



Nordiska Tyngdlyftningsförbundet

Activity Report
2009 - 2010

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Executive Board

Nordiska Tyngdlyftningsförbundet hereby presents the activity report for the period September 21th 2009 - November 5th 2010

The Executive Board of the NTF consisted of:

President Benny Johansson, SWE
Vice President Per Mattingsdal, NOR

General Secretary Håkan Johanson, SWE

Members The current presidents of the national Nordic weightlifting federations.

By 1st of October 2010:

Denmark Lars Lynghøj
Finland Esa Lomma
Island Armann Dan Arnason
Norway Tryggve Duun
Sweden Magnus Kjellgren

Agenda NTF congress in Spydeberg 05-11-2010

The Congress takes place at Quality Hotel Mastemyr at 1900, Friday 5th

1. Opening of the Congress

Election of secretary for this Congress

2. Approval of the agenda

3. Adjustment of the protocol (minutes) from Landskrona (Oct 2010)

4. Confirmation of the NTF Activity Report 2009-2010, including financial report and auditor's report

5. Proposals to the Congress

6. Confirmation of the Nordic Records

7. Nordic Weightlifting Federation Rules: decision

8. Honorary medals

9. Nordic Championships 2011

- ? Senior, U 23 and club team Championships: Finland (Sept 2011)
- ? Youth, junior Championships: Norway (Stavanger, end of Oct.)

10. Nordic Championships 2010 (Spydeberg)

- ? Statement of the Organizing Committee
- ? Confirmation of the starting list
- ? Ev examination of referees
- ? Appointment of jury members, referees and technical controllers

11. Any other business

12. The president is closing the Congress

Benny Johansson
President NTF

Håkan Johanson
General Secretary NTF

Financial Report

26.09.2009 - 30.09.2010

09.26-12.31.2009

BF **90 370,56**

Reciept

Sales sportswear -100,00

Total receipt -100,00

Costs

Travelling costs -11 314,47

Medals -4 596,00

Various costs -3 278,00

Total costs -19 188,47

Exchange revenue **0,00**

CF **71 082,09**

No debts, affiliation fee 2009 payed by all federation.

2010

BF **71 082,09**

Reciept

Affiliation fee 2010 29 100,00

29 100,00

Costs

Various costs -1 286,00

Total costs -1 286,00

Exchange revenue **136,18**

CF **99 032,27**

Debts: Affiliation fee from Iceland 2010.

Minute of the congress, Förde September 25th 2009

Congress delegates

Denmark Anders Bendix Nielsen, Finn Jensen

Finland Pekka Niemi

Norway Per Mattingsdal, vice President NTF, Tryggve Duun, Arne Grostad, Torstein Gjervan, Gunnar Reiakvam, Trond Kvilhaug, Ole Jakob Aas

Sweden Benny Johansson, President NTF, Håkan Johanson, General Secretary NTF, Ulf Stillman, Elisabeth Hagman

6 1 Opening of the congress, election of secretary for this congress

The congress delegates were welcomed by the NTF President, Benny Johansson, who declared the congress for opened.

Håkan Johanson was elected as secretary.

2 Approval of the agenda

The agenda was approved with three additional paragraph by Benny Johansson,

§ 12.4: The 70 year anniversary of NTF

§ 12.5: Nordic records U 23

§ 12.6: NTF medals

3 Adjustment of protocol(notes) from Pori (November 2008)

The minutes was approved.

4 Confirmation of the NTF Activity Report 2007 – 2009, including financial report and auditor's report

The meeting confirmed that the NTF:s 2nd Degree Honorary Medals has been awarded to Matti Everi, Finland (no 106) and Ylermo Luttinen, Finland (no 107) during the 75 year anniversary jubilee competition Baltic Championships at Pori 27th of June 2009.

Elite Pin no 120 has been awarded to Ruth Kasirye, Norway.

Benny Johansson gave a brief of the NTF financial situation.

The Activity Report 2008 – 2009 was approved.

5 Proposals to the congress

No proposals has come to the presidium.

6 Confirmation of the Nordic records

Discussion of Heidi Kanervisto, Finland, her name has been changed since her records were produced. Tryggve Duun explained that it is of historic interest to keep the name when she made the records.

The record list of men 85 kg category clean & jerk was corrected according to Pekka Niemi by following:

186 kg, Antti-Roiko Miika, Finland, 23.5.2009, Kalajoki.

The record lists were approved.

Trond Kvilhaug gave a report on the work of the record lists. He recommended the Nordic federations to use the record sheet.

Trond Kvilhaug was giving a special thanks for his work from the delegates.

7 NTF:s rules

It was decided that Benny Johansson, Per Mattingsdal and Håkan Johanson should put a proposal of new NTF-rules before the end of 2009 to present to the Nordic Federations.

8 Elections

Benny Johansson was elected as NTF President for two years.
Per Mattingsdal was elected as NTF vice President for two years.
Håkan Johanson was elected as General Secretary for two years.

NTF:s executive board:

Denmark	Lars Lynghøj
Finland	Esa Lomma
Iceland	Torgeir Ragnarsson
Norway	Tryggve Duun
Sweden	Magnus Kjellgren

9 Honorary Medals

Sweden might make proposals later this year (100 anniversary of swedish weightlifting).
No proposals were made.

10 Nordic Championships 2010

Nordic Youth/Junior Championships in Sweden. New date because of the European Championships Juniors. 20-21 of november is suggested. Final decision at Youth/Junior Championships at Hillerød.

Nordic Championships senior in Finland. Preliminary dates 16-17 of October.

Nordic Championships Masters. Decision at Hillerød which federation to organize the competition.

The celebration of NTF 70 year at the youth/junior Nordic Championships.

11 Nordic Championships 2009 (Förde/Naustdal)

The local organizer of the Nordic Championships senior 2009, Gunnar Reiakvam, gave a brief of the the championships. A competition schedule were distributed among the delegates.

Benny Johansson went through the starting list. Two changes were made:

Camilla Carlsen, Norway, moved to the U-23 championships.

Mikko Kuusisto, Finland moved up to category 77 kg.

With this two changes the starting list was confirmed.

There were no referee examination to do.

A referee list was presented. A couple of changes were made.

12 Any other business

- 12.1 Travel cost: The travel cost to Förde was very expensive according to Anders B Nielsen. In order to get more participants the organizing federation should think about the location of the championships to minimize the cost.
- 12.2 Age limit: Benny Johansson informed the delegates of the age limit of 13 year to participate at an international competition, according to the IWF rules.
- 12.3 John Mörch: The Nordic Weightlifting Federations expressed their gratitude to the former President of the Danish WF, John Mörch.
- 12.4 The 70 year anniversary of NTF: A historic book, which the federations has to contribute with facts, photos and a sum of money.. Proposal of the contents and sum of money at Hillerød. The historic book will be in English.
- 12.5 U-23 records: Several proposals from Pekka Niemi, Anders B Nielsen and Tryggve Duun. Final decision at Hillerød.
- 12.6 Championships medals: Benny Johansson informed the delegates that NTF is running short of gouldmedals.

