



NZ RECORDS - MASTERS FEMALE

35-39yrs

As at 30/4/2024

NOTE: Standards are to be exceeded in order to set the Record.

	<u>Weight</u>	<u>Name</u>	<u>YOB</u>	<u>Club</u>	<u>Bwt</u>	<u>Date</u>	<u>Contest</u>	<u>Venue</u>
<u>45kg</u>								
Snatch	42	Standard						
Clean & Jerk	51	Standard						
Total	93	Standard						
<u>49kg</u>								
Snatch	45	Standard						
Clean & Jerk	54	Standard						
Total	99	Standard						
<u>55kg</u>								
Snatch	70	Pip Patterson	1984	FSO	54.30	1/11/19	National Champs	Auckland
Clean & Jerk	82	Pip Patterson	1984	FSO	54.40	25/11/22	National Champs	Mount Maunganui
Total	151	Pip Patterson	1984	FSO	54.30	1/11/19	National Champs	Auckland
<u>59kg</u>								
Snatch	73	Kirsten Palmer	1988	TBC	59.00	12/10/23	National Champs	Hamilton
Clean & Jerk	86	Kirsten Palmer	1988	TBC	59.00	12/10/23	National Champs	Hamilton
Total	159	Kirsten Palmer	1988	TBC	59.00	12/10/23	National Champs	Hamilton
<u>64kg</u>								
Snatch	64	Lisa Tetzlaff	1984	FSO	62.92	2/04/22	Auckland Champs	Auckland
Clean & Jerk	78	Jamie Ogilvy	1983	3OW	62.40	25/11/22	National Champs	Mount Maunganui
Total	141	Jamie Ogilvy	1983	3OW	62.40	25/11/22	National Champs	Mount Maunganui

<u>71kg</u>								
Snatch	82	Monique Baarspul	1989	HBW	64.86	20/02/24	Masters Tri Nation	Auckland
Clean & Jerk	93	Monique Baarspul	1989	HBW	64.86	20/02/24	Masters Tri Nation	Auckland
Total	175	Monique Baarspul	1989	HBW	64.86	20/02/24	Masters Tri Nation	Auckland
<u>76kg</u>								
Snatch	88	Renee Baarspul	1986	HBW	75.50	27/02/22	NZ International	Auckland
Clean & Jerk	107	Renee Baarspul	1986	HBW	75.60	5/06/22	North Island Champs	Hastings
Total	195	Renee Baarspul	1986	HBW	75.60	5/06/22	North Island Champs	Hastings
<u>81kg</u>								
Snatch	93	Renee Baarspul	1986	HBW	80.15	11/09/22	Oceania Masters Champs	Melbourne-AUS
Clean & Jerk	111	Renee Baarspul	1986	HBW	80.15	11/09/22	Oceania Masters Champs	Melbourne-AUS
Total	204	Renee Baarspul	1986	HBW	80.15	11/09/22	Oceania Masters Champs	Melbourne-AUS
<u>87kg</u>								
Snatch	96	Renee Baarspul	1986	HBW	86.52	25/02/24	Oceania Championships	Auckland
Clean & Jerk	113	Renee Baarspul	1986	HBW	86.36	13/10/23	National Champs	Hamilton
Total	207	Renee Baarspul	1986	HBW	86.36	13/10/23	National Champs	Hamilton
<u>87+kg</u>								
Snatch	85	Gloria Tasi	1984	4DW	126.92	7/03/23	Masters World Cup	Auckland
Clean & Jerk	107	Gloria Tasi	1984	4DW	126.92	7/03/23	Masters World Cup	Auckland
Total	192	Gloria Tasi	1984	4DW	126.92	7/03/23	Masters World Cup	Auckland



NZ RECORDS - MASTERS FEMALE

40-44yrs

As at 30/4/2024

NOTE: Standards are to be exceeded in order to set the Record.

