

## 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 2024

01/01/24-12/03/24

Full Name	Age	Category	Total	Sinclair	% of CWPS
edward gibson	U20	M89	272	334.46	101%
Theo Morris	U23	M89	268	328.76	90%
Llewellyn Waits	U17	M61	187	288.22	98%
Cian Green	U23	M73	237	319.48	94%
Michael Farmer	Senior	M73	255	351.29	95%
Thomas Duggan	U15	M49	146	271.83	94%
Jorgie Hughes-lynch	U15	M67	180	257.99	93%
Daniel Davies	U20	M81	237	307.20	95%
Garin Beams	U23	M73	216	302.12	80%
Jac Green	U15	M73	170	236.01	85%
Luke Fletcher	U20	M89	239	291.33	95%
Ben Foggo	U23	M61	189	287.97	80%
Bryn Astrop	U20	M96	236	276.57	92%
Llyr Gravell Davies	U20	M89	226	275.64	84%
Louis Weston	Master	M109+	251	264.10	77%
Morgan Phillips	Senior	M96	230	273.03	76%
Carl Rees		M96	230	270.18	76%
Kristian Baller	Master	M109	236	264.61	76%
Seamus Leonard -Thom	U20	M73	188	254.07	82%
Matthew Collins	U20	M89	195	239.92	72%
Noah Ellson	U17	M55	117	209.96	70%
Josiah Kwok		M96	210	246.57	69%
Theo Graham	U17	M67	138	198.50	68%
Ryan Blakemore	Senior	M61	164	251.85	67%
Paul Siddall	Master	M89	199	242.71	67%
Brychan Gilson	U17	M102+	169	181.72	65%
Fletcher Watkins	U15	M67	108	161.69	60%
Charles Tempest	Master	M89	177	223.59	59%
Tom Bennett	Master	M96	175	205.86	58%
Chris Turner	Master	M102	175	201.93	57%
Ray Williams	Master	M81	160	209.17	56%
Ifan Owen	U15	M67	105	153.67	54%
Sion Coleman	U15	M55	86	144.65	54%
Steve Jones	Master	M89	158	194.80	53%
John Pierce	Master	M55	112	185.07	52%
Nico Heeley	U23	M109+	146	161.75	47%
Andrew Bowen	Master	M73	132	182.50	49%
Jaxson Lynch	U15	M49	70	138.12	49%
Macsen Llewellyn-Owe	U15	M49	74	139.88	47%
Evan Williams	U17	M61	86	140.28	45%
Ryan Coyle	Master	M73	121	169.40	45%



**WEIGHTLIFTING WALES**  
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Zach Jones	U15	M49	62	138.26	43%
Cai Williams	U17	M102	107	123.90	43%
Jac Esen	U15	M102	91	105.91	43%
Xander-Logan Howells	U17	M96	105	123.23	43%
Sion Coleman	U15	M55	68	114.03	43%
Daniel Heafey	Master	M102	101	115.50	33%
Barry Eaton	Master	M109+	105	110.66	32%
Tobie Poffley	U15	M55	44	72.92	29%
Harri Jermin-Jones	U15	M73	54	76.55	28%