

2010 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan

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MEN: TOP-25 ABSOLUTE as at 01 September

| 56kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Mohd Shafiq Ismail | 1988 | MAS | 54.95 | 115 | 136 | 251 | 13-Jun | Melaka, MAS |
| Sukhen Dey | 1989 | IND | 55.79 | 111 | 140 | 251 | 7-Aug | New Delhi, IND |
| V. Srinivasa Rao | 1981 | IND | 55.90 | 105 | 139 | 244 | 21-Feb | Udaipur, IND |
| Maueli Tulo | 1990 | *FIJ | 55.80 | 106 | 134 | 240 | 4-May | Suva, FIJ |
| Mayur Sinhasane | 1983 | IND | 55.60 | 107 | 125 | 232 | 21-Feb | Udaipur, IND |
| Muhammad Shahzad | | PAK | | 103 | 129 | 232 | 30-Mar | Lahore, PAK |
| W.G. Kamala Bandara | 1985 | SRI | | 101 | 131 | 232 | 24-Jul | Colombo, SRI |
| V. Vinoth Kumar | 1984 | IND | 55.94 | 103 | 127 | 230 | 21-Feb | Udaipur, IND |
| Mohd Shafiq Ismail | 1988 | MAS | | | | 230 | 26-Mar | Jitra, MAS |
| M. Tamil Selvan | 1986 | IND | 55.86 | 106 | 123 | 229 | 21-Feb | Udaipur, IND |
| Akramul Haque | 1984 | BAN | 55.57 | 102 | 126 | 228 | 31-Jan | Dhaka, BAN |
| Swapnil Ghagare | 1990 | IND | 55.96 | 104 | 124 | 228 | 21-Feb | Udaipur, IND |
| C.S.S.S.P. Wijesooriya | | SRI | | 100 | 127 | 227 | 24-Jul | Colombo, SRI |
| Abdullah Ghafoor | 1986 | PAK | | 98 | 128 | 226 | 30-Mar | Lahore, PAK |
| Marc Jonathan Coret | 1989 | MRI | | 100 | 123 | 223 | 10-Jul | Vacoas, MRI |
| Aine Uddin | 1994 | BAN | 55.65 | 100 | 119 | 219 | 16-Apr | Tashkent, UZB |
| Mohd Fazli Dollah | 1989 | MAS | | | | 216 | 26-Mar | Jitra, MAS |
| Sukhwinder Singh | 1990 | IND | 55.16 | 98 | 117 | 215 | 21-Feb | Udaipur, IND |
| Lou Guinares | 1990 | NZL | 56.00 | 92 | 122 | 214 | 17-Jul | Auckland, NZL |
| Imran Ismail | | PAK | | 95 | 118 | 213 | 30-Mar | Lahore, PAK |
| Elson Brechtefield | 1994 | NRU | 56.00 | 93 | 120 | 213 | 26-Jun | Mont Dore, NCL |
| Ismail Katamba | 1987 | UGA | | | | 212 | 4-Jul | Kampala, UGA |
| Lester Avin Ambrose | 1989 | MAS | 52.00 | 92 | 118 | 210 | 11-Jun | Melaka, MAS |
| Mohamad Tramizi Abdullah | 1987 | MAS | 52.00 | 92 | 117 | 209 | 11-Jun | Melaka, MAS |
| J. Durga Prasad | 1979 | IND | 55.98 | 92 | 115 | 207 | 21-Feb | Udaipur, IND |
| 62kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Aricco Jumithi | 1990 | MAS | 61.15 | 119 | 153 | 272 | 14-Jun | Melaka, MAS |
| N. Sunil Kumar | 1989 | IND | 61.32 | 123 | 147 | 270 | 22-Feb | Udaipur, IND |
| Rustam Sarang | 1988 | IND | 61.91 | 115 | 151 | 266 | 7-Aug | New Delhi, IND |
| Otari Omkar Shekhar | 1987 | IND | 61.71 | 122 | 143 | 265 | 7-Aug | New Delhi, IND |
| Senthamizh Selvan | 1987 | IND | 61.40 | 115 | 148 | 263 | 22-Feb | Udaipur, IND |
| S. Deva Kumar | 1982 | IND | 61.40 | 122 | 141 | 263 | 22-Feb | Udaipur, IND |
| Daniel Koum Koum | 1985 | AUS | 62.00 | 115 | 146 | 261 | 5-May | Suva, FIJ |
| Jasvir Singh | 1977 | CAN | 61.85 | 113 | 147 | 260 | 22-May | Saint-Hyacinthe, CAN |
| Muhammad Istiaq Ghafoor | 1976 | PAK | 61.47 | 118 | 140 | 258 | 31-Jan | Dhaka, BAN |
| Yukar Sibi | 1992 | IND | 61.72 | 109 | 144 | 253 | 22-Feb | Udaipur, IND |
| Vannara Be | 1988 | AUS | 60.20 | 112 | 136 | 248 | 20-Mar | Melbourne, AUS |
| Gareth Evans | 1986 | WAL | 61.25 | 111 | 135 | 246 | 6-Apr | Kiev, BLR |
| D.M.I.C. Dissanayake | 1989 | SRI | | 110 | 136 | 246 | 24-Jul | Colombo, SRI |
| V. Ramesh Kumar | 1987 | IND | 61.54 | 114 | 130 | 244 | 22-Feb | Udaipur, IND |
| Cameron Sinclair | 1987 | NZL | 61.30 | 106 | 137 | 243 | 17-Jul | Christchurch, NZL |
| Musoke Mubarak | 1989 | UGA | 61.60 | 100 | 142 | 242 | 20-Feb | Lilleshall, England, GBR |
| K. Sankar | 1980 | IND | 61.52 | 110 | 130 | 240 | 22-Feb | Udaipur, IND |
| Gurpreet Singh | 1988 | IND | 61.70 | 105 | 135 | 240 | 22-Feb | Udaipur, IND |
| Chris Freebury | 1989 | ENG | 61.80 | 110 | 130 | 240 | 26-Jun | Kilmarnock, Scotland, GBR |
| S. Liyanarachchi | | SRI | | 110 | 130 | 240 | 24-Jul | Colombo, SRI |
| Joseph Ekani Belinga | 1989 | CMR | | 110 | 130 | 240 | 4-Aug | Yaounde, CMR |
| Ianne Guinares | 1988 | NZL | 61.50 | 108 | 130 | 238 | 12-Jun | Auckland, NZL |
| Charles Ssekyaaya | 1994 | UGA | 61.40 | 101 | 136 | 237 | 16-Aug | Singapore City, SIN |
| Usman Akbar | 1982 | PAK | | 106 | 130 | 236 | 30-Mar | Lahour, PAK |
| Gourev Seth | 1984 | IND | 60.76 | 105 | 130 | 235 | 22-Feb | Udaipur, IND |
| Alphonso Adonis | 1987 | RSA | 61.15 | 104 | 131 | 235 | 29-May | Strand, RSA |

| 69kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Katulu Ravi Kumar | 1988 | IND | 68.78 | 141 | 180 | 321 | 7-Aug | New Delhi, IND |
| Bernardin Kingue-Matam | 1990 | CMR | 68.98 | 135 | 165 | 300 | 7-Mar | Langres, FRA |
| Francis Luna-Grenier | 1987 | CAN | 68.70 | 130 | 165 | 295 | 28-May | Guatemala City, GUA |
| Govindan Elumalai | 1984 | IND | 68.76 | 135 | 160 | 295 | 22-Feb | Udaipur, IND |
| Mohd Hafifi Mansour | 1990 | MAS | 67.30 | 131 | 163 | 294 | 14-Jun | Melaka, MAS |
| Chinthana Vidanage | 1981 | SRI | 68.99 | 129 | 162 | 291 | 31-Jan | Dhaka, BAN |
| P. Rambabu | 1983 | IND | 68.79 | 128 | 157 | 285 | 7-Aug | New Delhi, IND |
| Njuh Venatius | 1988 | CMR | | 126 | 155 | 281 | 5-Aug | Yaounde, CMR |
| Jean Baptiste Yanou Ketchanke | 1993 | CMR | 68.95 | 127 | 150 | 277 | 23-Mar | Cario, EGY |
| Mati-ur-Rehman | 1984 | PAK | 68.77 | 123 | 152 | 275 | 31-Jan | Dhaka, BAN |
| Francois Etoundi | 1984 | AUS | 69.00 | 125 | 150 | 275 | 5-May | Suva, FIJ |
| Dominic Lussier | 1984 | CAN | 68.20 | 122 | 150 | 272 | 22-May | Saint-Hyacinthe, CAN |
| Prem Singh | 1983 | IND | | | | 272 | 8-Apr | Pune, IND |
| Otsili Greg Shushu | 1980 | RSA | | 121 | 150 | 271 | 5-Aug | Yaounde, CMR |
| S. Vijayaraj | 1986 | IND | 68.86 | 123 | 145 | 268 | 22-Feb | Udaipur, IND |
| R. Kalidas | 1981 | IND | 68.50 | 115 | 151 | 266 | 22-Feb | Udaipur, IND |
| Vikas Kumar | 1991 | IND | 68.78 | 122 | 144 | 266 | 22-Feb | Udaipur, IND |
| Daniel Koum Koum | 1985 | AUS | 64.80 | 115 | 150 | 265 | 26-Jun | Brisbane, AUS |
| M. Ramakrishna | 1992 | IND | 68.04 | 117 | 148 | 265 | 22-Feb | Udaipur, IND |
| Steven Kari | 1993 | PNG | 68.70 | 115 | 150 | 265 | 10-Jul | Ipswich, AUS |
| Rama Krishna Moida | 1992 | IND | 68.55 | 118 | 145 | 263 | 16-Jun | Sofia, BUL |
| S.K. Manikandan | 1988 | IND | 67.86 | 117 | 146 | 263 | 22-Feb | Udaipur, IND |
| Sunil Naik | 1988 | IND | 67.23 | 120 | 142 | 262 | 22-Feb | Udaipur, IND |
| Philippe Bibeau-Villiard | 1987 | CAN | 68.70 | 115 | 146 | 261 | 22-May | Saint-Hyacinthe, CAN |
| Arul Das | 1985 | IND | 68.80 | 116 | 145 | 261 | 22-Feb | Udaipur, IND |

