



2025 World Masters Weightlifting Championships

QMasters Ranking / Women / September 4 - 13, 2025

Rank	Athlete	Team	Age Group	Age	Wt. Cat.	Body Weight	Best Snatch	Best C&J	Total	QMasters
1	FUJIMOTO PANIAN Naomi	JPN	W60	61	48	46.46	51	66	117	347.411
2	ARROW Holly	USA	W70	70	69	64.70	46	55	101	302.471
3	HIWATASHI Minako	JPN	W50	54	48	47.40	57	63	120	290.832
4	HUSA RUSSELL Johanna	FIN	W50	53	58	57.75	62	80	142	288.071
5	FARRELL Amy	USA	W50	51	63	60.10	64	82	146	275.789
6	BORAY Anita	CAN	W50	50	53	51.60	58	76	134	273.439
7	PASKIEWICZ Lynn	USA	W65	69	69	67.09	43	51	94	269.633
8	PIJCKE Adela	NED	W60	60	58	56.60	47	62	109	268.844
9	RIGGS Lisa	USA	W60	63	53	51.72	41	53	94	266.835
10	DAVID Janella	CAN	W50	52	48	47.70	51	65	116	265.594
11	CLOUSE Jenny	USA	W50	50	63	61.70	70	75	145	263.870
12	GUTERRES Sandra	USA	W60	63	58	53.95	42	53	95	261.362
13	HAKES Holly	USA	W55	55	86	84.50	62	82	144	261.115
14	HALLDÓRSDÓTTIR Anna Guðrún	ISL	W55	56	86	84.95	60	79	139	258.358
15	HANSCOM Deborah	USA	W55	57	86+	104.75	60	83	143	256.462
16	SHIHO Jaeger	JPN	W50	52	48	47.60	50	61	111	254.664
17	GARBER Kelly	USA	W60	63	63	61.35	45	55	100	254.374
18	FRANKLIN Margaret	USA	W65	66	48	44.40	33	38	71	253.220
19	HALLIGAN Jillian	CAN	W50	50	63	62.80	60	80	140	252.470
20	PICKING Michelle	USA	W55	56	77	72.00	57	71	128	252.212
21	HUEBNER Marianne	USA	W60	61	77	73.80	49	64	113	251.300
22	TRIVIZ Dolores	USA	W65	68	77	74.49	42	51	93	248.660
23	SOUTHARD Marlene	USA	W70	72	69	66.45	34	45	79	245.954
24	CROTEAU Manon	CAN	W60	60	58	57.05	45	55	100	245.430
25	WALKER Kirsten	NZL	W60	60	77	75.55	51	63	114	244.986
26	GALLOWAY Michelle	USA	W60	61	86+	100.00	53	67	120	242.029
27	MACKEN Mary	AUS	W60	64	53	50.92	37	45	82	241.954
28	GERHARD Susan	USA	W55	59	58	57.10	43	58	101	241.353
29	BARBER Patricia	CAN	W60	60	86	82.30	49	66	115	239.891
30	SOULE Sheryl	USA	W60	60	69	67.95	45	62	107	239.886
31	ALNES Rita	NOR	W55	59	77	77.00	52	63	115	239.099
32	RAVENER Christine	USA	W60	64	63	62.11	40	52	92	238.713
33	GUNTHER Susan	USA	W75	76	53	50.65	25	33	58	236.182
34	HENDERSON Lou Ann	USA	W70	72	53	51.55	29	36	65	235.434
35	LARRERE Yolande	FRA	W55	55	53	52.30	48	55	103	235.244
36	YONEKURA Emi	JPN	W60	64	53	51.26	35	45	80	234.790
37	ZIRKLE Molly	CAN	W55	58	58	56.55	46	54	100	234.183
38	DAHLMAN Kathryn	USA	W60	61	86	84.20	49	61	110	233.641
39	DACKS Rachel	USA	W50	53	58	57.00	49	65	114	233.121
40	AKASAKA Carol	CAN	W50	54	63	60.80	49	66	115	232.469



