



Nordiska
Tyngdlyftningsförbundet

Activity Report
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 31st of December:

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

NTF Congress, Pori, October 7th 2011

The Congress takes place at Sokos Hotel Vaakuna at 2000, Friday 7th.

1. Opening of the Congress

Election of secretary for the Congress

2. Approval of the Agenda

3. Adjustment of the protocol (minutes) from Spydeberg (Nov 2010)

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

5. Proposals to the Congress

6. Confirmation of the Nordic Records

7. Elections

- NTF President
- NTF vice President
- NTF General secretary
- NTF Executive Board

8. Honorary Medals

9. Nordic Championships 2012

10. Nordic Championships 2011 (Pori, Finland)

- Statement of the Organizing Committee
- Confirmation of the Starting list
- Ev examination of referees
- Appoinment of jury members, referees and technical controllers

11. Any other business

12. The President is closing the Congress

Financial Report

01.01.2009 - 31.12.2010

Income statement

	2010	2009
Revenues		
Membership fees	29 100	30 000
Competition fee Nordic Masters	0	5 000
Sportswear selling	0	-100
Total Revenues	29 100	34 900
Expenses		
Prizes, medals	-6 890	-4 596
Travelling cost	-40	-23 057
Representation, celebration	-57 600	-1 807
Printed matters	-1 925	-7 200
Office supplies	0	-75
Postage	0	-123
Bank charges	-836	-860
Subsistences	-1 860	-3 700
Allowances	0	-1 360
Social cost	0	-1 099
Total cost	-69 151	-43 877
Exchange differences	136	2 311
Net profit	-39 915	-6 666

Balance report

Current assets	Opening balance	Closing balance
Accounts receivables	5 520	11 340
Bank	65 652	20 627
Total assets	71 172	31 967
Equity and liabilities		
Equity	-77 749	-71 082
Profit last year	6 667	
Net profit		39 915
Total equity	-71 082	-31 167
Current liabilities		
Payables	0	-800
Total equity and liabilities	-71 082	-31 967

Minute of the NTF Congress, Spydeberg, November 5th 2010

Congress delegats

Denmark Frank Petersen, Jabbar Yazdani

Finland Esa Lomma, Matti Everi,

Norway Per Mattingsdal, vice President NTF, Arne Grostad, Arne H. Pedersen, Johan Thonerud, Per Marstad, Johnny Sandvik, Richard, Gunnar Reiakvam,

Sweden Benny Johansson, President NTF, Håkan Johanson, General Secretary NTF, Magnus Kjellgren, Patrik Helgesson, Thony Ragnarsson,

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. The new General Secretary of Norwegian WF, Arne H Pedersen was presented.

Håkan Johanson was elected as secretary.

2 Approval of the agenda

The agenda was completed with election of new members of the NTF board at § 11.

3 Adjustment of protocol (minutes) from Landskrona (October 2010)

The Minutes from Landskrona was approved.

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

Benny Johansson went through the Financial Report and made a comment to the good liquidity. The jubilee medals are not paid for yet, why the bank liquidity are better for the moment.

The Financial Report was approved.

5 Proposals to the Congress

Esa Lomma, Finland, propose that the Nordic senior shall be organize every second year, and not as now, every year. He claimed for a decision right at this Congress. But, according to the NTF rules §15, it is not possible to propose at the Congress. Proposals shall be submitted to the General Secretary at latest 40 days before the Congress. The Congress didn't consider the proposal from Finland.

6 Confirmation of the Nordic Records

The Nordic Record list was approved.

7 NTF Rules: decision

One correction was made at §15:

The NTF rules can be changed only in connection with the congress held at the Nordic Senior Championships.

The NTF rules was approved.

8 Honorary medals

No proposals was put forward.

9 Nordic Championships 2011

- Senior, U 23 and Club Team Championships will be organized by Finland September 23-25.
- Youth, Junior Championships will be organized by Norway October 28-30 in Stavanger.

Nordic Championships Masters will **not** be organized 2011.

10 Nordic Championships 2010 (Spydeberg)

Johan Thonerud made a statement of the Organizing Committee. Senior Championships only at Saturday. U 23 at Sunday. There will also be TV broadcasting during competition at Saturday.

Competition:

- Opening ceremony 10.40, presentation of the first group 10.45, competition start at 11.00. The prize ceremony will be handled according to the rules but can be a little bit complicated to the numbers of categories competing at the same time.
- It is 30 minutes travelling by car to the venue. Transport 10.00 from the hotel.
- Starting list was approved after a few correcting. Competition groups was approved.
- No examination of referees will be carry out.
- Jury members will be: Per Mattingsdal, Esa Lomma and Benny Johansson.
- Referees: Matti Everi (FIN), Per Martstad (NOR), Patrik Helgesson (SWE), Jabbar Jazdani (DEN).

11 Any other business

Election of board members:

Erling Johansen, DEN, and Thorgeir Ragnarsson, ISL, was elected as member of the NTF board.

12 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	17.04.1965	Bruno Nyberg, FIN
2		Holger Winquist, SWE
3	19.04.1985	Jørgen Moritzen, DEN
4	19.04.1985	Curt-Eric Hermansson, SWE
5	15.10.1988	Yngve Frölander, SWE
6	19.09.1997	Per Marstad, NOR
7	23.04.2000	Inge Johansson, SWE
8	29.10.2004	Tryggve Duun, NOR
9	07.11.2009	Benny Johansson, SWE

