



ASTERS WEIGHTLIFTING FEDERATION CHAMPIONSHIPS

BANGOR UNIVERSITY, BANGOR, WALES

3rd to 5th MAY 2023.



WOMEN ONLY

START No.	GIVEN NAME	FAMILY NAME	COUNT RY	BIRTH YEAR	AGE GROUP	ANNOUNCED CATEGORY	NEW BODYWEIGHT CATEGORY KG	BODY WEIGHT kg	SNATCH kg			BEST RESULT SNATCH	JERK kg			BEST RESULT JERK	TOTAL	SHMF	PLACE	
									1	2	3		1	2	3					
	Session	2																		
1	Lynn	Dolman	'England'	1948	75	W75	71	71	67.60	21	22	23	23	28	29	30	30	53	155.15	1
2	Claire	Cameron	'Scotland'	1958	65	W65	76	76	73.60	30	31	32	32	39	41	✕42	41	73	164.42	1
4	Beverley	Pattison	'England'	1962	61	W60	55	55	54.50	38	✕40	41	41	52	54	56	56	97	243.89	1
5	Diane Suzai	Trebilcock	'England'	1959	64	W60	59	59	58.90	36	38	40	40	45	47	48	48	88	221.33	1
10	Voula	Karavias	England	1959	64	W60	59	59	58.70	35	37	✕40	37	45	48	✕54	48	85	214.26	2
6	Allison	Crompton	'England'	1962	61	W60	64	64	62.90	40	43	✕45	43	58	✕60	✕60	58	101	231.13	1
7	Trisha	Forbes	'England'	1962	61	W60	71	76	72.90	26	27	28	28	35	37	*	37	65	137.00	2
8	Helen	Fore	'England'	1963	60	W60	76	76	74.60	31	33	✕35	33	52	54	56	56	89	181.28	1
9	Victoria	Man	'England'	1961	62	W60	87	87	85.20	35	37	✕39	37	50	✕52	52	52	89	178.15	1
9	1hr 20m																			
	Session	4																		
1	Jane	Fox	'England'	1966	57	W55	49	49	47.70	35	38	40	40	50	53	56	56	96	242.44	1
													0							
4	Amanda	Craig	'Scotland'	1973	50	W50	45	45	45.00	✕38	38	✕41	38	✕48	48	51	51	89	199.29	1
5	Lynne	Auton	'England'	1971	52	W50	55	55	54.10	43	46	✕48	46	55	58	✕60	58	104	211.14	1
6	Cheryl	Crosbie	'England'	1973	50	W50	55	55	53.50	39	42	✕44	42	51	55	✕57	55	97	189.88	2
7	Tracy	Beddis	'England'	1969	54	W50	55	55	53.50	30	32	✕35	32	40	43	46	46	78	167.51	3



ASTERS WEIGHTLIFTING FEDERATION CHAMPIONSHIPS

BANGOR UNIVERSITY, BANGOR, WALES

3rd to 5th MAY 2023.



WOMEN ONLY

START No.	GIVEN NAME	FAMILY NAME	COUNTRY	BIRTH YEAR	AGE GROUP	ANNOUNCED CATEGORY	NEW BODYWEIGHT CATEGORY KG	BODY WEIGHT kg	SNATCH kg			BEST RESULT SNATCH	JERK kg			BEST RESULT JERK	TOTAL	SHMF	PLACE
									1	2	3		1	2	3				
8	Karen	McAvoy	'N. Ireland	1970	53	W50	59	58.00	44	46	✕48	46	55	✕58	58	58	104	206.20	1
9	Shelley	Vernon	'England'	1970	53	W50	64	62.90	✕50	50	✕53	50	✕62	✕62	62	62	112	210.91	1
10	Justine	Howlett	'England'	1969	54	W50	71	69.80	53	✕57	✕57	53	✕71	71	74	74	127	230.82	1
11	Paola	Rocuzzo	'England'	1973	50	W50	87	86.40	40	43	✕45	43	58	61	✕63	61	104	156.04	1
12	Zoe	Chandler	'England'	1972	51	W50	+87	110.50	48	51	✕56	51	60	66	70	70	121	171.89	1
12	2hrs																		
	Session	6																	
1	Channon	Whitehead	'England'	1976	47	W45	55	55.00	45	48	50	50	55	60	✕63	60	110	199.35	1
2	Rukiye	Vurguncu-Forshav	'England'	1977	46	W45	59	58.60	32	34	✕36	34	38	42	45	45	79	134.88	1
3	Carol	Marshall	'England'	1977	46	W45	64	63.40	55	58	61	61	78	81	83	83	144	233.97	1
4	Clair	Conabeare	'England'	1974	49	W45	71	69.40	45	48	✕51	48	63	✕67	67	67	115	187.23	2
5	Elaine	Sims	'England'	1974	49	W45	71	69.90	59	63	66	66	73	78	82	82	148	240.02	1
8	Nicole	Bernard	'England'	1977	46	W45	76	75.40	43	46	✕49	46	60	✕63	✕64	60	106	156.74	2
9	Marie Pierre	Shaw	'England'	1977	46	W45	76	75.30	48	✕51	✕51	48	63	65	✕69	65	113	167.20	1
10	Clair	Fiddaman	'England'	1977	46	W45	87	85.00	✕49	49	✕51	49	60	✕63	63	63	112	157.04	1



ASTERS WEIGHTLIFTING FEDERATION CHAMPIONSHIPS

BANGOR UNIVERSITY, BANGOR, WALES

3rd to 5th MAY 2023.