13 The President is closing the congress

The NTF President thanked the delegates for a smooth running congress and closed it.

Benny Johansson
President Nordiska TF

Håkan Johanson
General Secretary Nordiska TF

Minute of the technical meeting, Landskrona October 8th 2010

Congress delegates

- Denmark** Anders Bendix Nielsen, Erling Langtved, Tina Beiter
- Finland** Pekka Niemi, Heikki Rautapuro, Hanna Keränen, Esa Lomma, President FWF
- Norway** Per Mattingsdal, vice President NTF, Sigvald K Monsen, Rune Rasmussen, Arne Grostad
- Sweden** Benny Johansson, President NTF, Håkan Johanson, General Secretary NTF, Krister Kjellander, Kjell-Åke Johansson, Eva Helgesson, Rolf Ullman, Emma Sjölin, Emil Rinse, Patrik Helgesson

1 Opening of the congress, election of secretary for this congress

The congress delegates were welcomed by the NTF President, Benny Johansson, who declared the congress for opened.

Håkan Johanson was elected as secretary.

2 Approval of the agenda

The agenda was approved.

3 Adjustment of protocol (notes) from Hilleröd (October 2009)

Item 6 (Nordic Championships): Correct date for the Nordic Championships Youth/Junior Landskrona shall be October 8-10.

Anders Bendix Nielsen informed the meeting about the death of Finn Jensen. The minutes was approved.

4 Confirmation of the Nordic records (including U23)

The record list of Youth are to be completed by the Finnish WF.

Anders Bendix Nielsen proposed that the records U23 women should be the same as women senior. The meeting approved. It will start 2011.

5 Proposals (from Norway) to the Draft of Rules for the Nordic WF (attached)

The Norwegian WF proposed new classify of the Nordic Championships women Youth, Junior U23 and Senior. The proposal was approved and from 2011 are the four categories are the following:

Youth

- a) 44 kg, 48 kg, 53 kg
- b) 58 kg, 63 kg,
- c) 69 kg, + 69 kg

Junior

- a) 48 kg, 53 kg, 58 kg
- b) 63 kg, 69 kg
- c) 75 kg, + 75 kg

Senior

- a) 48 kg, 53 kg, 58 kg
- b) 63 kg, 69 kg
- c) 75 kg, + 75 kg

6 NTF Honorary Medals: proposals

The President asked the meeting if there were any proposals. No one had any proposals. Then The president propose that Esa Lomma was honoured with NTF Honorary Medals first degree. The meeting approved and the medal will be given to Esa Lomma at the next Nordic Championships in Spydeberg. November 2010.

7 Nordic Championships 2011

- a) Nordic Championships seniors, U23 and Team Championships will be organized by the Finnish WF preliminary in September 2011.
- b) Nordic Championships youth/juniors will be organized by the Norwegian WF in Stavanger the last weekend of October 2011.

Anders Bendix Nielsen comment that the order of the championships has been changed, but it was accepted.

8 The 70 years Anniversary of NTF 2010

The General Secretary has earlier sent to and asked for historical statistics and text from the respectively federations. It shall cover the years 1940 - 2010. It must be hand over to the General Secretary before end of March and the book shall be ready May/June 2011.

An exclusive medal will be delivered at the banquet. Each federation will also get a number of medals to take home and deliver to merited leaders.

9 Nordic Youth- and Junior Championships 2010 (Landskrona)

- a) Statement of the Organizing Committee

Weigh in will take place at the hotel. There is no sauna at the hotel, bus will take athletes to the sport hall for sauna.

Finland are going by their own bus to the competition. Denmark also offer to take participants in their bus.

Lunch is served 12.30 - 14.00 in the VIP room of Landskrona BoIS.

Ceremonies: Three athletes from each participating federation.

First presentation will start 10.45 Saturday and Sunday.

Opening ceremony at 10.55.

Competition start at 11.00.

10 minutes break between snatch and jerk.

Presentation of the next group after the last C&J, then priceceremony.

Four warming up platform is enough.
- b) Confirmation of starting list

The starting list was settled after a few corrections. The competition was divided in seven groups on Saturday and four groups on Sunday:

Saturday

Group 1 Girls 44-58 kg

Group 2 Girls 63- +69 kg
Group 3 Boys 56-62 kg
Group 4 Boys 69-77 kg
Group 5 Boys 85-94 kg
Group 6 Women 48-58 kg
Group 7 Women 63-+75 kg
Sunday
Group 1 Men 56-69 kg
Group 2 Men 77-85 kg
Group 3 Men 94 kg
Group 4 Men 105-+105 kg

- c) Examination of referees
Tina Beiter, DEN, will be examined at Saturday to Category 1.
Steinar Kvame, NOR will be examined at Sunday to Category 2.
- d) Appointment of jury members, technical controllers, referees and other technical officials.
Jury: Benny Johansson, SWE, President of jury
Per Mattingsdal, NOR
Esa Lomma, FIN
Benny Johansson and Per Mattingsdal will produce a referee list.

10 Any other business

The competition requires that each federation participate with a minimum of one referee, otherwise it will be a problem to organize the championships in a correct way.
Each federation pays accommodation fees for the participating referees.

11 Closing the technical meeting

The NTF President thanked the delegates for a smooth running congress and closed it.

