

## 2023 European Masters Weightlifting Championship

SHMF Ranking / Women / May 12 - 20, 2023

Rank	Athlete	Team	Age		Wt.	Body	Best	Best C&J	Total	SHMF
			Group	Age	Cat.	Weight	Snatch			
1	LENDRAITIENE Ruta	LTU	W40	44	71	70.55	84	110	194	287.293
2	PLAKKE Susan	NED	W35	39	76	74.06	88	109	197	265.428
3	HUSA-RUSSELL Johanna	FIN	W50	51	55	54.80	58	74	132	259.456
4	JEPSEN Mette Brynjolf	DEN	W50	53	64	62.15	60	76	136	257.909
5	DIKHOFF Joke	NED	W70	73	59	56.85	34	48	82	254.148
6	PIJCKE Adela	NED	W55	58	59	57.90	47	66	113	253.921
7	CUMMINS Amanda	IRL	W40	42	71	68.95	75	98	173	251.839
8	TENN Patricia (Trish)	GBR	W60	61	55	54.43	47	53	100	251.597
9	PATTISON Beverley	GBR	W60	61	55	53.27	42	56	98	250.384
10	SCHEVING Hrund	ISL	W45	45	71	69.73	72	93	165	249.549
11	HERRON Lou	GBR	W40	44	71	70.40	74	93	167	247.588
12	FOX Jane	GBR	W55	57	49	47.85	41	57	98	246.823
13	GOMIS Clarisse	FRA	W35	35	64	63.63	80	96	176	245.793
14	ŠVECOVÁ Julie	CZE	W35	39	71	70.05	81	96	177	245.425
15	OLSEN Nina Skyhøj	DEN	W35	39	71	68.40	79	95	174	244.407
16	NIEMELÄ Satu	FIN	W55	55	55	53.60	47	63	110	241.775
17	MARSHALL Carol	GBR	W45	46	64	63.53	64	83	147	238.457
18	SCOPECE Ilaria	ITA	W35	39	55	53.90	67	79	146	238.393
19	PETERS Sian	GBR	W35	35	59	58.43	67	94	161	237.231
20	DELACHAT Mathilde	FRA	W40	44	64	62.30	63	86	149	236.922
21	BURT Heather	GBR	W35	39	71	70.95	77	95	172	236.884
22	GALLI Claudia	SUI	W40	41	64	62.00	69	86	155	236.529
23	HOWLETT Justine	GBR	W50	54	76	72.00	61	71	132	235.944
24	SIMS Elaine	GBR	W45	49	71	70.36	66	80	146	235.926
25	ERIKSSON Marie	SWE	W50	52	64	62.65	58	70	128	235.825
26	PEREGRINE Gemma	GBR	W40	40	55	54.20	64	78	142	233.825
27	PIPKE Monika	GER	W60	63	49	48.42	34	48	82	233.389
28	WILLIAMS Georgina	GBR	W40	44	55	54.45	59	74	133	231.145
29	SMITH Kathryn	GBR	W40	42	59	58.67	68	76	144	230.956
30	HEERAN Stephanie	IRL	W50	53	64	61.65	54	67	121	230.613
31	JØRGENSEN Marga	DEN	W65	68	55	52.60	36	42	78	229.377
32	HÁKONARDÓTTIR Helga Hlín	ISL	W50	51	59	58.10	51	70	121	228.540
33	DAMME Annett	GER	W55	56	71	68.20	52	66	118	228.197
34	LA FRANCA Federica	ITA	W40	40	76	71.15	69	94	163	226.949
35	MCLARNON Claire	IRL	W45	47	87+	112.54	76	97	173	226.186
36	BOMAN Katarina	SWE	W50	50	87	85.60	65	85	150	225.826
37	LACZI Katalin	HUN	W45	48	64	63.25	64	70	134	225.657
38	PARKER Laura	GBR	W35	37	76	74.87	77	95	172	224.968
39	JONSDOTTIR Sigridur	SWE	W55	56	76	74.25	53	68	121	223.809
