

## 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	
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 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 2023

01/01/23-31/12/23

Full Name	Age	Category	Total	Sinclair	% of CWPS
Harry Nelms	Senior	M96	306	358.69	101%
Joseph Cowen	Senior	M81	277	352.27	97%
Jordan Sakkas	Senior	M102	300	345.50	98%
Edward Gibson	U20	M81	265	337.40	106%
Edward Gibson	U20	M89	275	336.86	105%
Cian Green	U20	M73	245	331.86	100%
Cian Green	U20	M81	247	326.28	95%
Theo Morris	U23	M89	265	322.93	92%
Joseph Walton	Senior	M109+	300	320.92	92%
Filip Taylor	Senior	M102	280	320.72	92%
Seth Casidsid	Senior	M61	209	319.20	85%
Seth Casidsid	Senior	M67	211	318.84	81%
Albin Sunny	Senior	M109	280	317.53	90%
Garin Beams	U23	M67	222	316.15	88%
Lewis Thomas	U23	M73	233	315.68	87%
Daniel Davies	U20	M81	242	313.45	100%
Oliver Godwin	U20	M89	259	313.24	96%
Timothy Williams	Senior	M89	256	311.43	86%
Garin Beams	U23	M73	221	310.73	85%
Ben Foggo	U23	M67	207	302.14	85%
Oliver Godwin	U20	M102	261	299.32	94%
Lewis Thomas	U23	M81	222	296.55	78%
Ben Foggo	U23	M61	194	295.59	84%
Luke Fletcher	U17	M89	238	295.33	98%
Andy Goswell	Master	M89	240	290.11	81%
Philip Pitman	Master	M89	233	287.53	78%
Brian Tumbali	Senior	M81	224	287.04	79%
leighton yates	U20	M81	222	283.88	86%
Taylor Probets	U23	M96	240	282.06	79%
Bryn Astrop	U17	M96	238	279.18	97%
Kyle Colella	U20	M96	238	278.98	87%
Oliver Cooke	Senior	M89	223	273.96	75%
Llyr Gravell Davies	U20	M89	222	273.79	85%
Thomas Hughes	U20	M67	186	268.93	85%
Bryn Astrop	U17	M89	220	267.19	91%
Thomas Duggan	U15	M49	141	266.27	95%
Taylor Probets	U23	M102	231	265.87	75%
Louis Weston	U23	M109+	243	257.11	77%
Adam Tipping	Senior	M73	185	256.72	69%
Jamie Brine	U23	M81	197	256.10	74%
Seamus Leonard -Thom	U17	M73	187	255.11	85%

Full Name	Age	Category	Total	Sinclair	% of CWPS
Morgan Phillips	U23	M96	214	254.74	71%
Seamus Leonard -Thom	U17	M67	177	254.08	84%
Lewis Wong	Senior	M96	213	251.42	70%
Tom Jeanes	Senior	M81	193	250.90	68%
Llewellyn Waits	U15	M61	162	250.28	89%
Jorgie Hughes-lynch	U15	M67	172	248.69	92%
Jake Howden	Senior	M81	190	242.96	67%
James Rooney	U23	M89	196	239.60	68%
John Lloyd	Senior	M81	183	237.55	64%
Josiah Kwok	U23	M96	200	235.84	66%
Ryan Blakemore	Senior	M61	154	235.49	63%
Kamaal Rehman	U23	M89	189	231.04	68%
Jac Green	U15	M73	165	230.89	85%
Cian Mcgee	U15	M55	140	230.30	88%
Jorgie Hughes-Lynch	U15	M61	147	224.78	84%
Harri Jones	U20	M73	165	224.71	67%
Arun Ramesh	U17	M73	160	218.47	73%
Michael Farmer	Senior	M73	156	215.39	58%
Noah Marsden	U15	M55	115	206.73	72%
Jonathan Oliver	Master	M81	160	203.06	56%
Tom Bennett	Senior	M96	170	201.45	56%
Osian Brown	U17	M73	145	195.63	66%
Marc Jones	Master	M81	147	190.13	52%
Paul Metzler	U23	M96	160	186.81	56%
Jac Green	U15	M67	126	184.50	68%
Simon Donnelly	Senior	M109	162	183.33	52%
Joshua Williams	U17	M102+	164	180.96	66%
Theo Evans	U15	M55	101	166.77	63%
Nico Heeley	U20	M109	145	160.93	51%
Nico Heeley	U20	M109+	145	158.72	49%
Alasdair Brydon	Senior	M73	111	155.04	41%
Joseph Parr	U15	M89	124	152.02	56%
Theo Graham	U15	M67	101	150.87	52%
Tobie Poffley	U15	M55	88	146.59	60%
Jack Jones	U15	M49	78	146.05	52%
Lewis Thomas	U23	M73	100	135.14	37%
Evan Williams	U15	M55	76	134.87	48%
Macsen Llewellyn-Owe	U15	M49	69	132.74	46%
Evan Williams	U15	M49	65	123.34	42%
Xander-logan Howells	U17	M96	102	120.51	43%
Xander-logan Howells	U17	M102	96	111.73	40%
Daniel Heafey	Master	M102	95	109.04	31%
Iwan Pemberton	U15	M61	59	93.34	34%
Jack Jones	U15	M55	53	92.96	35%
Louie Abed	U15	M55	44	79.17	30%

## MALE AGE GROUP RANKINGS 2023

01/01/23-31/12/23

### UNDER 23

Full Name	Age	Category	Total	Sinclair	% of CWPS
Theo Morris	U23	M89	265	322.93	92%
Garin Beams	U23	M67	222	316.15	88%
Lewis Thomas	U23	M73	233	315.68	87%

### JUNIOR

Full Name	Age	Category	Total	Sinclair	% of CWPS
Edward Gibson	U20	M81	265	337.40	106%
Cian Green	U20	M73	245	331.86	100%
Daniel Davies	U20	M81	242	313.45	100%

### YOUTH

Full Name	Age	Category	Total	Sinclair	% of CWPS
Luke Fletcher	U17	M89	238	295.33	98%
Bryn Astrop	U17	M96	238	279.18	97%
Seamus Leonard -Thom	U17	M73	187	255.11	85%