U20 | W59 | 160 | 220.25 | 106 |
| Sian Peters | Senior | W59 | 160 | 220.15 | 89 |
| Nikole Roberts | U20 | W55 | 151 | 219.65 | 106 |
| chloe hood | U23 | W71 | 177 | 219.45 | 97 |
| Jennifer Potter | Senior | W71 | 176 | 219.24 | 90 |
| Sinead Lenihan | Senior | W55 | 150 | 218.77 | 89 |
| Chloe Hood | U23 | W76 | 181 | 217.86 | 97 |
| Sinead Lenihan | Senior | W59 | 153 | 215.6 | 85 |
| Jo McEwan | Senior | W71 | 169 | 214.74 | 87 |
| Molly Greenwood | U23 | W64 | 165 | 214.61 | 95 |
| Bethany Randall | U23 | W64 | 163 | 214.46 | 88 |
| Danielle Williams | Senior | W64 | 164 | 213.11 | 89 |
| Megan Dixon | Senior | W64 | 160 | 208.89 | 86 |
| Molly Greenwood | U23 | W71 | 164 | 208.3 | 90 |
| Annie Clay | Senior | W64 | 151 | 202.94 | 82 |

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|-----------------------|---------------|-------------|------------|---------------|-----------|
| Ellie Pryor | U23 | W59 | 147 | 200.77 | 88 |
| Tracy Rosser | Master | W71 | 150 | 198.86 | 77 |
| Niamh Collins | U20 | W87 | 172 | 194.07 | 91 |
| Olivia Lennon | Master | W71 | 156 | 192.37 | 80 |
| Sarah Kedward | Master | W71 | 154 | 190.93 | 79 |
| Tracy Rosser | Master | W71 | 151 | 187.51 | 77 |
| Millie Lerwill | U17 | 55.3 | 128 | 182.62 | 88 |
| Janine Dovey | Senior | W64 | 139 | 182.53 | 75 |
| Helen davies | Master | W71 | 147 | 182.4 | 75 |
| Fflur Owen | U23 | W71 | 146 | 178.83 | 75 |
| Cerys Head | Senior | W81 | 152 | 178.05 | 75 |
| Millie Lerwill | U17 | W55 | 124 | 177.58 | 91 |
| Dionn Hargreaves | Senior | W55 | 122 | 176.53 | 73 |
| Millie Lerwill | U17 | W59 | 125 | 175.09 | 86 |
| Sophie Harrison | Senior | W71 | 142 | 174.45 | 73 |
| Nadine Kehely | Senior | 68.2 | 135 | 168.98 | 69 |
| Niamh Roach | U23 | W64 | 128 | 168.41 | 69 |
| Sophie Fielding | Senior | W55 | 115 | 165.65 | 68 |
| Helen Qualters | Master | W55 | 112 | 164.41 | 67 |
| Isobelle Garrett | U20 | W87+ | 159 | 163.5 | 82 |
| Shelley Caviell | Master | W49 | 102 | 161.68 | 67 |
| Elinor Edwards | Senior | W64 | 121 | 158.13 | 65 |
| Grace Morris | U15 | W81+ | 143 | 156.3 | 89 |
| Kirstie Milne | Senior | W64 | 114 | 149.84 | 62 |
| Alys Le Roux | U20 | W64 | 111 | 146.62 | 71 |
| Elinor Edwards | Senior | W71 | 118 | 145.18 | 61 |
| Maisie Davies | U20 | 59.7 | 105 | 142.32 | 65 |
| Seren Mitchell | U20 | W81 | 121 | 141.49 | 70 |
| Ffion Barnikel | U20 | W55 | 93 | 139.66 | 65 |
| Alys Le Roux | U20 | W59 | 101 | 139.51 | 67 |
| Seren Evans | Senior | W76 | 115 | 138.38 | 58 |
| Robyn Lloyd | U23 | W71 | 108 | 136.19 | 57 |
| Kirsty Robathan-Smith | Master | W59 | 97 | 133.22 | 54 |

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|--------------------------|---------------|-------------|------------|---------------|-----------|
| Honey Seaton | U17 | W76 | 112 | 132.57 | 70 |
| Danielle Frith | U23 | 62.6 | 100 | 131.57 | 56 |
| Calli Rouse | Master | W87+ | 121 | 131.19 | 55 |
| Sarah Dawes-Clark | Master | 69.6 | 105 | 129.98 | 54 |
| Katie Walden | Senior | W76 | 106 | 129.74 | 54 |
| emma brooks | U20 | W55 | 87 | 126.89 | 59 |
| Ella Rees | U20 | W64 | 94 | 126.46 | 56 |
| Samantha Luehrs | Senior | 55.8 | 89 | 126.19 | 50 |
| Nevaeh Parry | U17 | W59 | 89 | 124.22 | 61 |
| Elin-haf Tossell | U17 | W55 | 79 | 122.82 | 60 |
| scarlett james | U20 | 63.6 | 91 | 118.58 | 58 |
| Ashleigh Garfield | U20 | W71 | 94 | 118.44 | 55 |
| Emma Slocombe | U15 | W49 | 73 | 114.22 | 67 |
| Anna Crabb | U23 | W71 | 90 | 112.02 | 49 |
| Emily Storey | U20 | W81 | 94 | 111.62 | 52 |
| Caroline Hurley | Master | W71 | 88 | 108.43 | 45 |
| Emily Storey | U20 | W81 | 88 | 102.84 | 48 |
| Nevaeh Parry | U17 | W49 | 65 | 102.52 | 53 |
| Maisy Roberts | U15 | W40 | 34 | 96.83 | 36 |
| Cerys Davies | U15 | W45 | 54 | 94.54 | 55 |
| ISOBEL Baldwin-Pritchard | U17 | W71 | 67 | 85.28 | 44 |
| Jamie Hughes | U15 | W49 | 54 | 84.9 | 52 |
| Gillian Green | Master | W87 | 71 | 79.62 | 34 |
| Daisy Mellors | U15 | W81+ | 72 | 77.81 | 45 |
| Elena Velichkova | U15 | W49 | 45 | 74.08 | 40 |
| Mia Evans | U15 | W81+ | 67 | 73.16 | 44 |
| Esmee Williams | U15 | W49 | 46 | 72.79 | 44 |
| Lottie Rees | U15 | W55 | 44 | 66.36 | 38 |
| Ava Abed | U15 | W40 | 30 | 59.03 | 32 |
| Della Pemberton | U15 | W81+ | 50 | 55.16 | 34 |
| Lottie Rees | U15 | W49 | 35 | 54.94 | 34 |

Weightlifting Wales athlete database monitors all Welsh BARs 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 ania.negele@weightlifting.wales

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

[How to work out sinclair total](#)

BWT CAT – Bodyweight Category

Total = Snatch + clean & jerk