Benny Johansson
President Nordic WF

Håkan Johanson
General Secretary Nordic WF

NTF:s 1st Degree Honorary Medal

1		Bruno Nyberg, FIN
2		Holger Winqvist, SWE
3	1985.04.19	Jørgen Moritzen, DEN
4	1985.04.19	Curt-Eric Hermansson, SWE
5	1988.10.15	Yngve Frölander, SWE
6	1997.09.19	Per Marstad, NOR
7	200.04.23	Inge Johansson, SWE
8	2004.10.29	Tryggve Duun

NTF:s 2nd Degree Honorary Medal

1	1947.02.14	Oscar Björklund, SWE
2	1947.02.14	Holger Winqvist, SWE
3	1947.02.14	Bruno Nyberg, FIN
4	1947.03.19	Herbert Sander, DEN
5	1950.03.01	Knud Jensen, DEN
6	1950.05.12	Jules Rosset, FRA
7	1950.05.12	Eugéne Gouleau, FRA
8	1951.07.02	Einar Råberg, SWE
9	1951.05.08	Urho Kekkonen, FIN
10	1955.11.03	Viggo Vogt, DEN
11	1957.04.27	Johani Vellamo, FIN
12	1957.04.27	Nils Ekborg, SWE
13	1957.09.19	Åke Lundberg, SWE
14	1957.09.19	Arne Fagerberg, SWE
15	1957.10.31	
16	1957.11.15	
17	1959.02.24	Arvid Andersson, SWE
18	1959.02.24	Renhold Pettersson, SWE
19	1959.02.24	Stefan Lindeberg, SWE
20	1959.02.24	Erik Johansson, SWE
21	1959.04.02	Veikko Kinha, FIN
22	1959.04.02	Sulo Pietilä, FIN
23	1959.04.02	Jouko Turunen, FIN
24	1959.04.02	Eero Vuorensola, FIN
25	1961.06.29	Einar Gunnarsson, SWE
26	1961.06.29	Karl-Erik Dahlqvist, SWE
27	1961.06.29	Åke Skoglund, SWE
28	1961.06.29	Lennart Landell, SWE
29	1961.06.29	Jørgen Moritzen, DEN
30	1961.06.29	Willy Petersen, DEN
31	1961.06.29	Alfred Persson, DEN

32	1961.06.29	Lars Luther, DEN
33	1961.06.29	Johan Fr. Kielland, NOR
34	1961.06.29	Karl Sletsjøe, NOR
35	1961.09.13	Harry Söderström, SWE
36	1961.09.13	Pentti, Väänänen, FIN
37	1969.09.13	Keijo Ilander, FIN
38	1969.09.13	Yatu Lund, FIN
39	1961.09.13	Rafael Törrönen, FIN
40	1963.04.19	Kaj Larsen, DEN
41	1963.04.19	Kelevo Lipponen, FIN
42	1964.04.24	Jens Jensen, DEN
43	1964.05.10	Mogens Christensen, DEN
44	1967.05.01	Gunnar Hoff-Leirvik, NOR
45	1967.05.01	Lennart Carlsson, SWE
46	1967.11.05	Eino Mäkinen, FIN
47	1967.11.05	Väinö Kaipainen, FIN
48	1967.11.05	Aksel Haugseth, NOR
49A	1968.11.02	Ingvar Jonasson, SWE
49B	1968.11.02	Erik Hansen, DEN
50	1968.11.02	Folke Garbom, SWE
51	1970.11.07	Valther Johansen, DEN
52	1970.11.07	Carl Brolös, DEN
53	1970.11.07	Ernst Brolös, DEN
54	1970.11.07	Roy Kerol, DEN
55	1970.11.07	Knud Petterssen, DEN
56	1971.11.06	Pekka Kare, FIN
57	1971.11.06	Yngve Frölander, SWE
58	1973.04.09	Poul Michelsen, DEN
59	1973.04.09	Palmer Stangeland, NOR
60	1973.04.09	Oscar Jacobsen, NOR
61	1973.11.03	Bengt Cannerström, SWE
62	1973.11.03	Ragnar Bergström, SWE
63	1974.04.27	Curt-Eric Hermansson, SWE
64	1977.04.23	Nils Prüsse, DEN
65	1978.04.15	Kjell W. Moberg, NOR
66	1979.11.06	Hallvard Schjetne, NOR
67	1980.10.31	Guðmundur Þórarinsson, ISL
68	1980.10.31	Georg Skovby, DEN
69	1980.10.31	Benny Johansson, SWE
70	1981.04.25	Terje Ree, NOR
71	1981.10.31	Vagn Hvolbæk, DEN
72	1981.10.31	Preben Jacobsen, DEN
73	1981.10.31	Sivo Johansson, SWE

74	1981.10.31	Willy Candemyr, SWE
75	1984.11.25	Mauri Ravanto, FIN
76	1984.11.25	Aulis Piilonen, FIN
77	1984.11.25	Bengt Salenius, FIN
78	1984.11.25	Christian Cesch, FIN
79	1985.04.19	Jens Elers, DEN
80	1985.04.19	Kaj Lögager, DEN
81	1985.04.19	Werner Lund, DEN
82	1985.11.02	Per Marstad, NOR
83	1985.11.02	Aage Mölsted, NOR
84	1986.11.01	Kaj Snerling, DEN
85	1987.04.11	Urho Laihanen, FIN
86	1987.10.30	Kalevi Vänska, FIN
87	1989.12.10	Taisto Kuivanen, FIN
88	1990.04.06	Jaakko Kailajärvi, FIN
89	1991.04.20	Per Mattingsdal, NOR
90	1991.04.20	Nils Berglund, NOR
91	1992.10.24	Reijo Vainio, FIN
92	1995.10.24	Bent Viholt, DEN
93	1995.10.24	Ole Ørtoft, DEN
94	1995.12.01	Guðmundur Sigurðsson, ISL
95	1995.12.01	Georg Boström, SWE
96	1995.12.01	Björn Liwendahl, SWE
97	1995.12.01	Inge Johansson, SWE
98	2000.01.26	John Mørch, DEN
99	2001.03.03	Sigurbjörn de Lange, NOR
100	2001.10.03	Esa Lomma, FIN
101	2001.10.03	Tryggve Duun, NOR
102	2002.10.28	Jan Nilsson, SWE
103	2001.10.03	Valbjörn Jönsson, ISL
104	2003.10.03	Matti Kiilunen, FIN
105	2003.10.03	Taisto Kuoppala, FIN
106	2009.06.28	Matti Everi, FIN
107	2009.06.28	Ylermo Luttinen, FIN