NTF:s 2nd Degree Honorary Medal

1	14.02.1947	Oscar Björklund, SWE	50	02.11.1968	Folke Garbom, SWE
2	14.02.1947	Holger Winquist, SWE	51	07.11.1970	Valther Johansen, DEN
3	14.02.1947	Bruno Nyberg, FIN	52	07.11.1970	Carl Brolös, DEN
4	19.03.1947	Herbert Sander, DEN	53	07.11.1970	Ernst Brolös, DEN
5	01.03.1950	Knud Jensen, DEN	54	07.11.1970	Roy Kerol, DEN
6	12.05.1950	Jules Rosset, FRA	55	07.11.1970	Knud Pettersen, DEN
7	12.05.1950	Eugéne Gouleau, FRA	56	06.11.1971	Pekka Kare, FIN
8	02.07.1951	Einar Råberg, SWE	57	06.11.1971	Yngve Frölander, SWE
9	08.05.1951	Urho Kekkonen, FIN	58	09.04.1973	Poul Michelsen, DEN
10	03.11.1955	Viggo Vogt, DEN	59	09.04.1973	Palmer Stangeland, NOR
11	27.04.1957	Juhani Vellamo, FIN	60	09.04.1973	Oscar Jacobsen, NOR
12	27.04.1957	Nils Ekborg, SWE	61	03.11.1973	Bengt Cannerström, SWE
13	19.09.1957	Åke Lundberg, SWE	62	03.11.1973	Ragnar Bergström, SWE
14	19.09.1957	Arne Fagerberg, SWE	63	27.04.1974	Curt-Eric Hermansson, SWE
15	31.10.1957		64	23.04.1977	Karl Sletsjøe, NOR
16	15.11.1957		65	15.04.1978	Kjell W.Moberg, NOR
17	24.02.1959	Arvid Andersson, SWE	66	06.11.1979	Hallvard Schjetne, NOR
18	24.02.1959	Reinhold Petersson, SWE	67	31.10.1980	Guðmundur Þórarinnsson, ISL
19	24.02.1959	Stefan Lindeberg, SWE	68	31.10.1980	Georg Skovby, DEN
20	24.02.1959	Erik Johansson, SWE	69	31.10.1980	Benny Johansson, SWE
21	02.04.1959	Veikko Kinha, FIN	70	25.04.1981	Terje Ree, NOR
22	02.04.1959	Sulo Pietilä, FIN	71	31.10.1981	Vagn Hvolbæk, DEN
23	02.04.1959	Jouko Tutunen, FIN	72	31.10.1981	Preben Jacobsen, DEN
24	02.04.1959	Eero Vuorensola, FIN	73	31.10.1981	Sivo Johansson, SWE
25	29.06.1961	Einar Gunnarsson, SWE	74	31.10.1981	Willy Candemyr, SWE
26	29.06.1961	Karl-Erik Dahlqvist, SWE	75	25.11.1984	Mauri Ravanto, FIN
27	29.06.1961	Åke Skoglund, SWE	76	25.11.1984	Aulis Pilonen, FIN
28	29.06.1961	Lennart Landell, SWE	77	25.11.1984	Bengt Salenius, FIN
29	29.06.1961	Jørgen Moritzen, DEN	78	25.11.1984	Christian Cesch, FIN
30	29.06.1961	Willy Petersen, DEN	79	19.04.1985	Jens Elers, DEN
31	29.06.1961	Alfred Persson, DEN	80	19.04.1985	Kaj Lögager, DEN
32	29.06.1961	Lars Luther, DEN	81	19.04.1985	Werner Lund, DEN
33	29.06.1961	Johan Fr. Kielland, NOR	82	02.11.1985	Per Marstad, NOR
34	29.06.1961	Karl Sletsjøe, NOR	83	02.11.1985	Aage Mølstad, NOR
35	13.09.1961	Harry Söderström, SWE	84	01.11.1986	Kaj Snerling, DEN
36	13.09.1961	Pentti Väänänen, FIN	85	11.04.1987	Urho Laihanen, FIN
37	13.09.1961	Keijo Ilander, FIN	86	30.10.1987	Kalevi Vänska, FIN
38	13.09.1961	Yatu Lund, FIN	87	10.12.1989	Taisto Kuivanen, FIN
39	13.09.1961	Rafael Törrönen, FIN	88	06.04.1990	Jaakko Kailajärvi, FIN
40	19.04.1963	Kaj Larsen, DEN	89	20.04.1991	Per Mattingsdal, NOR
41	24.04.1964	Jens Jensen, DEN	90	20.04.1991	Nils Berglund, NOR
42	10.05.1964	Kalervo Lipponen, FIN, post mortem	91	24.10.1992	Reijo Vainio, FIN
43	10.05.1964	Mogens Christensen, DEN	92	14.10.1995	Bent Viholt, DEN
44	01.05.1967	Gunnar Hoff-Leirvik, NOR	93	14.10.1995	Ole Ørtoft, DEN
45	01.05.1967	Lennart Carlsson, SWE	94	01.12.1995	Guðmundur Sigurðsson, ISL
46	05.11.1967	Eino Mäkinen, FIN	95	01.12.1995	Georg Boström, SWE
47	05.11.1967	Väinö Kaipainen, FIN	96	01.12.1995	Björn Liwendahl, SWE
48	05.11.1967	Aksel Haugseth, NOR	97	01.12.1995	Inge Johansson, SWE
49A	02.11.1968	Ingvar Jonasson, SWE	98	26.01.2000	John Mørch, DEN
49B	02.11.1968	Erik Hansen, DEN	99	03.03.2001	Sigurbjörn de Lange, NOR
			100	03.10.2001	Esa Lomma, FIN

101	03.10.2001	Tryggve Duun, NOR	106	28.06.2009	Matti Everi, FIN
102	28.10.2002	Jan Nilsson, SWE	107	28.06.2009	Ylermo Luttinen, FIN
103	03.10.2001	Valbjørn Jønsson, ISL	108	07.11.2009	Magnus Kjellgren, SWE
104	03.10.2003	Matti Kiilunen, FIN	109	07.11.2009	Kjell-Åke Johansson, SWE
105	03.10.2003	Taisto Kuoppola, FIN	110	07.11.2009	Håkan Johanson, SWE

NTF:s Elit Pin

1		Leif Jensen, NOR	62	1983	Jarmo Nieminen, FIN
2		Eivind Rekustad, NOR	63	1983	Tom Söderholm, SWE
3		Tore Bjørnsen, NOR	64	1983	Lars-Erik Källström, SWE
4		Ari Kurko, FIN	65	1983	Jari Hirvonen, FIN
5		Arvo Ala-Pönttiö, FIN	66	1984	Henri Høeg, DEN
6		Paavo Aho, FIN	67	1984	Arto Salmi, FIN
7		Reijo Hokkanen, FIN	68	1984	Keijo Tahvanainen, FIN
8		Kaarlo Kangasniemi, FIN	69	1985	Rickard Nilsson, SWE
9		Johani Avellan, FIN	70	1985	Tuomo Kellokoski, SWE
10		Jouni Kailajärvi, FIN	71	1985	John Christensen, SWE
11		Jakko Kailajärvi, FIN	72	1985	Mats Lindqvist, SWE
12		Aimo Nieminen, FIN	73	1986	Jaarli Pirkkiö, FIN
13		Hannu Saarelainen, FIN	74	1988	Reijo Kiskilä, FIN
14		Kauko Kangasniemi, FIN	75	1988	Tommi Rinne, FIN
15		Taito Haara, FIN	76	1989	Petri Kilponen, FIN
16		Kalevi Lahdenranta, FIN	77	1989	Anders Lindsjö, SWE
17		Jouko Leppä, FIN	78	1990	Sauli, Nurmi, FIN
18		Bo Giliusson, SWE	79	1990	Arto Savonen, FIN
19		Arne Norrback, SWE	80	1991	Henrik Andersen, DEN
20		Juhani Mursu, SWE	81	1991-1993	Janne Kanerva, FIN
21		Hans Bettembourg, SWE	82		<i>not presented</i>
22		Bo Johansson, SWE	83	1993-1995	Haraldur Ólafsson, ISL
23		Ove Johansson, SWE	84	1993-1995	Jarkko Welling, FIN
24	1974	Varny Bærentsen, DEN	85	1993-1995	Jyrkki Welling, FIN
25	1974	Enno Mägi, SWE	86	1993-1995	Stian Grimseth, NOR
26	1974	Kenneth Eklöv, SWE	87	1993-1995	Kari Kinnunen, FIN
27	1974	Nils-Erik Sollevi, SWE	88	1993-1995	Pasi Hirttiö, FIN
28	1974	Jan-Olov Nolsjö, SWE	89	1995	Bijan Rezaei, SWE
29	1974	Erling Johansen, DEN	90	1995	Anders Bergström, SWE
30	1976	Gustaf Agnarsson, ISL	91	1995	Björn Aldenhov, SWE
31	1976	Guðmundur Sigurðsson, ISL	92	1995	Tomas Östlund, SWE
32	1976	Uolevi Kahelin, FIN	93	1995	Per Söderlind, SWE
33	1976	Juhani Salakka, FIN	94		Jan Norrmén, SWE
34	1976	Tapio Kinnunen, FIN	95		FIN
35	1976	Sakari, Seppänen, FIN	96		FIN
36	1976	Viktor Sirkkiä, FIN	97		FIN
37	1976	Rolf Larsen, NOR	98		FIN
38	1976	Roland Svensson, SWE	99		FIN
39	1976	Ingvar Asp, SWE	100		FIN
40	1976	Stefan Jakobsson, SWE	101		Katarina Sederholm, NOR
41	1976	Lennart Dahlgren, SWE	102		Petri Kantola, FIN
42	1976	Leif Nilsson, SWE	103		Mika Liukkonen, FIN
43	1977	Benny Rahmqvist, SWE	104		Markku Martinsson, FIN
44	1977	Pekka Niemi, FIN	105		Mika Vihelä, FIN
45	1978	Kalevi Höök, FIN	106		Markku Nykänen, FIN
46	1978	Jari Nieminen, FIN	107		Mika Reijonen, FIN
47	1979	Victor Solstrand, NOR	108		Benjamin Pirkkiö, FIN
48	1979	Arvo Ojalehto, FIN	109		Ali Oksala, FIN
49	1979	Gunnar Østby, NOR	110		Perti Hynni, FIN
50	1979	Stefan Jonsson, SWE	111		Toni Puurunen, FIN
51	1979	Staffan Bergqvist, SWE	112		Karoliina Lundahl, FIN
52	1979	Bertil Sollevi, SWE	113		<i>not presented</i>
53	1979	Mikael Persson, SWE	114		Armenak Takmazjan, DEN
54	1980	Johnny Helsing, SWE	115		Miikka Huhtala, FIN
55	1980	Pertti Torikka, SWE	116		Heidi Kanervisto, FIN
56	1980	Reijo Toivainen, SWE	117		Hanna Keränen, FIN
57	1980	Gunnar Martinsson, SWE	118	2005	Jim Gyllenhammar, SWE
58	1980	Jouni Grönman, FIN	119	2005	Lars Andersson, SWE
59	1981	Hans Larsson, SWE	120	2009	Ruth Kasirye, NOR
60	1982	Øysten Holt, NOR			
61	1982	Ylermo Luttinen, FIN			