	<u>Weight</u>	<u>Name</u>	<u>YOB</u>	<u>Club</u>	<u>Bwt</u>	<u>Date</u>	<u>Contest</u>	<u>Venue</u>
<u>45kg</u>								
Snatch	40	Standard						
Clean & Jerk	48	Standard						
Total	88	Standard						
<u>49kg</u>								
Snatch	42	Standard						
Clean & Jerk	52	Standard						
Total	94	Standard						
<u>55kg</u>								
Snatch	57	Odette Smith	1977	FSO	54.88	14/06/19	Oceania Champs	Gold Coast-AUS
Clean & Jerk	71	Odette Smith	1977	FSO	54.88	14/06/19	Oceania Champs	Gold Coast-AUS
Total	128	Odette Smith	1977	FSO	54.88	14/06/19	Oceania Champs	Gold Coast-AUS
<u>59kg</u>								
Snatch	68	Natasha Cranmer	1976	WWC	58.00	18/05/19	North Island Champs	Auckland
Clean & Jerk	85	Natasha Cranmer	1976	WWC	58.00	21/08/19	World Masters	Montreal-CAN
Total	151	Natasha Cranmer	1976	WWC	57.40	1/12/18	National Masters Champs	Upper Hutt
<u>64kg</u>								
Snatch	65	Lisa Tetzlaff	1984	FSO	63.20	13/01/24	Battle of the Bridge	Auckland
Clean & Jerk	81	Jamie Ogilvy	1983	3OW	62.02	12/10/23	National Champs	Hamilton
Total	144	Jamie Ogilvy	1983	3OW	62.02	12/10/23	National Champs	Hamilton

71kg								
Snatch	72	Renee Maclennan	1981	4DW	67.80	12/10/23	International Diversity	Japan
Clean & Jerk	90	Jasmine Hepi	1983	4DW	69.68	6/03/23	Masters World Cup	Auckland
Total	158	Jasmine Hepi	1983	4DW	69.68	6/03/23	Masters World Cup	Auckland
76kg								
Snatch	62	Aroha Keropa	1983	OWR	74.94	12/10/23	National Champs	Hamilton
Clean & Jerk	81	Melanie Belford	1983	4DW	75.28	6/03/23	Masters World Cup	Auckland
Total	143	Aroha Keropa	1983	OWR	74.94	12/10/23	National Champs	Hamilton
81kg								
Snatch	70	Anna Jackson	1980	4DW	80.18	11/06/23	North Island Champs	Hastings
Clean & Jerk	83	Anna Jackson	1980	4DW	76.76	12/10/23	National Champs	Hamilton
Total	150	Anna Jackson	1980	4DW	80.18	11/06/23	North Island Champs	Hastings
87kg								
Snatch	81	Danica Hampton	1979	4DW	85.85	27/05/23	NSW Champs-AUS	Castle Hill
Clean & Jerk	98	Danica Hampton	1979	4DW	85.85	27/05/23	NSW Champs-AUS	Castle Hill
Total	179	Danica Hampton	1979	4DW	85.85	27/05/23	NSW Champs-AUS	Castle Hill
87+kg								
Snatch	133	Laurel Hubbard	1978	OWL	136.54	29/02/20	AWF Open	Canberra-AUS
Clean & Jerk	154	Laurel Hubbard	1978	OWL	138.15	27/09/19	World Champs	Pattaya-THA
Total	285	Laurel Hubbard	1978	OWL	138.15	27/09/19	World Champs	Pattaya-THA



NZ RECORDS - MASTERS FEMALE

45-49yrs

As at 30/4/2024

NOTE: Standards are to be exceeded in order to set the Record.

	<u>Weight</u>	<u>Name</u>	<u>YOB</u>	<u>Club</u>	<u>Bwt</u>	<u>Date</u>	<u>Contest</u>	<u>Venue</u>
<u>45kg</u>								
Snatch	35	Standard						
Clean & Jerk	43	Standard						
Total	78	Standard						
<u>49kg</u>								
Snatch	38	Standard						
Clean & Jerk	45	Standard						
Total	83	Standard						
<u>55kg</u>								
Snatch	58	Belinda Sidnam	1973	SHQ	52.10	10/09/22	Oceania Masters Champs	Melbourne-AUS
Clean & Jerk	72	Belinda Sidnam	1973	CM	53.80	18/10/20	National Masters Champs	Auckland
Total	129	Belinda Sidnam	1973	CM	53.80	18/10/20	National Masters Champs	Auckland
<u>59kg</u>								
Snatch	57	Odette Smith	1977	FSO	59.00	25/11/22	National Champs	Mount Maunganui
Clean & Jerk	73	Odette Smith	1977	FSO	59.00	25/11/22	National Champs	Mount Maunganui
Total	130	Odette Smith	1977	FSO	59.00	25/11/22	National Champs	Mount Maunganui
<u>64kg</u>								
Snatch	59	Odette Smith	1977	FSO	60.16	10/06/23	North Island Champs	Hastings
Clean & Jerk	76	Odette Smith	1977	FSO	61.05	4/06/22	North Island Champs	Hastings
Total	131	Odette Smith	1977	FSO	61.05	4/06/22	North Island Champs	Hastings