Holders of the NTF:s Elite Pin

1	Leif Jensen, NOR
2	Eivind Rekustad, NOR
3	Tore Bjørnsen, NOR
4	Ari Kurko, FIN
5	Arvo Ala-Pönttiö, FIN
6	Paavo Aho, FIN

7	Reijo Hokkanen, FIN
8	Kaarlo Kangasniemi, FIN
9	Juhani Avellan, FIN
10	Jouni Kailajärvi, FIN
11	Jakko Kailajärvi, FIN
12	Aimo Nieminen, FIN
13	Hannu Saarelainen, FIN
14	Kauko Kangasniemi, FIN
15	Taito Haara, FIN
16	Kalevi Lahdenranta, FIN
17	Jouko Leppä, FIN
18	Bo Giliusson, SWE
19	Arne Norrback, SWE
20	Johani Mursu, SWE
21	Hans Bettembourg, SWE
22	Bo Johansson, SWE
23	Ove Johansson, SWE
24	Varny Bærentsen, DEN
25	Enno Mägi, SWE
26	Kenneth Eklöv, SWE
27	Nils-Erik Sollevi, SWE
28	Jan-Olov Nolsjö, SWE
29	Erling Johansen, DEN
30	Gustaf Agnarsson, ISL
31	Guðmundur Sigurðsson, ISL
32	Uolevi Kahelin, FIN
33	Juhaia Salakka, FIN
34	Tapio Kinnunen, FIN
35	Sakiri Seppänen, FIN
36	Viktor Sirkiä, FIN
37	Rolf Larsen, NOR
38	Roland Svensson, SWE
39	Ingvar Asp, SWE
40	Stefan Jakobsson, SWE
41	Lennart Dahlgren, SWE
42	Leif Nilsson, SWE
43	Benny Rahmqvist, SWE
44	Pekka Niemi, FIN
45	Kalevi Höök, FIN
46	Jari Nieminen, FIN
47	Victor Solstrand, NOR
48	Arvo Ojalehto, FIN
49	Gunnar Østby, NOR

50	Stefan Johnson, SWE
51	Staffan Bergqvist, SWE
52	Bertil Sollevi, SWE
53	Mikael Persson, SWE
54	Johnny Helsing, SWE
55	Perti Torikka, SWE
56	Reijo Toivainen, SWE
57	Gunnar Martinsson, SWE
58	Jouni Grönman, FIN
59	Hans Larsson, SWE
60	Øysten Holt, NOR
61	Ylermo Luttinen, FIN
62	Jarmo Nieminen, FIN
63	Tom Söderholm, SWE
64	Lars-Erik Källström, SWE
65	Jari Hirvonen, FIN
66	Henri Høeg, DEN
67	Arto Salmi, FIN
68	Keijo Tahvanainen, FIN
69	Rickard Nilsson, SWE
70	Tuomo Kellokoski, SWE
71	John Christensen, SWE
72	Mats Lindqvist, SWE
73	Jaarli Pirkkiö, FIN
74	Reijo Kiskilä, FIN
75	Tommi Rinne, FIN
76	Petri Kilponen, FIN
77	Anders Lindsjö, SWE
78	Sauli Nurmi, FIN
79	Arto Savonen, FIN
80	Henrik Andersen, DEN
81	Janne Kanerva, FIN
82	not presented
83	Haraldur Ólafsson, ISL
84	Jarkko Welling, FIN
85	Jyrkki Welling, FIN
86	Stian Grimseth, NOR
87	Kari Kinnunen, FIN
88	Pasi Hirttiö, FIN
89	Bijan Rezaei, SWE
90	Anders Bergström, SWE
91	Björn Larsson, SWE
92	André Aldenhov, SWE

93	Tomas Östlund, SWE
94	Per Söderlind, SWE
95	Jan Norrmén, SWE
96	? FIN
97	? FIN
98	? FIN
99	? FIN
100	? FIN
101	Katarina Sederholm, NOR
102	Petri Kantola, FIN
103	Mika Liukkonen, FIN
104	Marko Martinsson, FIN
105	Mika Vihelä, FIN
106	Markku Nykänen, FIN
107	Mika Reijonen, FIN
108	Benjamin Pirkkiö, FIN
109	Ali Oksala, FIN
110	Perti Hynni, FIN
111	Toni Puurunen, FIN
112	Karolina Lundahl, FIN
113	not presented
114	Armenak Takmazjan, DEN
115	Miikka Huhtala, FIN
116	Heidi Kanervisto, FIN
117	Hanna Keränen, FIN
118	Jim Gyllenhammar, SWE
119	Lars Andersson, SWE
120	Ruth Kasirye, NOR

Result Nordic Championships Senior Men 2009

2009 Naustdal 27 September

77 kg	1	Nyström, Johan	FIN	76,70	130	167	297
	2	Kuusisto, Mikko	FIN	72,68	120	146	266
	3	Kvame, Steinar	NOR	77,00	121	145	266
	4	Apneset, Yngve	NOR	75,80	113	142	255
85 kg	1	Frøyd, Jostein	NOR	82,38	127	145	272
	2	Stikholmen, Runar	NOR	82,74	117	140	257
94 kg	1	Hordnes, Per	NOR	92,98	147	180	327
	2	Banke, Peter	DEN	90,08	123	110	233
	0	Lögdahl, Gunnar	SWE	93,68	0	0	0
105 kg	1	Aadland, Börge	NOR	103,10	124	173	297
	2	Kristjansson, Gisli	ISL	104,66	135	155	290
	0	Markeng, Richard	NOR	101,18	0	0	0
+105 kg	1	Gyllenhammar, Jim	SWE	126,36	172	220	392
	2	Everi, Antti	FIN	134,54	155	190	345
	3	Varlid, Vebjörn	NOR	139,06	152	175	327

Team Classification

1	Norway	72 point
2	Finland	32
3	Sweden	12
4	Denmark	10
4	Iceland	10

Result Nordic Championships Senior Women 2009

2009 Naustdal 26 September

48-58 kg	1	Berntsson, Lena	SWE	54,16	72	90	162	223,930
	2	Ejstrup, Christina	DEN	56,13	67	81	148	199,130
	3	Lindhér, Jessica	SWE	52,84	56	71	127	178,970
63-+75 kg	1	Kasirye, Ruth	NOR	65,76	103	125	228	276,100
	2	Berntsson, Annika	SWE	71,92	82	103	185	213,230
	3	Grostad, Janne	NOR	68,74	66	80	146	172,370
	4	Hoöy, Stine	NOR	91,87	60	72	132	138,010
	5	Wåsjö, Johanna	NOR	104,12	58	75	133	135,140

Team Classification

1	Norway	722 Sinclair point
2	Sweden	616
3	Denmark	199

Result Nordic Championships U23 Men 2009

2009 Naustdal 27 September

94 kg	1	Andersen, Mikkel	DEN	93,62	140,0	165,0	305,0
	2	Tollefsen, Kim Erik	NOR	93,76	130,0	160,0	290,0
105 kg	1	Bojsen, Lars	DEN	98,56	140,0	166,0	306,0
	2	Robberstad, Øystein	NOR	101,94	136,0	160,0	296,0

Team Classification

1	Denmark	24 point
2	Norway	20

Result Nordic Championships U23 Women 2009

2009 Naustdal 26 September

48-58 kg	1	Roos, Angelica	SWE	58,97	65,0	88,0	153,0	198,720
	2	Carlsen, Camilla	NOR	52,22	53,0	66,0	119,0	169,280
	3	Hofby, Lea	DEN	58,94	59,0	68,0	127,0	165,010
63-+75 kg	1	Ahlner, Madeleine	SWE	68,88	71,0	97,0	168,0	198,120