Result Nordic Championships Senior Men 2010

48		06.11.2010		SPYDEBERG		
Category	Name	Nat	BW	Snatch	C&J	Total
56 kg	1 Toivonen, Timo	FIN	55,80	65	80	145
62 kg	1 Lähdekorpi, Arto	FIN	61,45	92	105	197
69 kg	1 Pallari, Jorma	FIN	68,94	97	110	207
77 kg	1 Matnisdal, Ronny	NOR	76,84	125	148	273
	2 Kuusisto, Mikko	FIN	75,37	115	150	265
	3 Kvame, Steinar	NOR	75,65	114	140	254
85 kg	1 Grostad, Håvard	NOR	84,40	126	148	274
	2 Apneseth, Yngve	NOR	82,06	122	149	271
	3 Heinonen, Petteri	FIN	80,74	111	138	249
	4 Levomäki, Ville	FIN	84,30	110	136	246
94 kg	1 Hordnes, Per	NOR	93,31	141	173	314
	2 Rörstadbotnen, Sindre	NOR	93,84	125	161	286
105 kg	1 Aadland, Börge	NOR	103,19	128	172	300
	2 Hirvonen, Jari	FIN	103,79	135	150	285
	3 Harrivaara, Juha	FIN	103,77	110	146	256
+105 kg	1 Varlid, Vebjörn	NOR	135,87	150	180	330
Team Classification						
	1 Finland		46	points		
	2 Denmark		24			
	3 Norway		12			

Result Nordic Championships Senior Women 2010

9		06.11.2010		SPYDEBERG			
Category	Name	Nat	BW	Snatch	C&J	Total	Sinclair
48-58 kg	1 Roos, Angelica	SWE	57,37	74	92	166	219,83
	2 Berntsson, Lena	SWE	55,36	66	85	151	205,27
	3 Lindström, Elin	SWE	59,36	70	83	153	197,82
	4 Carlsen, Camilla	NOR	52,47	53	66	119	168,64
	5 Grönman, Tea	FIN	53,32	51	67	118	165,10
63-+75 kg	1 Kasirye, Ruth	NOR	64,48	97	125	222	272,03
	2 Berntsson, Annika	SWE	72,94	86	107	193	220,88

3	Hasfjord, Marianne	NOR	65,66	51	68	119	144,23
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Team Classification

1	Sweden	843,79	Sinclair points
2	Norway	584,90	
3	Finland	165,10	

Result Nordic Championships U23 Men 2010

2		07.11.2010		SPYDEBERG			
Category		Name	Nat	BW	Snatch	C&J	Total
62 kg	1	Torvi, Sami	FIN	61,87	95	110	205
69 kg	1	Hyrý, Antti	FIN	67,79	95	120	215
77 kg	1	Lehtikangas, Topi	FIN	71,80	90	117	207
85 kg	1	Aas, Simon Leik	NOR	81,71	111	141	252
94 kg	1	Andersen, Mikkel	DEN	93,46	138	162	300
	2	Kemi, Jari	FIN	93,70	125	155	280
105 kg	1	Bojsen, Lars	DEN	100,22	130	157	287
+105 kg	1	Öhman, Ragnar	SWE	125,25	155	200	355

Team Classification

1	Finland	46	points
2	Denmark	24	
3	Norway	12	
3	Sweden	12	

Result Nordic Championships U23 Women 2010

2		07.11.2010		SPYDEBERG				
Category		Name	Nat	BW	Snatch	C&J	Total	Sinclair
48-63 kg	1	Everi, Anna	FIN	59,25	78	102	180	233,02
	2	Hammelstrup, Laura	DEN	57,29	63	75	138	182,93
63-+75 kg	1	Jordalen, Anja Evelin	NOR	68,04	87	110	197	233,91
	2	Ahlner, Madeleine	SWE	68,08	71	95	166	197,04
	3	Hammelstrup, Sarah	DEN	63,20	60	72	132	163,77

Team Classification

1	Denmark	479	Sinclair points
2	Norway	234	
3	Finland	233	
4	Sweden	197	

Result Nordic Championships Youth Boys 2010

21	9.10.2010	LANDSKRONA				
Category	Name	Nat	BW	Snatch	C&J	Total
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 Hellenen, Kristian	NOR	88,68	110	135	245
	2 Bergkvist, Viktor	SWE	89,46	92	120	212

Team Classification

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

Result Nordic Championships Youth Girls 2010

13		09.10.2010		LANDSKRONA				
Category	Name	Nat	BW	Snatch	C&J	Total	Sinclair	
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								
	1	Sweden	606	Sinclair points				
	2	Finland	297					
	3	Norway	264					
	4	Denmark	135					