40	JAKOBSEN Rikke	DEN	W45	49	55	53.75	53	64	117	223.608
41	MAES Els	BEL	W40	42	64	63.25	63	83	146	223.340

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Rank	Athlete	Team	Age		Wt.	Body	Best	Best C&J	Total	SHMF
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42	MCLARNON Maureen	IRL	W50	54	64	63.10	50	66	116	223.268
43	GRETARSDOTTIR Ardis	ISL	W50	51	64	62.90	54	70	124	222.696
44	BOWES Sharon	IRL	W55	58	71	68.85	50	60	110	222.578
45	TREBILLCOCK Diane Suzanne	GBR	W60	64	59	58.78	40	48	88	221.571
46	HARTE Eithne	IRL	W40	41	59	56.73	60	77	137	221.445
47	DIEHL Korinna	GER	W60	60	59	56.25	40	52	92	221.178
48	HEALY Ide	IRL	W35	36	76	73.96	76	94	170	221.047
49	BRAMANTE VALLANA Teresita	SUI	W45	46	59	56.35	58	68	126	220.746
50	PUSKEILER Josefine	GER	W35	35	55	54.20	61	81	142	220.264
51	MAUME Priscilla	FRA	W50	50	71	68.20	60	71	131	219.723
52	BJORKENG Eva	NOR	W50	54	55	54.05	47	56	103	219.517
53	WILKINS Emma	GBR	W40	44	76	74.68	68	84	152	218.654
54	PLÜSS Helena	SWE	W40	40	59	58.88	60	80	140	217.890
55	EMIN Ayshe	TUR	W40	41	59	58.80	58	80	138	217.801
56	HODGE Kate	GBR	W40	43	64	63.15	61	79	140	217.481
57	PROUET Caroline	FRA	W35	37	81	76.50	76	92	168	217.467
58	MANDEL Merit	EST	W35	37	59	58.08	63	79	142	214.965
59	BUDAHAZY Emilia	GBR	W40	40	71	69.20	66	86	152	214.794
60	QUIGLEY Triona	IRL	W45	46	55	53.40	53	65	118	214.671
61	LEWIS Hannah	GBR	W35	36	81	78.65	75	95	170	214.663
62	VERNON Shelley	GBR	W50	53	64	62.90	52	62	114	214.607
63	KASZA Katalin	HUN	W35	35	64	62.73	71	81	152	214.112
64	CAMPBELL Krystal	GBR	W35	37	87+	98.50	81	100	181	212.375
65	ZYLYFTARI Nigera	IRL	W40	41	59	58.62	58	76	134	211.913
66	GILHAM Joanne	GBR	W50	52	64	61.90	49	65	114	211.592
67	TOMA Melanie	SUI	W35	35	55	53.20	57	77	134	210.642
68	MILES Charlotte	GBR	W35	35	81	76.70	72	94	166	209.722
69	BÓDIS-SZABÓ Katinka	HUN	W45	45	87+	90.98	66	90	156	209.478
70	MCAVOY Karen	GBR	W50	53	59	57.70	47	58	105	208.837
71	OCHOGO Nina	FIN	W40	44	76	74.80	62	83	145	208.420
72	GANEVA Marina	BUL	W35	36	64	60.50	63	80	143	208.327
73	RINDHOLM Tine	DEN	W45	45	81	79.81	62	85	147	208.044
74	KASZA Adrienn	HUN	W50	50	49	48.70	44	55	99	207.896
75	NÜTZEL Nicole	GER	W40	44	59	58.80	56	70	126	207.831
76	PORTEE Lindsey	BEL	W35	38	71	68.60	67	83	150	207.737
77	HANSEN Kristina Hauge Smith	DEN	W45	45	59	57.65	54	68	122	206.921
78	ROFFEIS Cornelia	AUT	W40	40	71	65.40	62	79	141	205.677
79	GOSSCHALK Jinga	NED	W40	44	76	74.38	58	84	142	204.674