Team Classification

		Sinclair
1	Sweden	397 point
2	Norway	169
3	Denmark	165

Result Nordic Championships Youth Girls 2009

2009 COPENHAGEN

29 October

44-58 kg	1	Suoraniemi, Pirita	FIN	46,00	40	53	93	147,59
	2	Peltola, Iida	FIN	42,40	37	46	83	142,42
	3	Petersen, Zabrina Möller	DEN	55,60	38	52	90	121,95
63-+69 kg	1	Wennerström, Emma	SWE	62,50	58	74	132	164,93
	2	Ek, Emma	SWE	59,30	47	59	106	137,15

Team Classification

		Sinclair
1	Sweden	302 point
2	Finland	290
3	Denmark	122

Result Nordic Championships Youth Boys 2009

2009	Hilleröd	24 October					
56 kg	1	Mukkala, Matias	FIN	55,50	81	100	181
	2	Överås, Jantsen	NOR	55,60	80	100	180
	3	Eide, Thomas	NOR	55,60	76	95	171
	4	Petersen, Jimmie	DEN	54,40	77	93	170
	5	Berglund, Eddie	SWE	55,00	70	75	145
62 kg	1	Duangprom, Suthat	FIN	61,70	85	107	192
	2	Kaikkonen, Henri	FIN	61,40	84	106	190
	3	Suckow Breum, Kris	DEN	61,90	78	97	175
	4	Hilmersson, Anton	SWE	60,90	73	93	166
69 kg	1	Tokola, Milko	FIN	68,20	115	140	255
	2	Held, Mads	DEN	67,60	87	105	192
	3	Petersen, Stefan	DEN	68,10	82	102	184
	4	Hagnestad, Grim	SWE	63,50	68	91	159
77 kg	1	Pirkkiö, Robert	FIN	75,00	103	124	227
	2	Moshin, Bawar	SWE	73,80	95	125	220
	3	Darville, Simon	DEN	75,60	95	124	219
	4	Annuzzi, Pietro	DEN	71,60	100	110	210
	5	Dyberg, Andreas	SWE	74,20	87	107	194
	6	Settemsdal, Markus	NOR	73,80	79	107	186
	7	Gjørringbø, Tore	NOR	74,70	80	106	186
85 kg	1	Svensson, Oskar	SWE	77,60	110	140	250
	2	Lehtikangas, Kimmo	FIN				
	3	Hällvall, Viktor	SWE	78,90	80	115	195
	4	Helleren, Kristian	NOR	78,00	89	105	194
	5	Berg, Espen	NOR	78,40	81	104	185
94 kg	1	Rörstadbotnen, Sindre	NOR	93,60	114	151	265
	2	Bagge, Hans	DEN	92,20	105	137	242
+94 kg	1	Rantanen, Samuli	FIN	94,80	104	130	234
	2	Frykman, Carl	SWE	102,70	100	115	215

Team Classification

1	Finland	80 point
2	Sweden	71
3	Denmark	63
4	Norway	57

Result Nordic Championships Junior Women 2009

2009	HILLERÖD	25 October					
48-58 kg	1 Roos, Angelica	SWE	57,00	65	89	154	204,891
	2 Nauha, Minna	FIN	58,00	60	75	135	177,390
	3 Hammelstrup, Laura	DEN	56,80	56	70	126	168,066
	4 Rintamäki, Annukka	FIN	55,80	45	59	104	140,545
63-+75 kg	1 Hansson, Carita	SWE	64,80	75	90	165	201,576
	2 Ilmarinen, Meri	FIN	68,20	65	90	155	183,800
	3 Holmquist, Rebecka	SWE	71,00	62	76	138	160,118
	4 Hammelstrup, Sarah	DEN	61,00	55	65	120	152,327

Team Classification

1 Sweden	567	Sinclair point
2 Finland	502	
3 Denmark	320	

Result Nordic Championships Junior Men 2009

2009	Hilleröd	25 October					
62 kg	1 Tokola, Miika	FIN	61,40	80	106	186	
	2 Forslund, David	SWE	61,60	79	102	181	
69 kg	1 Lehtikangas, Topi	FIN	68,50	98	113	211	
	2 Zetterberg, Jonathan	SWE	68,90	96	110	206	
77 kg	1 Kring, Tim	DEN	73,60	125	155	280	
	2 Raappana, Sami	FIN	75,80	117	150	267	
	3 Hansen, Alexander	NOR	76,50	104	132	236	
	4 Aas, Leik Simon	NOR	76,80	106	130	236	
	5 Helander, Kim	SWE	74,80	100	119	219	
85 kg	1 Svensson, Emil	SWE	81,00	105	135	240	
	2 Kumpulainen, Aleksi	FIN	3,00	105	125	230	
	3 Fransson, Andreas	SWE	81,70	90	130	220	
	4 Birkeland, Erik Moen Daehlin, Torstein	NOR	84,60 80,70	96 0	120 115	216 0	
94 kg	1 Tollefsen, Kim Erik	NOR	93,90	138	170	308	
	2 Oja, Eero	FIN	92,30	119	155	274	
	3 Johannesson, Erlendur Helgi	ISL	88,90	103	126	229	
	4 Holstad, Stein Inge	NOR	88,10	104	124	228	

105 kg	1	Robberstad, Öystein	NOR	101,50	145	170	315
	2	Tesler, Taneli	FIN	103,30	125	155	280
	3	Larsson, Mikael	SWE	99,60	115	155	270

+105 kg	1	Varlid, Vebjörn	NOR	139,10	155	183	338
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Open Nordic

+105 kg	2	Seim, Mart	EST	114,90	132	175	307
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Team Classification

1	Norway	76 point
2	Finland	64
3	Sweden	57
4	Denmark	12
5	Iceland	9

Result Nordic Championships Youth Girls 2010

2010	LANDSKRONA	Sporthallen 9 October						
44-58 kg	1	Peltola, Iida	FIN	44,65	40	52	92	150,10
	2	Suoraniemi, Pirita	FIN	49,61	45	54	99	146,90
	3	Ek, Emma	SWE	56,37	45	60	105	140,80
	4	Möller Petersen, Zabrina	DEN	51,80	41	53	94	134,60
	5	Bruland, Sunniva	NOR	56,96	41	54	95	126,50
63-+69 kg	1	Hansson, Cornelia	SWE	70,86	65	80	145	168,40
	2	Wikström, Elin	SWE	69,47	59	71	130	152,60
	3	Gustafsson, Josefina	SWE	61,64	52	62	114	143,70
	4	Jonstad, Margrete	NOR	66,10	53	61	114	137,60
	0	Kallunki, Elisa	FIN	110,93	0	92	0	0,00

