



Mediterranean Masters Weightlifting
International Open Tournament
29 OUT - 01 NOV 2026
WOMEN'S START LIST



Age Group	Body Weight (KG)	Entry Total (KG)	Nation	YOB	Lastname	Firstname	Count
W30	49	105	ESP	1993-05-19	Alcantara	Isabel	1
W30	53	104	PRT	1994-08-16	Melo	Catarina	1
W30	61	170	DZA	1996-01-28	Mebarakou	Amel	1
W30	61	122	CAN	1993-05-19	Piétracupa	Valérie	1
W30	61	120	PRT	1996-08-27	Santos	Bruna	1
W30	61	102	ITA	1992-08-13	Pascucci	Arianna	1
W30	69	174	PRT	1996-10-18	Pontieri	Aline	1
W30	69	160	ITA	1993-05-25	FIORI	Carlota	1
W30	69	131	PRT	1993-06-30	Sousa	Sara	1
W30	69	130	PRT	1994-01-21	Coelho	Eduarda	1
W30	77	177	PRT	1992-11-12	Tavares	Maria Teresa	1
W30	77	140	PAK	1996-03-03	Sohail	Twinkle	1
W30	77	135	PRT	1993-10-11	Rodrigues	Catarina	1
W30	77	125	BRA	1996-03-25	Ribeiro	Dartielly	1
W30	77	124	AUT	1994-12-16	Aschauer	Judith	1
W30	77	107	ESP	1996-12-18	Marnotes	Macarena	1
W30	86	144	GBR	1996-12-29	Blinkhorn	Ella	1
W30	86	175	IRL	1995-04-30	McPolin	Aoife	1
W30	+86		GBR	1996-02-01	Clarke	Amy	1
TOTAL W30							19
W35	49	135	USA	1990-09-09	Villa	Gretchen	1
W35	49	100	PHI	1989-09-01	Aherrera	Angela	1
W35	53	130	GBR	1991-02-08	Rachel	Haslam	1
W35	53	111	ITA	1988-12-11	Paturzo	Simona	1
W35	53	110	PAK	1991-04-12	Sohail	Sybil	1
W35	53	110	ESP	1990-06-09	Calleja	Tania	1
W35	53	85	FRA	1988-08-25	Jissane Pedrola	Alison	1
W35	53		ITA	1991-06-07	Calvo	Eleonora	1
W35	57	160	ITA	1988-04-20	Ceccarelli	Elena	1
W35	57	132	ITA	1991-08-23	Piva	Valentina	1
W35	57	126	AUT	1988-01-19	Habith	Bettina	1
W35	61	148	PRT	1989-09-30	Silva	Soraia	1
W35	61	125	PRT	1988-07-08	Dias	Maria João	1

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W35	61	113	ESP	1990-10-09	Benitez	Tamara	1	
W35	69	200	DZA	1987-12-18	ABiD	Wahiba	1	
W35	69	160	ITA	1989-01-02	Coraggio	Chiara	1	
W35	69	130	PAK	1988-10-25	Zubair	Zara	1	
W35	69	115	FRA	1992-07-01	Di Cacito	Audrey	1	
W35	69	106	PRT	1991-02-02	Teixeira	Sílvia	1	Adaptative
W35	69		ITA	1989-11-01	Mezzullo	Maria Rosaria	1	
W35	69		NLD	1990-02-01	Boon	Cornelia	1	
W35	77	128	PRT	1991-08-07	Vilaça	Diana	1	
W35	77	108	PRT	1988-04-03	Duarte	Thaís	1	
W35	86	145	PAK	1988-05-31	Maqsood	Nadia	1	
W35	86	120	PRT	1988-03-17	Silva	Ana	1	
TOTAL W35							24	
W40	57	137	RUS	1985-07-06	Semenikhina	Alena	1	
W40	57	97	FRA	1986-03-13	Huguiès	Jessica	1	
W40	57		PRT	1986-04-10	Afonso	Ana	1	
W40	61	170	DZA	1983-01-19	Abid	Kahina	1	
W40	61	111	USA	1984-07-06	Suarez	Beatrice	1	
W40	61	90	RUS	1986-07-23	Iurova	Anastasiia	1	
W40	69	145	CZE	1984-06-29	Svecova	Julie	1	
W40	69	137	HRV	1982-11-05	Novsak	Branimira	1	
W40	69	130	POL	1986-05-28	Kur	Dominika	1	
W40	69	123	ITA	1985-01-10	Bradamante	Alice	1	
W40	69	96	BRA	1985-11-22	De Sa	Andressa	1	
W40	69		ESP	1983-02-09	Pérez Megolla	Clara Aida	1	
W40	77	180	KWT	1984-08-03	Alfahad	Abrar	1	
W40	77	110	POL	1982-09-17	Markiewicz	Justyna	1	
W40	77	110	IRL	1984-01-27	Murphy	Maeve	1	
W40	86	162	ITA	1986-04-07	Spina	Valeria	1	
W40	86	150	ITA	1982-08-18	Favero	Rachele	1	
W40	86	127	GBR	1982-11-19	Tiwary	Swati	1	
W40	86	126	CZE	1985-03-24	Lopourova	Regina	1	
W40	86	116	DEU	1984-02-29	Fischer	Melanie	1	
W40	+86	136	IRL	1982-12-08	Mills	Caitriona	1	
W40	+86	130	SAU	1986-04-01	Hamam	Haneen	1	
TOTAL W40							21	
W45	53	95	PRT	1978-03-08	Duarte	Joana	1	
W45	57	145	PRT	1981-10-20	Valverde	Renata	1	
W45	57	120	HUN	1981-02-25	Mohacsi	Marta	1	
W45	57	107	PRT	1979-08-04	Rodrigues	Lara	1	