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41	BARAK Yael	CAN	W50	52	53	51.90	47	62	109	231.980
42	KASSINGER Carmen	USA	W55	59	58	56.20	43	53	96	231.706
43	SIDERS Rebecca	USA	W50	51	58	53.10	49	64	113	230.925
44	BEAUMONT Julie	CAN	W50	54	58	57.25	50	60	110	230.185
45	CADOGAN Ramona	USA	W55	55	77	74.00	53	68	121	229.754
46	TONUS Fern	CAN	W65	67	53	52.10	32	41	73	229.668
47	WEILL Alexandra	USA	W55	57	53	52.10	41	54	95	229.406
48	LENDIS Melanie	USA	W50	53	58	57.00	48	64	112	229.031
49	HARLOW Katherine	USA	W55	56	77	75.70	49	69	118	228.117
50	MATSUNAGA Valerie	USA	W65	68	53	52.60	30	41	71	227.925
51	SMITH Dolores	USA	W65	67	63	60.80	32	48	80	227.915
52	LANTHIER Cybèle	CAN	W55	58	58	56.90	40	57	97	226.281
53	WALLER Danielle	AUS	W60	60	86+	99.30	54	60	114	224.592
54	BROWN Philomena	IRL	W65	66	58	57.40	35	43	78	223.400
55	STOJEK Akiko	USA	W60	60	48	47.06	33	45	78	222.831
56	THURSTON Marni	USA	W55	57	86	83.70	52	64	116	222.428
57	CHAMBERLIN Gwen	USA	W60	62	77	73.90	42	55	97	221.281
58	MCLARNON Maureen	IRL	W55	56	63	62.10	45	60	105	221.145
59	SCOTT Loretta	USA	W55	55	77	76.70	50	68	118	221.112
60	MUNOZ Sonia	CHI	W60	61	69	66.20	40	55	95	221.037
61	CUNNINGHAM Lyndsay	NZL	W65	68	63	60.70	33	42	75	219.801
62	RUELAS Shari	USA	W55	57	63	62.80	45	57	102	219.311
63	CLODYNE Yu Hing	FRA	W50	53	53	52.30	45	56	101	219.096
64	CARCAS Ivette	USA	W55	55	58	57.25	44	58	102	219.015
65	PETERS Donna	USA	W60	63	63	61.41	37	49	86	218.648
66	GARTENBERG Terri	USA	W55	57	48	46.80	35	47	82	217.742
67	HARRIS Tracy	USA	W55	55	86+	95.85	56	68	124	216.388
68	ROBSON Frances	CAN	W65	66	58	56.90	35	40	75	215.968
69	FERGUSON Renee	USA	W65	67	48	47.40	28	35	63	215.188
70	DIFELICE Beth	USA	W55	59	53	52.80	37	48	85	214.169
71	QUILTY Maureen	CAN	W55	59	58	57.80	38	52	90	213.478
72	RASOR Kelly	USA	W60	61	69	65.35	39	52	91	212.996
73	LOY Diana	AUS	W60	60	63	58.79	34	54	88	212.133
74	REESMAN Linda	USA	W75	75	63	60.20	26	34	60	211.728
75	ABELSON Debra	USA	W65	68	69	67.59	34	42	76	211.373
76	HANSCOM Karena	USA	W55	55	86+	101.30	55	68	123	211.250
77	CASTRO Margrette	USA	W50	53	53	52.20	42	55	97	210.726
78	DONALDSON Kelly	CAN	W55	57	86	84.80	48	62	110	210.039
79	OH Stella	CAN	W55	56	53	52.25	39	50	89	208.863
80	BELSITO Ljuca	USA	W65	68	86	82.85	31	50	81	208.668