Result Nordic Championships Junior Men 2010

52		10.10.2010		LANDSKRONA			
Category	Name	Nat	BW	Snatch	C&J	Total	
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	136	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
4	Denmark	22

Result Nordic Championships Junior Women 2010

14	09.10.2010	LANDSKRONA						
Category	Name	Nat	BW	Snatch	C&J	Total	Sinclair	
48-58 kg	1	Hammelstrup, Laura	DEN	56,64	63	76	139	185,80
	2	Fridström, Linn	SWE	51,10	57	66	123	178,10
	3	Hyyry, Johanna	FIN	51,69	48	58	106	152,00
	4	Traedal, Sandra	NOR	52,23	47	59	106	150,80
	5	Jakobsen, Line	DEN	56,00	43	57	100	134,80
	0	Hammelstrup, Sarah	DEN	57,88	0	65	0	0,00
63-+75 kg	1	Hansson, Carita	SWE	60,92	75	88	163	207,10
	2	Ilmarinen, Meri	FIN	69,30	74	86	160	188,10
	3	Nauha, Minna	FIN	60,99	65	78	143	181,50
	4	Reiser, Josefine	SWE	70,65	67	82	149	173,30
	5	Stålnacke, Sara	SWE	66,76	57	72	129	156,20
	6	Stöckel, Karin	SWE	66,22	50	73	123	148,30