80	NORDH Chanica	SWE	W45	47	55	54.35	46	66	112	204.606
81	LÓPEZ Eva M	ESP	W50	51	76	72.15	51	72	123	204.531
82	SCHELHASE Carina	GER	W40	41	71	69.45	63	80	143	204.340

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83	ROY Nicole	GER	W40	40	59	57.48	56	73	129	203.989
84	LARSEN Rikke Therese	DEN	W50	54	59	58.60	43	58	101	203.685
85	AUTON Lynne	GBR	W50	52	55	54.65	43	58	101	203.555
86	AOUAGHI Audrey	FRA	W35	37	49	48.55	53	65	118	203.350
87	CURTIN Michelle	IRL	W35	39	59	58.08	60	71	131	203.194
88	KARP Lisa	GER	W35	38	64	63.44	60	80	140	202.812
89	HOARAU Veronique	FRA	W40	40	64	61.05	58	75	133	202.252
90	MANNION Niamh	IRL	W35	37	59	58.54	61	73	134	201.802
91	JENSEN Tina Himmelstrup	DEN	W40	40	55	53.25	53	68	121	201.781
92	WHITEHEAD Channon	GBR	W45	47	55	54.75	50	61	111	201.734
93	BELLENIS Clio	GBR	W65	66	64	62.20	32	48	80	201.723
94	FAVERO Rachele	ITA	W40	41	81	78.55	67	83	150	201.582
95	WILLIAMS Samantha	GBR	W35	37	87	86.85	76	88	164	200.980
96	REGNER Flora	AUT	W35	36	76	72.59	65	88	153	200.826
97	KERTZSCHER Francisca	SWE	W50	51	76	73.65	51	71	122	200.761
98	SØFTELAND Line	NOR	W50	53	59	58.75	43	59	102	200.468
99	BROWN Philomena	IRL	W60	64	55	54.88	35	41	76	200.465
100	OBEL ROSENDAHL Jeanette Amanda	DEN	W60	61	64	61.15	34	52	86	200.216
101	ALNES Rita	NOR	W55	57	87	84.90	50	62	112	200.103
102	MILLER Cheryl-Leigh	GBR	W35	36	76	73.18	63	90	153	200.002
103	BRAYFIELD Sara	GBR	W35	39	76	74.02	68	80	148	199.462
104	GENOT Isabelle	BEL	W60	63	81	79.59	39	56	95	199.007
105	MARSH Vicki	GBR	W40	41	71	70.15	65	75	140	198.979
106	PETRELL Lina	SWE	W50	50	71	69.70	54	66	120	198.899
107	ELLER Aubéri	FRA	W35	35	59	58.50	59	76	135	198.764
108	KELLY Karla	IRL	W35	37	55	53.55	54	70	124	198.530
109	BYRNE Gabrielle	IRL	W60	60	64	62.05	37	51	88	198.479
110	SKJERVHEIM Margit	NOR	W55	59	81	78.86	47	55	102	197.590
111	MC CANN Christine	IRL	W55	56	64	60.35	37	58	95	197.568
112	VAN DER JONCKHEYD Sofie	BEL	W35	38	71	68.05	62	80	142	197.533
113	SANKAMO Maija-Riitta	FIN	W65	67	55	54.20	30	40	70	197.309
114	TEUSCHL Katharina	AUT	W45	49	76	72.12	54	69	123	196.207
115	LOZANO REQUELME Maria Laura	ESP	W50	50	59	58.90	46	61	107	196.046
116	FERNANDEZ Aurora	ESP	W40	43	64	61.50	53	71	124	195.784
117	MESSMER Miriam	GBR	W40	40	87+	93.35	70	88	158	195.659
118	BELTRAN PEDRAZA Anna	ESP	W40	43	64	63.30	55	71	126	195.453
119	COONEY Holly	GBR	W35	39	81	78.40	62	87	149	195.372
120	IMMONEN Jenni	FIN	W40	40	64	63.05	54	77	131	195.287