| 77kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Ben Turner | 1984 | AUS | 76.00 | 133 | 173 | 306 | 26-Jun | Brisbane, AUS |
| Bernardin Kingue-Matam | 1990 | CMR | 73.50 | 135 | 170 | 305 | 29-May | Toulon, FRA |
| L. Bishorjit Singh | 1986 | IND | 76.54 | 137 | 165 | 302 | 23-Feb | Udaipur, IND |
| Faavae Faauliuli | 1983 | SAM | 76.97 | 132 | 170 | 302 | 28-Feb | Apia, SAM |
| C.P.R. Sudheer Kumar | 1979 | IND | 74.86 | 137 | 164 | 301 | 23-Feb | Udaipur, IND |
| Gurcharan Singh | 1981 | IND | 76.62 | 136 | 160 | 296 | 23-Feb | Udaipur, IND |
| Irfan Islam | 1981 | PAK | | 134 | 160 | 294 | 30-Mar | Lahour, PAK |
| Francois Etoundi | 1984 | AUS | 71.75 | 133 | 160 | 293 | 26-Jun | Brisbane, AUS |
| Teeka Ram | 1988 | IND | 75.84 | 125 | 167 | 292 | 23-Feb | Udaipur, IND |
| Jean-Marc Beland | 1984 | CAN | 76.90 | 132 | 157 | 289 | 22-May | Saint-Hyacinthe, CAN |
| Anupdeo Toppo | 1990 | IND | 75.42 | 125 | 161 | 286 | 23-Feb | Udaipur, IND |
| Alexandros Amanatidis | 1987 | CYP | 76.40 | 128 | 157 | 285 | 9-Jul | Limassol, CYP |
| D. Shrinivasan | 1982 | IND | 76.56 | 130 | 155 | 285 | 23-Feb | Udaipur, IND |
| Charles Simeon | 1982 | SEY | | 117 | 167 | 284 | 24-Apr | Victoria, SEY |
| David Minkoumba | 1989 | CMR | | 126 | 157 | 283 | 5-Aug | Yaounde, CMR |
| E. Kandan | 1984 | IND | 75.04 | 124 | 158 | 282 | 23-Feb | Udaipur, IND |
| G. Vadivelu | 1975 | IND | 76.72 | 125 | 156 | 281 | 23-Feb | Udaipur, IND |
| Laurent Goyette-Demers | 1990 | CAN | 76.20 | 125 | 155 | 280 | 22-May | Saint-Hyacinthe, CAN |
| Jack Oliver | 1992 | ENG | 76.20 | 128 | 152 | 280 | 26-Jun | Kilmarnock, Scotland, GBR |
| V. Prabhu | 1982 | IND | 76.26 | 130 | 150 | 280 | 23-Feb | Udaipur, IND |
| Dinesh Joshi | | IND | | 126 | 154 | 280 | 8-Apr | Pune, IND |
| Mohd Azarudin Nordin | 1989 | MAS | 73.75 | 127 | 152 | 279 | 15-Jun | Melaka, MAS |
| Satish Kumar Sivalingam | 1992 | IND | 75.54 | 122 | 155 | 277 | 17-Jun | Sofia, BUL |
| Dany Marineau | 1988 | CAN | 76.90 | 122 | 155 | 277 | 22-May | Saint-Hyacinthe, CAN |
| Shaun Clegg | 1989 | ENG | 76.40 | 122 | 154 | 276 | 17-Jul | Bristol, England, GBR |
| Sumit Paliwai | 1987 | IND | 76.56 | 126 | 150 | 276 | 23-Feb | Udaipur, IND |
| Tej Singh | | IND | | | | 276 | 8-Apr | Pune, IND |
| Caleb Symon | 1982 | NZL | 77.00 | 121 | 155 | 276 | 17-Jul | Christchurch, NZL |

| 85kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Yukio Peter | 1984 | NRU | 79.30 | 140 | 180 | 320 | 31-Jul | Mont Dore, NCL |
| Paul Dumais | 1991 | CAN | 83.44 | 150 | 170 | 320 | 18-Jun | Sofia, BUL |
| Chandrakant Dadu Mali | 1987 | IND | 84.78 | 146 | 173 | 319 | 8-Aug | New Delhi, IND |
| Abd Mubin Rahim | 1991 | MAS | 81.00 | 140 | 175 | 315 | 16-Jun | Melaka, MAS |
| Inderjit Singh | 1982 | IND | 82.26 | 145 | 170 | 315 | 23-Feb | Udaipur, IND |
| Mathieu Marineau | 1990 | CAN | 84.05 | 144 | 171 | 315 | 22-May | Saint-Hyacinthe, CAN |
| Josefa Vueti | 1979 | *FIJ | 85.00 | 134 | 176 | 310 | 21-Mar | Mont Dore, NCL |
| Malek Chamoun | 1989 | AUS | 84.98 | 133 | 170 | 303 | 15-May | Sydney, AUS |
| Tia Falesuani | 1986 | SAM | 83.50 | 130 | 170 | 300 | 28-Feb | Apia, SAM |
| Bryan Marshall | 1984 | CAN | 83.18 | 136 | 161 | 297 | 6-Mar | Columbus, USA |
| Khuram Shehzad | 1981 | PAK | | 122 | 177 | 297 | 30-Mar | Lahore, PAK |
| Zulkifli Chr Ros | 1985 | MAS | | | | 294 | 28-Mar | Jitra, MAS |
| Ng. Naba Singh | 1984 | IND | 84.00 | 133 | 160 | 293 | 23-Feb | Udaipur, IND |
| Mandeep Singh | 1984 | IND | 84.50 | 130 | 162 | 292 | 23-Feb | Udaipur, IND |
| Gobind Singh | 1979 | IND | 84.72 | 132 | 160 | 292 | 23-Feb | Udaipur, IND |
| Darryl Conrad | 1984 | CAN | 84.72 | 130 | 161 | 291 | 27-Mar | Winnipeg, CAN |
| David Minkoumba | 1989 | CMR | 82.50 | 130 | 160 | 290 | 20-Jun | Yaounde, CMR |
| J. Magesh | 1986 | IND | 79.50 | 131 | 156 | 287 | 23-Feb | Udaipur, IND |
| Romesh M.R.R. Samarasekara | 1985 | SRI | | 124 | 162 | 286 | 24-Jul | Colombo, SRI |
| Terrence Dixie | 1983 | SEY | | 126 | 160 | 286 | 6-Aug | Yaounde, CMR |
| Belon Ben | 1989 | MAS | 82.90 | 130 | 155 | 285 | 16-Jun | Melaka, MAS |
| Troy Hewkins | 1986 | AUS | 84.30 | 127 | 157 | 284 | 13-Feb | Brisbane, AUS |
| Laurent Goyette-Demers | 1990 | CAN | 81.70 | 120 | 160 | 280 | 13-Feb | Sarnia, CAN |
| Yvan Darsigny | 1966 | CAN | 83.10 | 125 | 155 | 280 | 22-May | Saint-Hyacinthe, CAN |

| 94kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Nicholas Roberts | 1984 | CAN | 93.40 | 151 | 195 | 346 | 30-May | Guatemala City, GUA |
| Richard Patterson | 1983 | NZL | 87.50 | 150 | 193 | 343 | 17-Apr | Auckland, NZL |
| Simplice Ribouem | 1982 | AUS | 88.90 | 152 | 191 | 343 | 7-May | Suva, FIJ |
| Peter Kirkbride | 1987 | SCO | 91.18 | 150 | 185 | 335 | 9-Apr | Minsk, BLR |
| Usman Amjad Rathore | 1987 | PAK | 92.74 | 150 | 180 | 330 | 1-Feb | Dhaka, BAN |
| Denis Catana | 1985 | ENG | 92.00 | 146 | 180 | 326 | 20-Feb | Lilleshall, England, GBR |
| Buck Ramsay | 1982 | CAN | 93.35 | 141 | 183 | 324 | 22-May | Saint-Hyacinthe, CAN |
| Firdaus Abd Razak | 1987 | MAS | 92.10 | 141 | 181 | 322 | 17-Jun | Melaka, MAS |
| David Kotoatau | 1984 | KIR | 92.70 | 135 | 186 | 321 | 7-May | Suva, FIJ |
| Max Dal Santo | 1985 | AUS | 93.10 | 145 | 176 | 321 | 20-Mar | Melbourne, AUS |
| Dalas Santavy | 1972 | CAN | 93.75 | 141 | 179 | 320 | 22-May | Saint-Hyacinthe, CAN |
| V.A. Christopher | 1986 | IND | 93.54 | 138 | 180 | 318 | 8-Aug | New Delhi, IND |
| Faavae Faauliuli | 1983 | SAM | 89.30 | 132 | 185 | 317 | 7-May | Suva, FIJ |
| Chandrakant Mali | 1987 | IND | 86.42 | 141 | 171 | 312 | 1-Feb | Dhaka, BAN |
| Bhupinder Singh | 1987 | IND | 93.20 | 135 | 175 | 310 | 24-Feb | Udaipur, IND |
| Andrew Ciancio | 1978 | NZL | 93.70 | 140 | 170 | 310 | 12-Jun | Auckland, NZL |
| Felix Nembot Tagne | | CMR | | 141 | 165 | 306 | 6-Aug | Yaounde, CMR |
| Paul Dumais | 1991 | CAN | | 145 | 160 | 305 | 12-Mar | Pointe-aux-Trembles, CAN |
| Jean Greeff | 1990 | RSA | 93.89 | 130 | 171 | 301 | 19-Jun | Sofia, BUL |
| Ben Mulder | 1978 | AUS | 90.60 | 130 | 165 | 295 | 21-Mar | Melbourne, AUS |
| Josefa Vueti | 1979 | *FIJ | 88.30 | 128 | 165 | 293 | 7-May | Suva, FIJ |
| Santosh Kumar | 1978 | IND | 93.30 | 133 | 160 | 293 | 24-Feb | Udaipur, IND |
| Mohd Faiz Musa | 1989 | MAS | 93.00 | 125 | 166 | 291 | 17-Jun | Melaka, MAS |
| Ben Watson | 1990 | ENG | 92.60 | 135 | 155 | 290 | 14-Aug | Keckskemet, HUN |
| Gaston Wafo Fodouop | 1972 | CMR | 93.90 | 130 | 160 | 290 | 8-May | Saint Pol Sur Mer, FRA |
| Ravi Bhollah | 1981 | MRI | | 130 | 160 | 290 | 10-Jul | Vacoas, MRI |