Team Classification

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

Nordic records

Senior Men's Nordic Weightlifting Records as per							2010-12-31
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	97	Per Söderlind	1965	SWE	20-05-2000	Sacramento (USA)
	C&J	123	Jarkko Welling	1971	FIN	03-03-2001	Pori (FIN)
	Total	220	Per Söderlind	1965	SWE	20-05-2000	Sacramento (USA)
62	Snatch	120	Jyrki Welling	1974	FIN	14-03-1998	Parkano (FIN)
	C&J	147	Jyrki Welling	1974	FIN	29-04-1998	Riesa (GER)
	Total	265	Jyrki Welling	1974	FIN	14-03-1998	Parkano (FIN)
69	Snatch	145	Armenak Takhmazian	1972	DEN	26-04-2000	Sofia (BUL)
	C&J	170	Armenak Takhmazian	1972	DEN	24-11-1999	Athens (GRE)
	Total	315	Armenak Takhmazian	1972	DEN	26-04-2000	Sofia (BUL)
77	Snatch	150	Ali Oksala	1980	FIN	29-10-2000	Tampere (FIN)
	C&J	185	Ali Oksala	1980	FIN	12-10-2000	Rijeka (CRO)
	Total	332	Ali Oksala	1980	FIN	29-10-2000	Tampere (FIN)
85	Snatch	150	Toni Puurunen	1977	FIN	26-11-1999	Athens (GRE)
	C&J	186	Miika Antti-Roiko	1988	FIN	23-05-2009	Kalajoki (FIN)
	Total	332	Jaarli Pirkkiö	1967	FIN	14-03-1998	Parkano (FIN)
94	Snatch	162	Benjamin Pirkkiö	1979	FIN	22-05-1998	Sofia (BUL)
	C&J	200	Benjamin Pirkkiö	1979	FIN	07-07-1999	Savannah (USA)
	Total	360	Benjamin Pirkkiö	1979	FIN	07-07-1999	Savannah (USA)
105	Snatch	175	Miika Huhtala	1979	FIN	09-10-2004	Lempälää (FIN)
	C&J	212	Janne Kanerva	1970	FIN	14-11-1998	Lahti (FIN)
	Total	380	Janne Kanerva	1970	FIN	14-11-1998	Lahti (FIN)
+105	Snatch	195	Stian Grimseth	1972	NOR	28-11-1999	Athens (GRE)
	C&J	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							2010-12-31
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	95	Mikko Kuusisto	1982	FIN	22-09-1999	Spala (POL)
	C&J	120	Mikko Kuusisto	1982	FIN	22-11-1999	Athens (GRE)
	Total	212	Mikko Kuusisto	1982	FIN	22-09-1999	Spala (POL)
62	Snatch	113	Toni Lintula	1989	FIN	17-03-2009	Rovaniemi (FIN)
	C&J	136	Toni Lintula	1989	FIN	14-03-2009	Tampere (FIN)
	Total	248	Toni Lintula	1989	FIN	14-03-2009	Tampere (FIN)
69	Snatch	120	Milko Tokola	1992	FIN	16-01-2010	Turku (FIN)
	C&J	145	Milko Tokola	1992	FIN	28-07-2009	Landskrona (SWE)
	Total	260	Milko Tokola	1992	FIN	05-07-2009	Orivesi (FIN)
77	Snatch	150	Ali Oksala	1980	FIN	29-10-2000	Tampere (FIN)
	C&J	185	Ali Oksala	1980	FIN	12-10-2000	Rijeka (CRO)
	Total	332	Ali Oksala	1980	FIN	29-10-2000	Tampere (FIN)
85	Snatch	147	Ali Oksala	1980	FIN	26-11-1999	Athens (GRE)
	C&J	185	Ali Oksala	1980	FIN	10-10-1999	Rovaniemi (FIN)
	Total	330	Ali Oksala	1980	FIN	26-11-1999	Athens (GRE)
94	Snatch	162	Benjamin Pirkkiö	1979	FIN	22-05-1998	Sofia (BUL)
	C&J	200	Benjamin Pirkkiö	1979	FIN	07-07-1999	Savannah (USA)
	Total	360	Benjamin Pirkkiö	1979	FIN	07-07-1999	Savannah (USA)
105	Snatch	152	Benjamin Pirkkiö	1979	FIN	10-10-1999	Rovaniemi (FIN)
	C&J	192	Mika Kuoksa	1979	FIN	28-11-1999	Athens (GRE)
	Total	342	Benjamin Pirkkiö	1979	FIN	10-10-1999	Rovaniemi (FIN)
+105	Snatch	163	Vebjørn Varlid	1990	NOR	27-11-2010	Limassol (CYP)
	C&J	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							2010-12-31
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
50	Snatch	70	Toni Lintula	1989	FIN	30-10-2004	Pori (FIN)
	C&J	90	Toni Lintula	1989	FIN	30-10-2004	Pori (FIN)
	Total	160	Toni Lintula	1989	FIN	30-10-2004	Pori (FIN)
56	Snatch	95	Mikko Kuusisto	1982	FIN	22-09-1999	Spala (POL)
	C&J	120	Mikko Kuusisto	1982	FIN	22-11-1999	Athens (GRE)
	Total	212	Mikko Kuusisto	1982	FIN	22-09-1999	Spala (POL)
62	Snatch	104	Milko Tokola	1992	FIN	26-01-2008	Rovaniemi (FIN)
	C&J	123	Milko Tokola	1992	FIN	26-01-2008	Rovaniemi (FIN)
	Total	227	Milko Tokola	1992	FIN	26-01-2008	Rovaniemi (FIN)
69	Snatch	119	Milko Tokola	1992	FIN	05-07-2009	Orivesi (FIN)
	C&J	145	Milko Tokola	1992	FIN	28-07-2009	Landskrona (SWE)
	Total	260	Milko Tokola	1992	FIN	05-07-2009	Orivesi (FIN)
77	Snatch	120	Milko Tokola	1992	FIN	26-12-2009	Kauhajoki (FIN)
	C&J	150	Daniel Skoglund	1991	SWE	08-11-2008	Sundsvall (SWE)
	Total	266	Milko Tokola	1992	FIN	26-12-2009	Kauhajoki (FIN)
85	Snatch	125	Jarleif Amdal	1988	NOR	10-12-2005	Frankfurt Oder (GER)
	C&J	155	Jarleif Amdal	1988	NOR	10-12-2005	Frankfurt Oder (GER)
	Total	280	Jarleif Amdal	1988	NOR	10-12-2005	Frankfurt Oder (GER)
94	Snatch	126	Øystein Robberstad Sindre	1990	NOR	29-12-2007	Gjøvik (NOR)
	C&J	156	Rørstadbotnen	1992	NOR	04-12-2009	Naustdal (NOR)
	Total	281	Øystein Robberstad	1990	NOR	29-12-2007	Gjøvik (NOR)
+94	Snatch	145	Vebjørn Varlid	1990	NOR	08-12-2007	Vigrestad (NOR)
	C&J	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							2010-12-31
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
48	Snatch	65	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	C&J	80	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	Total	145	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
53	Snatch	82	Heidi Kanervisto	1981	FIN	20-03-2004	Oulu (FIN)
	C&J	95	Heidi Kanervisto	1981	FIN	20-03-2004	Oulu (FIN)
	Total	177	Heidi Kanervisto	1981	FIN	20-03-2004	Oulu (FIN)
58	Snatch	94	Ruth Kasirye	1982	NOR	22-09-2007	Chiang Mai (THA)
	C&J	117	Ruth Kasirye	1982	NOR	18-04-2007	Strasbourg (FRA)
	Total	210	Ruth Kasirye	1982	NOR	18-04-2007	Strasbourg (FRA)
63	Snatch	107	Ruth Kasirye	1982	NOR	08-04-2009	Bucharest (ROU)
	C&J	130	Ruth Kasirye	1982	NOR	07-03-2009	Spydeberg (NOR)
	Total	236	Ruth Kasirye	1982	NOR	07-03-2009	Spydeberg (NOR)
69	Snatch	106	Ruth Kasirye	1982	NOR	27-06-2009	Pori (FIN)
	C&J	130	Ruth Kasirye	1982	NOR	23-05-2009	Lochen (AUT)
	Total	236	Ruth Kasirye	1982	NOR	27-06-2009	Pori (FIN)
75	Snatch	105	Karoliina Lundahl	1968	FIN	13-11-1998	Lahti (FIN)
	C&J	127	Karoliina Lundahl	1968	FIN	24-04-2001	Trencin (SVK)
	Total	230	Karoliina Lundahl	1968	FIN	13-11-1998	Lahti (FIN)
+75	Snatch	107	Karoliina Lundahl	1968	FIN	23-10-1999	St. Joseph (USA)
	C&J	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							2010-12-31
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
48	Snatch	65	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	C&J	80	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	Total	145	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
53	Snatch	69	Sini Kukkonen	1986	FIN	16-07-2005	Gdansk (POL)
	C&J	88	Sini Kukkonen	1986	FIN	04-10-2005	Trencin (SVK)
	Total	157	Sini Kukkonen	1986	FIN	29-04-2006	Wladyslawowo (POL)
58	Snatch	78	Heidi Kanervisto	1981	FIN	15-12-2001	Lempäälä (FIN)
	C&J	96	Anna Everi	1987	FIN	27-12-2007	Pori (FIN)
	Total	171	Anna Everi	1987	FIN	27-12-2007	Pori (FIN)
63	Snatch	80	Heidi Kanervisto	1981	FIN	27-05-2000	Siikainen (FIN)
	C&J	100	Heidi Kanervisto	1981	FIN	29-10-2000	Tampere (FIN)
	Total	177	Heidi Kanervisto	1981	FIN	27-05-2000	Siikainen (FIN)
69	Snatch	85	Heidi Kanervisto	1981	FIN	26-12-2000	Helsinki (FIN)
	C&J	106	Anja Evelin Jordalen	1987	NOR	07-07-2007	Gdynia (POL)
	Total	189	Anja Evelin Jordalen	1987	NOR	07-07-2007	Gdynia (POL)
75	Snatch	75	Meri Ilmarinen	1991	FIN	04-12-2010	Tampere (FIN)
	C&J	92	Meri Ilmarinen	1991	FIN	10-04-2010	Lempäälä (FIN)
	Total	165	Meri Ilmarinen	1991	FIN	04-12-2010	Tampere (FIN)
+75	Snatch	82	Leena Hattunen	1982	FIN	13-03-2002	Laukaa (FIN)
	C&J	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							2010-12-31
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
44	Snatch	47	Salma Zakole	1986	FIN	15-02-2003	Töysä (FIN)
	C&J	57	Salma Zakole	1986	FIN	21-09-2002	Rovaniemi (FIN)
	Total	100	Tea Grönman	1986	FIN	12-03-1999	Tampere (FIN)
48	Snatch	65	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	C&J	80	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
	Total	145	Sini Kukkonen	1986	FIN	19-08-2003	Dortmund (GER)
53	Snatch	68	Sini Kukkonen	1986	FIN	15-12-2002	Kerava (FIN)
	C&J	85	Sini Kukkonen	1986	FIN	06-07-2003	Eräjärvi (FIN)
	Total	152	Sini Kukkonen	1986	FIN	13-12-2003	Rovaniemi (FIN)
58	Snatch	72	Heidi Kanervisto	1981	FIN	11-11-1998	Lahti (FIN)
	C&J	85	Heidi Kanervisto	1981	FIN	11-11-1998	Lahti (FIN)
	Total	157	Heidi Kanervisto	1981	FIN	11-11-1998	Lahti (FIN)
63	Snatch	74	Katariina Vestman	1988	FIN	04-10-2005	Trencin (SVK)
	C&J	95	Katariina Vestman	1988	FIN	04-10-2005	Trencin (SVK)
	Total	169	Katariina Vestman	1988	FIN	04-10-2005	Trencin (SVK)
69	Snatch	79	Katariina Vestman	1988	FIN	22-08-2005	Sofia (BUL)
	C&J	101	Katariina Vestman	1988	FIN	22-08-2005	Sofia (BUL)
	Total	180	Katariina Vestman	1988	FIN	22-08-2005	Sofia (BUL)
+69	Snatch	75	Elisa Kallunki	1994	FIN	19-09-2010	Rovaniemi (FIN)
	C&J	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.