71kg

Snatch	56	Victoria Blair	1972	CSI	70.35	20/08/19	World Masters	Montreal-CAN
Clean & Jerk	74	Karen Ladbrook	1972	CSI	69.70	10/09/22	Oceania Masters Champs	Melbourne-AUS
Total	128	Victoria Blair	1972	CSI	70.35	20/08/19	World Masters	Montreal-CAN

76kg

Snatch	63	Beatrice McFarland	1979	POWC	72.66	4/06/79	Masters Tri Nation	Auckland
Clean & Jerk	75	Beatrice McFarland	1979	POWC	72.66	4/06/79	Masters Tri Nation	Auckland
Total	138	Beatrice McFarland	1979	POWC	72.66	4/06/79	Masters Tri Nation	Auckland

81kg

Snatch	75	Danica Hampton	1979	OVE	76.16	20/02/24	Masters Tri Nation	Auckland
Clean & Jerk	90	Danica Hampton	1979	OVE	76.16	20/02/24	Masters Tri Nation	Auckland
Total	165	Danica Hampton	1979	OVE	76.16	20/02/24	Masters Tri Nation	Auckland

87kg

Snatch	61	Kelly Ihaka-Pitama	1975	POW	86.46	5/03/23	Masters World Cup	Auckland
Clean & Jerk	85	Kelly Ihaka-Pitama	1975	POW	86.46	5/03/23	Masters World Cup	Auckland
Total	146	Kelly Ihaka-Pitama	1975	POW	86.46	5/03/23	Masters World Cup	Auckland

87+kg

Snatch	66	Kelly Ihaka-Pitama	1975	POW	95.74	20/02/24	Masters Tri Nation	Auckland
Clean & Jerk	92	Kelly Ihaka-Pitama	1975	POW	95.74	20/02/24	Masters Tri Nation	Auckland
Total	158	Kelly Ihaka-Pitama	1975	POW	95.74	20/02/24	Masters Tri Nation	Auckland



NZ RECORDS - MASTERS FEMALE

50-54yrs

As at 30/4/2024

NOTE: Standards are to be exceeded in order to set the Record.

	<u>Weight</u>	<u>Name</u>	<u>YOB</u>	<u>Club</u>	<u>Bwt</u>	<u>Date</u>	<u>Contest</u>	<u>Venue</u>
<u>45kg</u>								
Snatch	32	Standard						
Clean & Jerk	39	Standard						
Total	71	Standard						
<u>49kg</u>								
Snatch	45	Sachiko Kawakami	1969	NSOW	48.20	17/10/20	National Masters Champs	Auckland
Clean & Jerk	55	Sachiko Kawakami	1969	NSOW	48.20	17/10/20	National Masters Champs	Auckland
Total	100	Sachiko Kawakami	1969	NSOW	48.20	17/10/20	National Masters Champs	Auckland
<u>55kg</u>								
Snatch	55	Belinda Sidnam	1973	CAM	52.30	29/08/23	World Masters Champs	Wieliczka-POL
Clean & Jerk	71	Belinda Sidnam	1973	CAM	52.30	29/08/23	World Masters Champs	Wieliczka-POL
Total	126	Belinda Sidnam	1973	CAM	52.30	29/08/23	World Masters Champs	Wieliczka-POL
<u>59kg</u>								
Snatch	45	Tracey Kai	1973	4DW	58.40	4/03/23	Masters World Cup	Auckland
Clean & Jerk	62	Tracey Kai	1973	4DW	58.40	4/03/23	Masters World Cup	Auckland
Total	107	Tracey Kai	1973	4DW	58.40	4/03/23	Masters World Cup	Auckland
<u>64kg</u>								
Snatch	57	Paule Poulin	1970	WBC	62.30	25/11/22	National Champs	Mount Maunganui
Clean & Jerk	77	Paule Poulin	1970	WBC	62.90	24/04/22	Lower NI Champs	Lower Hutt
Total	131	Paule Poulin	1970	WBC	62.90	24/04/22	Lower NI Champs	Lower Hutt