Team Classification

		Sinclair
1	Sweden	606 point
2	Finland	297
3	Norway	264
4	Denmark	135

Result Nordic Championships Youth Boys 2010

2010	LANDSKRONA	9 October					
56 kg	1	Jansson, Arvid	SWE	55,94	69	85	154
62 kg	1	Överås, Jantsen	NOR	61,78	88	109	197
	2	Petersen, Jimmie	DEN	60,85	88	108	196
	3	Berglund, Eddie	SWE	61,11	81	93	174

	4	Jensen, David	DEN	59,23	64	83	147
69 kg	1	Kaikkonen, Henri	FIN	68,40	96	124	220
	2	Suchow-Breum, Kris	DEN	68,21	93	111	204
	3	Ulvan, Kristian	NOR	68,80	87	115	202
	4	Petersen, Dennis	DEN	68,26	82	102	184
	5	Grahn, Andreas	SWE	67,34	83	100	183
	6	Biske, Adam	SWE	66,22	75	98	173
77 kg	1	Pirkkiö, Robert	FIN	76,26	115	134	249
	2	Annuzzi, Pietro	DEN	73,67	98	127	225
	3	Mikkelsen, Kasper	DEN	74,63	85	111	196
	4	Liwendahl, Rasmus	SWE	71,51	75	100	175
85 kg	1	Apuli, Eemi	FIN	80,04	104	125	229
	2	Dyberg, Andreas	SWE	80,11	95	125	220
	3	Heikkinen, Jani	FIN	78,83	102	117	219
	4	Held, Mads	DEN	77,74	87	122	209
	5	Gjöringbö, Tore	NOR	79,80	87	116	203
	6	Hansson, Conrad	SWE	78,83	85	115	200
	0	Berg, Espen	NOR	83,21	94	0	0
94 kg	1	Helleren, Kristian	NOR	88,68	110	135	245
	2	Bergkvist, Viktor	SWE	89,46	92	129	212

Team Classification

1	Sweden	68 point
2	Denmark	63
3	Finland	45
4	Norway	45

Result Nordic Championships Junior Women 2010

2010	LANDSKRONA	Sporthallen 9 October						
48-58 kg	1	Hammelstrup, Laura	DEN	56,64	63	76	139	185,800
	2	Fridström, Linn	SWE	51,10	57	66	123	178,100
	3	Hyry, Johanna	FIN	51,69	48	58	106	152,000
	4	Traedal, Sandra	NOR	52,23	47	59	106	150,800
	5	Jakobsen, Line	DEN	56,00	43	57	100	134,800
	0	Hammelstrup, Sarah	DEN	57,88	0	65	0	0,000
63-+75 kg	1	Hansson, Carita	SWE	60,92	75	88	163	207,100
	2	Ilmarinen, Meri	FIN	69,30	74	86	160	188,100
	3	Nauha, Minna	FIN	60,99	65	78	143	181,500
	4	Reiser, Josefine	SWE	70,65	67	82	149	173,300
	5	Stålnacke, Sara	SWE	66,76	57	72	129	156,200

6	Stöckel, Karin	SWE	66,22	50	73	123	148,300
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Team Classification

1	Sweden	863	Sinclair point
2	Finland	522	
3	Denmark	321	
4	Norway	151	

Result Nordic Championships Junior Men 2010

2010	LANDSKRONA	Sporthallen 10 October					
56 kg	1 Javor, Armin	SWE	55,36	70	92	162	
	2 Eide, Thomas	NOR	54,36	71	90	161	
62 kg	1 Mukkala, Matias	FIN	59,55	94	105	199	
	2 Hilmersson, Anton	SWE	61,39	81	104	185	
69 kg	1 Ranta-Knuuttila, Ville	FIN	67,66	90	121	211	
	2 Zetterberg, Jonathan	SWE	68,79	91	120	211	
	3 Koponen, Aato	FIN	68,86	87	110	197	
77 kg	1 Kring, Tim	DEN	75,33	126	162	288	
	2 Tokola, Milko	FIN	73,42	130	157	287	
	3 Settemsdal, Markus	NOR	76,17	90	116	206	
85 kg	1 Skoglund, Daniel	SWE	84,16	125	157	282	
	2 Retulainen, Eero	FIN	83,69	112	144	256	
	3 Lehtikangas, Kimmo	FIN	81,83	110	135	246	
	4 Larsen, Ole Martin	NOR	84,54	97	126	223	
94 kg	1 Rörstadbotnen, Sindre	NOR	93,54	121	156	277	
	2 Svensson, Emil	SWE	85,53	120	150	270	
	3 Kumpulainen, Aleksi	FIN	85,87	115	140	255	
	4 Fransson, Andreas	SWE	85,42	101	145	246	
105 kg	1 Ojala, Eero	FIN	96,41	130	158	288	
	2 Larsson, Mikael	SWE	99,44	112	132	244	
	3 Holstad, Stein Inge	NOR	94,02	109	131	240	
	4 Hansson-Bergén, Christian	SWE	104,31	105	125	230	
+105 kg	1 Varlid, Vebjörn	NOR	133,01	162	180	342	
	2 Möller, Paw	DEN	109,69	120	145	265	
	3 Holstad, Daniel	NOR	120,49	107	132	239	

