



46th European Small Nations & Malta International Open

WEIGHTLIFTING TOURNAMENTS



MALTA

22-23 March 2025

START BOOK



46th European Small Nations
Malta International Open
 MALTA - 22-23 March 2025



TIME TABLE

Sess.	Gender	Category	Athletes	Date	Start	Jury	Refer.	Doctor	Secr.	Chief Marsh.	Tec. Contr.	Time Kip.	Speak.
1	Women	Group D	10	22/03	09:30		1	1	1	1	1	1	
2	Men	Group D	7	22/03	11:30		2	1	1	1	1	1	
3	Women	Group C	11	22/03	15:00		1	1	1	1	1	1	
4	Men	Group C	9	22/03	17:00		2	1	1	1	2	1	
5	Men	Group B	9	23/03	09:30		3	1	1	1	2	1	
6	Women	Group B	11	23/03	11:30		4	1	1	1	3	1	
7	Men	Group A	9	23/03	14:00		4	1	1	1	2	1	
8	Women	Group A	10	23/03	16:00		5	1	1	1	3	1	



46th European Small Nations
Malta International Open
Malta, 22-23 March 2025



TECHNICAL OFFICIALS

REFEREES Group 1

- 1: Phil BROWN - IRL
- 2: Pierrette DEMUTH - LUX
- 3: Árni Rúnar BALDURSSON - ISL

REFEREES Group 2

- 1: Andreas LAKAS - CYP
- 2: Paula MUNOZ - COL
- 3: Darren ROGERS - WAL

REFEREES Group 3

- 1: Andreas LAKAS - CYP
- 2: Rodienne BALZAN - MLT
- 3: Darren ROGERS - WAL

REFEREES Group 4

- 1: Phil BROWN - IRL
- 2: Rodienne BALZAN - MLT
- 3: Árni Rúnar BALDURSSON - ISL

REFEREES Group 5

- 1: Phil BROWN - IRL
- 2: Paula MUNOZ - COL
- 3: Árni Rúnar BALDURSSON - ISL

MARSHALLS Group 1

- 1: Gayle CARUANA - MLT
- 2: Andrea PACE - MLT

TECHNICAL Contr. Group 1

- 1: Matthew CAMILLERI - MLT

TECHNICAL Contr. Group 2

- 1: Pierrette DEMUTH - LUX
- 2: Darren ROGERS - WAL

TECHNICAL Contr. Group 3

- 1: Pierrette DEMUTH - LUX

COMPETITION DOCTORS

- 1: Robert CACHIA - MLT

TIMEKEEPERS

- 1: Dyana ALTENOR - ENG

COMPETITION DOCTORS

- 1: Robert CACHIA - MLT

SECRETARY Group 1

- 1: Jesmond CARUANA - MLT



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COMBINED STATISTICS - OPEN

	Nation	Women	Men	Sum
1	BEL	3		3
2	CYP	3	3	6
3	DEN	4	2	6
4	ENG	6	6	12
5	FAR	3	2	5
6	GER	1		1
7	IRL	3	2	5
8	ISL	3	3	6
9	LUX	2	2	4
10	MLT	3	3	6
11	MON	2	2	4
12	ROU	1	1	2
13	SCO	3	3	6
14	SMR	1	2	3
15	WAL	4	3	7
	Sum	42	34	76

Statistics - OPEN Women

	Nat	45	49	55	59	64	71	76	81	87	+87	Sum
1	BEL					2				1		3
2	CYP			1	1	1						3
3	DEN		1				2				1	4
4	ENG						2	2	1	1		6
5	FAR				1			2				3
6	GER					1						1
7	IRL			1			2					3
8	ISL				1		1	1				3
9	LUX			1		1						2
10	MLT			1			2					3
11	MON						1		1			2
12	ROU								1			1
13	SCO					1	1		1			3
14	SMR						1					1
15	WAL			2			2					4
	SUM		1	6	3	6	14	5	4	2	1	42



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Statistics - OPEN Men

	Nat	55	61	67	73	81	89	96	102	109	+109	Sum
1	CYP			1		1	1					3
2	DEN			1				1				2
3	ENG			1	1		2	1		1		6
4	FAR		1		1							2
5	IRL					1	1					2
6	ISL					1	1		1			3
7	LUX							2				2
8	MLT		1				1	1				3
9	MON					1	1					2
10	ROU				1							1
11	SCO				1	1			1			3
12	SMR					2						2
13	WAL		1			1	1					3
	SUM		3	3	4	8	8	5	2	1		34