71kg

Snatch	56	Paule Poulin	1970	WBC	65.92	10/06/23	North Island Champs	Hastings
Clean & Jerk	79	Paule Poulin	1970	WBC	64.40	11/12/21	Lower NI Champs	Lower Hutt
Total	134	Paule Poulin	1970	WBC	64.40	11/12/21	Lower NI Champs	Lower Hutt

76kg

Snatch	60	Victoria Blair	1972	CSI	73.55	10/09/22	Oceania Masters Champs	Melbourne-AUS
Clean & Jerk	75	Victoria Blair	1972	CSI	73.55	10/09/22	Oceania Masters Champs	Melbourne-AUS
Total	135	Victoria Blair	1972	CSI	73.55	10/09/22	Oceania Masters Champs	Melbourne-AUS

81kg

Snatch	64	Karen Lloyd	1974	FSO	79.00	13/01/24	Battle of the Bridge	Auckland
Clean & Jerk	75	Karen Lloyd	1974	FSO	79.00	13/01/24	Battle of the Bridge	Auckland
Total	139	Karen Lloyd	1974	FSO	79.00	13/01/24	Battle of the Bridge	Auckland

87kg

Snatch	64	Karen Lloyd	1974	FSO	81.68	20/02/24	Masters Tri Nations	Auckland
Clean & Jerk	74	Karen Lloyd	1974	FSO	81.68	20/02/24	Masters Tri Nations	Auckland
Total	138	Karen Lloyd	1974	FSO	81.68	20/02/24	Masters Tri Nations	Auckland

87+kg

Snatch	66	Claire Nahi	1968	POWC	103.40	17/10/20	National Masters Champs	Auckland
Clean & Jerk	71	Claire Nahi	1968	POWC	103.40	17/10/20	National Masters Champs	Auckland
Total	137	Claire Nahi	1968	POWC	103.40	17/10/20	National Masters Champs	Auckland



NZ RECORDS - MASTERS FEMALE

55-59yrs

As at 30/4/2024

NOTE: Standards are to be exceeded in order to set the Record.

	<u>Weight</u>	<u>Name</u>	<u>YOB</u>	<u>Club</u>	<u>Bwt</u>	<u>Date</u>	<u>Contest</u>	<u>Venue</u>
45kg								
Snatch	28	Standard						
Clean & Jerk	34	Standard						
Total	62	Standard						
49kg								
Snatch	30	Standard						
Clean & Jerk	37	Standard						
Total	67	Standard						
55kg								
Snatch	45	Sachiko Kawakami	1969	NSOW	52.76	27/04/24	Auckland Champs	Auckland
Clean & Jerk	59	Laura Mittenthal	1964	FSO	53.74	14/06/19	Oceania Champs	Gold Coast-AUS
Total	99	Sachiko Kawakami	1969	NSOW	54.10	13/01/24	Battle of the Bridge	Auckland
59kg								
Snatch	42	Laura Mittenthal	1964	FSO	56.50	18/05/19	North Island Champs	Auckland
Clean & Jerk	59	Vanessa Lawgun	1969	SHQ	58.44	27/04/24	Auckland Champs	Auckland
Total	101	Vanessa Lawgun	1969	SHQ	58.44	27/04/24	Auckland Champs	Auckland
64kg								
Snatch	42	Debbie Downing	1962	FSO	63.40	1/12/18	National Masters Champs	Upper Hutt
Clean & Jerk	62	Debbie Downing	1962	FSO	63.40	1/12/18	National Masters Champs	Upper Hutt
Total	106	Debbie Downing	1962	FSO	63.40	1/12/18	National Masters Champs	Upper Hutt