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W45	57	90	PRT	1978-12-25	Rodrigues	Maria Ivone	1
W45	61	145	FRA	1979-05-14	Delachat	Mathilde	1
W45	69	104	ESP	1981-04-30	Gomez	Maria	1
W45	69	90	PRT	1979-11-26	Vieira	Carla	1
W45	69	80	PRT	1980-05-13	Rosa	Ana	1
W45	77	115	PRT	1980-04-02	Cipriano	Ana	1
W45	77	110	PRT	1979-11-22	Dos Santos	Neuza	1
W45	77	90	FRA	1977-03-26	Shaw	Marie-Pierre	1
W45	86	150	SWE	1979-06-12	Gopo Claesson	Emina	1
W45	86	95	IRL	1980-11-16	Brennan	Oonagh	1
W45	+86	154	POL	1977-09-16	Prei-kowalska	Beata	1
W45	+86	105	NLD	1977-08-20	der Zouwen	Cornelia	1
TOTAL W45							16
W50	49	90	GRC	1975-10-24	Lagou	Eleni	1
W50	61	123	BRA	1974-01-13	Lima	Soraia	1
W50	69	105	DEU	1973-01-04	Hedderich	Silke	1
W50	69	103	FIN	1975-07-08	Jokinen	Tiina	1
W50	69	101	IRL	1976-05-26	Clancy	Orla	1
W50	77	135	PRT	1976-02-21	Mateus	Sónia	1
W50	77	115	PRT	0004-12-29	Luís	Olimpia	1
W50	77	108	BEL	1972-11-05	Bocklant	Nathalie	1
W50	86	110	PRT	1976-09-14	Russo	Zélia	1
W50	86	70	IND	1976-05-25	Kumari	Santosh	1
W50	+86	105	PRT	1974-08-26	Avelās	Mariana	1
TOTAL W50							11
W55	53	68	IRL	1968-09-12	Newman	Julie	1
W55	69	92	PRT	1967-02-15	Vieira	Claudia	1
W55	77	120	SWE	1967-05-30	Jonsdottir	Sigridur	1
W55	86	136	ISL	1969-11-01	Halldórsdóttir	Anna	1
W55	+86	89	GBR	1967-06-08	Crowther	Pippa	1
TOTAL W55							5
W60	61	92	IRL	1963-02-27	Byrne	Gabrielle	1
W60	61	78	PRT	1963-03-03	Freitas	Sonia	1
W60	69	76	ESP	1966-05-11	Gordo	Ana Eloisa	1
W60	69	75	DEU	1963-09-28	Rahir	Kim	1

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W60	69	87	SWE	1963-01-25	Nordgren	Anette	1
W60	77	90	GBR	1963-09-11	Fore	Helen	1
W60	77	77	BEL	1964-06-28	Fairchild	Alea	1
W60	77	70	SGP	1966-08-22	Tan	Lay Sang	1
W60	77	50	IND	1965-04-25	Devi	Sunita	1
TOTAL W60							8
W65	57	75	FIN	1957-05-20	Koivisto-Allonen	Assi	1
W65	61	83	GBR	1959-01-09	Trebillcock	Diane	1
W65	61	79	IRL	1959-10-17	Brown	Philomena	1
W65	69	65	POL	1957-01-31	Sadowska	Anna	1
W65	77	74	GBR	1958-10-03	Cameron	Claire	1
W65	86	82	AUT	1959-06-15	Bohusch	Karin	1
TOTAL W65							6
W70	57	61	FIN	1956-02-18	maijsa	Sankamo	1
TOTAL W70							1
W75	57	60	USA	1949-03-15	Susan	Gunther	1
TOTAL W75							1
TOTAL							112