

## 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>	
<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 \(CWPS\)](#)

## MALE OVERALL RANKINGS 2024

01/01/24-01/09/24

Full Name	Age	Category	Total	Sinclair	% of CWPS
Michael Farmer	Senior	M73	275	373.80	102%
Harry Nelms	Senior	M96	301	351.92	99%
Edward Gibson	U20	M89	281	340.70	104%
Theo Morris	U23	M89	281	340.60	94%
Liam Rodgers	Master	M109+	305	331.42	93%
Cian Green	U23	M81	244	323.33	91%
Daniel Davies	U20	M81	247	317.86	99%
Oliver Godwin	U23	M89	260	316.03	93%
Seth Casidsid	Master	M61	205	312.53	84%
Luke Fletcher	U20	M89	247	305.17	98%
Garin Beams	U23	M73	216	302.12	80%
Bryn Astrop	U20	M96	250	296.77	98%
Thomas Duggan	U15	M49	158	292.55	101%
Llewellyn Waits	U17	M61	187	288.22	98%
Ben Foggo	U23	M61	189	287.97	80%
Llyr Gravell Davies	U20	M89	235	285.00	87%
Morgan Phillips	Senior	M96	232	278.26	77%
Jorgie Hughes-Lynch	U15	M67	191	272.80	98%
Carl Rees	Master	M96	230	270.18	76%
Kristian Baller	Master	M109	236	264.61	76%
Louis Weston	Master	M109+	251	264.10	77%
Seamus Leonard - Thomas	U20	M73	192	258.82	84%
Taylor Probeta	Senior	M109	232	258.58	74%
Ben Rees	U23	M81	192	255.13	72%
Matthew Collins	Master	M89	205	254.37	69%
Ryan Blakemore	Senior	M61	164	251.85	67%
Josiah Kwok	Master	M96	210	246.57	69%
Paul Siddall	Master	M89	199	242.71	67%
Jac Green	U15	M73	177	242.53	88%
Rhys Taplin	Master	M109+	214	236.13	65%
Theo Graham	U17	M73	167	236.06	80%
Osian Brown	U20	M73	167	227.53	73%
Noah Ellson	U17	M55	130	227.27	78%
Charles Tempest	Master	M89	177	223.59	59%
Iwan Pemberton	U15	M61	141	220.90	77%
Ray Williams	Master	M81	160	209.17	56%
Tom Bennett	Master	M96	175	205.86	58%

Brychan Gilson	U17	M102+	184	202.74	56%
Chris Turner	Master	M102	175	201.93	57%
Steve Jones	Master	M89	158	194.80	53%
Jack Jones	U15	M55	112	188.53	70%
Sion Coleman	U15	M61	115	187.46	44%
John Pierce	Master	M55	112	185.07	52%
Andrew Bowen	Master	M73	132	182.50	49%
Floyd Roberts	U15	M55	108	178.85	73%
Charlie Ellis-Perry	U15	M49	91	175.23	64%
Ryan Coyle	Master	M73	121	169.40	45%
Nico Heeley	U23	M109+	146	161.75	47%
Fletcher Watkins	U15	M67	108	161.69	60%
Jac Esen	U15	M102	136	158.64	64%
Jules Medcalf-Strong	U20	M67	108	155.51	49%
Ifan Owen	U15	M67	105	153.67	54%
Xander-logan Howells	U17	M102	130	151.16	59%
Macsen Llewellyn-Owen	U15	M55	88	150.90	34%
Evan Williams	U17	M61	96	147.69	50%
Sion Coleman	U15	M55	86	144.65	54%
Zach Jones	U15	M49	62	138.26	43%
Jaxson Lynch	U15	M49	70	138.12	49%
Cai Williams	U17	M96	112	131.07	46%
Daniel Heafey	Master	M102	101	115.50	33%
Harri Jermin-Jones	U15	M73	82	111.10	38%
Barry Eaton	Master	M109+	105	110.66	32%
Mason Hughes	U15	M81	65	84.82	33%
Tobie Poffley	U15	M55	44	72.92	23%
Chad Collins	Senior	M96	-16	-18.85	-10%
Kristian Baller	Master	M109	-28	-31.63	-13%