



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	BROWN Katherine	USA	W50	50	69	67.79	71	86	157	273.149
8	PASKIEWICZ Lynn	USA	W65	69	69	67.09	43	51	94	269.633
9	PIJCKE Adela	NED	W60	60	58	56.60	47	62	109	268.844
10	RIGGS Lisa	USA	W60	63	53	51.72	41	53	94	266.835
11	DAVID Janella	CAN	W50	52	48	47.70	51	65	116	265.594
12	CLOUSE Jenny	USA	W50	50	63	61.70	70	75	145	263.870
13	GUTERRES Sandra	USA	W60	63	58	53.95	42	53	95	261.362
14	HAKES Holly	USA	W55	55	86	84.50	62	82	144	261.115
15	NUTTER Kathryn	USA	W45	48	69	67.70	70	85	155	258.388
16	HALLDÓRSDÓTTIR Anna Guðrún	ISL	W55	56	86	84.95	60	79	139	258.358
17	HANSCOM Deborah	USA	W55	57	86+	104.75	60	83	143	256.462
18	LEE Jennifer	USA	W50	52	69	63.18	63	73	136	256.177
19	ODANIEL Heather	USA	W50	53	86	80.50	67	79	146	255.499
20	BARTZ Charity	CAN	W45	47	58	57.10	62	81	143	255.259
21	SHIHO Jaeger	JPN	W50	52	48	47.60	50	61	111	254.664
22	GARBER Kelly	USA	W60	63	63	61.35	45	55	100	254.374
23	FRANKLIN Margaret	USA	W65	66	48	44.40	33	38	71	253.220
24	HALLIGAN Jillian	CAN	W50	50	63	62.80	60	80	140	252.470
25	PICKING Michelle	USA	W55	56	77	72.00	57	71	128	252.212
26	HUEBNER Marianne	USA	W60	61	77	73.80	49	64	113	251.300
27	MOORE Christine	USA	W50	52	69	66.87	62	75	137	251.235
28	MCNAIR Christie	USA	W50	50	69	67.73	64	80	144	250.629
29	BAUER Nikie	USA	W45	45	63	61.65	70	82	152	250.122
30	WALTERS Jessica	USA	W45	46	69	67.80	68	88	156	249.820
31	COSTA Ana	USA	W45	49	48	47.42	50	66	116	249.368
32	TRIVIZ Dolores	USA	W65	68	77	74.49	42	51	93	248.660
33	PLAZIBAT Antonia	USA	W45	45	58	57.60	69	76	145	247.903
34	MCGOWAN Susan	USA	W45	47	69	65.70	67	82	149	246.785
35	SOUTHARD Marlene	USA	W70	72	69	66.45	34	45	79	245.954
36	CROTEAU Manon	CAN	W60	60	58	57.05	45	55	100	245.430
37	WALKER Kirsten	NZL	W60	60	77	75.55	51	63	114	244.986
38	GALLOWAY Michelle	USA	W60	61	86+	100.00	53	67	120	242.029
39	MACKEN Mary	AUS	W60	64	53	50.92	37	45	82	241.954
40	GERHARD Susan	USA	W55	59	58	57.10	43	58	101	241.353



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Rank	Athlete	Team	Age Group	Age	Wt. Cat.	Body Weight	Best Snatch	Best C&J	Total	QMasters
41	WILLIAMS Georgina	GBR	W45	46	53	52.61	54	76	130	240.587
42	NICHOLS Stacy	USA	W50	54	77	71.15	56	72	128	240.524
43	BARBER Patricia	CAN	W60	60	86	82.30	49	66	115	239.891
44	SOULE Sheryl	USA	W60	60	69	67.95	45	62	107	239.886
45	ALNES Rita	NOR	W55	59	77	77.00	52	63	115	239.099
46	VAN VEEN Jessica	NED	W50	50	77	75.10	62	81	143	238.761
47	RAVENER Christine	USA	W60	64	63	62.11	40	52	92	238.713
48	TREADWAY Erica	USA	W45	48	48	47.69	50	64	114	238.621