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81	KING Karen	USA	W70	71	77	74.85	30	42	72	208.201
82	COUGHLIN Crista	CAN	W55	56	86+	105.45	54	65	119	207.472
83	NAJM Catherine	FRA	W55	58	63	61.55	38	55	93	207.427
84	HUMAN Christine	AUS	W65	66	58	56.90	30	42	72	207.329
85	TIDLER Diana	USA	W50	54	63	58.20	46	53	99	205.123
86	SØFTELAND Line	NOR	W55	55	63	62.45	44	56	100	204.532
87	HOPKINS Denise	USA	W50	53	58	55.10	45	52	97	202.736
88	GELMAN Janet	USA	W70	70	58	54.40	27	34	61	201.747
89	EVANS Suzanne	USA	W55	59	58	56.15	36	47	83	200.443
90	TIPPETT Trish	GBR	W60	60	69	67.70	35	54	89	199.853
91	BLACKHURST Alison	CAN	W55	59	53	51.80	34	44	78	199.407
92	VAZQUEZ Brenda	PUR	W50	50	58	57.25	46	59	105	199.349
93	MOORE FOX Lucinda	IRL	W65	68	77	76.05	33	42	75	199.002
94	MURAD Lynette	GBR	W50	50	63	60.50	47	61	108	198.607
95	BROOKS Pamela	USA	W55	58	86+	96.80	44	60	104	195.866
96	MAU Mary Sharon	USA	W70	71	77	70.95	28	38	66	194.855
97	GIOVINAZZI Janine	USA	W60	62	86	78.50	37	50	87	194.156
98	QUINN Judy	CAN	W75	77	69	67.95	25	30	55	193.208
99	MCDONNELL Sharon	USA	W60	61	69	68.15	37	47	84	192.938
100	TOMS Tracey	AUS	W55	58	86	84.00	43	55	98	192.701
101	BECKER Nancy	USA	W65	66	69	67.34	31	42	73	192.465
102	TREVINO Brenda	USA	W50	50	53	52.50	43	52	95	191.295
103	WRIGHT Debi	USA	W65	68	86	83.88	31	43	74	189.870
104	FERNANDEZ Nancy	USA	W55	58	77	76.00	39	53	92	187.206
105	TANG Erin	CAN	W50	51	58	56.25	40	55	95	186.643
106	PELTONEN Sari	FIN	W55	55	69	68.10	41	54	95	186.556
107	STILL Laura	USA	W65	69	58	56.00	24	35	59	186.408
108	PENEYRA Heather	USA	W55	58	63	60.60	37	45	82	184.418
109	MYERS Vicki	USA	W55	58	69	67.10	40	46	86	183.978
110	ANDERSON Jennifer	CAN	W60	63	58	57.30	30	39	69	182.471
111	HERRERA Amy	USA	W50	52	58	56.00	40	50	90	181.523
112	PAWLIKIEWICZ PEACOCK Rebecca	GBR	W55	57	53	50.80	33	40	73	179.844
113	QUAN Suzanna	USA	W55	58	53	51.65	32	40	72	179.707
114	STUPKE Monica	USA	W65	67	69	67.71	28	38	66	178.461
115	BARRY Joni	USA	W60	60	77	76.25	37	46	83	177.767
116	BARNABE Maria	USA	W60	60	86	79.90	35	47	82	172.760
117	CAMERON Claire	GBR	W65	67	77	74.46	29	37	66	171.725
118	VINES Lynda	USA	W60	61	53	52.07	27	37	64	171.599
119	HUNNICUTT Karen	USA	W60	63	58	57.50	26	39	65	171.528
120	ALDERSON Jaine	GBR	W60	60	63	60.24	34	38	72	171.196



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121	HUMPHREY Kim Marie	USA	W50	53	63	60.50	35	51	86	169.883
122	RAY Patricia	USA	W65	66	63	61.40	27	34	61	168.160
123	DELANY Kimberlee	USA	W55	57	58	55.65	32	40	72	165.933
124	SCHNELLI Phoebe	CAN	W55	57	77	72.50	35	47	82	165.441
125	CONTENTE Sara	USA	W70	73	69	67.30	23	28	51	161.855
126	MALLOW Eleanor	USA	W60	63	86	79.70	31	39	70	159.471
127	BOURQUE Charlotte	USA	W55	56	77	75.00	36	46	82	159.067
128	SMITH Leandra	USA	W50	50	58	57.55	36	46	82	155.187
129	SALGADO DEMELLO Brendalee	USA	W60	61	53	52.28	24	34	58	155.034
130	HARVEY Heather	CAN	W65	69	63	61.90	22	28	50	149.079
131	SVEINSDÓTTIR Steinunn	ISL	W60	62	86	82.80	28	40	68	149.043
132	YODER Deborah	USA	W75	75	63	61.05	20	21	41	143.585
133	DAVIDSON Marilyn Jean	CAN	W70	72	53	50.75	19	20	39	143.047
134	MINER Alise	USA	W60	62	86	83.00	27	37	64	140.165
135	HANSEN Joyce	USA	W70	74	53	49.65	15	18	33	129.666
-	KINJO Terri	USA	W65	65	53	52.10	0	38	0	0.000
-	PEREZ Susannah	GBR	W60	60	58	56.85	0	54	0	0.000
-	JONSDOTTIR Sigridur	SWE	W55	58	77	75.40	0	65	0	0.000
-	CUI Shuqin	CHN	W50	51	58	57.15	28	0	0	0.000
-	ABDOO Denise	USA	W50	52	63	60.20	0	53	0	0.000