

# UNITED MASTERS WEIGHTLIFTING FEDERATION

## RECORD STANDARDS - WOMEN



### 30-34 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	56	68	124
55kg	60	73	133
60kg	64	78	141
66kg	68	83	150
73kg	72	87	158
81kg	75	92	166
87kg	77	94	171
+87kg	87	105	191

### 35-39 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	52	65	117
55kg	56	69	125
60kg	60	74	133
66kg	63	78	141
73kg	67	83	149
81kg	70	87	156
87kg	72	89	161
+87kg	81	100	180

#### 40-44 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	48	61	109
55kg	52	65	117
60kg	55	69	124
66kg	59	74	132
73kg	62	78	139
81kg	66	82	147
87kg	67	84	151
+87kg	75	94	169

#### 45-49 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	44	57	101
55kg	48	61	109
60kg	51	64	115
66kg	54	68	122
73kg	57	72	129
81kg	60	76	135
87kg	62	79	140
+87kg	69	88	156

#### 50-54 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	40	51	91
55kg	43	55	98
60kg	45	59	104
66kg	48	62	110
73kg	51	65	116
81kg	53	69	122
87kg	55	71	126
+87kg	62	80	141

#### 55-59 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	36	46	81
55kg	39	49	87
60kg	41	52	92
66kg	43	55	97
73kg	46	58	103
81kg	48	61	108
87kg	50	63	111
+87kg	56	70	124

#### 60-64 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	31	41	72
55kg	33	44	77
60kg	35	47	82
66kg	37	50	87
73kg	40	52	92
81kg	41	55	96
87kg	43	56	99
+87kg	48	63	111

#### 65-69 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	28	38	66
55kg	30	40	70
60kg	32	43	75
66kg	34	45	79
73kg	36	48	84
81kg	37	50	88
87kg	38	52	90
+87kg	43	58	101

#### 70-74 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	25	34	59
55kg	26	36	63
60kg	28	39	67
66kg	30	41	71
73kg	32	43	75
81kg	33	46	79
87kg	34	47	81
+87kg	38	53	91

#### 75-79 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	22	30	52
55kg	23	32	55
60kg	25	34	59
66kg	26	36	62
73kg	28	38	66
81kg	29	40	69
87kg	30	41	71
+87kg	33	46	80

## 80+ AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	21	25	44
55kg	21	27	47
60kg	21	29	50
66kg	22	31	53
73kg	23	33	56
81kg	24	34	59
87kg	25	35	61
+87kg	28	40	68