START LIST WOMEN Group D

Session no.: 1

Start: 22.03 @ 09:30

Weigh-In: 07:00

N°	Lot	Name	Born	Nation	Cat.	Age	Entry
	375	IOANNOU Zoe	06.08.2010	CYP	64	OPEN	146
	647	SVAVARSDOTTIR Freyja Bjort	10.10.2005	ISL	59	OPEN	145
	430	OUSTOUNER Serife	05.07.1992	CYP	55	OPEN	145
	771	HAYES Maria	19.09.2001	IRL	71	OPEN	140
	503	NOVAK Laura	26.08.2012	IRL	71	OPEN	130
	711	PASCUAL Gladys Kate	04.10.1992	IRL	55	OPEN	125
	20	JUSTINUSSEN Herborg Eydudottir	07.06.2005	FAR	59	OPEN	120
	917	SCHMIDT Alberte Saugmann	02.10.2010	DEN	49	OPEN	116
	932	TERRISSE Emmanuelle	14.11.1980	MON	81	OPEN	115
	861	JOURNEAUX Stephanie	11.07.1984	MON	71	OPEN	110

Center Referee: Pierrette DEMUTH - LUX

Side Referees: Phil BROWN - IRL

Arni Runar BALDURSSON - ISL

Reserve Referee:

Chief Marshal: Gayle CARUANA - MLT

Andrea PACE - MLT

Timekeeper: Dyana ALTENOR - ENG

Technical Controller(s) : Matthew CAMILLERI - MLT

Doctor(s) on duty: Robert CACHIA - MLT

President of jury:

Members of jury:

Speaker:

Secretary: Jesmond CARUANA - MLT



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START LIST MEN Group D

Session no.: 2

Start: 22.03 @ 11:30

Weigh-In: 09:30

N°	Lot	Name	Born	Nation	Cat.	Age	Entry
	970	JENSEN Luka Tiago	08.05.2005	DEN	67	OPEN	206
	40	BINI Michael	29.08.2000	SMR	81	OPEN	205
	60	CAMPS Sebastien	09.03.1976	MON	81	OPEN	205
	28	CUPI Marco	27.01.1999	SMR	81	OPEN	200
	313	PIERROT Robin	20.05.1993	MON	89	OPEN	200
	955	MIFSUD Nathan	11.01.2010	MLT	61	OPEN	190
	971	WAITS Llewellyn	24.10.2008	WAL	61	OPEN	187

Center Referee: Darren ROGERS - WAL

Side Referees: Paula MUNOZ - COL

Andreas LAKAS - CYP

Reserve Referee:

Chief Marshal: Gayle CARUANA - MLT

Andrea PACE - MLT

Timekeeper: Dyana ALTENOR - ENG

Technical Controller(s) : Matthew CAMILLERI - MLT

Doctor(s) on duty: Robert CACHIA - MLT

President of jury:

Members of jury:

Speaker:

Secretary: Jesmond CARUANA - MLT

START LIST WOMEN Group C

Session no.: 3

Start: 22.03 @ 15:00

Weigh-In: 13:00

N°	Lot	Name	Born	Nation	Cat.	Age	Entry
	961	CONNELLY Madaline	01.11.2003	WAL	55	OPEN	173
	277	NIELSEN Emily Lykke	06.09.2007	DEN	71	OPEN	172
	543	GALVAO PEREIRA Andrada	29.08.2008	BEL	64	OPEN	168
	128	CAMILLERI LAGANA Kim	01.04.2008	MLT	55	OPEN	165
	103	PERSSON Jenny	09.07.1991	FAR	76	OPEN	165
	662	STRZYKALA Mara	13.03.1992	LUX	55	OPEN	160
	263	TOFT Mathilde Viermfeldt	04.06.2007	DEN	71	OPEN	160
	697	TRAVERS Isla	04.01.2007	WAL	71	OPEN	160
	535	IOANNOU Dimitra	13.09.1993	CYP	59	OPEN	154
	156	HECTOR Nyarai	10.07.2008	WAL	71	OPEN	154
	469	BARON Emily	06.04.2002	WAL	55	OPEN	149