| 105kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Niusila Opeloge | 1980 | SAM | 104.90 | 150 | 204 | 354 | 28-Feb | Apia, SAM |
| Meameaa Thomas | 1985 | KIR | 104.70 | 152 | 195 | 347 | 13-Feb | Mont Dore, NCL |
| Stanislav Chalaev | 1986 | NZL | 104.20 | 143 | 188 | 331 | 7-May | Suva, FIJ |
| Thomas Yule | 1976 | SCO | 104.70 | 145 | 185 | 330 | 26-Jun | Kilmarnock, Scotland, GBR |
| M. Setty Srinivasa Rao | 1977 | IND | 102.35 | 150 | 177 | 327 | 2-Feb | Dhaka, BAN |
| Sajjad Amin Malik | 1973 | PAK | 103.73 | 150 | 177 | 327 | 2-Feb | Dhaka, BAN |
| Robert Galsworthy | 1989 | AUS | 104.20 | 147 | 179 | 326 | 26-Jun | Brisbane, AUS |
| Aleksan Karapetyan | 1970 | AUS | 100.50 | 150 | 175 | 325 | 26-Jun | Brisbane, AUS |
| Alexandros Kouvakas | 1989 | CAN | 104.15 | 145 | 180 | 325 | 30-May | Guatemala City, GUA |
| Lad Singh | 1983 | IND | 105.00 | 155 | 170 | 325 | 13-Feb | Brisbane, AUS |
| Gurbinder Cheema | 1978 | ENG | 103.70 | 152 | 170 | 322 | 20-Feb | Lilleshall, England, GBR |
| Rupinder Singh | 1986 | IND | 104.73 | 147 | 175 | 322 | 8-Aug | New Delhi, IND |
| Pardeep Singh | 1985 | IND | 104.04 | 140 | 177 | 317 | 24-Feb | Udaipur, IND |
| Rahimi Rahim | 1988 | MAS | 98.50 | 141 | 171 | 312 | 18-Jun | Melaka, MAS |
| Gurmeet Singh | 1974 | IND | 103.26 | 139 | 172 | 311 | 24-Feb | Udaipur, IND |
| Sandeep Kumar | 1980 | IND | 104.75 | 138 | 173 | 311 | 8-Aug | New Delhi, IND |
| Can Mehmet Osman | 1981 | CYP | 102.00 | 140 | 170 | 310 | 10-Jul | Limassol, CYP |
| Muhammad Zafril Zulkifli | 1988 | MAS | 104.00 | 137 | 173 | 310 | 18-Jun | Melaka, MAS |
| T.G. Pandian | 1978 | IND | 97.90 | 137 | 172 | 309 | 24-Feb | Udaipur, IND |
| M. Setty Srinivasa Rao | 1977 | IND | 103.34 | 140 | 167 | 307 | 8-Aug | New Delhi, IND |
| Cory Coehorn | 1984 | CAN | 104.00 | 134 | 172 | 306 | 22-May | Saint-Hyacinthe, CAN |
| Jean Greeff | 1990 | RSA | 94.35 | 134 | 171 | 305 | 29-May | Strand, RSA |
| Michael Pileggi | 1975 | AUS | 103.90 | 137 | 167 | 304 | 21-Feb | Perth, AUS |
| Boota Singh | 1987 | IND | 103.48 | 137 | 166 | 303 | 24-Feb | Udaipur, IND |
| Tovia Opeloge | 1990 | SAM | 101.70 | 131 | 170 | 301 | 7-May | Suva, FIJ |
| +105kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Itte Detenamo | 1986 | NRU | 151.20 | 178 | 219 | 397 | 7-May | Suva, FIJ |
| Damon Kelly | 1983 | AUS | 145.15 | 170 | 220 | 390 | 26-Jun | Brisbane, AUS |
| Sarabjit Singh | 1983 | IND | 140.63 | 165 | 215 | 380 | 8-Aug | New Delhi, IND |
| George Kobaladze | 1976 | CAN | 126.30 | 162 | 213 | 375 | 22-May | Saint-Hyacinthe, CAN |
| Parm Phangura | 1979 | CAN | 138.30 | 163 | 200 | 363 | 27-Jun | Surrey, CAN |
| Corran Hocking | 1980 | AUS | 146.50 | 170 | 193 | 363 | 26-Jun | Brisbane, AUS |
| Meamea Thomas | 1985 | KIR | 106.30 | 157 | 198 | 355 | 28-Feb | Mont Dore, NCL |
| Akos Sandor | 1977 | CAN | 114.85 | 155 | 190 | 345 | 22-May | Saint-Hyacinthe, CAN |
| Fredic Fokedjou | 1979 | CMR | | 150 | 190 | 340 | 7-Aug | Yaounde, CMR |
| Sandeep Kumar | 1980 | IND | 119.16 | 145 | 190 | 335 | 2-Feb | Dhaka, BAN |
| Stanislav Chalaev | 1986 | NZL | 107.30 | 148 | 184 | 332 | 12-Jun | Auckland, NZL |
| Rupinder Singh | 1985 | IND | 106.44 | 146 | 185 | 331 | 25-Feb | Udaipur, IND |
| Mohd Azim Najmi Rashid | 1986 | MAS | | | | 330 | 28-Mar | Jitra, MAS |
| Marc-Oliver Prevost | 1987 | CAN | 136.85 | 147 | 180 | 327 | 22-May | Saint-Hyacinthe, CAN |
| Darshan Chaudhary | 1988 | IND | 115.18 | 145 | 181 | 326 | 25-Feb | Udaipur, IND |
| Joseph Muskett | 1985 | ENG | 138.00 | 145 | 180 | 325 | 26-Jun | Kilmarnock, Scotland, GBR |
| Taranbir Singh | 1987 | IND | 122.78 | 148 | 176 | 324 | 25-Feb | Udaipur, IND |
| Alam Din | 1981 | PAK | | 143 | 180 | 323 | 31-Mar | Lahore, PAK |
| Jesse Martini | 1980 | CAN | 117.70 | 140 | 182 | 322 | 22-May | Saint-Hyacinthe, CAN |
| Rian Smit | 1982 | RSA | | 140 | 180 | 320 | 27-Feb | Strand, RSA |
| Matthew O'Brien | 1990 | CAN | 147.40 | 143 | 170 | 313 | 27-Mar | Toronto, CAN |
| Adam Kok | 1990 | AUS | 117.70 | 140 | 170 | 310 | 7-May | Suva, FIJ |
| Gurmeet Singh | 1977 | IND | 111.14 | 140 | 165 | 305 | 25-Feb | Udaipur, IND |
| Danny Nemani | 1981 | NIU | 133.70 | 132 | 170 | 302 | 17-Jul | Auckland, NZL |
| Jonathan McFarlane | 1987 | NZL | 148.50 | 130 | 170 | 300 | 13-Mar | Auckland, NZL |
| Wasif Hanif Butt | | PAK | | 135 | 165 | 300 | 31-Mar | Lahore, PAK |

NOTE: * FIJ ineligible to compete in the Commonwealth Games.

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WOMEN: TOP-25 ABSOLUTE as at 01 September

| 48kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| N.G. Soniya Chanu | 1980 | IND | 47.49 | 75 | 100 | 175 | 21-Feb | Udaipur, IND |
| A. Sandhya Rani | 1980 | IND | 47.89 | 73 | 94 | 167 | 7-Aug | New Delhi, IND |
| Matsa Santoshi | 1994 | IND | 47.98 | 72 | 91 | 163 | 21-Feb | Udaipur, IND |
| Portia Vries | 1984 | RSA | 47.85 | 68 | 94 | 162 | 29-May | Strand, RSA |
| Augustina Nwokolo | 1992 | NGR | 47.40 | 70 | 87 | 157 | 30-Jun | Lagos, NGR |
| Vivian Lee | 1978 | AUS | 47.45 | 66 | 88 | 154 | 20-Mar | Melbourne, AUS |
| Bangura Usha | 1991 | IND | 47.22 | 67 | 86 | 153 | 21-Feb | Udaipur, IND |
| Zaira Zakaria | 1987 | MAS | 46.85 | 69 | 83 | 152 | 13-Jun | Melaka, MAS |
| Diksha Gaikwad | 1990 | IND | 47.72 | 66 | 82 | 148 | 21-Feb | Udaipur, IND |
| Jessica Ruel | 1991 | CAN | 47.90 | 70 | 78 | 148 | 27-Mar | Sherbrooke, CAN |
| Sh. Sanjita Devi | | IND | | 65 | 83 | 148 | 7-Apr | Imphal, IND |
| Azizah Fadzil | 1991 | MAS | 46.40 | 65 | 80 | 145 | 13-Jun | Melaka, MAS |
| Nkechi Udo | 1993 | NGR | 47.80 | 65 | 80 | 145 | 30-Jun | Lagos, NGR |
| Hurniada | | MAS | | | | 145 | 25-Mar | Jitra, MAS |
| Katsia Telemaque | 1989 | SEY | | 65 | 80 | 145 | 4-Aug | Yaounde, CMR |
| Kh. Sanjita Devi | 1994 | IND | 47.74 | 66 | 78 | 144 | 21-Feb | Udaipur, IND |
| Maude-Emily Brodeur | 1989 | CAN | 47.75 | 63 | 80 | 143 | 23-May | Saint-Hyacinthe, CAN |
| Kathleen Hare | 1988 | PNG | 47.20 | 62 | 80 | 142 | 6-May | Suva, FIJ |
| N. Thoinu Devi | | IND | | 60 | 80 | 140 | 7-Apr | Imphal, IND |
| Socheata Be | 1989 | AUS | 48.00 | 62 | 78 | 140 | 1-May | Melbourne, AUS |
| Tosan Bawo | 1994 | NGR | 46.75 | 59 | 75 | 134 | 21-Mar | Cairo, EGY |
| Rajni Pandley | 1982 | IND | 47.10 | 60 | 72 | 132 | 21-Feb | Udaipur, IND |
| Hannah Powell | 1992 | ENG | 44.20 | 55 | 70 | 125 | 17-Jul | Bristol, England, GBR |
| Christine Duval | 1990 | MRI | | 55 | 65 | 120 | 22-May | Vacoas, MRI |
| S.D. Peduruarchchi | 1983 | SRI | | 57 | 62 | 119 | 24-Jul | Colombo, SRI |

| 53kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Marilou Dozois-Prevost | 1986 | CAN | 52.95 | 87 | 100 | 187 | 27-Mar | Sherbrooke, CAN |
| Swati Singh | 1987 | IND | 52.66 | 76 | 101 | 177 | 7-Aug | New Delhi, IND |
| Oyeka Azike | 1990 | NGR | 52.00 | 75 | 100 | 175 | 30-Jun | Lagos, NGR |
| Minati Sethi | 1986 | IND | 52.78 | 75 | 100 | 175 | 7-Aug | New Delhi, IND |
| Th. Sanamacha Chanu | 1975 | IND | 52.97 | 75 | 97 | 172 | 7-Aug | New Delhi, IND |
| Erica Yamasaki | 1987 | AUS | 52.65 | 75 | 96 | 171 | 26-Jun | Brisbane, AUS |
| N. Krishna Veni | 1982 | IND | 51.84 | 77 | 88 | 165 | 23-Feb | Udaipur, IND |
| H. Saya Devi | 1982 | IND | 52.30 | 74 | 90 | 164 | 23-Feb | Udaipur, IND |
| Raihan Yusoff | 1988 | MAS | 51.75 | 73 | 90 | 163 | 13-Jun | Melaka, MAS |
| Tikina Gopal | 1978 | IND | 52.24 | 73 | 90 | 163 | 23-Feb | Udaipur, IND |
| Portia Vries | 1984 | RSA | | 68 | 95 | 163 | 27-Feb | Strand, RSA |
| Ng. Mema Devi | 1991 | IND | | 73 | 90 | 163 | 8-Apr | Imphal, IND |
| Pianu Chanu | 1985 | IND | 52.68 | 72 | 90 | 162 | 23-Feb | Udaipur, IND |
| Sharifah Inani Najwa | 1987 | MAS | | | | 161 | 25-Mar | Jitra, MAS |
| Zaira Zakaria | 1987 | MAS | | | | 161 | 25-Mar | Jitra, MAS |
| Mufuli Bankole | 1994 | NGR | 52.40 | 70 | 90 | 160 | 30-Jun | Lagos, NGR |
| Joanne Calvino | 1980 | ENG | 52.97 | 70 | 90 | 160 | 20-Feb | Lilleshall, England, GBR |
| Preeti Rani | 1982 | IND | 52.24 | 69 | 90 | 159 | 23-Feb | Udaipur, IND |
| Piyainu Devi | | IND | | 70 | 88 | 158 | 8-Apr | Imphal, IND |
| Vivian Lee | 1978 | AUS | 49.15 | 68 | 87 | 155 | 28-Aug | Melbourne, AUS |
| Kate Howard | 1979 | NZL | 53.00 | 68 | 85 | 153 | 17-Jul | Auckland, NZL |
| K. Sandhya | 1990 | IND | 51.82 | 65 | 87 | 152 | 23-Feb | Udaipur, IND |
| Tangbi Devi | 1992 | IND | 51.90 | 65 | 86 | 151 | 23-Feb | Udaipur, IND |
| Rosemary Densmore | 1984 | CAN | 52.80 | 67 | 83 | 150 | 27-Mar | Toronto, CAN |
| Socheata Be | 1989 | AUS | 51.60 | 67 | 82 | 149 | 20-Mar | Melbourne, AUS |