49	RIVERA RIOS Joan	PUR	W45	46	63	62.48	63	80	143	237.998
50	COX Belinda	CAN	W45	46	53	51.81	55	72	127	237.799
51	MEDINA Dina	USA	W45	49	69	68.20	63	77	140	237.602
52	KNOUREK Melissa	USA	W45	47	63	61.77	64	75	139	237.301
53	LO Baka	USA	W45	45	63	62.80	65	80	145	236.348
54	GUNTHER Susan	USA	W75	76	53	50.65	25	33	58	236.182
55	GONZALEZ LEVIS Alba Cristina	DEN	W45	45	69	67.80	66	84	150	235.866
56	HENDERSON Lou Ann	USA	W70	72	53	51.55	29	36	65	235.434
57	LARRERE Yolande	FRA	W55	55	53	52.30	48	55	103	235.244
58	GREENSLADE Valerie	USA	W45	49	63	62.48	62	71	133	235.190
59	YONEKURA Emi	JPN	W60	64	53	51.26	35	45	80	234.790
60	LORD Karma	AUS	W45	46	58	57.20	61	73	134	234.312
61	ZIRKLE Molly	CAN	W55	58	58	56.55	46	54	100	234.183
62	DAHLMAN Kathryn	USA	W60	61	86	84.20	49	61	110	233.641
63	DACKS Rachel	USA	W50	53	58	57.00	49	65	114	233.121
64	AKASAKA Carol	CAN	W50	54	63	60.80	49	66	115	232.469
65	BARAK Yael	CAN	W50	52	53	51.90	47	62	109	231.980
66	KASSINGER Carmen	USA	W55	59	58	56.20	43	53	96	231.706
67	WALLER Aurora Dawny	CAN	W45	48	53	51.46	50	68	118	231.076
68	SIDERS Rebecca	USA	W50	51	58	53.10	49	64	113	230.925
69	DE LEON Betty	USA	W50	53	86	84.60	56	78	134	230.697
70	BEAUMONT Julie	CAN	W50	54	58	57.25	50	60	110	230.185
71	CADOGAN Ramona	USA	W55	55	77	74.00	53	68	121	229.754
72	TONUS Fern	CAN	W65	67	53	52.10	32	41	73	229.668
73	LLOYD Karen	NZL	W50	51	86	79.30	63	74	137	229.604
74	WEILL Alexandra	USA	W55	57	53	52.10	41	54	95	229.406
75	LENDIS Melanie	USA	W50	53	58	57.00	48	64	112	229.031
76	HARLOW Katherine	USA	W55	56	77	75.70	49	69	118	228.117
77	MATSUNAGA Valerie	USA	W65	68	53	52.60	30	41	71	227.925
78	SMITH Dolores	USA	W65	67	63	60.80	32	48	80	227.915
79	JURADO Audrey	USA	W45	48	58	57.60	58	67	125	226.418
80	LANTHIER Cybèle	CAN	W55	58	58	56.90	40	57	97	226.281



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Rank	Athlete	Team	Age Group	Age	Wt. Cat.	Body Weight	Best Snatch	Best C&J	Total	QMasters
81	WALLER Danielle	AUS	W60	60	86+	99.30	54	60	114	224.592
82	WEIDMAN Angela	USA	W45	49	69	68.40	59	73	132	223.742
83	BROWN Philomena	IRL	W65	66	58	57.40	35	43	78	223.400
84	STOJEK Akiko	USA	W60	60	48	47.06	33	45	78	222.831
85	THURSTON Marni	USA	W55	57	86	83.70	52	64	116	222.428
86	HILL Delores	USA	W50	50	86+	100.77	66	80	146	222.048
87	CHAMBERLIN Gwen	USA	W60	62	77	73.90	42	55	97	221.281
88	MCLARNON Maureen	IRL	W55	56	63	62.10	45	60	105	221.145
89	SCOTT Loretta	USA	W55	55	77	76.70	50	68	118	221.112
90	MUNOZ Sonia	CHI	W60	61	69	66.20	40	55	95	221.037
91	GRIMM Shawna	USA	W45	46	69	67.80	62	76	138	220.995
92	BEARD Anjanette	USA	W50	52	77	75.32	55	71	126	220.172