121	LYBECK Barbara	FIN	W55	57	64	63.15	41	53	94	194.984
122	SLAVEN Janine	GBR	W40	40	81	77.40	61	85	146	194.976
123	SPINA Valeria	ITA	W35	37	81	76.35	63	87	150	194.348

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124	BOHUSCH Karin	AUT	W60	64	87	81.35	41	51	92	194.149
125	DE VRIES Elsa	NED	W35	39	76	74.04	60	84	144	194.045
126	BRADSHAW Sophie	GBR	W35	37	64	63.36	60	75	135	193.425
127	ELLISON Rachel	GBR	W40	42	81	77.85	57	83	140	191.704
128	RUDGE Antonia	GBR	W50	50	71	70.30	51	65	116	191.389
129	EYERS Natalie	GBR	W40	41	59	58.76	53	68	121	191.056
130	REBERT Flora	FRA	W35	35	64	63.35	58	78	136	190.435
131	BADHAM Jeanette	GBR	W40	43	64	63.65	53	70	123	190.167
132	BLOMQVIST Lena	SWE	W40	44	81	76.30	60	73	133	189.346
133	MAJAMAA Karoliina	FIN	W50	52	71	70.70	46	64	110	189.182
134	SUMMERS Louise	GBR	W40	44	64	62.70	48	71	119	188.479
135	MCGEE Sharon	IRL	W40	43	71	70.65	55	74	129	188.040
136	SELKÄLÄ Eija	FIN	W50	51	76	73.40	51	63	114	187.917
137	RYDZEWSKA Elzbieta	POL	W40	43	64	63.25	51	70	121	187.786
138	VON HASELBERG-PALYVOU Alexandra	GBR	W45	46	76	75.45	54	73	127	187.663
139	CHATRNÁ Klára	CZE	W35	35	71	67.60	63	76	139	187.431
140	RAUTIO Anu	FIN	W40	42	59	57.29	48	67	115	187.379
141	EXCOFFIER Emilie	FRA	W45	45	81	76.84	56	74	130	187.213
142	MCCANN Rosie	IRL	W35	37	59	58.47	56	68	124	186.889
143	ELSNER Clarissa	AUT	W45	45	71	67.32	52	69	121	186.575
144	NIEMI Susanna	FIN	W50	52	76	72.70	50	60	110	186.464
145	MARKIEWICZ Justyna	POL	W40	41	76	74.33	56	79	135	186.249
146	DUNCAN Sarah-Anne	IRL	W40	40	81	78.50	61	79	140	185.749
147	DEKKER Lia	NED	W35	36	76	71.46	63	77	140	185.255
148	ARENA Francesca	ITA	W35	37	76	74.26	61	80	141	185.165
149	MOORE CAHALANE Maria	IRL	W55	56	55	53.80	35	47	82	184.286
150	RODWAY Kerry	GBR	W35	36	64	62.50	55	74	129	184.161
151	PARRADO SERRANO Belen	ESP	W35	35	87	83.55	65	86	151	183.665
152	CRAIG Amanda	GBR	W50	50	49	47.05	40	45	85	183.447
153	MURPHY Catherine	IRL	W45	46	64	62.55	46	66	112	183.402
154	ZAIDMAN Marina	ISR	W50	54	55	52.50	37	47	84	182.819
155	HARRISON Michelle	GBR	W40	41	76	73.87	56	76	132	182.672
156	PEDERSEN Camilla	NOR	W40	43	64	63.45	52	65	117	181.233
157	HARAMACHOVÁ Michaela	CZE	W35	36	59	58.11	55	66	121	180.942
158	PRICE Katie	GBR	W35	37	55	52.25	47	64	111	180.914
159	MAN Victoria	GBR	W60	62	87	84.95	37	53	90	180.334
160	LEPPENS Michelle	BEL	W35	37	64	63.80	56	70	126	179.781
161	BRULE Fanny	FRA	W40	41	59	58.10	50	63	113	179.755