| 58kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Yamman Renu Bala Chanu | 1986 | IND | 57.58 | 90 | 109 | 199 | 23-Feb | Udaipur, IND |
| Ndidi Eze | 1987 | NGR | 58.00 | 85 | 112 | 197 | 30-Jun | Lagos, NGR |
| Chandra Shouri Devi | 1980 | IND | 56.42 | 88 | 108 | 196 | 23-Feb | Udaipur, IND |
| Zoe Smith | 1994 | ENG | 57.46 | 84 | 110 | 194 | 20-May | Valencia, ESP |
| Seen Lee | 1982 | AUS | 57.50 | 88 | 106 | 194 | 26-Jun | Brisbane, AUS |
| Racheal Ekoshoria | 1994 | NGR | 55.13 | 85 | 105 | 190 | 17-Aug | Singapore City, SIN |
| Rita Kari | 1989 | PNG | 57.90 | 80 | 107 | 187 | 30-Jun | Port Moresby, PNG |
| Emily Quarton | 1984 | CAN | 57.90 | 82 | 102 | 184 | 26-Jun | Surrey, CAN |
| Marilou Dozois-Prevost | 1986 | CAN | | 81 | 102 | 183 | 12-Mar | Pointe-aux-Trembles, CAN |
| Annie Monique | 1990 | CAN | 56.75 | 83 | 99 | 182 | 27-Mar | Sherbrooke, CAN |
| Miel McGerrigle | 1977 | CAN | 57.60 | 81 | 101 | 182 | 13-Feb | Sarnia, CAN |
| M. Sunibala Devi | 1989 | IND | 57.46 | 80 | 99 | 179 | 23-Feb | Udaipur, IND |
| Helen Jewell | 1988 | ENG | 57.23 | 74 | 100 | 174 | 20-Feb | Lilleshall, England, GBR |
| Isabelle Despres | 1980 | CAN | 58.00 | 77 | 97 | 174 | 21-Aug | Collingwood, CAN |
| Pilar Bakam | 1988 | CMR | | 76 | 95 | 171 | 5-Aug | Yaounde, CMR |
| Mona Pretorius | 1988 | RSA | | 73 | 95 | 168 | 5-Aug | Yaounde, CMR |
| Maria Liku | 1990 | *FIJ | 57.90 | 70 | 95 | 165 | 28-Feb | Suva, FIJ |
| Th. Jeneta Devi | 1990 | IND | | 73 | 90 | 163 | 8-Apr | Imphal, IND |
| Y. Chaoba Devi | 1989 | IND | | 70 | 92 | 162 | 8-Apr | Imphal, IND |
| Amandeep Kaur | 1988 | IND | 57.35 | 71 | 90 | 161 | 23-Feb | Udaipur, IND |
| Myriam Chekap Wafo | 1994 | CMR | 56.25 | 72 | 85 | 157 | 22-Mar | Cario, EGY |
| K. Kalyani | 1983 | IND | 57.06 | 65 | 92 | 157 | 23-Feb | Udaipur, IND |
| Fatin Atikah Osman | 1993 | MAS | 56.10 | 70 | 85 | 155 | 10-Apr | Tashkent, UZB |
| Elyone Matin | 1990 | MAS | 55.55 | 70 | 84 | 154 | 15-Jun | Melaka, MAS |
| Arianne Blais | 1995 | CAN | 57.45 | 71 | 83 | 154 | 23-May | Saint-Hyacinthe, CAN |

| 63kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Toyin Adesanmi | 1993 | NGR | 62.20 | 87 | 115 | 202 | 30-Jun | Lagos, NGR |
| Tania Whalen | 1981 | CAN | 62.60 | 88 | 114 | 202 | 23-May | Saint-Hyacinthe, CAN |
| Michaela Breeze | 1979 | WAL | 62.30 | 88 | 113 | 201 | 26-Jun | Kilmarnock, Scotland, GBR |
| Seen Lee | 1982 | AUS | 58.70 | 90 | 106 | 196 | 29-May | Melbourne, AUS |
| H. Poireinganbi Chanu | 1980 | IND | 62.70 | 85 | 105 | 190 | 8-Aug | New Delhi, IND |
| Zoe Smith | 1994 | ENG | 62.40 | 86 | 102 | 188 | 26-Jun | Kilmarnock, Scotland, GBR |
| Seera Chandrakala | 1992 | IND | 62.48 | 83 | 105 | 188 | 8-Aug | New Delhi, IND |
| Marie Josephe Fergue | 1991 | CMR | 62.05 | 81 | 105 | 186 | 22-Mar | Cario, EGY |
| Gara Aruna Rani | 1991 | IND | 62.14 | 83 | 100 | 183 | 17-Jun | Sofia, BUL |
| Nurul Farhanah Johari | 1988 | MAS | 61.80 | 81 | 101 | 182 | 15-Jun | Melaka, MAS |
| Reena Kadyan | 1991 | IND | 62.28 | 81 | 101 | 182 | 24-Feb | Udaipur, IND |
| Mona Pretorius | 1988 | RSA | | 81 | 101 | 182 | 27-Feb | Strand, RSA |
| Hortense Nguijol Essesse | 1981 | CMR | | 80 | 100 | 180 | 5-Aug | Yaounde, CMR |
| Rita Kari | 1989 | PNG | 60.80 | 78 | 100 | 178 | 28-Feb | Port Moresby, PNG |
| Jacquie White | 1982 | AUS | 62.20 | 81 | 96 | 177 | 20-Mar | Melbourne, AUS |
| Pilar Bakam | 1988 | CMR | 59.40 | 75 | 100 | 175 | 20-Jun | Yaounde, CMR |
| Faitoa Togagae | 1989 | SAM | 62.40 | 75 | 95 | 170 | 28-Feb | Apia, SAM |
| K. Romi Devi | 1980 | IND | | | | 170 | 8-Apr | Pune, IND |
| Th. Memicha Chanu | 1990 | IND | | | | 170 | 9-Apr | Imphal, IND |
| Nicole Chamberlain | 1978 | AUS | 62.94 | 77 | 90 | 167 | 29-May | Adelaide, AUS |
| Michelle Kahi | 1994 | AUS | 62.43 | 74 | 92 | 166 | 17-Aug | Singapore City, SIN |
| Emily Godley | 1989 | ENG | 62.50 | 75 | 90 | 165 | 15-May | Ohrdruss, GER |
| Helen Jewell | 1988 | ENG | 59.00 | 73 | 91 | 164 | 21-Aug | York, England, GBR |
| Pamela Bougie | 1991 | CAN | 63.00 | 76 | 88 | 164 | 23-May | Saint-Hyacinthe, CAN |
| Isabelle Despres | 1980 | CAN | 60.50 | 70 | 91 | 161 | 20-Feb | Ottawa, CAN |

| 69kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Christine Girard | 1985 | CAN | 68.90 | 100 | 124 | 224 | 27-Jun | Surrey, CAN |
| Janet Georges (Thelermont) | 1979 | SEY | | 95 | 111 | 206 | 6-Aug | Yaounde, CMR |
| Marie-Josée Ares-Pilon | 1982 | CAN | 67.00 | 90 | 108 | 198 | 27-Jun | Surrey, CAN |
| Valerie Lefebvre | 1990 | CAN | 66.82 | 87 | 109 | 196 | 18-Jun | Sofia, BUL |
| Natasha Perdue | 1975 | WAL | 67.92 | 87 | 107 | 194 | 9-Apr | Minsk, BLR |
| Marie-Joséphée Fergue | 1991 | CMR | 65.30 | 87 | 105 | 192 | 20-Jun | Yaounde, CMR |
| Katelynn Williams | 1987 | CAN | 67.90 | 87 | 105 | 192 | 27-Jun | Surrey, CAN |
| Nansita Devi | 1974 | IND | 68.35 | 85 | 107 | 192 | 8-Aug | New Delhi, IND |
| Belinda Van Tienen | 1986 | AUS | 68.70 | 86 | 104 | 190 | 20-Mar | Melbourne, AUS |
| Manu Ah Kuoi | 1982 | SAM | 68.70 | 80 | 107 | 187 | 6-May | Suva, FIJ |
| Reena Kadyan | 1991 | IND | 64.71 | 82 | 103 | 185 | 16-Apr | Tashkent, UZB |
| Camilla Fogagnolo | 1986 | AUS | 68.38 | 77 | 106 | 183 | 13-Mar | Launceston, AUS |
| W. Nandini Devi | 1976 | IND | 63.64 | 81 | 101 | 182 | 24-Feb | Udaipur, IND |
| Seeta Jena | 1987 | IND | 63.05 | 80 | 101 | 181 | 24-Feb | Udaipur, IND |
| K. Krishna Kumari | 1976 | IND | 68.08 | 80 | 100 | 180 | 24-Feb | Udaipur, IND |
| Guba Hale | 1986 | PNG | 68.50 | 80 | 100 | 180 | 30-Jun | Port Moresby, PNG |
| Pratima Kumari | 1976 | IND | 67.48 | 83 | 96 | 179 | 24-Feb | Udaipur, IND |
| Nicole Chamberlain | 1978 | AUS | 66.30 | 82 | 94 | 176 | 20-Mar | Melbourne, AUS |
| Stephanie Tremblay-Chapdelaine | 1987 | CAN | 68.50 | 75 | 100 | 175 | 23-May | Saint-Hyacinthe, CAN |
| Prabdeep Sanghera | 1993 | CAN | 68.05 | 80 | 94 | 174 | 23-May | Saint-Hyacinthe, CAN |
| Emily Godley | 1989 | ENG | 64.63 | 77 | 96 | 173 | 7-Aug | London, England, GBR |
| Chantel Lambrechts | 1990 | NZL | 68.75 | 75 | 97 | 172 | 17-Jul | Auckland, NZL |
| Jacinthe Deschenes | 1987 | CAN | 68.10 | 76 | 95 | 171 | 30-Jan | Trois-Rivières, CAN |
| B. Rajyalaxmi | 1984 | IND | 68.28 | 75 | 95 | 170 | 24-Feb | Udaipur, IND |
| Tasha Williams | 1973 | NZL | 69.00 | 68 | 99 | 167 | 13-Mar | Auckland, NZL |

| 75kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Marie-Eve Beauchemin-Nadeau | 1988 | CAN | 74.60 | 102 | 127 | 229 | 16-Apr | Sherbrooke, CAN |
| Madias Nzesso | 1992 | CMR | | 96 | 120 | 216 | 6-Aug | Yaounde, CMR |
| Laishran Monika Devi | 1983 | IND | 70.34 | 95 | 120 | 215 | 8-Aug | New Delhi, IND |
| Mary Opeloge | 1992 | SAM | 73.85 | 94 | 120 | 214 | 28-Feb | Apia, SAM |
| Srishti Singh | 1990 | IND | 74.36 | 92 | 118 | 210 | 8-Aug | New Delhi, IND |
| Babalwa Ndleleni | 1979 | RSA | | 91 | 118 | 209 | 27-Feb | Strand, RSA |
| Katelynn Williams | 1987 | CAN | 70.46 | 91 | 112 | 203 | 27-Mar | Winnipeg, CAN |
| Jenna Myers | 1986 | AUS | 74.30 | 94 | 103 | 197 | 26-Jun | Brisbane, AUS |
| Belinda Van Tienen | 1986 | AUS | 73.20 | 87 | 109 | 196 | 28-Aug | Melbourne, AUS |
| Amanda Phillips | 1981 | AUS | 74.45 | 85 | 109 | 194 | 26-Jun | Brisbane, AUS |
| Michaela Detenamo | 1992 | NRU | 74.95 | 85 | 105 | 190 | 31-Jul | Mont Dore, NCL |
| Khairakpam Premila Devi | 1990 | IND | 73.69 | 84 | 105 | 189 | 19-Jun | Sofia, BUL |
| Arisha Farra Erwin | 1988 | MAS | 73.35 | 85 | 102 | 187 | 17-Jun | Melaka, MAS |
| Amanpreet Kaur | 1988 | IND | 73.78 | 83 | 101 | 184 | 25-Feb | Udaipur, IND |
| A. Janeshori Devi | 1986 | IND | 71.34 | 84 | 99 | 183 | 25-Feb | Udaipur, IND |
| Stephanie Tremblay-Chapdelaine | 1987 | CAN | 72.90 | 79 | 104 | 183 | 12-Mar | Brossard, CAN |
| Chanchal Yadev | 1986 | IND | 71.66 | 84 | 98 | 182 | 25-Feb | Udaipur, IND |
| Kerri-Ann Wotenick | 1983 | ENG | 73.10 | 81 | 101 | 182 | 20-Feb | Lilleshall, England, GBR |
| Prabdeep Sanghera | 1993 | CAN | 70.00 | 82 | 98 | 180 | 27-Jun | Surrey, CAN |
| Tasha Williams | 1973 | NZL | 72.50 | 72 | 103 | 175 | 13-Feb | Christchurch, NZL |
| P. Arudra | 1988 | IND | 71.96 | 80 | 93 | 173 | 25-Feb | Udaipur, IND |
| Chantel Lambrechts | 1990 | NZL | 72.10 | 75 | 97 | 172 | 13-Feb | Auckland, NZL |
| M.P. Kom | 1992 | IND | 69.38 | 76 | 93 | 169 | 25-Feb | Udaipur, IND |
| Georgina Black | 1989 | SCO | 73.50 | 73 | 96 | 169 | 26-Jun | Kilmarnock, Scotland, GBR |
| Andreanne M. Cyr | 1989 | CAN | 73.80 | 75 | 93 | 168 | 23-May | Saint-Hyacinthe, CAN |

