

WEIGHTLIFTING WALES FEMALE RANKINGS 2023

01.01.23 to 12.06.23

Results in red from a virtual competition

Full Name	AGE CAT	Bodyweight CAT	TOTAL	SINCLAIR	% of CWPS
Catrin Haf Jones	Senior	W59	191	264.93	107
Emma McCready	Senior	W81	204	234.75	100
Molly Greenwood	U23	W64	178	233.21	99
Bethany Randall	Senior	W64	176	230.15	95
Madaline Connelly	U20	W55	157	228.26	103
Bethan Watkins	Senior	W64	173	227.32	94
Leah Clarke	Senior	w87+	221	227.10	100
Sinead Lenihan	Senior	W55	155	225.80	92
Molly Greenwood	U23	W71	174	224.99	92
Chloe Hood	U23	W71	181	224.18	96
Jennifer Potter	Senior	W71	178	222.57	91
Keri Collings	Senior	W64	165	222.14	89
Sinead Lenihan	Senior	W55	154	221.57	92
Molly Greenwood	U23	W64	170	221.46	95
Sian Peters	Master	W59	161	220.30	90
Catrin Jones	U23	W59	159	219.53	91
Niamh Collins	U23	W87	195	219.15	100
Sinead Lenihan	Senior	W59	155	218.06	87
Charlotte Whalley	U20	W59	154	211.66	98
Nikole Roberts	U20	W55	147	211.23	99
Megan Dixon	Senior	W71	170	211.05	87
Catrin Jones	U23	W59	152	209.98	87
Emily Baron	U23	W55	144	208.81	91
Rae Trowbridge	U23	W71	164	205.64	84
Ella Beard	U20	W81	177	203.68	102
Chase Clark	U23	W71	158	198.53	86
Helen Qualters	Master	W55	131	194.52	78
Chase Clark	U23	W64	148	194.47	85
Tracy Rosser	Master	W71	155	191.31	79
Ellis Thomas	Senior	W76	161	190.90	81
Janine Dovey	Senior	W64	145	189.61	78
Holly Knowles	Senior	W71	147	188.04	75
Kathryn Joseph	Senior	W64	143	186.55	77
Ella Beard	U20	W87	162	183.29	92

Sarah Kedward	Master	W76	153	183.07	77
Chloe Briggs	Senior	W71	145	182.34	74
Ellis Thomas	Senior	W81	155	180.89	76
Olivia Lennon	Master	W76	149	179.07	75
Nadine Kehely	Senior	W71	143	177.81	73
Lindsay Atkinson	Senior	W59	128	176.33	72
Millie Lerwill	U20	W59	123	174.75	81
Grace Morris	U17	W81+	159	169.38	95
Emily Seymour	Master	W59	123	168.30	69
Manon Johnston	Senior	W64	121	160.49	65
Kirstie Milne	Senior	W59	116	160.34	65
Elinor Edwards	Senior	W71	128	158.05	66
Maisie Davies	U20	W59	114	156.69	70
Honey Seaton	U20	W76	130	154.24	77
Alys Le Roux	U20	W59	109	149.98	69
Luned Jones	Master	W59	104	144.25	58
Elin-Haf Tossell	U17	W55	91	140.94	66
Elin-haf Tossell	U17	W49	86	135.33	70
Ella Jenkins	U23	W71	105	134.55	56
Emma Brooks	U20	W55	91	131.61	59
Ffion Barnikel	U20	W55	90	130.50	61
Scarlett James	U20	W71	100	129.19	58
Samantha Luehrs	Senior	W59	92	128.43	51
Leanne Talbot	Master	W71	101	126.08	52
Calli Rouse	Master	w87+	116	125.83	52
Alicia Piper	U23	W71	97	123.43	53
Emily Storey	U23	W76	96	116.58	52
Della Pemberton	U15	W81+	106	115.23	72
Roxi Hayward	U15	W64	85	111.91	62
Nell McDonagh	U23	W64	84	111.25	48
Cerys Davies	U15	W49	67	109.43	64
Mia Evans	U15	W81+	99	108.68	61
Maisy Roberts	U15	W40	44	108.40	47
Priya Liley	U15	W64	77	101.72	56
Cari Adams	U15	W64	68	88.79	49
Ava Abed	U15	W40	46	86.48	49
Hattie Lawton-Jones	U15	W40	29	78.82	31
Esmee Williams	U15	W55	53	77.47	46
Emily Wraith	U17	W59	56	76.97	40
Izzabelle Deakin	U15	W76	59	71.73	43

Brooke Smith	U15	W55	46	69.75	40
Shannon Garmon	U15	W59	44	62.20	36
Ashleigh Bellis	U15	W71	49	60.60	34
Amara-Lili Roberts	U15	W81+	40	45.26	27

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 ania.negele@weightlifting.wales

AGE CATEGORIES

To determine your age category, you must use your age on the 31 December of the competing year.

UNDER 15

YOUTH: 13 – 17 years of age	IWF recognised category
JUNIOR: 15 – 20 years of age	IWF recognised category
UNDER 23: 21-23 years of age	
SENIOR: ≥15 years of age	IWF recognised category
MASTERS: ≥35 years of age	IWF recognised category

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)