<u>71kg</u>									
Snatch	58	Kim Grison	1967	BBW	69.30	14/01/24	International Diversity	Japan	
Clean & Jerk	73	Kim Grison	1967	BBW	69.30	14/01/24	International Diversity	Japan	
Total	131	Kim Grison	1967	BBW	69.30	14/01/24	International Diversity	Japan	
<u>76kg</u>									
Snatch	60	Kim Grison	1967	HOT	71.98	27/04/24	Auckland Champs	Auckland	
Clean & Jerk	73	Kim Grison	1967	HOT	71.98	27/04/24	Auckland Champs	Auckland	
Total	133	Kim Grison	1967	HOT	71.98	27/04/24	Auckland Champs	Auckland	
<u>81kg</u>									
Snatch	53	Kirsten Walker	1965	FSO	79.90	7/02/21	NZ Masters Games	Whanganui	
Clean & Jerk	63	Kirsten Walker	1965	FSO	77.80	5/06/22	North Island Champs	Hastings	
Total	115	Kirsten Walker	1965	FSO	77.80	5/06/22	North Island Champs	Hastings	
<u>87kg</u>									
Snatch	60	Claire Nahi	1968	POW	86.40	3/03/23	Masters World Cup	Auckland	
Clean & Jerk	65	Tania Hodges	1964	Ind	85.70	2/03/19	OWL Open	Dunedin	
Total	120	Claire Nahi	1968	POW	86.40	3/03/23	Masters World Cup	Auckland	
<u>87+kg</u>									
Snatch	61	Claire Nahi	1968	POW	105.80	12/10/23	National Champs	Hamilton	
Clean & Jerk	66	Claire Nahi	1968	POW	105.80	12/10/23	National Champs	Hamilton	
Total	127	Claire Nahi	1968	POW	105.80	12/10/23	National Champs	Hamilton	



NZ RECORDS - MASTERS FEMALE

60-64yrs

As at 30/4/2024

NOTE: Standards are to be exceeded in order to set the Record.

	<u>Weight</u>	<u>Name</u>	<u>YOB</u>	<u>Club</u>	<u>Bwt</u>	<u>Date</u>	<u>Contest</u>	<u>Venue</u>
<u>45kg</u>								
Snatch	25	Standard						
Clean & Jerk	30	Standard						
Total	55	Standard						
<u>49kg</u>								
Snatch	29	Lyndsay Cunningham	1957	RBC	48.45	14/06/19	Oceania Champs	Gold Coast-AUS
Clean & Jerk	36	Lyndsay Cunningham	1957	RBC	48.45	14/06/19	Oceania Champs	Gold Coast-AUS
Total	65	Lyndsay Cunningham	1957	RBC	48.45	14/06/19	Oceania Champs	Gold Coast-AUS
<u>55kg</u>								
Snatch	35	Jennifer Brown	1964	CCW	53.90	23/03/24	Dunedin Champs	Dunedin
Clean & Jerk	54	Jennifer Brown	1964	CCW	53.90	23/03/24	Dunedin Champs	Dunedin
Total	89	Jennifer Brown	1964	CCW	53.90	23/03/24	Dunedin Champs	Dunedin
<u>59kg</u>								
Snatch	31	Standard						
Clean & Jerk	46	Anne Haw	1957	FSO	57.70	6/12/19	National Masters Champs	Christchurch
Total	74	Anne Haw	1957	FSO	56.70	18/05/19	North Island Champs	Auckland
<u>64kg</u>								
Snatch	45	Debbie Downing	1962	FSO	62.50	3/03/23	Masters World Cup	Auckland
Clean & Jerk	61	Debbie Downing	1962	FSO	62.50	3/03/23	Masters World Cup	Auckland
Total	106	Debbie Downing	1962	FSO	62.50	3/03/23	Masters World Cup	Auckland

71kg

Snatch	40	Lesley Procter	1956	OWL	70.70	14/06/19	Oceania Champs	Gold Coast-AUS
Clean & Jerk	50	Lesley Procter	1956	OWL	70.70	14/06/19	Oceania Champs	Gold Coast-AUS
Total	90	Lesley Procter	1956	OWL	70.70	14/06/19	Oceania Champs	Gold Coast-AUS

76kg

Snatch	39	Lyn Mayes	1961	FSO	76.00	7/02/21	NZ Masters Games	Whanganui
Clean & Jerk	49	Lyn Mayes	1961	FSO	74.72	3/03/23	Masters World Cup	Auckland
Total	87	Lyn Mayes	1961	FSO	76.00	7/02/21	NZ Masters Games	Whanganui