| +75kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Ele Opeloge | 1985 | SAM | 121.60 | 126 | 155 | 281 | 6-May | Suva, FIJ |
| Mariam Usman | 1990 | NGR | 120.10 | 115 | 140 | 255 | 30-Jun | Lagos, NGR |
| Geeta Rani | 1981 | IND | 113.76 | 103 | 132 | 235 | 25-Feb | Udaipur, IND |
| Deborah Acason | 1983 | AUS | 89.90 | 103 | 130 | 233 | 26-Jun | Brisbane, AUS |
| Narita Viliamu | 1989 | NIU | 139.50 | 100 | 130 | 230 | 30-Jun | Alofi, NIU |
| Tracey Lambrechts | 1985 | NZL | 100.70 | 97 | 122 | 219 | 17-Jul | Auckland, NZL |
| Simple Kaur Bhumrah | 1986 | IND | 90.10 | 101 | 111 | 212 | 25-Feb | Udaipur, IND |
| Jenna Myers | 1986 | AUS | 75.46 | 96 | 114 | 210 | 19-Jun | Launceston, AUS |
| Kara Yessie | 1982 | CAN | 76.98 | 85 | 106 | 191 | 6-Mar | Columbus, USA |
| Tay Shan Fung | 1990 | MAS | 93.90 | 84 | 106 | 190 | 17-Jun | Melaka, MAS |
| Luniarra Simanu | 1993 | SAM | 96.16 | 85 | 105 | 190 | 18-Aug | Singapore City, Singapore |
| Laura-Denise Ramsey-Overall | 1965 | TRI | 77.65 | 86 | 98 | 184 | 24-Jul | London, England, GBR |
| Shalinee Valaydon | 1986 | MRI | | 82 | 100 | 182 | 22-May | Vacoas, MRI |
| Reena Kaintura | 1992 | IND | 79.90 | 77 | 95 | 172 | 19-Jun | Sofia, BUL |
| Siti Amida Aris | 1988 | MAS | 76.90 | 73 | 95 | 168 | 17-Jun | Melaka, MAS |
| Kate Linford | 1989 | AUS | 112.00 | 74 | 90 | 164 | 28-Aug | Melbourne, AUS |
| Binitha Devi | 1989 | IND | 84.74 | 73 | 90 | 163 | 25-Feb | Udaipur, IND |
| Kaitlyn Fassina | 1990 | AUS | 85.45 | 71 | 90 | 161 | 24-Jul | Hobart, AUS |
| Manroop Sahota | 1994 | CAN | 79.21 | 70 | 87 | 157 | 27-Mar | Winnipeg, CAN |
| Neelima Saraf | 1976 | IND | 95.16 | 65 | 90 | 155 | 25-Feb | Udaipur, IND |
| Marie-Pier Hinse | 1989 | CAN | | 68 | 86 | 154 | 29-May | La Prairie, CAN |
| Noor Adila Ali | 1990 | MAS | 97.90 | 66 | 80 | 146 | 17-Jun | Melaka, MAS |
| Nurul Liyana Ismail Rani | | MAS | | | | 146 | 27-Mar | Jitra, MAS |
| Luisa Peters | 1993 | COK | 87.00 | 64 | 80 | 144 | 6-May | Suva, FIJ |
| Sheila Paulin | 1993 | CAN | 94.90 | 65 | 79 | 144 | 27-Mar | Toronto, CAN |

NOTE: * FIJ ineligible to compete in the Commonwealth Games.

2010 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

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MEN: ONE PER COUNTRY as at 01 September

| 56kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|--------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Mohd Shafiq Ismail | 1988 | MAS | 54.95 | 115 | 136 | 251 | 13-Jun | Melaka, MAS |
| Sukhen Dey | 1989 | IND | 55.79 | 111 | 140 | 251 | 7-Aug | New Delhi, IND |
| Maueli Tulo | 1990 | *FIJ | 55.80 | 106 | 134 | 240 | 4-May | Suva, FIJ |
| Muhammad Shahzad | | PAK | | 103 | 129 | 232 | 30-Mar | Lahore, PAK |
| W.G. Kamala Bandara | 1985 | SRI | | 101 | 131 | 232 | 24-Jul | Colombo, SRI |
| Akramul Haque | 1984 | BAN | 55.57 | 102 | 126 | 228 | 31-Jan | Dhaka, BAN |
| Marc Jonathan Coret | 1989 | MRI | | 100 | 123 | 223 | 10-Jul | Vacoas, MRI |
| Lou Guinares | 1990 | NZL | 56.00 | 92 | 122 | 214 | 17-Jul | Auckland, NZL |
| Elson Brechtefield | 1994 | NRU | 56.00 | 93 | 120 | 213 | 26-Jun | Mont Dore, NCL |
| Ismail Katamba | 1987 | UGA | | | | 212 | 4-Jul | Kampala, UGA |
| Anrich Phillips | 1992 | RSA | 55.85 | 90 | 115 | 205 | 29-May | Strand, RSA |
| Morea Baru | 1990 | PNG | 53.90 | 95 | 105 | 200 | 28-Feb | Port Morseby, PNG |
| Tuau Lapua Lapua | 1991 | TUV | 55.80 | 86 | 106 | 192 | 1-May | Suva, FIJ |
| Mathew Tolo | 1981 | SOL | 56.00 | 85 | 100 | 185 | 29-Jun | Honiara, SOL |
| Dylan Scott | 1993 | SCO | 55.40 | 81 | 98 | 179 | 24-Apr | Lilleshall, England, GBR |
| Christos Michaelas | 1993 | ENG | 56.00 | 80 | 96 | 176 | 13-Mar | Oldbury, England, GBR |
| Damien Hewish | 1964 | AUS | 55.90 | 75 | 95 | 170 | 29-May | Melbourne, AUS |
| Tataua Tierere | 1991 | KIR | 56.00 | 75 | 90 | 165 | 28-Feb | Tarawa, KIR |
| Pier-Alexandre Grenier | 1994 | CAN | 53.95 | 70 | 91 | 161 | 23-Jan | Lachute, CAN |
| Julius Mogire | 1993 | KEN | 55.35 | 70 | 80 | 150 | 21-Mar | Cairo, EGY |
| Ofa Palanite | 1995 | TGA | 54.00 | 47 | 60 | 107 | 28-Feb | Nuku'Alofa, TGA |
| Ryan Baugh | 1997 | WAL | 47.10 | 47 | 58 | 105 | 4-Jun | Fulda, AUT |
| 62kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Aricco Junitih | 1990 | MAS | 61.15 | 119 | 153 | 272 | 14-Jun | Melaka, MAS |
| N. Sunil Kumar | 1989 | IND | 61.32 | 123 | 147 | 270 | 22-Feb | Udaipur, IND |
| Daniel Koum Koum | 1985 | AUS | 62.00 | 115 | 146 | 261 | 5-May | Suva, FIJ |
| Jasvir Singh | 1977 | CAN | 61.85 | 113 | 147 | 260 | 22-May | Saint-Hyacinthe, CAN |
| Muhammad Istiaq Ghafoor | 1976 | PAK | 61.47 | 118 | 140 | 258 | 31-Jan | Dhaka, BAN |
| Gareth Evans | 1986 | WAL | 61.25 | 111 | 135 | 246 | 6-Apr | Kiev, BLR |
| D.M.I.C. Dissanayake | 1989 | SRI | | 110 | 136 | 246 | 24-Jul | Colombo, SRI |
| Cameron Sinclair | 1987 | NZL | 61.30 | 106 | 137 | 243 | 17-Jul | Christchurch, NZL |
| Musoke Mubarak | 1989 | UGA | 61.60 | 100 | 142 | 242 | 20-Feb | Lilleshall, England, GBR |
| Chris Freebury | 1989 | ENG | 61.80 | 110 | 130 | 240 | 26-Jun | Kilmarnock, Scotland, GBR |
| Joseph Ekani Belinga | 1989 | CMR | | 110 | 130 | 240 | 4-Aug | Yaounde, CMR |
| Alphonso Adonis | 1987 | RSA | 61.15 | 104 | 131 | 235 | 29-May | Strand, RSA |
| Jean Yannick Coret | 1991 | MRI | | 105 | 125 | 230 | 10-Jul | Vacoas, MRI |
| Lapua Lapua | 1991 | TUV | 61.10 | 100 | 123 | 223 | 26-Jun | Mont Dore, NCL |
| David Adeyemo | 1993 | NGR | 60.55 | 92 | 130 | 222 | 22-Mar | Cairo, EGY |
| Tuimoce Tikoidelaimakotu | 1987 | *FIJ | 61.20 | 95 | 125 | 220 | 5-May | Suva, FIJ |
| Brown Ramohaka | 1988 | SOL | 61.40 | 95 | 125 | 220 | 29-Jun | Honiara, SOL |
| Michael Taufu | 1993 | TGA | 61.53 | 97 | 120 | 217 | 16-Aug | Singapore City, SIN |
| Morea Baru | 1990 | PNG | 57.70 | 95 | 120 | 215 | 30-Jun | Port Morseby, PNG |
| Mark Middleton | 1980 | SCO | 62.00 | 92 | 121 | 213 | 21-Mar | Glasgow, Scotland, GBR |
| Ian Rose | | SEY | | 95 | 115 | 210 | 24-Apr | Victoria, SEY |
| Bob Pesaleli | 1993 | SAM | 61.50 | 85 | 115 | 200 | 28-Feb | Apia, SAM |
| Elson Bretchfeld | 1994 | NRU | 58.90 | 90 | 100 | 190 | 7-Feb | NRU |
| Artmark Applewhaite | 1994 | BAR | 58.46 | 80 | 100 | 180 | 23-Apr | Chiclayo, PER |
| Giana Tokitebwa | 1990 | KIR | 61.90 | 80 | 100 | 180 | 28-Feb | Tarawa, KIR |
| Nelson Ochieng | 1993 | KEN | 62.00 | 75 | 100 | 175 | 22-Mar | Cairo, EGY |
| Joel-Wei Law | 1993 | SIN | 60.62 | 65 | 83 | 148 | 22-May | SIN |
| Gianis Karatsausidis | 1997 | CYP | 60.90 | 46 | 52 | 98 | 9-Jul | Limassol, CYP |

| 69kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| K. Ravi Kumar | 1988 | IND | 68.78 | 141 | 180 | 321 | 7-Aug | New Delhi, IND |
| Bernardin Kingue-Matam | 1990 | CMR | 68.98 | 135 | 165 | 300 | 7-Mar | Langres, FRA |
| Francis Luna-Grenier | 1987 | CAN | 68.70 | 130 | 165 | 295 | 28-May | Guatemala City, GUA |
| Mohd Hafifi Mansour | 1990 | MAS | 67.30 | 131 | 163 | 294 | 14-Jun | Melaka, MAS |
| Chinthana Vidanage | 1981 | SRI | 68.99 | 129 | 162 | 291 | 31-Jan | Dhaka, BAN |
| Mati-ur-Rehman | 1984 | PAK | 68.77 | 123 | 152 | 275 | 31-Jan | Dhaka, BAN |
| Francois Etoundi | 1984 | AUS | 69.00 | 125 | 150 | 275 | 5-May | Suva, FIJ |
| Otsili Greg Shushu | 1980 | RSA | | 121 | 150 | 271 | 5-Aug | Yaounde, CMR |
| Steven Kari | 1993 | PNG | 68.70 | 115 | 150 | 265 | 10-Jul | Ipswich, AUS |
| Bronko Deiranauw | 1991 | NRU | 68.80 | 115 | 145 | 260 | 7-Feb | NRU |
| Halil Zorba | 1988 | ENG | 68.90 | 110 | 150 | 260 | 17-Jul | Bristol, England, GBR |
| Cameron Sinclair | 1987 | NZL | 63.35 | 107 | 138 | 245 | 12-Jun | Christchurch, NZL |
| Garath Evans | 1986 | WAL | 63.30 | 107 | 133 | 240 | 16-May | Holyhead, Wales, GBR |
| Takenibeia Toromomon | 1992 | KIR | 68.90 | 105 | 135 | 240 | 31-Jul | Mont Dore, NCL |
| Neil Dougan | 1985 | NIR | 68.45 | 104 | 125 | 229 | 6-Apr | Minsk, BLR |
| Craig Carfrey | 1992 | SCO | 65.70 | 94 | 123 | 217 | 24-Apr | Lilleshall, England, GBR |
| Tevita Tawai | 1992 | *FIJ | 67.70 | 90 | 126 | 216 | 13-Jun | Levuka, FIJ |
| Andreas Nasliev | 1993 | CYP | 66.25 | 93 | 118 | 211 | 9-Jul | Limassol, CYP |
| Michael Taufa | 1993 | TGA | 63.80 | 90 | 120 | 210 | 26-Jun | Mont Dore, NCL |
| Ioane Haumili | 1988 | TUV | 64.10 | 90 | 120 | 210 | 26-Jun | Mont Dore, NCL |
| Clint Grech | 1987 | MLT | 68.66 | 90 | 110 | 200 | 11-Apr | Cospicua, MLT |
| Tera Karei | 1993 | SOL | 68.20 | 90 | 110 | 200 | 29-Jun | Honiara, SOL |
| Cedric Coret | | MRI | | 85 | 115 | 200 | 10-Jul | Vacoas, MRI |
| Derrick Semambo | | UGA | | | | 195 | 4-Jul | Kampala, UGA |
| Christopher Ferley | 1993 | SEY | | 80 | 100 | 180 | 24-Apr | Victoria, SEY |
| Nigel Tan | 1989 | SIN | 65.15 | 79 | 87 | 166 | 23-May | SIN |