162	DUARTE Sara	POR	W55	55	64	63.00	40	51	91	179.731
163	MOORE-FOX Lucinda	IRL	W65	66	71	69.60	32	44	76	179.598
164	TIPPETT Trish	GBR	W55	58	76	74.17	38	54	92	179.075

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165	SCOTT Dawn	IRL	W40	40	59	56.85	48	64	112	178.425
166	RAUDASKOSKI Marika	FIN	W40	41	64	63.20	52	66	118	177.970
167	JOKIRANTA Titta	FIN	W40	43	87	85.00	57	76	133	177.870
168	TRAYLING Denise	GBR	W50	50	59	57.10	38	57	95	177.679
169	FORE Helen	GBR	W60	60	76	74.20	34	53	87	177.644
170	TERRISSE Emmanuelle	FRA	W40	43	87	83.80	59	73	132	177.559
171	MEAGHER Anne Marie	IRL	W35	37	71	70.90	60	72	132	177.493
172	BRATTERUD Ingvild	NOR	W45	47	87	83.03	53	70	123	177.003
173	OVERVLIET Mita	NED	W40	44	64	64.00	51	62	113	176.775
174	DIMPRE Sophie	FRA	W45	45	64	62.86	46	64	110	176.553
175	REE Merete	NOR	W40	40	71	70.30	57	69	126	176.550
176	ISOKANGAS Anne	FIN	W40	41	49	47.80	44	52	96	176.032
177	BAKER Holly	GBR	W35	36	81	80.60	64	76	140	174.854
178	TEALE Charlotte (Charley)	GBR	W35	36	81	77.70	57	80	137	173.962
179	MILLS Caitriona	IRL	W40	41	87+	101.15	62	80	142	173.760
180	GLASDAM JENSEN Lis	DEN	W55	55	64	60.75	38	48	86	173.724
181	CHRISTMAS Catherine	GBR	W40	40	71	69.50	55	68	123	173.407
182	GRÖNBERG Minna	FIN	W50	50	59	58.40	42	52	94	173.193
183	AMISANI EMANUELA	ITA	W50	50	76	71.90	44	62	106	172.838
184	FAIRCHILD Alea	BEL	W55	59	76	73.17	38	48	86	172.686
185	TERRY Louise	GBR	W45	48	64	63.80	45	58	103	172.552
186	GUDMUND Pernille	DEN	W50	51	81	79.50	43	65	108	171.394
187	MORVAN Maureen	FRA	W35	36	71	66.35	56	68	124	170.869
188	DE VAL Victoria	GBR	W45	47	87+	119.19	56	76	132	170.686
189	WOODASON Suzanne	GBR	W65	67	71	68.45	31	39	70	170.337
190	KUZY Neta	ISR	W35	38	87	86.50	60	77	137	170.149
191	BARDAIEVA Eva	UKR	W40	44	71	69.15	45	68	113	169.150
192	KYRIAKIDOU Charikleia	GRE	W40	41	64	62.35	45	66	111	168.799
193	MUIRDEN Jill	GBR	W50	50	81	77.60	47	60	107	168.056
194	LAUMANN Lisa	NOR	W35	35	64	62.25	55	63	118	167.002
195	KOSZOWSKA Urszula	POL	W55	59	59	57.50	30	42	72	166.541
196	TEN HAVE Martine	NED	W50	50	64	62.40	42	52	94	166.049
197	RAHIR Kim	GER	W60	60	71	65.50	32	44	76	165.949
198	HYLAND Sonya	IRL	W50	51	81	77.25	40	63	103	165.623
199	KILIAN-SIEGL Barbara	AUT	W35	38	76	74.90	59	66	125	165.399
200	BERNARD Nicole	GBR	W45	46	76	75.71	46	66	112	165.223
201	HARVEY Daphne	GBR	W40	43	71	67.30	51	59	110	164.649
202	WATSON Janine	GBR	W40	44	64	63.00	43	61	104	164.244