Masters Men's Nordic Weightlifting Records as per							2010-12-31
Age Group: 35 - 39 years (M1)							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	97	Per Söderlind	1965	SWE	20-05-2000	Sacramento (USA)
	C & J	122	Per Söderlind	1965	SWE	20-05-2000	Sacramento (USA)
	Total	220	Per Söderlind	1965	SWE	20-05-2000	Sacramento (USA)
62	Snatch	100	Ermin Javor	1960	SWE	20-11-1999	Norrköping (SWE)
	C & J	119	Jarkko Welling	1971	FIN	11-03-2006	Kokkola (FIN)
	Total	217	Jarkko Welling	1971	FIN	11-03-2006	Kokkola (FIN)
69	Snatch	125	Petri Kilponen	1968	FIN	15-03-2003	Helsinki (FIN)
	C & J	150	Petri Kilponen	1968	FIN	15-03-2003	Helsinki (FIN)
	Total	275	Petri Kilponen	1968	FIN	15-03-2003	Helsinki (FIN)
77	Snatch	142	Mats Lindqvist	1963	SWE	17-01-1999	Copenhagen (DEN)
	C & J	167	Mats Lindqvist	1963	SWE	17-01-1999	Copenhagen (DEN)
	Total	310	Mats Lindqvist	1963	SWE	17-01-1999	Copenhagen (DEN)
85	Snatch	132	Hans Jørgensen	1960	DEN	11-12-1999	Copenhagen (DEN)
	C & J	167	Hans Jørgensen	1960	DEN	12-12-1998	Copenhagen (DEN)
	Total	295	Hans Jørgensen	1960	DEN	12-12-1998	Copenhagen (DEN)
94	Snatch	140	Jari Hirvonen	1963	FIN	27-10-2002	Oulu (FIN)
	C & J	175	Peter Banke	1969	DEN	04-12-2005	Falun (SWE)
	Total	310	Peter Banke	1969	DEN	18-06-2005	Udine (ITA)
105	Snatch	142	Kim Lynge Pedersen	1965	DEN	24-02-2001	Ballerup (DEN)
	C & J	185	Gunnar Lögdahl	1973	SWE	09-02-2008	Visby (SWE)
	Total	327	Gunnar Lögdahl	1973	SWE	09-02-2008	Visby (SWE)
+105	Snatch	157	Stian Grimseth	1972	NOR	10-03-2007	Tønsberg (NOR)
	C & J	175	Mikael Erkki	1966	SWE	17-11-2001	Olofström (SWE)
	Total	332	Stian Grimseth	1972	NOR	10-03-2007	Tønsberg (NOR)
RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher							
Note: result.							

Masters Men's Nordic Weightlifting Records as per							2010-12-31
Age Group: 40 - 44 years (M2)							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	65	Erik Eide	1968	NOR	08-03-2008	Vigrestad (NOR)
	C & J	80	Erik Eide	1968	NOR	08-03-2008	Vigrestad (NOR)
	Total	145	Erik Eide	1968	NOR	08-03-2008	Vigrestad (NOR)
62	Snatch	97	Ermin Javor	1960	SWE	29-10-2000	Tampere (FIN)
	C & J	115	Ermin Javor	1960	SWE	29-10-2000	Tampere (FIN)
	Total	212	Ermin Javor	1960	SWE	29-10-2000	Tampere (FIN)
69	Snatch	120	Jouni Grönman	1962	FIN	07-09-2002	Lempäälä (FIN)
	C & J	140	Jouni Grönman	1962	FIN	07-09-2002	Lempäälä (FIN)
	Total	260	Jouni Grönman	1962	FIN	07-09-2002	Lempäälä (FIN)
77	Snatch	122	Mats Lindqvist	1963	SWE	08-02-2003	Uppsala (SWE)
	C & J	145	Jouni Grönman	1962	FIN	15-12-2002	Kerava (FIN)
	Total	260	Jouni Grönman	1962	FIN	15-12-2002	Kerava (FIN)
85	Snatch	130	Keijo Tahvanainen	1959	FIN	23-10-1999	Kerava (FIN)
	C & J	165	Keijo Tahvanainen	1959	FIN	23-10-1999	Kerava (FIN)
	Total	295	Keijo Tahvanainen	1959	FIN	23-10-1999	Kerava (FIN)
94	Snatch	140	Jari Hirvonen	1963	FIN	12-03-2005	Tampere (FIN)
	C & J	165	Aki Männistö	1961	FIN	10-03-2002	Laukaa (FIN)
	Total	300	Jari Hirvonen	1963	FIN	12-03-2005	Tampere (FIN)
105	Snatch	141	Jari Hirvonen	1963	FIN	27-10-2007	Parkano (FIN)
	C & J	166	Peter Banke	1969	DEN	17-01-2009	Copenhagen (DEN)
	Total	306	Jari Hirvonen	1963	FIN	27-10-2007	Parkano (FIN)
+105	Snatch	167	Pertti Hynni	1960	FIN	21-03-2004	Oulu (FIN)
	C & J	210	Pertti Hynni	1960	FIN	26-12-2004	Helsinki (FIN)
	Total	367	Pertti Hynni	1960	FIN	21-03-2004	Oulu (FIN)
RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher							
Note: result.							

Masters Men's Nordic Weightlifting Records as per							2010-12-31
Age Group: 45 - 49 years (M3)							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	70	Carsten Poder	1952	DEN	07-02-1998	Ballerup (DEN)
	C & J	86	Timo Toivonen	1963	FIN	31-01-2010	Kouvola (FIN)
	Total	152	Timo Toivonen	1963	FIN	06-03-2010	Kouvola (FIN)
62	Snatch	91	Ermin Javor	1960	SWE	19-11-2005	Copenhagen (DEN)
	C & J	113	Jyrki Kononen	1961	FIN	02-09-2007	Parkano (FIN)
	Total	203	Jyrki Kononen	1961	FIN	02-09-2007	Parkano (FIN)
69	Snatch	115	Jouni Grönman	1962	FIN	24-03-2007	Örebro (SWE)
	C & J	135	Jouni Grönman	1962	FIN	24-03-2007	Örebro (SWE)
	Total	250	Jouni Grönman	1962	FIN	24-03-2007	Örebro (SWE)
77	Snatch	120	Hans Jørgensen	1960	DEN	26-02-2005	Aalborg (DEN)
	C & J	150	Hans Jørgensen	1960	DEN	25-02-2006	Næstved (DEN)
	Total	270	Hans Jørgensen	1960	DEN	25-02-2006	Næstved (DEN)
85	Snatch	117	Hans Jørgensen	1960	DEN	18-11-2005	Copenhagen (DEN)
	C & J	148	Hans Jørgensen	1960	DEN	18-11-2005	Copenhagen (DEN)
	Total	265	Hans Jørgensen	1960	DEN	18-11-2005	Copenhagen (DEN)
94	Snatch	136	Jari Hirvonen	1963	FIN	14-03-2009	Tampere (FIN)
	C & J	156	Jari Hirvonen	1963	FIN	14-03-2009	Tampere (FIN)
	Total	292	Jari Hirvonen	1963	FIN	14-03-2009	Tampere (FIN)
105	Snatch	143	Jari Hirvonen	1963	FIN	05-09-2010	Pori (FIN)
	C & J	167	Jari Hirvonen	1963	FIN	15-10-2009	Sydney (AUS)
	Total	308	Jari Hirvonen	1963	FIN	30-06-2010	Kalajoki (FIN)
+105	Snatch	165	Pertti Hynni	1960	FIN	12-03-2005	Tampere (FIN)
	C & J	205	Pertti Hynni	1960	FIN	12-03-2005	Tampere (FIN)
	Total	370	Pertti Hynni	1960	FIN	12-03-2005	Tampere (FIN)
RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher							
Note: result.							