Center Referee: Arni Runar BALDURSSON - ISL

Side Referees: Pierrette DEMUTH - LUX

Phil BROWN - IRL

Reserve Referee:

Chief Marshal: Gayle CARUANA - MLT

Andrea PACE - MLT

Timekeeper: Dyana ALTENOR - ENG

Technical Controller(s) : Matthew CAMILLERI - MLT

Doctor(s) on duty: Robert CACHIA - MLT

President of jury:

Members of jury:

Speaker:

Secretary: Jesmond CARUANA - MLT

START LIST MEN GroupC

Session no.: 4

Start: 22.03 @ 17:00

Weigh-In: 15:00

N°	Lot	Name	Born	Nation	Cat.	Age	Entry
	558	EINARSSON Kari	23.12.2000	ISL	81	OPEN	255
	680	DAVIES Daniel	01.10.2005	WAL	81	OPEN	250
	64	KEARNEY Jack	15.01.2005	IRL	89	OPEN	250
	870	PELTIER Joris	25.06.1997	LUX	96	OPEN	232
	480	CIHAREAN Razvan Stefan	24.01.2010	ROU	73	OPEN	225
	2	O'DONOVAN Lorcan	10.09.1999	IRL	81	OPEN	225
	220	ANDREASEN PA ³ Hendrikur	29.12.1994	FAR	73	OPEN	219
	530	MORK Niels Aki	07.07.2002	FAR	61	OPEN	219
	460	IOANNOU Alexandros	27.07.2009	CYP	89	OPEN	212

Center Referee: Andreas LAKAS - CYP

Side Referees: Darren ROGERS - WAL

Paula MUNOZ - COL

Reserve Referee:

Chief Marshal: Gayle CARUANA - MLT

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Timekeeper: Dyana ALTENOR - ENG

Technical Controller(s) : Pierrette DEMUTH - LUX

Doctor(s) on duty: Robert CACHIA - MLT

President of jury:

Members of jury:

Speaker:

Secretary: Jesmond CARUANA - MLT

START LIST MEN Group B

Session no.: 5

Start: 23.03 @ 0930

Weigh-In: 07:00

N°	Lot	Name	Born	Nation	Cat.	Age	Entry
	332	WILSON Iain	18.10.1997	SCO	81	OPEN	280
	745	SCHWERIN Johannes Bjorn	14.09.2005	DEN	96	OPEN	280
	694	MINASIDIS Dimitris	29.04.1989	CYP	67	OPEN	271
	521	KARAKATSANIS Alexios	03.09.1999	LUX	96	OPEN	271
	337	SHERGILL Jaswant	14.01.1993	ENG	67	OPEN	270
	805	SVERRISON Bergur	16.12.1994	ISL	89	OPEN	270
	435	CONSTANTINOOU Andreas	29.05.1987	CYP	81	OPEN	265
	676	DUNCAN Corey	03.03.2007	SCO	73	OPEN	263
	3	GODWIN Oliver	08.08.2003	WAL	89	OPEN	260

Center Referee: Darren ROGERS - WAL

Side Referees: Rodienne BALZAN - MLT

Andreas LAKAS - CYP

Reserve Referee:

Chief Marshal: Gayle CARUANA - MLT

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Timekeeper: Dyana ALTENOR - ENG

Technical Controller(s) : Pierrette DEMUTH - LUX

Doctor(s) on duty: Robert CACHIA - MLT

President of jury:

Members of jury:

Speaker:

Secretary: Jesmond CARUANA - MLT

START LIST WOMEN Group B

Session no.: 6

Start: 23.03 @ 11:30

Weigh-In: 09:30

N°	Lot	Name	Born	Nation	Cat.	Age	Entry
	622	THORNTON Tenishia	01.09.2005	MLT	71	OPEN	200
	383	ROSHER Madeline	18.01.2007	SCO	71	OPEN	200
	880	FRIEL Erin	15.12.2004	ENG	71	OPEN	200
	433	BEMROSE Rachel	23.01.2002	ENG	71	OPEN	197
	599	TABONE Roberta	18.11.1994	MLT	71	OPEN	195
	1	PETERSEN Maibrit Reynheim	26.11.1996	FAR	76	OPEN	190
	121	VANDENABEELE Annelien	26.11.2004	BEL	64	OPEN	182
	600	MCLELLAN Beth	01.02.1997	SCO	64	OPEN	180
	525	BASAGLIA Cecilia	24.08.1991	SMR	71	OPEN	180
	656	CISMANESCU Ecaterina Constantin	05.05.2008	ROU	81	OPEN	180
	607	SCHU Muriel	09.11.1995	LUX	64	OPEN	178

