



## Pauline Haughton

**European Champion**

**World Medallist**



**Pauline Haughton was among the early pioneers for women's weightlifting. She was a European Champion and a World Medallist.**

In 1988 Haughton won the European 52kg title in a tiebreak after a tightly contested affair with Spain's Sandra Gomez and Edina Jung of Hungary.

All three lifted 135kg in total, but Haughton came out on top when bodyweight was taken into account.

Two years later she won a silver medal in the same event.

Haughton won bronze across the board at the World Championships later that year in the 52kg category. She snatched 67.5kg and clean & jerked 82.5kg to produce a total of 150kg.