

WEIGHTLIFTING WALES MALE RANKINGS 2023

01.01.23 to 12.06.23

FULL NAME	AGE CATEGORY	BODYWEIGHT CATEGORY	TOTAL	SINCLAIR	% CWPS
Harry Nelms	Senior	M96	306	358.69	101%
Edward Gibson	U20	M81	260	331.44	104%
Cian Green	U20	M73	245	331.10	100%
Seth Casidsid	Senior	M67	211	318.84	81%
Lewis Thomas	U23	M73	230	313.64	86%
Garin Beams	U23	M67	217	312.46	86%
Garin Beams	U23	M73	221	310.73	85%
Timothy Williams	Senior	M89	250	305.09	84%
Daniel Davies	U20	M81	232	304.92	96%
Ben Foggo	U23	M67	207	302.14	85%
Lewis Thomas	U23	M81	222	296.55	78%
Ben Foggo	U23	M61	194	295.59	84%
Luke Fletcher	U17	M89	235	294.73	97%
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%
Luke Fletcher	U17	M89	229	282.34	95%
Taylor Proberts	U23	M96	240	282.06	79%
Kyle Colella	U20	M96	238	278.98	87%
Thomas Hughes	U20	M67	186	268.93	85%
Louis Weston	U23	M109+	243	257.11	77%
Adam Tipping	Senior	M73	185	256.72	69%
Jamie Brine	U23	M81	197	256.10	74%
Lewis Wong	Senior	M96	213	251.42	70%
Bryn Astrop	U17	M89	200	245.34	83%
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%
Thomas Duggan	U15	M49	124	233.50	83%
Llewellyn Waits	U15	M61	151	233.02	83%
Seamus Leonard -Thomas	U17	M67	161	231.11	77%
Kamaal Rehman	U23	M89	189	231.04	68%

Jorgie Hughes-Lynch	U15	M61	147	224.78	84%
Harri Jones	U20	M73	165	224.71	67%
Jonathan Oliver	Master	M81	160	203.06	56%
Cian Mcgee	U15	M55	114	196.42	71%
Marc Jones	Master	M81	147	190.13	52%
Jac Green	U15	M67	126	184.50	68%
Paul Metzler	U23	M96	156	182.73	55%
Joshua Williams	U17	M102+	164	180.96	66%
Arun Ramesh	U17	M73	120	168.24	55%
Theo Graham	U15	M67	101	150.87	52%
Zach Jones	U15	M49	59	145.58	41%
Evan Williams	U15	M49	65	123.34	42%
Joseph Parr	U15	M89	90	111.74	40%
Xander-logan Howells	U17	M102	96	111.73	40%
Charlie Ellis-Perry	U15	M49	42	97.85	29%
Iwan Pemberton	U15	M61	59	93.34	34%
Jack Jones	U15	M55	53	92.96	35%
Connor Smith	U15	M55	48	82.83	33%
Leon Sullivan	U15	M49	37	82.62	26%
Louie Abed	U15	M55	44	79.17	30%

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.

[Male Commonwealth pathway standard](#) (CWPS)