



President
Mohammed JALOOD (IRQ)

General Secretary
José QUIÑONES (PER)

Biography Information

Family Name(s):	Lundahl (née Leppäluoto)
Given Name(s):	Satu KAROLIINA
Year of Birth:	1968
Term:	2025-2029
Educational Qualification:	Master of Education Professional International Weightlifting Coach
Position(s) in the International Federation in the past:	IWF EB 2017-2022 IWF Coaching and Research Committee Deputy Chair 2017-2022 IWF Women's Commission Chair 2020-2022 IWF Women's Commission Member 2013-2017 IWF Working Groups on IWF Constitution 2018-2021 IWF Coach Educator Levels 1 & 2 2019 to present
Position in the National Federation:	President of Finnish Weightlifting Federation Coach Educator
Years of memberships in weightlifting:	36
Sport results:	<u>Weightlifting:</u> OLY 2000 World Champion 1994, 1998 12 medals at Worlds, 1 World Record European Champion (3 times) 19 Medals at Europeans, 9 European Records <u>Track and Field / shotput:</u> OLY 1996





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	European Championships Finalist 1998
Other roles in the sport:	President of Nordic Weightlifting Federation Club President Upplands Väsby, Track and Field
Publications:	<p>IWF Women’s Commission: Safeguard and Protection Policy 2020; Female Focus Webinar Series 2021.</p> <p>IWF Coaching and Research Committee: Webinar Series 2021.</p> <p>“Analysis of Weightlifting and Programming of a Weight Training Regimen” in Coaching Sports at Elite Level (Huippu-urheilualmennus). 2016. www.vk-valmennus.com. Finland.</p> <p>“Strength Training for a Female Weightlifter” in Sports Training for Women and Girls (Naisten ja tyttöjen urheilualmennus). 2012. www.vk-kustannus.com. Finland.</p> <p>Strength Training for Children and Youth. 2010. DVD, Finnish Weightlifting Federation.</p> <p>Strength Training Passport for Beginners. 2011. Finnish Weightlifting Federation.</p> <p>Coaching Course Pathway for Finnish Weightlifting Federation: Weightlifting Instructor 1 (2011), Weightlifting Instructor 2 (2013), Weightlifting Coach 1 & 2 (2017).</p>
Other:	karoliina.iwf@gmail.com