| 77kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Ben Turner | 1984 | AUS | 76.00 | 133 | 173 | 306 | 26-Jun | Brisbane, AUS |
| Bernardin Kingue-Matam | 1990 | CMR | 73.50 | 135 | 170 | 305 | 29-May | Toulon, FRA |
| L. Bishorjit Singh | 1986 | IND | 76.54 | 137 | 165 | 302 | 23-Feb | Udaipur, IND |
| Faavae Faauliuli | 1983 | SAM | 76.97 | 132 | 170 | 302 | 28-Feb | Apia, SAM |
| Irfan Islam | 1981 | PAK | | 134 | 160 | 294 | 30-Mar | Lahour, PAK |
| Jean-Marc Beland | 1984 | CAN | 76.90 | 132 | 157 | 289 | 22-May | Saint-Hyacinthe, CAN |
| Alexandros Amanatidis | 1987 | CYP | 76.40 | 128 | 157 | 285 | 9-Jul | Limassol, CYP |
| Charles Simeon | 1982 | SEY | | 117 | 167 | 284 | 24-Apr | Victoria, SEY |
| Jack Oliver | 1992 | ENG | 76.20 | 128 | 152 | 280 | 26-Jun | Kilmarnock, Scotland, GBR |
| Mohd Azarudin Nordin | 1989 | MAS | 73.75 | 127 | 152 | 279 | 15-Jun | Melaka, MAS |
| Caleb Symon | 1987 | NZL | 77.00 | 121 | 155 | 276 | 17-Jul | Christchurch, NZL |
| Steven Kari | 1993 | PNG | 71.20 | 120 | 152 | 272 | 26-Jun | Mont Dore, NCL |
| Ika Aliklik | 1985 | NRU | 71.50 | 115 | 145 | 260 | 30-Jun | NRU |
| P.G.C. Gunapala | | SRI | | 110 | 150 | 260 | 24-Jul | Colombo, SRI |
| Islam Hamidol | 1975 | BAN | 71.20 | 117 | 140 | 257 | 1-Feb | Dhaka, BAN |
| Lyle du Plooy | 1988 | RSA | 71.10 | 115 | 141 | 256 | 29-May | Strand, RSA |
| Graeme Kane | 1980 | SCO | 76.10 | 115 | 140 | 255 | 26-Jun | Kilmarnock, Scotland, GBR |
| Paula Peniasi Taqua | 1982 | *FIJ | 75.20 | 115 | 140 | 255 | 13-Jun | Levuka, FIJ |
| Jimmy Moonien | 1981 | MRI | | 115 | 140 | 255 | 10-Jul | Vacoas, MRI |
| Taubena Tatonga | 1990 | KIR | 74.80 | 110 | 142 | 252 | 30-Jun | Tarawa, KIR |
| Iluame Finau | 1986 | TGA | 73.60 | 110 | 135 | 245 | 31-Jul | Mont Dore, NCL |
| David Gorosi | 1988 | SOL | 74.10 | 105 | 140 | 245 | 30-Jun | Honiara, SOL |
| Khalid Batuusa | 1986 | UGA | | | | 237 | 4-Jul | Kampala, UGA |
| Neil Dougan | 1985 | NIR | 70.52 | 106 | 129 | 235 | 20-Feb | Dublin, IRL |
| Prince Nyarko | 1995 | GHA | 74.90 | 90 | 122 | 212 | 23-Mar | Cairo, EGY |
| Seon Barrow | 1993 | BAR | 75.12 | 92 | 115 | 207 | 24-Apr | Chiclayo, PER |
| Clint Grech | 1987 | MLT | 71.50 | 88 | 112 | 200 | 20-Jun | Cospicua, MLT |
| Go Si Han | 1980 | SIN | 74.25 | 83 | 107 | 190 | 23-May | SIN |
| James Twemlow | 1985 | WAL | 77.00 | 82 | 97 | 179 | 27-Feb | Holyhead, Wales, GBR |

| 85kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Yukio Peter | 1984 | NRU | 79.30 | 140 | 180 | 320 | 31-Jul | Mont Dore, NCL |
| Paul Dumais | 1991 | CAN | 83.44 | 150 | 170 | 320 | 18-Jun | Sofia, BUL |
| Chandrakant Dadu Mali | 1987 | IND | 84.78 | 146 | 173 | 319 | 8-Aug | New Delhi, IND |
| Abd Mubin Rahim | 1991 | MAS | 81.00 | 140 | 175 | 315 | 16-Jun | Melaka, MAS |
| Josefa Vueti | 1979 | *FIJ | 85.00 | 134 | 176 | 310 | 21-Mar | Mont Dore, NCL |
| Malek Chamoun | 1989 | AUS | 84.98 | 133 | 170 | 303 | 15-May | Sydney, AUS |
| Tia Falesuani | 1986 | SAM | 83.50 | 130 | 170 | 300 | 28-Feb | Apia, SAM |
| David Minkoumba | 1989 | CMR | 82.50 | 130 | 160 | 290 | 20-Jun | Yaounde, CMR |
| Khuram Shehzad | 1981 | PAK | | 122 | 177 | 297 | 30-Mar | Lahore, PAK |
| Romesh M.R.R. Samarasekara | 1985 | SRI | | 124 | 162 | 286 | 24-Jul | Colombo, SRI |
| Terrence Dixie | 1983 | SEY | | 126 | 160 | 286 | 6-Aug | Yaounde, CMR |
| Richard Williams | 1992 | ENG | 85.00 | 120 | 155 | 275 | 26-Jun | Kilmarnock, Scotland, GBR |
| Brandon Innes | 1993 | BAR | 80.92 | 122 | 145 | 267 | 25-Apr | Chiclayo, PER |
| Jermain Nadezdine | | NIR | 84.40 | 117 | 147 | 265 | 29-May | Jordanstown, NIR, GBR |
| Mummin Al Abdulla | | BAN | 84.47 | 115 | 145 | 260 | 1-Feb | Dhaka, BAN |
| Andrew Rodgers | 1987 | NZL | 82.00 | 120 | 135 | 255 | 15-May | Auckland, NZL |
| Godfrey Baligeya | 1987 | UGA | | | | 252 | 4-Jul | Kampala, UGA |
| Sean Anthony | 1991 | RSA | 78.25 | 110 | 140 | 250 | 23-Mar | Cairo, EGY |
| Teataua Tito | 1981 | KIR | 84.90 | 110 | 140 | 250 | 28-Feb | Tarawa, KIR |
| Sade Fiua | 1972 | SOL | 82.50 | 105 | 140 | 245 | 30-Jun | Honiara, SOL |
| Pala Molisa | 1979 | VAN | 84.30 | 115 | 130 | 245 | 5-May | Suva, FIJ |
| Noel Coleiro | 1974 | MLT | 84.51 | 100 | 132 | 232 | 11-Apr | Cospicua, MLT |
| Duke Onguti | 1993 | KEN | 78.95 | 100 | 130 | 230 | 23-Mar | Cairo, EGY |
| Kyle Pearson | 1992 | SCO | 84.30 | 103 | 125 | 228 | 21-Mar | Glasgow, Scotland, GBR |
| Ray Vaughan | 1971 | WAL | 84.50 | 95 | 125 | 220 | 27-Mar | Holyhead, Wales, GBR |
| Yovin Gyadin | 1985 | MRI | | 100 | 120 | 220 | 10-Jul | Vacoas, MRI |
| Carl Chia Hsien Hwee | 1987 | SIN | 78.58 | 84 | 113 | 197 | 9-May | Nahkon Sawan, THA |
| Longo Teutao | 1971 | TGA | 84.00 | 90 | 100 | 190 | 30-Jun | Nuku'Alofa, TGA |
| Hukui Tiakia | 1994 | NIU | 80.00 | 67 | 92 | 159 | 28-Feb | Alofi, NIU |

| 94kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Nicholas Roberts | 1984 | CAN | 93.40 | 151 | 195 | 346 | 30-May | Guatemala City, GUA |
| Richard Patterson | 1983 | NZL | 87.50 | 150 | 193 | 343 | 17-Apr | Auckland, NZL |
| Simplice Ribouem | 1982 | AUS | 88.90 | 152 | 191 | 343 | 7-May | Suva, FIJ |
| Peter Kirkbride | 1987 | SCO | 91.18 | 150 | 185 | 335 | 9-Apr | Minsk, BLR |
| Amjad Usman | 1987 | PAK | 92.74 | 150 | 180 | 330 | 1-Feb | Dhaka, BAN |
| Denis Catana | 1985 | ENG | 92.00 | 146 | 180 | 326 | 20-Feb | Lilleshall, England, GBR |
| Firdaus Abd Razak | 1987 | MAS | 92.10 | 141 | 181 | 322 | 17-Jun | Melaka, MAS |
| David Kotoatau | 1984 | KIR | 92.70 | 135 | 186 | 321 | 7-May | Suva, FIJ |
| V.A. Christopher | 1986 | IND | 93.54 | 138 | 180 | 318 | 8-Aug | New Delhi, IND |
| Faavae Faauliuli | 1983 | SAM | 89.30 | 132 | 185 | 317 | 7-May | Suva, FIJ |
| Felix Nembot Tagne | | CMR | | 141 | 165 | 306 | 6-Aug | Yaounde, CMR |
| Jean Greeff | 1990 | RSA | 93.89 | 130 | 171 | 301 | 19-Jun | Sofia, BUL |
| Josefa Vueti | 1979 | *FIJ | 88.30 | 128 | 165 | 293 | 7-May | Suva, FIJ |
| Ravi Bhollah | 1981 | MRI | | 130 | 160 | 290 | 10-Jul | Vacoas, MRI |
| K,A.T.S. Abeykoon | | SRI | | 125 | 160 | 285 | 24-Jul | Colombo, SRI |
| Tee-Jay Star | 1989 | NRU | 87.40 | 115 | 150 | 265 | 26-Jun | Mont Dore, NCL |
| Sirla Pera | 1992 | COK | 92.30 | 106 | 130 | 236 | 7-May | Suva, FIJ |
| Noel Coleiro | 1974 | MLT | 86.40 | 102 | 130 | 232 | 20-Jun | Cospicua, MLT |
| Aaron Small | 1987 | NIR | 89.40 | 95 | 130 | 225 | 29-May | Jordanstown, NIR, GBR |
| Jake Davies | 1994 | WAL | 94.00 | 97 | 118 | 215 | 17-Jul | Bristol, England, GBR |
| Sione Vasi | 1985 | TGA | 93.00 | 90 | 115 | 205 | 28-Feb | Nuku'Alofa, TGA |
| Ezekial Waiswa | 1984 | UGA | | | | 205 | 4-Jul | Kampala, UGA |
| Toh Guang Yan | 1984 | SIN | 86.75 | 86 | 108 | 194 | 23-May | SIN |
| Simon Tiakia | 1992 | NIU | 93.00 | 84 | 110 | 194 | 28-Feb | Alofi, NIU |