93	CUNNINGHAM Lyndsay	NZL	W65	68	63	60.70	33	42	75	219.801
94	NANDI Anjali	USA	W45	47	63	61.34	58	70	128	219.325
95	RUELAS Shari	USA	W55	57	63	62.80	45	57	102	219.311
96	A JOHANNISSON Sascha	SWE	W45	45	58	56.70	53	74	127	219.245
97	CLODYNE Yu Hing	FRA	W50	53	53	52.30	45	56	101	219.096
98	CARCAS Ivette	USA	W55	55	58	57.25	44	58	102	219.015
99	GUDMUNDSDOTTIR Erla	ISL	W45	45	69	67.60	63	76	139	218.852
100	PETERS Donna	USA	W60	63	63	61.41	37	49	86	218.648
101	GARTENBERG Terri	USA	W55	57	48	46.80	35	47	82	217.742
102	AYALA NARVAEZ Yesenia	PUR	W45	48	69	67.70	59	71	130	216.713
103	HARRIS Tracy	USA	W55	55	86+	95.85	56	68	124	216.388
104	ALFARO Vanessa	USA	W45	47	63	62.22	60	67	127	216.001
105	ROBSON Frances	CAN	W65	66	58	56.90	35	40	75	215.968
106	FERGUSON Renee	USA	W65	67	48	47.40	28	35	63	215.188
107	GLOCKNER Amy	USA	W50	50	86+	102.13	58	84	142	215.140
108	BRUNO Maria	USA	W45	49	63	62.20	48	73	121	214.462
109	DIFELICE Beth	USA	W55	59	53	52.80	37	48	85	214.169
110	QUILTY Maureen	CAN	W55	59	58	57.80	38	52	90	213.478
111	NICOLAJSEN Sun	DEN	W45	47	63	60.90	52	72	124	213.287
112	RASOR Kelly	USA	W60	61	69	65.35	39	52	91	212.996
113	LOY Diana	AUS	W60	60	63	58.79	34	54	88	212.133
114	REESMAN Linda	USA	W75	75	63	60.20	26	34	60	211.728
115	ABELSON Debra	USA	W65	68	69	67.59	34	42	76	211.373
116	HANSCOM Karena	USA	W55	55	86+	101.30	55	68	123	211.250
117	DONAHUE Jacqueline	USA	W45	45	63	62.52	56	73	129	210.745
118	CASTRO Margrette	USA	W50	53	53	52.20	42	55	97	210.726
119	DONALDSON Kelly	CAN	W55	57	86	84.80	48	62	110	210.039
120	MOGENSEN May	DEN	W50	54	86	83.15	50	68	118	209.616



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121	LYONS Aimee	USA	W45	47	58	57.00	55	62	117	209.075
122	OH Stella	CAN	W55	56	53	52.25	39	50	89	208.863
123	BELSITO Ljuca	USA	W65	68	86	82.85	31	50	81	208.668
124	KING Karen	USA	W70	71	77	74.85	30	42	72	208.201
125	COUGHLIN Crista	CAN	W55	56	86+	105.45	54	65	119	207.472
126	LINDEN Kathleen	USA	W50	53	86	81.40	50	69	119	207.472
127	WARNER Pamela	CAN	W45	46	48	46.71	44	57	101	207.472
128	NAJM Catherine	FRA	W55	58	63	61.55	38	55	93	207.427
129	HUMAN Christine	AUS	W65	66	58	56.90	30	42	72	207.329
130	MACKENZIE Janna	CAN	W45	46	69	65.00	57	70	127	207.311
131	RODRIGUES Maria Ivone	POR	W45	47	58	57.90	52	65	117	207.090
132	TIDLER Diana	USA	W50	54	63	58.20	46	53	99	205.123
133	SØFTELAND Line	NOR	W55	55	63	62.45	44	56	100	204.532
134	CHASSIN Cecilia	FRA	W45	45	63	60.47	58	65	123	204.501
135	HOPKINS Denise	USA	W50	53	58	55.10	45	52	97	202.736
136	BOYE Helena	NOR	W45	46	63	61.05	53	67	120	202.146