WOMEN ONLY

START No.	GIVEN NAME	FAMILY NAME	COUNT RY	BIRTH YEAR	AGE GROUP	ANNOUNCED CATEGORY	NEW BODYWEIGHT CATEGORY KG	BODY WEIGHT kg	SNATCH kg			BEST RESULT SNATCH	JERK kg			BEST RESULT JERK	TOTAL	SHMF	PLACE	
									1	2	3		1	2	3					
11	Vicky	De Val	'England'	1976	47	W45	+87	117.70	54	x56	x57	54	70	75	x78	75	129	167.24	1	
9	1hr 20m																			
	Session	8																		
1	Gemma	Peregrine	'England'	1983	40	W40	55	55	54.00	58	61	64	64	76	79	x82	79	143	236.13	1
2	Natalie	Eyers	'England'	1982	41	W40	55	55	54.80	51	53	55	55	64	67	x70	67	122	202.04	3
10	Rebecca	Hayhurst	England	1982	41	W40	55	55	54.80	x52	52	x55	52	66	69	72	72	124	205.36	2
11	Katy	Smith	England	1981	42	W40	59	59	59.00	60	63	65	65	73	x75	75	75	140	223.74	1
3	Kelly	Vaughan	'England'	1980	43	W40	59	59	57.40	46	48	x50	48	62	64	66	66	114	188.28	2
4	Louise	Summers	'N. Ireland'	1979	44	W40	59	59	59.00	44	x47	x48	44	60	65	x70	65	109	179.43	3
9	Kate	Hodge	'England'	1980	43	W40	64	64	63.50	50	55	60	60	70	74	x78	74	134	207.55	1
12	1hr 50m																			
	Session	10																		
6	Jeanette	Badham	'England'	1980	43	W40	64	71	65.00	50	53	x57	53	70	x73	74	74	127	194.00	2
2	Catherine	Christmas	'England'	1983	40	W40	71	71	70.00	50	52	54	54	62	x65	66	66	120	168.56	3
4	Rachel	Ellison	'England'	1981	42	W40	76	81	79.50	56	58	60	60	76	79	83	83	143	193.96	1



ASTERS WEIGHTLIFTING FEDERATION CHAMPIONSHIPS

BANGOR UNIVERSITY, BANGOR, WALES

3rd to 5th MAY 2023.



WOMEN ONLY

START No.	GIVEN NAME	FAMILY NAME	COUNT RY	BIRTH YEAR	AGE GROUP	ANNOUNCED CATEGORY	NEW	BODY WEIGHT kg	SNATCH kg			BEST RESULT SNATCH	JERK kg			BEST RESULT JERK	TOTAL	SHMF	PLACE	
									1	2	3		1	2	3					
5	Fritha	Fortini	'England'	1982	41	W40	76	81	76.20	52	55	58	58	65	68	x74	68	126	171.82	3
6	Michelle	Portis	'N. Ireland'	1982	41	W40	76	76	74.40	47	50	53	53	69	73	x77	73	126	173.82	2
7	Vicki	Marsh	'England'	1982	41	W40	76	71	69.80	63	x65	x65	63	70	73	x77	73	136	193.89	1
8	Emma	Wilkins	'Scotland'	1979	44	W40	76	76	75.70	66	x68	x68	66	x82	82	x85	82	148	211.55	1
9	Sarah-Anne	Duncan	'Scotland'	1983	40	W40	81	81	78.60	55	58	x60	58	76	79	x82	79	137	181.69	2
10	elizabeth	Williams	'England'	1981	42	W40	87	87	84.70	52	x58	60	60	72	x77	x79	72	132	174.27	1
11	Miriam	Messmer	'England'	1983	40	W40	+87	+87	93.00	57	61	64	64	70	75	80	80	144	178.58	1
10	1hr 30m																			
	Session	11																		
2	Clare	Dane	'England'	1987	36	W35	49	55	50.50	52	54	x56	54	67	x70	x70	67	121	199.94	1
3	Annisa	Blairs	'England'	1988	35	W35	59	59	57.80	50	x54	x54	50	72	75	x79	75	125	185.50	3
13	Sian	Peters		1988	35	W35	59	59	58.50	63	66	68	68	88	92	x96	92	160	235.56	1
6	Helen	Kilgannon	'England'	1985	38	W35	59	59	58.70	55	x58	x60	55	x73	x73	73	73	128	194.77	2
8	Nuala	Mchugh	'England'	1986	37	W35	59	64	63.30	45	48	x49	48	53	x56	56	56	104	149.12	3
4	Sophie	Bradshaw	'England'	1986	37	W35	64	64	62.50	60	x63	63	63	x77	x77	x77	0	63	91.03	0