| 105kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Niusila Opeloge | 1980 | SAM | 104.90 | 150 | 204 | 354 | 28-Feb | Apia, SAM |
| Meameaa Thomas | 1985 | KIR | 104.70 | 152 | 195 | 347 | 13-Feb | Mont Dore, NCL |
| Stanislav Chalaev | 1986 | NZL | 104.20 | 143 | 188 | 331 | 7-May | Suva, FIJ |
| Thomas Yule | 1976 | SCO | 104.70 | 145 | 185 | 330 | 26-Jun | Kilmarnock, Scotland, GBR |
| M. Setty Srinivasa Rao | 1977 | IND | 102.35 | 150 | 177 | 327 | 2-Feb | Dhaka, BAN |
| Sajjad Amin Malik | 1973 | PAK | 103.73 | 150 | 177 | 327 | 2-Feb | Dhaka, BAN |
| Robert Galsworthy | 1989 | AUS | 104.20 | 147 | 179 | 326 | 26-Jun | Brisbane, AUS |
| Alexandros Kouvakas | 1989 | CAN | 104.15 | 145 | 180 | 325 | 30-May | Guatemala City, GUA |
| Gurbinder Cheema | 1978 | ENG | 103.70 | 152 | 170 | 322 | 20-Feb | Lilleshall, England, GBR |
| Rahimi Rahim | 1988 | MAS | 98.50 | 141 | 171 | 312 | 18-Jun | Melaka, MAS |
| Can Mehmet Osman | 1981 | CYP | 102.00 | 140 | 170 | 310 | 10-Jul | Limassol, CYP |
| Jean Greef | 1990 | RSA | 94.35 | 134 | 171 | 305 | 29-May | Strand, RSA |
| Marcus Cook | 1982 | NRU | 101.00 | 120 | 165 | 285 | 30-Jun | NRU |
| R.M.S. Wijerathna | | SRI | | 134 | 150 | 284 | 24-Jul | Colombo, SRI |
| Steven Baccus | 1977 | SEY | | 125 | 155 | 280 | 24-Apr | Victoria, SEY |
| Ferdinand Ngongang | 1977 | CMR | | 120 | 160 | 280 | 7-Aug | Yaounde, CMR |
| Roy Biddut Kumar | 1972 | BAN | 103.14 | 121 | 156 | 277 | 2-Feb | Dhaka, BAN |
| Nii Otoo Larkyne | 1995 | GHA | 99.20 | 105 | 142 | 247 | 24-Mar | Cairo, EGY |
| Liam Whiteway | 1977 | NIR | 97.40 | 100 | 125 | 225 | 29-May | Jordanstown, NIR, GBR |
| David Finau | 1985 | TGA | 103.00 | 97 | 115 | 212 | 28-Feb | Nuku'Alofa, TGA |
| Deo Kalyango | 1988 | UGA | | | | 195 | 4-Jul | Kampala, UGA |
| James Abernethy | 1993 | WAL | 99.30 | 75 | 100 | 175 | 16-May | Holyhead, Wales, GBR |
| Mark Sapiano | 1991 | MLT | 101.40 | 80 | 90 | 170 | 31-Jan | Cospicua, MLT |
| Dona Ruru | 1984 | *FIJ | | 70 | 90 | 160 | 13-Jun | Levuka, FIJ |

| +105kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Itte Detenamo | 1986 | NRU | 151.20 | 178 | 219 | 397 | 7-May | Suva, FIJ |
| Damon Kelly | 1983 | AUS | 145.15 | 170 | 220 | 390 | 26-Jun | Brisbane, AUS |
| Sarabjit Singh | 1983 | IND | 140.63 | 165 | 215 | 380 | 8-Aug | New Delhi, IND |
| George Kobaladze | 1976 | CAN | 126.30 | 162 | 213 | 375 | 22-May | Saint-Hyacinthe, CAN |
| Meamea Thomas | 1985 | KIR | 106.30 | 157 | 198 | 355 | 28-Feb | Mont Dore, NCL |
| Fredic Fokedjou | 1979 | CMR | | 150 | 190 | 340 | 7-Aug | Yaounde, CMR |
| Stanislav Chalaev | 1986 | NZL | 107.30 | 148 | 184 | 332 | 12-Jun | Auckland, NZL |
| Mohd Azim Najmi Rashid | 1986 | MAS | | | | 330 | 28-Mar | Jitra, MAS |
| Joseph Muskett | 1985 | ENG | 138.00 | 145 | 180 | 325 | 26-Jun | Kilmarnock, Scotland, GBR |
| Alam Din | 1981 | PAK | | 143 | 180 | 323 | 31-Mar | Lahore, PAK |
| Rian Smit | 1982 | RSA | | 140 | 180 | 320 | 27-Feb | Strand, RSA |
| Danny Nemani | 1981 | NIU | 133.70 | 132 | 170 | 302 | 17-Jul | Auckland, NZL |
| Rapaaska Mantulasam | 1980 | SRI | 106.82 | 133 | 165 | 298 | 2-Feb | Dhaka, BAN |
| Thomas Toal | 1972 | SCO | 121.90 | 125 | 160 | 285 | 26-Jun | Kilmarnock, Scotland, GBR |
| Feroz Mohammad | 1979 | BAN | 129.61 | 119 | 155 | 274 | 2-Feb | Dhaka, BAN |
| Emanuel Schembri | 1986 | MLT | 117.15 | 114 | 156 | 270 | 10-Jul | Limassol, CYP |
| Lewis Chua Yong Hwee | 1991 | SIN | 120.41 | 113 | 150 | 263 | 22-May | SIN |
| Tevita Ngalu | 1973 | TGA | 119.50 | 115 | 140 | 255 | 13-Mar | Auckland, NZL |
| Sehzad Nandoo | 1984 | MRI | | 110 | 140 | 250 | 10-Jul | Vacoas, MRI |
| Robert Kilindo | 1972 | SEY | | 110 | 135 | 245 | 24-Apr | Victoria, SEY |
| Matthew McCoy | 1994 | NIR | 118.80 | 98 | 132 | 230 | 29-May | Jordanstown, NIR, GBR |
| Gerard Matthews | 1983 | WAL | 125.00 | 95 | 120 | 215 | 27-Mar | Holyhead, Wales, GBR |
| Luke Moce | 1973 | *FIJ | | 95 | 120 | 215 | 13-Jun | Levuka, FIJ |

NOTE: * FIJ ineligible to compete in the Commonwealth Games.

2010 COMMONWEALTH WEIGHTLIFTING FEDERATION RANKINGS

Produced by: Michael Noonan,

CWF Statistician, 47 Saltley Street, Spotswood Vic 3015, Australia

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WOMEN: ONE PER COUNTRY as at 01 September

| 48kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| N.G. Soniya Chanu | 1980 | IND | 47.49 | 75 | 100 | 175 | 21-Feb | Udaipur, IND |
| Portia Vries | 1984 | RSA | 47.85 | 68 | 94 | 162 | 29-May | Strand, RSA |
| Augustina Nwokolo | 1992 | NGR | 47.40 | 70 | 87 | 157 | 30-Jun | Lagos, NGR |
| Vivian Lee | 1978 | AUS | 47.45 | 66 | 88 | 154 | 20-Mar | Melbourne, AUS |
| Zaira Zakaria | 1987 | MAS | 46.85 | 69 | 83 | 152 | 13-Jun | Melaka, MAS |
| Jessica Ruel | 1991 | CAN | 47.90 | 70 | 78 | 148 | 27-Mar | Sherbrooke, CAN |
| Katsia Telemaque | 1989 | SEY | | 65 | 80 | 145 | 4-Aug | Yaounde, CMR |
| Kathleen Hare | 1988 | PNG | 47.20 | 62 | 80 | 142 | 6-May | Suva, FIJ |
| Hannah Powell | 1992 | ENG | 44.20 | 55 | 70 | 125 | 17-Jul | Bristol, England, GBR |
| Christine Duval | 1990 | MRI | | 55 | 65 | 120 | 22-May | Vacoas, MRI |
| S.D. Peduruarchchi | 1983 | SRI | | 57 | 62 | 119 | 24-Jul | Colombo, SRI |
| Stephanie McDiarmid | 1994 | SCO | 42.40 | 39 | 52 | 91 | 4-Jun | Fulda, AUT |
| Ella Tawai | 1995 | *FIJ | 47.80 | 30 | 40 | 70 | 28-Feb | Suva, FIJ |
| 53kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Marilou Dozois-Prevost | 1986 | CAN | 52.95 | 87 | 100 | 187 | 27-Mar | Sherbrooke, CAN |
| Swati Singh | 1987 | IND | 52.66 | 76 | 101 | 177 | 7-Aug | New Delhi, IND |
| Oyeka Azike | 1990 | NGR | 52.00 | 75 | 100 | 175 | 30-Jun | Lagos, NGR |
| Erica Yamasaki | 1987 | AUS | 52.65 | 75 | 96 | 171 | 26-Jun | Brisbane, AUS |
| Raihan Yusoff | 1988 | MAS | 51.75 | 73 | 90 | 163 | 13-Jun | Melaka, MAS |
| Portia Vries | 1984 | RSA | | 68 | 95 | 163 | 27-Feb | Strand, RSA |
| Joanne Calvino | 1980 | ENG | 52.97 | 70 | 90 | 160 | 20-Feb | Lilleshall, England, GBR |
| Kate Howard | 1979 | NZL | 53.00 | 68 | 85 | 153 | 17-Jul | Auckland, NZL |
| Arcangeline Fouodji Sonkbou | | CMR | | 62 | 75 | 137 | 4-Aug | Yaounde, CMR |
| Hitolo Dogodo | 1992 | PNG | 50.36 | 60 | 75 | 135 | 28-Feb | Port Morseby, PNG |
| Ruby Malvina | | SEY | | 60 | 75 | 135 | 4-Aug | Yaounde, CMR |
| Helena Wong | 1988 | SIN | 52.26 | 62 | 70 | 132 | 26-Jun | Kilmarnock, Scotland, GBR |
| Colette Will | 1992 | SCO | 51.34 | 45 | 63 | 108 | 26-Jun | Kilmarnock, Scotland, GBR |
| Louisa Lolohea | 1993 | *FIJ | 53.00 | 35 | 50 | 85 | 28-Feb | Suva, FIJ |
| Fallpati Chakma | | BAN | 51.62 | --- | 70 | --- | 7-May | Nahkon Sawan, THA |
| 58kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
| Yamman Renu Bala Chanu | 1986 | IND | 57.58 | 90 | 109 | 199 | 23-Feb | Udaipur, IND |
| Ndidi Eze | 1987 | NGR | 58.00 | 85 | 112 | 197 | 30-Jun | Lagos, NGR |
| Zoe Smith | 1994 | ENG | 57.46 | 84 | 110 | 194 | 20-May | Valencia, ESP |
| Seen Lee | 1982 | AUS | 57.50 | 88 | 106 | 194 | 26-Jun | Brisbane, AUS |
| Rita Kari | 1989 | PNG | 57.90 | 80 | 107 | 187 | 30-Jun | Port Morseby, PNG |
| Emily Quarton | 1984 | CAN | 57.90 | 82 | 102 | 184 | 26-Jun | Surrey, CAN |
| Pilar Bakam | 1988 | CMR | | 76 | 95 | 171 | 5-Aug | Yaounde, CMR |
| Mona Pretorius | 1988 | RSA | | 73 | 95 | 168 | 5-Aug | Yaounde, CMR |
| Maria Liku | 1990 | *FIJ | 57.90 | 70 | 95 | 165 | 28-Feb | Suva, FIJ |
| Fatin Atikah Osman | 1993 | MAS | 56.10 | 70 | 85 | 155 | 10-Apr | Tashkent, UZB |
| Kate Howard | 1979 | NZL | 53.90 | 68 | 85 | 153 | 14-Aug | Auckland, NZL |
| Amy Hamilton | 1991 | SCO | 57.87 | 70 | 80 | 150 | 26-Jun | Kilmarnock, Scotland, GBR |
| Diana Waikori | 1988 | SOL | 58.00 | 60 | 80 | 140 | 29-Jun | Honiara, SOL |
| L.G.A.V. Darmasena | | SRI | | 55 | 72 | 127 | 24-Jul | Colombo, SRI |
| Danielle Callendar | 1996 | BAR | 54.38 | 55 | 70 | 125 | 21-Apr | Chiclayo, PER |
| Jamie Emma Wee | 1993 | SIN | 57.82 | 52 | 63 | 115 | 17-Aug | Singapore City, SIN |
| Rena Agricole | 1995 | SEY | 54.80 | 50 | 53 | 103 | 22-Mar | Cario, EGY |
| Emmanuelle Maignre | | MRI | | 39 | 58 | 97 | 10-Jul | Vacoas, MRI |
| Mariana Melekula | 1992 | NRU | 57.10 | 25 | 40 | 65 | 30-Jun | NRU |