203	MCDONOUGH Donna	IRL	W50	53	71	69.95	40	52	92	162.986
204	SAUTEBIN Lydia	SUI	W35	36	87+	97.60	60	80	140	162.777
205	RONYECZ Andrea	HUN	W50	53	49	48.50	29	43	72	162.439

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206	CAMERON Claire	GBR	W65	65	76	73.70	32	40	72	162.046
207	O'SULLIVAN Priscilla	IRL	W55	58	81	77.66	39	46	85	161.838
208	SPENCE Yvonne	GBR	W50	50	64	61.95	46	45	91	161.468
209	EICHHORN Jasmin	GER	W35	38	71	68.60	52	64	116	160.650
210	CHANDLER Zoe	GBR	W50	51	87+	110.80	50	63	113	160.429
211	KEARNEY Kerry	GBR	W35	38	71	67.95	46	68	114	158.712
212	ZAKRZEWSKA Monika	NOR	W45	48	81	79.23	43	63	106	158.509
213	LOHI Arja	FIN	W55	55	71	68.38	37	47	84	158.220
214	HEDDERICH Silke	GER	W50	50	76	72.00	42	55	97	158.050
215	KÄHKÖNEN Anna-Maria	FIN	W40	41	49	47.75	39	47	86	157.827
216	FIDDAMAN Clair	GBR	W45	46	87	86.20	50	63	113	157.498
217	ANDRESEN Ann Frank	DEN	W50	50	76	74.20	43	55	98	157.267
218	SHEIKH-ALI Fatima	GBR	W35	37	71	70.10	52	64	116	156.920
219	HAUGEN Beate	NOR	W35	35	76	74.51	50	72	122	156.303
220	ALDERSON Jaine	GBR	W55	58	71	70.53	34	44	78	155.794
221	LARSEN Lene Dorrit	DEN	W65	68	64	63.55	25	35	60	155.588
222	OORDT Femke Madelon (Lonneke)	NED	W50	52	87+	103.75	46	59	105	155.031
223	GARCIA DOBLARE Encarna	ESP	W50	50	87+	90.45	45	60	105	154.807
224	MURPHY Caroline	IRL	W40	43	76	73.41	45	63	108	154.348
225	DOLMAN Lynn	GBR	W75	75	71	68.40	23	30	53	154.124
226	MICHEL Patricia	GER	W45	48	71	67.67	42	53	95	153.823
227	ROBERTSON Helen	GBR	W40	44	87+	105.75	53	68	121	152.898
228	PEDROLA JISSANE Alison	FRA	W35	35	55	54.30	44	52	96	148.716
229	VAN TWILLERT Hendrika Anna	NED	W40	40	64	61.85	45	53	98	147.823
230	TIWARY Swati	GBR	W40	41	87+	89.50	47	63	110	140.084
231	MCHUGH Nuala	IRL	W35	37	64	63.65	46	52	98	140.027
232	VIDÁNÉ BALOGH Ildikó	HUN	W45	46	87	86.20	45	55	100	139.379
233	FORBES Trisha	GBR	W60	61	71	70.70	27	30	57	122.031
-	MCDONALD Alison	GBR	W70	72	45	44.35	0	0	0	0.000
-	KOCSIS Anita	FRA	W50	51	55	53.25	36	0	0	0.000
-	HAVERS Lizzie	GBR	W40	42	76	75.83	50	0	0	0.000
-	HAYHURST Rebecca	GBR	W40	41	55	54.35	0	0	0	0.000
-	AJISAFE Abiodun (Abi)	GBR	W40	42	71	69.90	0	0	0	0.000
-	BOSMA Ciska	NED	W40	42	87+	116.55	0	0	0	0.000
-	LE Aurelie	FRA	W35	36	55	54.10	58	0	0	0.000
-	DANE Clare	GBR	W35	36	49	48.70	54	0	0	0.000
-	ÁGNES Györfi	HUN	W35	37	59	58.66	50	0	0	0.000
-	SALLOUM Flora	FRA	W35	36	81	80.10	50	0	0	0.000
-	MARTÍNEZ LEBRERO Maria Teresa	ESP	W35	38	64	62.56	0	0	0	0.000