81kg

Snatch	41	Lyn Mayes	1961	FSO	77.60	5/06/22	North Island Champs	Hastings
Clean & Jerk	52	Lyn Mayes	1961	FSO	76.50	11/12/21	Upper NI Champs	Auckland
Total	93	Lyn Mayes	1961	FSO	77.60	5/06/22	North Island Champs	Hastings

87kg

Snatch	38	Standard
Clean & Jerk	45	Standard
Total	83	Standard

87+kg

Snatch	40	Standard
Clean & Jerk	48	Standard
Total	88	Standard



NZ RECORDS - MASTERS FEMALE

65-69yrs

As at 30/4/2024

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	<u>Weight</u>	<u>Name</u>	<u>YOB</u>	<u>Club</u>	<u>Bwt</u>	<u>Date</u>	<u>Contest</u>	<u>Venue</u>
<u>45kg</u>								
Snatch	22	Standard						
Clean & Jerk	26	Standard						
Total	48	Standard						
<u>49kg</u>								
Snatch	23	Standard						
Clean & Jerk	29	Standard						
Total	52	Standard						
<u>55kg</u>								
Snatch	25	Standard						
Clean & Jerk	31	Standard						
Total	56	Standard						
<u>59kg</u>								
Snatch	34	Lyndsay Cunningham	1957	RBC	57.40	11/09/22	Oceania Masters Champs	Melbourne-AUS
Clean & Jerk	43	Lyndsay Cunningham	1957	RBC	57.74	10/12/22	World Masters Champs	Orlando-USA
Total	77	Lyndsay Cunningham	1957	RBC	57.74	10/12/22	World Masters Champs	Orlando-USA
<u>64kg</u>								
Snatch	35	Diana Flynn	1958	FSO	61.14	3/03/23	Masters World Cup	Auckland
Clean & Jerk	43	Diana Flynn	1958	FSO	61.14	3/03/23	Masters World Cup	Auckland
Total	78	Diana Flynn	1958	FSO	61.14	3/03/23	Masters World Cup	Auckland

71kg

Snatch	30	Standard
Clean & Jerk	36	Standard
Total	66	Standard

76kg

Snatch	31	Standard
Clean & Jerk	37	Standard
Total	68	Standard

81kg

Snatch	35	Lesley Procter	1956	UWC	76.05	27/11/21	Lower SI Champs	Dunedin
Clean & Jerk	41	Lesley Procter	1956	UWC	76.05	27/11/21	Lower SI Champs	Dunedin
Total	76	Lesley Procter	1956	UWC	76.05	27/11/21	Lower SI Champs	Dunedin

87kg

Snatch	33	Standard
Clean & Jerk	39	Standard
Total	72	Standard

87+kg

Snatch	34	Standard
Clean & Jerk	42	Standard
Total	76	Standard



NZ RECORDS - MASTERS FEMALE

70+yrs

As at 30/4/2024

NOTE: Standards are to be exceeded in order to set the Record.

	<u>Weight</u>	<u>Name</u>	<u>YOB</u>	<u>Club</u>	<u>Bwt</u>	<u>Date</u>	<u>Contest</u>	<u>Venue</u>
45kg								
Snatch	19	Standard						
Clean & Jerk	23	Standard						
Total	42	Standard						
49kg								
Snatch	20	Standard						
Clean & Jerk	25	Standard						
Total	45	Standard						
55kg								
Snatch	22	Standard						
Clean & Jerk	27	Standard						
Total	49	Standard						
59kg								
Snatch	23	Standard						
Clean & Jerk	28	Standard						
Total	51	Standard						
64kg								
Snatch	24	Standard						
Clean & Jerk	30	Standard						
Total	54	Standard						

71kg

Snatch	26	Standard
Clean & Jerk	31	Standard
Total	57	Standard

76kg

Snatch	27	Standard
Clean & Jerk	32	Standard
Total	59	Standard

81kg

Snatch	28	Standard
Clean & Jerk	33	Standard
Total	61	Standard

87kg

Snatch	31	Te Miria Turnbull	1950	EWL	81.40	17/10/20	National Masters Champs	Auckland
Clean & Jerk	40	Te Miria Turnbull	1950	EWL	81.40	17/10/20	National Masters Champs	Auckland
Total	71	Te Miria Turnbull	1950	EWL	81.40	17/10/20	National Masters Champs	Auckland

87+kg

Snatch	30	Standard
Clean & Jerk	36	Standard
Total	66	Standard