

NWL MASTERS WOMEN'S 45+ WEIGHTLIFTING RECORDS

Records last updated: Aug 12th 2017

CLASS	LIFT	RECORD HOLDER	RECORD	DATE
48kg	SNATCH	Jo McMANUS	53kg	Oct 24, 2015
	CLEAN & JERK	Jo McMANUS	58kg	Oct 24, 2015
	TOTAL	Jo McMANUS	111kg	Oct 24, 2015
53kg	SNATCH	Jo McMANUS	55kg	Mar 15-16, 2014
	CLEAN & JERK	Jo McMANUS	66kg	Dec 17, 2011
	TOTAL	Jo McMANUS	120kg	Mar 15-16, 2014
58kg	SNATCH	Jo McMANUS	44kg	Mar 19, 2011
	CLEAN & JERK	Jo McMANUS	64kg	Mar 19, 2011
	TOTAL	Jo McMANUS	108kg	Mar 19, 2011
63kg	SNATCH	Justine DAVIES-HIRST	57kg	Oct 04, 2014
	CLEAN & JERK	Justine DAVIES-HIRST	70kg	Mar 14-15, 2015
	TOTAL	Justine DAVIES-HIRST	125kg	Oct 04, 2014
69kg	SNATCH	Justine DAVIES-HIRST	57kg	Nov 07, 2015
	CLEAN & JERK	Justine DAVIES-HIRST	71kg	Nov 07, 2015
	TOTAL	Justine DAVIES-HIRST	128kg	Nov 07, 2015
75kg	SNATCH	Justine DAVIS-HIRST	53kg	Oct 06, 2013
	CLEAN & JERK	Justine DAVIS-HIRST	64kg	Oct 06, 2013
	TOTAL	Justine DAVIS-HIRST	117kg	Oct 06, 2013
75+kg	SNATCH	vacant		
	CLEAN & JERK	vacant		
	TOTAL	vacant		
90kg	SNATCH	vacant		
	CLEAN & JERK	vacant		
	TOTAL	vacant		
90+kg	SNATCH	vacant		
	CLEAN & JERK	vacant		
	TOTAL	vacant		