Center Referee: Arni Runar BALDURSSON - ISL

Side Referees: Rodienne BALZAN - MLT

Phil BROWN - IRL

Reserve Referee:

Chief Marshal: Gayle CARUANA - MLT

Andrea PACE - MLT

Timekeeper: Dyana ALTENOR - ENG

Technical Controller(s) : Pierrette DEMUTH - LUX

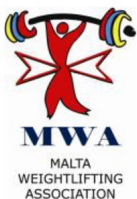
Doctor(s) on duty: Robert CACHIA - MLT

President of jury:

Members of jury:

Speaker:

Secretary: Jesmond CARUANA - MLT



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START LIST MEN Group A

Session no.: 7

Start: 23.03 @ 14:00

Weigh-In: 12:00

N°	Lot	Name	Born	Nation	Cat.	Age	Entry
	950	GRIFFITHS Andrew	20.05.1993	ENG	109	OPEN	350
	212	BESTMAN Steve	23.02.2000	ENG	96	OPEN	325
	855	BURNS Drew	28.11.2003	SCO	102	OPEN	320
	157	SMALE Edward	11.10.1997	ENG	89	OPEN	304
	916	DOIG Angus	21.04.1999	ENG	89	OPEN	300
	731	CHIN Jonathon	28.02.1994	ENG	73	OPEN	295
	833	HLYNSSON Thorbergur Emir	12.04.2005	ISL	102	OPEN	285
	498	BORG Rylee	05.06.2006	MLT	89	OPEN	285
	797	BALDACCHINO Vlad	01.08.1995	MLT	96	OPEN	285

Center Referee: Phil BROWN - IRL

Side Referees: Arni Runar BALDURSSON - ISL

Rodienne BALZAN - MLT

Reserve Referee:

Chief Marshal: Gayle CARUANA - MLT

Andrea PACE - MLT

Timekeeper: Dyana ALTENOR - ENG

Technical Controller(s) : Pierrette DEMUTH - LUX

Doctor(s) on duty: Robert CACHIA - MLT

President of jury:

Members of jury:

Speaker:

Secretary: Jesmond CARUANA - MLT

START LIST WOMEN Group A

Session no.: 8

Start: 23.03 @ 16:00

Weigh-In: 14:00

N°	Lot	Name	Born	Nation	Cat.	Age	Entry
	217	STURLUDOTTIR Eyglo Farndal	25.06.2001	ISL	71	OPEN	230
	334	LAGROU Ilke	27.01.1998	BEL	87	OPEN	225
	137	ALAWODE Deborah	19.09.1997	ENG	87	OPEN	220
	547	MORGAN Funmi	02.01.2001	ENG	81	OPEN	213
	256	STEFANSDOTTIR GudnA½ Bjork	08.08.2001	ISL	76	OPEN	210
	291	RADLEY Georgia	23.10.1996	ENG	76	OPEN	210
	432	PEDERSEN Aurelia Rebekka	30.01.2004	DEN	+87	OPEN	210
	399	CURTIS Heather	07.06.1990	ENG	76	OPEN	206
	746	KUSTERER Sabine	04.09.1991	GER	64	OPEN	205
	941	HERBERT Agata	06.02.1998	SCO	81	OPEN	205

Center Referee: Arni Runar BALDURSSON - ISL

Side Referees: Paula MUNOZ - COL

Phil BROWN - IRL

Reserve Referee:

Chief Marshal: Gayle CARUANA - MLT

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Technical Controller(s) : Pierrette DEMUTH - LUX

Doctor(s) on duty: Robert CACHIA - MLT

President of jury:

Members of jury:

Speaker:

Secretary: Jesmond CARUANA - MLT