



**BRITISH
WEIGHT
LIFTING**

Jeanette Rose

European Champion

2x EEC / EU Champion

World Championship Medallist

Multiple European Medallist



Jeanette Rose was a European Champion who would accumulate 10 continental medals in her career when counting medals won in the snatch and clean & jerk.

Rose won World Championship bronze representing in 1988 with a total of 188kg.

In 1990 Rose clinched silver in the 67.5kg class at the European Championships lifting a total of 177.5kg

She won the competition outright the following year increasing her total to 192.5kg She picked up another silver the following year.

Rose also won two European Communities Championships.