137	JONES Nadema	USA	W50	51	86	84.30	55	68	123	201.991
138	MATSUNO Rayna	USA	W45	45	58	56.70	48	69	117	201.982
139	GELMAN Janet	USA	W70	70	58	54.40	27	34	61	201.747
140	HARRISON Stacy	USA	W45	46	63	62.30	54	67	121	201.680
141	LOPEZ Melissa Sunny	USA	W45	47	69	67.80	55	68	123	200.861
142	EVANS Suzanne	USA	W55	59	58	56.15	36	47	83	200.443
143	RADFORD Joëlle	SUI	W50	50	86	80.50	56	67	123	200.384
144	TIPPETT Trish	GBR	W60	60	69	67.70	35	54	89	199.853
145	BLACKHURST Alison	CAN	W55	59	53	51.80	34	44	78	199.407
146	VAZQUEZ Brenda	PUR	W50	50	58	57.25	46	59	105	199.349
147	POETTCKER Denise	CAN	W50	53	77	74.90	48	63	111	199.279
148	MOORE FOX Lucinda	IRL	W65	68	77	76.05	33	42	75	199.002
149	MURAD Lynette	GBR	W50	50	63	60.50	47	61	108	198.607
150	BROOKS Pamela	USA	W55	58	86+	96.80	44	60	104	195.866
151	FITZGERALD Hannah	GBR	W45	47	58	57.40	45	65	110	195.723
152	BAHAR Nicola	GBR	W45	46	69	63.10	50	68	118	195.414
153	MAU Mary Sharon	USA	W70	71	77	70.95	28	38	66	194.855
154	GIOVINAZZI Janine	USA	W60	62	86	78.50	37	50	87	194.156
155	BAIER Michelle	USA	W50	53	86+	102.73	55	64	119	193.347
156	QUINN Judy	CAN	W75	77	69	67.95	25	30	55	193.208
157	MCDONNELL Sharon	USA	W60	61	69	68.15	37	47	84	192.938
158	TOMS Tracey	AUS	W55	58	86	84.00	43	55	98	192.701
159	BECKER Nancy	USA	W65	66	69	67.34	31	42	73	192.465
160	TREVINO Brenda	USA	W50	50	53	52.50	43	52	95	191.295



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161	ANDERSON Wendy	USA	W45	45	63	62.55	50	67	117	191.094
162	EMERY Amy	USA	W50	54	69	67.05	46	53	99	190.765
163	PHILIP Ira	GER	W50	50	69	68.46	50	60	110	190.565
164	WRIGHT Debi	USA	W65	68	86	83.88	31	43	74	189.870
165	KENT Melanie	USA	W50	51	77	72.08	51	58	109	189.210
166	SANTA MARIA Christina	USA	W45	47	53	52.92	43	57	100	187.898
167	FERNANDEZ Nancy	USA	W55	58	77	76.00	39	53	92	187.206
168	TANG Erin	CAN	W50	51	58	56.25	40	55	95	186.643
169	PELTONEN Sari	FIN	W55	55	69	68.10	41	54	95	186.556
170	STILL Laura	USA	W65	69	58	56.00	24	35	59	186.408
171	NGUYEN Lam	USA	W45	48	48	47.83	41	48	89	185.765
172	ARENDSE Daniëlle	NED	W45	45	69	67.70	48	70	118	185.668
173	SCHLENKER Melissa	USA	W50	54	69	66.75	42	54	96	185.355
174	PENEYRA Heather	USA	W55	58	63	60.60	37	45	82	184.418
175	MYERS Vicki	USA	W55	58	69	67.10	40	46	86	183.978
176	REGNÉR Emma	SWE	W45	48	53	51.28	37	56	93	182.627
177	ANDERSON Jennifer	CAN	W60	63	58	57.30	30	39	69	182.471
178	HERRERA Amy	USA	W50	52	58	56.00	40	50	90	181.523
179	RAMOS COSTA Betania	AUS	W45	45	58	57.10	45	60	105	180.475
180	BARLOW Sarah	USA	W45	47	69	68.60	49	62	111	180.348
181	PAWLIKIEWICZ PEACOCK Rebecca	GBR	W55	57	53	50.80	33	40	73	179.844