Masters Men's Nordic Weightlifting Records as per							2010-12-31
Age Group: 50 - 54 years (M4)							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	65	Ari Välimaa	1955	FIN	06-09-2008	Vihti (FIN)
	C & J	76	Ari Välimaa	1955	FIN	06-09-2008	Vihti (FIN)
	Total	141	Ari Välimaa	1955	FIN	06-09-2008	Vihti (FIN)
62	Snatch	80	Ermin Javor	1960	SWE	16-01-2010	Kalmar (SWE)
	C & J	94	Ermin Javor	1960	SWE	16-01-2010	Kalmar (SWE)
	Total	174	Ermin Javor	1960	SWE	16-01-2010	Kalmar (SWE)
69	Snatch	96	Kalevi Kannasoja	1957	FIN	21-05-2008	Bohumin (CZE)
	C & J	113	Kalevi Kannasoja	1957	FIN	22-05-2007	Limassol (CYP)
	Total	208	Kalevi Kannasoja	1957	FIN	22-05-2007	Limassol (CYP)
77	Snatch	102	Morgan Ask	1949	SWE	20-04-2002	Malmö (SWE)
	C & J	125	Juha Kärkkäinen	1953	FIN	18-01-2003	Iisalmi (FIN)
	Total	222	Morgan Ask	1949	SWE	20-04-2002	Malmö (SWE)
85	Snatch	110	Stefan Johnson	1954	SWE	09-04-2005	Bergsjö (SWE)
	C & J	138	Stefan Johnson	1954	SWE	25-03-2006	Örebro (SWE)
	Total	243	Stefan Johnson	1954	SWE	25-03-2006	Örebro (SWE)
94	Snatch	137	Stefan Jakobsson	1947	SWE	28-03-1998	Helsingborg (SWE)
	C & J	167	Stefan Jakobsson	1947	SWE	23-05-1998	Elz (GER)
	Total	305	Stefan Jakobsson	1947	SWE	23-05-1998	Elz (GER)
105	Snatch	135	Stefan Jakobsson	1947	SWE	25-04-1998	Kalmar (SWE)
	C & J	165	Stefan Jakobsson	1947	SWE	? .09.1999	Glasgow (SCO)
	Total	300	Stefan Jakobsson	1947	SWE	? .09.1999	Glasgow (SCO)
+105	Snatch	119	Arto Savonen	1960	FIN	18-04-2010	Jyväskylä (FIN)
	C & J	148	Tomas Gehlin	1960	SWE	17-04-2010	Falun (SWE)
	Total	261	Arto Savonen	1960	FIN	18-04-2010	Jyväskylä (FIN)
RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher							
Note: result.							

Masters Men's Nordic Weightlifting Records as per							2010-12-31
Age Group: 55 - 59 years (M5)							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	66	Ari Välimaa	1955	FIN	18-04-2010	Jyväskylä (FIN)
	C & J	80	Ari Välimaa	1955	FIN	18-04-2010	Jyväskylä (FIN)
	Total	146	Ari Välimaa	1955	FIN	18-04-2010	Jyväskylä (FIN)
62	Snatch	68	Viljo Turunen	1940	FIN	26-10-2003	Kerava (FIN)
	C & J	88	Viljo Turunen	1940	FIN	26-10-2003	Kerava (FIN)
	Total	155	Viljo Turunen	1940	FIN	26-10-2003	Kerava (FIN)
69	Snatch	86	Claes Inge	1953	SWE	18-10-2008	Västerhaninge (SWE)
	C & J	105	Juhani Salakka	1950	FIN	16-04-2005	Tampere (FIN)
	Total	190	Juhani Salakka	1950	FIN	16-04-2005	Tampere (FIN)
77	Snatch	97	Claes Inge	1953	SWE	16-05-2009	Visby (SWE)
	C & J	120	Tore Bjørnsen	1943	NOR	13-10-2001	Vigrestad (NOR)
	Total	215	Tore Bjørnsen	1943	NOR	13-10-2001	Vigrestad (NOR)
85	Snatch	102	Tore Bjørnsen	1943	NOR	02-03-2001	Vigrestad (NOR)
	C & J	127	Bo Isovaara	1944	SWE	18-11-2000	Kiruna (SWE)
	Total	227	Bo Isovaara	1944	SWE	18-11-2000	Kiruna (SWE)
94	Snatch	123	Stefan Jakobsson	1947	SWE	23-05-2006	Heinsheim (GER)
	C & J	152	Stefan Jakobsson	1947	SWE	20-05-2003	Eysines (FRA)
	Total	275	Stefan Jakobsson	1947	SWE	20-05-2003	Eysines (FRA)
105	Snatch	123	Rolf Prim	1954	SWE	28-03-2009	Falun (SWE)
	C & J	150	Stefan Jakobsson	1947	SWE	25-05-2004	Kolobrzeg (POL)
	Total	270	Stefan Jakobsson	1947	SWE	25-05-2004	Kolobrzeg (POL)
+105	Snatch	103	Preben Kreps	1951	DEN	14-10-2009	Sydney (AUS)
	C & J	136	Preben Kreps	1951	DEN	14-10-2009	Sydney (AUS)
	Total	239	Preben Kreps	1951	DEN	14-10-2009	Sydney (AUS)
RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher							
Note: result.							

Masters Men's Nordic Weightlifting Records as per							2010-12-31
Age Group: 60 - 64 years (M6)							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	58	Matti Oksanen	1940	FIN	22-10-2000	Kalajoki (FIN)
	C & J	72	Matti Oksanen	1940	FIN	23-09-2001	Kefalonia (GRE)
	Total	130	Matti Oksanen	1940	FIN	23-09-2001	Kefalonia (GRE)
62	Snatch	67	Arne Norrback	1937	SWE	06-02-2000	Falun (SWE)
	C & J	92	Arne Norrback	1937	SWE	06-02-2000	Falun (SWE)
	Total	160	Arne Norrback	1937	SWE	06-02-2000	Falun (SWE)
69	Snatch	73	Reijo Jokinen	1944	FIN	11-02-2006	Tampere (FIN)
	C & J	100	Reijo Jokinen	1944	FIN	03-04-2004	Kerava (FIN)
	Total	172	Reijo Jokinen	1944	FIN	03-04-2004	Kerava (FIN)
77	Snatch	85	Morgan Ask	1949	SWE	25-04-2009	Klippan (SWE)
	C & J	109	Morgan Ask	1949	SWE	25-04-2009	Klippan (SWE)
	Total	194	Morgan Ask	1949	SWE	25-04-2009	Klippan (SWE)
85	Snatch	100	Bo Isovaara	1944	SWE	20-03-2005	Stockholm (SWE)
	C & J	116	Bo Isovaara	1944	SWE	14-01-2006	Malmberget (SWE)
	Total	216	Bo Isovaara	1944	SWE	14-01-2006	Malmberget (SWE)
94	Snatch	106	Stefan Jakobsson	1947	SWE	21-05-2007	Limassol (CYP)
	C & J	125	Pekka Salo	1941	FIN	20-05-2001	Teplice (CZE)
	Total	222	Pekka Salo	1941	FIN	20-05-2001	Teplice (CZE)
105	Snatch	106	Stefan Jakobsson	1947	SWE	05-04-2008	Uppsala (SWE)
	C & J	134	Gudmundur Sigurdsson	1946	ISL	20-05-2008	Bohumin (CZE)
	Total	237	Stefan Jakobsson	1947	SWE	05-04-2008	Uppsala (SWE)
+105	Snatch	92	Jan Nystrøm	1944	NOR	29-04-2004	Trondheim (NOR)
	C & J	122	Jan Nystrøm	1944	NOR	24-05-2005	Dolny Kubin (SVK)
	Total	215	Jan Nystrøm	1944	NOR	24-05-2005	Dolny Kubin (SVK)
RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher							
Note: result.							