| 63kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Toyin Adesanmi | 1993 | NGR | 62.20 | 87 | 115 | 202 | 30-Jun | Lagos, NGR |
| Tania Whalen | 1981 | CAN | 62.60 | 88 | 114 | 202 | 23-May | Saint-Hyacinthe, CAN |
| Michaela Breeze | 1979 | WAL | 62.30 | 88 | 113 | 201 | 26-Jun | Kilmarnock, Scotland, GBR |
| Seen Lee | 1982 | AUS | 58.70 | 90 | 106 | 196 | 29-May | Melbourne, AUS |
| H. Poireinganbi Chanu | 1980 | IND | 62.70 | 85 | 105 | 190 | 8-Aug | New Delhi, IND |
| Zoe Smith | 1994 | ENG | 62.40 | 86 | 102 | 188 | 26-Jun | Kilmarnock, Scotland, GBR |
| Marie-Josephe Fergue | 1991 | CMR | 62.05 | 81 | 105 | 186 | 22-Mar | Cario, EGY |
| Nurul Farhanah Johari | 1988 | MAS | 61.80 | 81 | 101 | 182 | 15-Jun | Melaka, MAS |
| Mona Pretorius | 1988 | RSA | | 81 | 101 | 182 | 27-Feb | Strand, RSA |
| Rita Kari | 1989 | PNG | 60.80 | 78 | 100 | 178 | 28-Feb | Port Moresby, PNG |
| Faitoa Togagae | 1989 | SAM | 62.40 | 75 | 95 | 170 | 28-Feb | Apia, SAM |
| Jenlyn Wini Tagu | 1983 | SOL | 61.00 | 70 | 90 | 160 | 29-Jun | Honiara, SOL |
| Amy Hamilton | 1991 | SCO | 58.48 | 67 | 80 | 147 | 21-Mar | Glasgow, Scotland, GBR |
| Naime Kari | 1994 | NZL | 63.00 | 64 | 76 | 140 | 12-Jun | Auckland, NZL |
| Urima Tyrell | 1992 | *FIJ | 62.30 | 60 | 78 | 138 | 6-May | Suva, FIJ |
| Jamie Emma Wee | 1994 | SIN | 58.99 | 52 | 62 | 114 | 23-May | SIN |
| Satiko Detenamo | 1995 | NRU | 60.50 | 47 | 60 | 107 | 30-Jun | NRU |
| Farah Dogley | | SEY | | 44 | 55 | 99 | 24-Apr | Victoria, SEY |
| Wanda Tutu | | KIR | 59.50 | 30 | 42 | 72 | 30-Jun | Tarawa, KIR |

| 69kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Christine Girard | 1985 | CAN | 68.90 | 100 | 124 | 224 | 27-Jun | Surrey, CAN |
| Janet Georges (Thelermont) | 1979 | SEY | | 95 | 111 | 206 | 6-Aug | Yaounde, CMR |
| Natasha Perdue | 1975 | WAL | 67.92 | 87 | 107 | 194 | 9-Apr | Minsk, BLR |
| Marie-Josephe Fergue | 1991 | CMR | 65.30 | 87 | 105 | 192 | 20-Jun | Yaounde, CMR |
| Nansita Devi | 1974 | IND | 68.35 | 85 | 107 | 192 | 8-Aug | New Delhi, IND |
| Belinda Van Tienen | 1986 | AUS | 68.70 | 86 | 104 | 190 | 20-Mar | Melbourne, AUS |
| Manu Ah Kuoi | 1982 | SAM | 68.70 | 80 | 107 | 187 | 6-May | Suva, FIJ |
| Guba Hale | 1986 | PNG | 68.50 | 80 | 100 | 180 | 30-Jun | Port Moresby, PNG |
| Emily Godley | 1989 | ENG | 64.63 | 77 | 96 | 173 | 7-Aug | London, England, GBR |
| Chantel Lambrechts | 1990 | NZL | 68.75 | 75 | 97 | 172 | 17-Jul | Auckland, NZL |
| Nor Khasida Halim | 1991 | MAS | 66.50 | 74 | 92 | 166 | 16-Jun | Melaka, MAS |
| Bilikis Otunla | 1994 | NGR | 65.30 | 75 | 90 | 165 | 22-Mar | Cario, EGY |
| Hapilyn Iro | 1992 | SOL | 67.70 | 70 | 85 | 155 | 30-Jun | Honiara, SOL |
| Emmanuella Lent Labonne | 1985 | MRI | | 70 | 85 | 155 | 10-Jul | Vacoas, MRI |
| Tlalane Ramarou | 1994 | RSA | 64.15 | 62 | 80 | 142 | 29-May | Strand, RSA |
| Denise Offermann-Loizu | 1965 | CYP | 68.40 | 55 | 71 | 126 | 15-May | Linz, AUT |
| Rajjeli Katia | 1995 | *FIJ | 69.00 | 55 | 65 | 120 | 28-Feb | Suva, FIJ |
| Tatite | | KIR | 67.80 | 45 | 55 | 100 | 30-Jun | Tarawa, KIR |
| Robiana Starr | 1991 | NRU | 66.30 | 42 | 55 | 97 | 30-Jun | NRU |

| 75kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Marie-Eve Beauchemin-Nadeau | 1988 | CAN | 74.60 | 102 | 127 | 229 | 16-Apr | Sherbrooke, CAN |
| Madias Nzesso | 1992 | CMR | | 96 | 120 | 216 | 6-Aug | Yaounde, CMR |
| Laishran Monika Devi | 1983 | IND | 70.34 | 95 | 120 | 215 | 8-Aug | New Delhi, IND |
| Mary Opeloge | 1992 | SAM | 73.85 | 94 | 120 | 214 | 28-Feb | Apia, SAM |
| Babalwa Ndleleni | 1979 | RSA | | 91 | 118 | 209 | 27-Feb | Strand, RSA |
| Jenna Myers | 1986 | AUS | 74.30 | 94 | 103 | 197 | 26-Jun | Brisbane, AUS |
| Michaela Detenamo | 1992 | NRU | 74.95 | 85 | 105 | 190 | 31-Jul | Mont Dore, NCL |
| Arisha Farra Erwin | 1988 | MAS | 73.35 | 85 | 102 | 187 | 17-Jun | Melaka, MAS |
| Kerri-Ann Wotenick | 1983 | ENG | 73.10 | 81 | 101 | 182 | 20-Feb | Lilleshall, England, GBR |
| Tasha Williams | 1973 | NZL | 72.50 | 72 | 103 | 175 | 13-Feb | Christchurch, NZL |
| Georgina Black | 1989 | SCO | 73.50 | 73 | 96 | 169 | 26-Jun | Kilmarnock, Scotland, GBR |
| Susan Luisa | 1989 | SOL | 69.80 | 70 | 80 | 150 | 30-Jun | Honiara, SOL |
| Boatema Alberta Ampomah | 1994 | GHA | 71.30 | 66 | 81 | 147 | 23-Mar | Cario, EGY |
| Apolonia Vaivai | 1991 | *FIJ | 74.40 | 60 | 78 | 138 | 13-Jun | Levuka, FIJ |
| Tamyrah Mautama | 1995 | NIU | 73.00 | 57 | 75 | 132 | 30-Jun | Alofi, NIU |
| Juliana Corrine Perrine | 1992 | MRI | | 50 | 66 | 116 | 10-Jul | Vacoas, MRI |
| Tressa Lolohea | 1982 | TGA | 74.00 | 45 | 50 | 95 | 28-Feb | Nuku'Alofa, TGA |

| +75kg Category | Born | Nation | Body.Wt | Snatch | Cl & Jk | Total | Date | Where (City, Nation) |
|-----------------------------|-------------|---------------|----------------|---------------|--------------------|--------------|-------------|-----------------------------|
| Ele Opeloge | 1985 | SAM | 121.60 | 126 | 155 | 281 | 6-May | Suva, FIJ |
| Mariam Usman | 1990 | NGR | 120.10 | 115 | 140 | 255 | 30-Jun | Lagos, NGR |
| Geeta Rani | 1981 | IND | 113.76 | 103 | 132 | 235 | 25-Feb | Udaipur, IND |
| Deborah Acason | 1983 | AUS | 89.90 | 103 | 130 | 233 | 26-Jun | Brisbane, AUS |
| Narita Viliamu | 1989 | NIU | 139.50 | 100 | 130 | 230 | 30-Jun | Alofi, NIU |
| Tracey Lambrechts | 1985 | NZL | 100.70 | 97 | 122 | 219 | 17-Jul | Auckland, NZL |
| Kara Yessie | 1982 | CAN | 76.98 | 85 | 106 | 191 | 6-Mar | Columbus, USA |
| Tay Shan Fung | 1990 | MAS | 93.90 | 84 | 106 | 190 | 17-Jun | Melaka, MAS |
| Laura-Denise Ramsey-Overall | 1965 | TRI | 77.65 | 86 | 98 | 184 | 24-Jul | London, England, GBR |
| Shalinee Valaydon | 1986 | MRI | | 82 | 100 | 182 | 22-May | Vacoas, MRI |
| Luisa Peters | 1993 | COK | 87.00 | 64 | 80 | 144 | 6-May | Suva, FIJ |
| Kristin Edwards | 1986 | BAR | 80.90 | 65 | 77 | 142 | 22-Jul | Mayaguez, PUR |
| Sandra Smith | 1962 | ENG | 95.60 | 60 | 80 | 140 | 15-May | Linz, AUT |
| Daisy Tolugu | 1981 | SOL | 89.50 | 60 | 75 | 135 | 30-Jun | Honiara, SOL |
| Danielle Laird | 1991 | SCO | 75.20 | 53 | 64 | 117 | 24-Apr | Lilleshall, England, GBR |
| Jolene Xie Liting | 1986 | SIN | 75.35 | 52 | 65 | 117 | 23-May | SIN |
| Tressa Lolohea | 1982 | TGA | 78.00 | 52 | 65 | 117 | 30-Jun | Nuku'Alofa, TGA |
| Mareta Berenato | 1994 | KIR | 78.60 | 50 | 65 | 115 | 30-Jun | Tarawa, KIR |
| Dolly Emille | | SEY | | 50 | 65 | 115 | 24-Apr | Victoria, SEY |
| Sereima Rokodulu | 1994 | *FIJ | 77.00 | 35 | 45 | 80 | 13-Jun | Levuka, FIJ |

NOTE: * FIJ ineligible to compete in the Commonwealth Games.