Team Classification

1	Finland	83	point
2	Sweden	80	
3	Norway	69	

Senior Men's Nordic Weightlifting Records as per							2010-11-01
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	97	Per Söderlind	1965	SWE	20-05-2000	Sacramento (USA)
56	Clean & Jerk	123	Jarkko Welling	1971	FIN	03-03-2001	Pori (FIN)
	Total	220	Per Söderlind	1965	SWE	20-05-2000	Sacramento (USA)
	Snatch	120	Jyrki Welling	1974	FIN	14-03-1998	Parkano (FIN)
62	Clean & Jerk	147	Jyrki Welling	1974	FIN	29-04-1998	Riesa (GER)
	Total	265	Jyrki Welling	1974	FIN	14-03-1998	Parkano (FIN)
	Snatch	145	Armenak Takhmazian	1972	DEN	26-04-2000	Sofia (BUL)
69	Clean & Jerk	170	Armenak Takhmazian	1972	DEN	24-11-1999	Athens (GRE)
	Total	315	Armenak Takhmazian	1972	DEN	26-04-2000	Sofia (BUL)
	Snatch	150	Ali Oksala	1980	FIN	29-10-2000	Tampere (FIN)
77	Clean & Jerk	185	Ali Oksala	1980	FIN	12-10-2000	Rijeka (CRO)
	Total	332	Ali Oksala	1980	FIN	29-10-2000	Tampere (FIN)
	Snatch	150	Toni Puurunen	1977	FIN	26-11-1999	Athens (GRE)
85	Clean & Jerk	186	Miika Antti-Roiko	1988	FIN	23-05-2009	Kalajoki (FIN)
	Total	332	Jaarli Pirkkiö	1967	FIN	14-03-1998	Parkano (FIN)
	Snatch	162	Benjamin Pirkkiö	1979	FIN	22-05-1998	Sofia (BUL)
94	Clean & Jerk	200	Benjamin Pirkkiö	1979	FIN	07-07-1999	Savannah (USA)
	Total	360	Benjamin Pirkkiö	1979	FIN	07-07-1999	Savannah (USA)
	Snatch	175	Miika Huhtala	1979	FIN	09-10-2004	Lempälää (FIN)
105	Clean & Jerk	212	Janne Kanerva	1970	FIN	14-11-1998	Lahti (FIN)
	Total	380	Janne Kanerva	1970	FIN	14-11-1998	Lahti (FIN)
	Snatch	195	Stian Grimseth	1972	NOR	28-11-1999	Athens (GRE)
+105	Clean & Jerk	235	Stian Grimseth	1972	NOR	24-05-1999	Moscow (RUS)
	Total	430	Stian Grimseth	1972	NOR	28-11-1999	Athens (GRE)
Note	RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.						

Junior Men's Nordic Weightlifting Records as per							2010-11-01
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	95	Mikko Kuusisto	1982	FIN	22-09-1999	Spala (POL)
56	Clean & Jerk	120	Mikko Kuusisto	1982	FIN	22-11-1999	Athens (GRE)
	Total	212	Mikko Kuusisto	1982	FIN	22-09-1999	Spala (POL)
	Snatch	113	Toni Lintula	1989	FIN	17-03-2009	Rovaniemi (FIN)
62	Clean & Jerk	136	Toni Lintula	1989	FIN	14-03-2009	Tampere (FIN)
	Total	248	Toni Lintula	1989	FIN	14-03-2009	Tampere (FIN)
	Snatch	120	Milko Tokola	1992	FIN	16-01-2010	Turku (FIN)
69	Clean & Jerk	145	Milko Tokola	1992	FIN	28-07-2009	Landskrona (SWE)
	Total	260	Milko Tokola	1992	FIN	05-07-2009	Orivesi (FIN)
	Snatch	150	Ali Oksala	1980	FIN	29-10-2000	Tampere (FIN)
77	Clean & Jerk	185	Ali Oksala	1980	FIN	12-10-2000	Rijeka (CRO)
	Total	332	Ali Oksala	1980	FIN	29-10-2000	Tampere (FIN)
	Snatch	147	Ali Oksala	1980	FIN	26-11-1999	Athens (GRE)
85	Clean & Jerk	185	Ali Oksala	1980	FIN	10-10-1999	Rovaniemi (FIN)
	Total	330	Ali Oksala	1980	FIN	26-11-1999	Athens (GRE)
	Snatch	162	Benjamin Pirkkiö	1979	FIN	22-05-1998	Sofia (BUL)
94	Clean & Jerk	200	Benjamin Pirkkiö	1979	FIN	07-07-1999	Savannah (USA)
	Total	360	Benjamin Pirkkiö	1979	FIN	07-07-1999	Savannah (USA)
	Snatch	152	Benjamin Pirkkiö	1979	FIN	10-10-1999	Rovaniemi (FIN)
105	Clean & Jerk	192	Mika Kuoksa	1979	FIN	28-11-1999	Athens (GRE)
	Total	342	Benjamin Pirkkiö	1979	FIN	10-10-1999	Rovaniemi (FIN)
	Snatch	159	Vebjørn Varlid	1990	NOR	20-06-2010	Sofia (BUL)
+105	Clean & Jerk	191	Vebjørn Varlid	1990	NOR	05-12-2009	Naustdal (NOR)
	Total	345	Vebjørn Varlid	1990	NOR	20-06-2010	Sofia (BUL)

Note RESULT IN *ITALICS* = Nordic Record Standard made from an originally 0.5 kg higher result.

Youth Men's Nordic Weightlifting Records as per							2010-11-01
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	70	Toni Lintula	1989	FIN	30-10-2004	Pori (FIN)
50	Clean & Jerk	90	Toni Lintula	1989	FIN	30-10-2004	Pori (FIN)
	Total	160	Toni Lintula	1989	FIN	30-10-2004	Pori (FIN)
	Snatch	95	Mikko Kuusisto	1982	FIN	22-09-1999	Spala (POL)
56	Clean & Jerk	120	Mikko Kuusisto	1982	FIN	22-11-1999	Athens (GRE)
	Total	212	Mikko Kuusisto	1982	FIN	22-09-1999	Spala (POL)
	Snatch	104	Milko Tokola	1992	FIN	26-01-2008	Rovaniemi (FIN)
62	Clean & Jerk	123	Milko Tokola	1992	FIN	26-01-2008	Rovaniemi (FIN)
	Total	227	Milko Tokola	1992	FIN	26-01-2008	Rovaniemi (FIN)
	Snatch	119	Milko Tokola	1992	FIN	05-07-2009	Orivesi (FIN)
69	Clean & Jerk	145	Milko Tokola	1992	FIN	28-07-2009	Landskrona (SWE)
	Total	260	Milko Tokola	1992	FIN	05-07-2009	Orivesi (FIN)
	Snatch	120	Milko Tokola	1992	FIN	26-12-2009	Kauhajoki (FIN)
77	Clean & Jerk	150	Daniel Skoglund	1991	SWE	08-11-2008	Sundsvall (SWE)
	Total	266	Milko Tokola	1992	FIN	26-12-2009	Kauhajoki (FIN)
	Snatch	125	Jarleif Amdal	1988	NOR	10-12-2005	Frankfurt Oder (GER)
85	Clean & Jerk	155	Jarleif Amdal	1988	NOR	10-12-2005	Frankfurt Oder (GER)
	Total	280	Jarleif Amdal	1988	NOR	10-12-2005	Frankfurt Oder (GER)
	Snatch	126	Øystein Robberstad	1990	NOR	29-12-2007	Gjøvik (NOR)
94	Clean & Jerk	156	Sindre Rørstadbotnen	1992	NOR	04-12-2009	Naustdal (NOR)
	Total	281	Øystein Robberstad	1990	NOR	29-12-2007	Gjøvik (NOR)
	Snatch	145	Vebjørn Varlid	1990	NOR	08-12-2007	Vigrestad (NOR)
+94	Clean & Jerk	170	Vebjørn Varlid	1990	NOR	08-12-2007	Vigrestad (NOR)
	Total	315	Vebjørn Varlid	1990	NOR	08-12-2007	Vigrestad (NOR)
Note	RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.						