182	QUAN Suzanna	USA	W55	58	53	51.65	32	40	72	179.707
183	BURROWS Kelly	USA	W45	47	69	68.00	48	62	110	179.402
184	HALFMANN Tabitha	USA	W50	51	77	73.49	49	55	104	179.176
185	STUPKE Monica	USA	W65	67	69	67.71	28	38	66	178.461
186	BARRY Joni	USA	W60	60	77	76.25	37	46	83	177.767
187	STOVEL Gillian	CAN	W45	49	69	68.80	45	60	105	177.533
188	MALAK Hanna	POL	W45	46	63	61.05	48	57	105	176.877
189	DEN BOEF Jolanda	NED	W50	51	69	65.99	43	55	98	176.617
190	BARNABE Maria	USA	W60	60	86	79.90	35	47	82	172.760
191	KINNEY Christy	USA	W45	49	69	67.70	43	58	101	171.963
192	CAMERON Claire	GBR	W65	67	77	74.46	29	37	66	171.725
193	VINES Lynda	USA	W60	61	53	52.07	27	37	64	171.599
194	HUNNICUTT Karen	USA	W60	63	58	57.50	26	39	65	171.528
195	CLANCY Orla	IRL	W45	49	63	62.60	42	55	97	171.362
196	ALDERSON Jaine	GBR	W60	60	63	60.24	34	38	72	171.196
197	HUMPHREY Kim Marie	USA	W50	53	63	60.50	35	51	86	169.883
198	TRUDEL Michelle	CAN	W50	52	86+	105.75	46	62	108	169.746
199	ORAVECZ Krisztina	USA	W45	48	58	57.50	42	51	93	168.632
200	RAY Patricia	USA	W65	66	63	61.40	27	34	61	168.160



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201	ZELLER Edel	IRL	W45	47	63	59.70	41	55	96	166.937
202	DELANY Kimberlee	USA	W55	57	58	55.65	32	40	72	165.933
203	SCHNELLI Phoebe	CAN	W55	57	77	72.50	35	47	82	165.441
204	CONTENTE Sara	USA	W70	73	69	67.30	23	28	51	161.855
205	GOUDY Lynne	IRL	W50	51	77	74.63	41	53	94	161.007
206	MCLARTY Michelle	CAN	W50	54	86+	118.77	43	57	100	159.989
207	MALLOW Eleanor	USA	W60	63	86	79.70	31	39	70	159.471
208	BOURQUE Charlotte	USA	W55	56	77	75.00	36	46	82	159.067
209	BETTINGER Imelda	USA	W50	51	77	72.43	41	49	90	155.931
210	SMITH Leandra	USA	W50	50	58	57.55	36	46	82	155.187
211	SALGADO DEMELLO Brendalee	USA	W60	61	53	52.28	24	34	58	155.034
212	WELSHER Wendy	USA	W50	50	86+	166.30	54	63	117	152.371
213	HARVEY Heather	CAN	W65	69	63	61.90	22	28	50	149.079
214	SVEINSDÓTTIR Steinunn	ISL	W60	62	86	82.80	28	40	68	149.043
215	YODER Deborah	USA	W75	75	63	61.05	20	21	41	143.585
216	DAVIDSON Marilyn Jean	CAN	W70	72	53	50.75	19	20	39	143.047
217	MINER Alise	USA	W60	62	86	83.00	27	37	64	140.165
218	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
-	MILLIGAN Michelle	USA	W50	52	69	65.86	53	0	0	0.000
-	STORCK Lauren	USA	W45	47	53	51.42	57	0	0	0.000
-	BELTRAN PEDRAZA Anna	ESP	W45	45	58	57.80	60	0	0	0.000
-	LAU Tina	CAN	W45	45	58	57.20	46	0	0	0.000
-	RAMALHO Sónia	POR	W45	48	58	57.00	51	0	0	0.000
-	HEPPNER Kate	USA	W45	49	58	57.30	48	0	0	0.000
-	PACCHIAROTTI Marta	ITA	W45	45	58	56.80	0	49	0	0.000
-	DELACHAT Mathilde	FRA	W45	46	63	62.18	0	88	0	0.000