Senior Women's Nordic Weightlifting Records as per							2010-11-01
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	65	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
48	Clean & Jerk	80	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	Total	145	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	Snatch	82	Heidi Kanervisto	1981	FIN	20-03-2004	Oulu (FIN)
53	Clean & Jerk	95	Heidi Kanervisto	1981	FIN	20-03-2004	Oulu (FIN)
	Total	177	Heidi Kanervisto	1981	FIN	20-03-2004	Oulu (FIN)
	Snatch	94	Ruth Kasirye	1982	NOR	22-09-2007	Chiang Mai (THA)
58	Clean & Jerk	117	Ruth Kasirye	1982	NOR	18-04-2007	Strasbourg (FRA)
	Total	210	Ruth Kasirye	1982	NOR	18-04-2007	Strasbourg (FRA)
	Snatch	107	Ruth Kasirye	1982	NOR	08-04-2009	Bucharest (ROU)
63	Clean & Jerk	130	Ruth Kasirye	1982	NOR	07-03-2009	Spydeberg (NOR)
	Total	236	Ruth Kasirye	1982	NOR	07-03-2009	Spydeberg (NOR)
	Snatch	106	Ruth Kasirye	1982	NOR	27-06-2009	Pori (FIN)
69	Clean & Jerk	130	Ruth Kasirye	1982	NOR	23-05-2009	Lochen (AUT)
	Total	236	Ruth Kasirye	1982	NOR	27-06-2009	Pori (FIN)
	Snatch	105	Karoliina Lundahl	1968	FIN	13-11-1998	Lahti (FIN)
75	Clean & Jerk	127	Karoliina Lundahl	1968	FIN	24-04-2001	Trencin (SVK)
	Total	230	Karoliina Lundahl	1968	FIN	13-11-1998	Lahti (FIN)
	Snatch	107	Karoliina Lundahl	1968	FIN	23-10-1999	St. Joseph (USA)
+75	Clean & Jerk	127	Katarina Sederholm	1968	NOR	02-10-1998	Ålborg (DEN)
	Total	232	Katarina Sederholm	1968	NOR	18-04-1999	La Coruña (ESP)
Note	RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.						

Junior Women's Nordic Weightlifting Records as per							2010-11-01
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	65	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
48	Clean & Jerk	80	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	Total	145	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	Snatch	69	Sini Kukkonen	1986	FIN	16-07-2005	Gdansk (POL)
53	Clean & Jerk	88	Sini Kukkonen	1986	FIN	04-10-2005	Trencin (SVK)
	Total	157	Sini Kukkonen	1986	FIN	29-04-2006	Wladyslawowo (POL)
	Snatch	78	Heidi Kanervisto	1981	FIN	15-12-2001	Lempäälä (FIN)
58	Clean & Jerk	96	Anna Everi	1987	FIN	27-12-2007	Pori (FIN)
	Total	171	Anna Everi	1987	FIN	27-12-2007	Pori (FIN)
	Snatch	80	Heidi Kanervisto	1981	FIN	27-05-2000	Siikainen (FIN)
63	Clean & Jerk	100	Heidi Kanervisto	1981	FIN	29-10-2000	Tampere (FIN)
	Total	177	Heidi Kanervisto	1981	FIN	27-05-2000	Siikainen (FIN)
	Snatch	85	Heidi Kanervisto	1981	FIN	26-12-2000	Helsinki (FIN)
69	Clean & Jerk	106	Anja Evelin Jordalen	1987	NOR	07-07-2007	Gdynia (POL)
	Total	189	Anja Evelin Jordalen	1987	NOR	07-07-2007	Gdynia (POL)
	Snatch	74	Meri Ilmarinen	1905	FIN	09-10-2010	Landskrona (SWE)
75	Clean & Jerk	92	Meri Ilmarinen	1991	FIN	10-04-2010	Lempäälä (FIN)
	Total	163	Meri Ilmarinen	1991	FIN	10-04-2010	Lempäälä (FIN)
	Snatch	82	Leena Hattunen	1982	FIN	13-03-2002	Laukaa (FIN)
+75	Clean & Jerk	95	Leena Hattunen	1982	FIN	13-03-2002	Laukaa (FIN)
	Total	177	Leena Hattunen	1982	FIN	13-03-2002	Laukaa (FIN)
Note	RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.						

Youth Women's Nordic Weightlifting Records as per							2010-11-01
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	47	Salma Zakole	1986	FIN	15-02-2003	Töysä (FIN)
44	Clean & Jerk	57	Salma Zakole	1986	FIN	21-09-2002	Rovaniemi (FIN)
	Total	100	Tea Grönman	1986	FIN	12-03-1999	Tampere (FIN)
	Snatch	65	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
48	Clean & Jerk	80	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	Total	145	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	Snatch	68	Sini Kukkonen	1986	FIN	15-12-2002	Kerava (FIN)
53	Clean & Jerk	85	Sini Kukkonen	1986	FIN	06-07-2003	Eräjärvi (FIN)
	Total	152	Sini Kukkonen	1986	FIN	13-12-2003	Rovaniemi (FIN)
	Snatch	72	Heidi Kanervisto	1981	FIN	11-11-1998	Lahti (FIN)
58	Clean & Jerk	85	Heidi Kanervisto	1981	FIN	11-11-1998	Lahti (FIN)
	Total	157	Heidi Kanervisto	1981	FIN	11-11-1998	Lahti (FIN)
	Snatch	74	Katariina Vestman	1988	FIN	04-10-2005	Trencin (SVK)
63	Clean & Jerk	95	Katariina Vestman	1988	FIN	04-10-2005	Trencin (SVK)
	Total	169	Katariina Vestman	1988	FIN	04-10-2005	Trencin (SVK)
	Snatch	79	Katariina Vestman	1988	FIN	22-08-2005	Sofia (BUL)
69	Clean & Jerk	101	Katariina Vestman	1988	FIN	22-08-2005	Sofia (BUL)
	Total	180	Katariina Vestman	1988	FIN	22-08-2005	Sofia (BUL)
	Snatch	75	Elisa Kallunki	1994	FIN	19-09-2010	Rovaniemi (FIN)
+69	Clean & Jerk	92	Elisa Kallunki	1994	FIN	09-10-2010	Landskrona (SWE)
	Total	166	Elisa Kallunki	1994	FIN	19-09-2010	Rovaniemi (FIN)
Note	RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.						