Masters Men's Nordic Weightlifting Records as per							2010-12-31
Age Group: 65 - 69 years (M7)							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	48	Matti Oksanen	1940	FIN	19-05-2007	Limassol (CYP)
	C & J	66	Matti Oksanen	1940	FIN	18-05-2008	Bohumin (CZE)
	Total	113	Matti Oksanen	1940	FIN	18-05-2008	Bohumin (CZE)
62	Snatch	71	Yrjö Haatanen	1933	FIN	23-10-1999	Kerava (FIN)
	C & J	87	Yrjö Haatanen	1933	FIN	08-10-2000	Orlando (USA)
	Total	157	Yrjö Haatanen	1933	FIN	08-10-2000	Orlando (USA)
69	Snatch	68	Reijo Jokinen	1944	FIN	18-04-2010	Jyväskylä (FIN)
	C & J	91	Reijo Jokinen	1944	FIN	30-01-2010	Rihimäki (FIN)
	Total	158	Reijo Jokinen	1944	FIN	18-04-2010	Jyväskylä (FIN)
77	Snatch	80	Arvo Tölli	1935	FIN	08-10-2000	Orlando (USA)
	C & J	105	Arvo Tölli	1935	FIN	26-01-2002	Rovaniemi (FIN)
	Total	182	Arvo Tölli	1935	FIN	26-01-2002	Rovaniemi (FIN)
85	Snatch	94	Bo Isovaara	1944	SWE	21-02-2009	Kiruna (SWE)
	C & J	108	Bo Isovaara	1944	SWE	21-02-2009	Kiruna (SWE)
	Total	202	Bo Isovaara	1944	SWE	21-02-2009	Kiruna (SWE)
94	Snatch	85	Pekka Salo	1941	FIN	11-02-2006	Tampere (FIN)
	C & J	110	Erkki Savolainen	1942	FIN	27-01-2007	Sumelainen (FIN)
	Total	190	Pekka Salo	1941	FIN	11-02-2006	Tampere (FIN)
105	Snatch	88	Jan Nystrøm	1944	NOR	25-06-2009	Trondheim (NOR)
	C & J	110	Jan Nystrøm	1944	NOR	25-06-2009	Trondheim (NOR)
	Total	198	Jan Nystrøm	1944	NOR	25-06-2009	Trondheim (NOR)
+105	Snatch	90	Jan Nystrøm	1944	NOR	23-01-2010	Trondheim (NOR)
	C & J	113	Jan Nystrøm	1944	NOR	24-09-2009	Trondheim (NOR)
	Total	201	Jan Nystrøm	1944	NOR	23-01-2010	Trondheim (NOR)
RESULT IN <i>ITALICS</i> = Nordic Record Standard made from an originally 0.5 kg higher							
Note: result.							

Masters Men's Nordic Weightlifting Records as per							2010-12-31
Age Group: 70 - 74 years (M8)							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	40	Matti Oksanen	1940	FIN	15-05-2010	Linz (AUT)
	C & J	60	Matti Oksanen	1940	FIN	15-05-2010	Linz (AUT)
	Total	100	Matti Oksanen	1940	FIN	15-05-2010	Linz (AUT)
62	Snatch	65	Yrjö Haatanen	1933	FIN	18-05-2003	Eysines (FRA)
	C & J	80	Yrjö Haatanen	1933	FIN	05-04-2003	Tampere (FIN)
	Total	142	Yrjö Haatanen	1933	FIN	05-04-2003	Tampere (FIN)
69	Snatch	70	Mikko Karppinen	1932	FIN	25-05-2002	Pori (FIN)
	C & J	90	Mikko Karppinen	1932	FIN	25-05-2002	Pori (FIN)
	Total	160	Mikko Karppinen	1932	FIN	25-05-2002	Pori (FIN)
77	Snatch	70	Arvo Tölli	1935	FIN	16-04-2005	Tampere (FIN)
	C & J	91	Arvo Tölli	1935	FIN	28-01-2006	Rovaniemi (FIN)
	Total	160	Mikko Karppinen	1932	FIN	26-12-2002	Helsinki (FIN)
85	Snatch	75	Arvo Tölli	1935	FIN	06-01-2005	Rovaniemi (FIN)
	C & J	100	Arvo Tölli	1935	FIN	06-01-2005	Rovaniemi (FIN)
	Total	175	Arvo Tölli	1935	FIN	06-01-2005	Rovaniemi (FIN)
94	Snatch	70	Arvo Tölli	1935	FIN	29-01-2005	Rovaniemi (FIN)
	C & J	100	Arvo Tölli	1935	FIN	29-01-2005	Rovaniemi (FIN)
	Total	170	Arvo Tölli	1935	FIN	29-01-2005	Rovaniemi (FIN)
105	Snatch	75	Kalevi Honkanen	1937	FIN	21-04-2007	Parkano (FIN)
	C & J	97	Kalevi Honkanen	1937	FIN	19-04-2009	Rovaniemi (FIN)
	Total	170	Kalevi Honkanen	1937	FIN	19-04-2009	Rovaniemi (FIN)
+105	Snatch	68	Kåre Sømme	1938	NOR	07-03-2008	Vigrestad (NOR)
	C & J	92	Pentti Niskanen	1932	FIN	26-01-2002	Iisalmi (FIN)
	Total	160	Pentti Niskanen	1932	FIN	26-01-2002	Iisalmi (FIN)
RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher							
Note: result.							

Masters Men's Nordic Weightlifting Records as per							2010-12-31
Age Group: 75 - 79 years (M9)							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch	47	Yrjö Haatanen	1933	FIN	27-09-2008	Kefalonia (GRE)
	C & J	57	Yrjö Haatanen	1933	FIN	27-09-2008	Kefalonia (GRE)
	Total	104	Yrjö Haatanen	1933	FIN	27-09-2008	Kefalonia (GRE)
62	Snatch	46	Yrjö Haatanen	1933	FIN	19-04-2009	Rovaniemi (FIN)
	C & J	58	Yrjö Haatanen	1933	FIN	19-04-2009	Rovaniemi (FIN)
	Total	104	Yrjö Haatanen	1933	FIN	19-04-2009	Rovaniemi (FIN)
69	Snatch	62	Mikko Karppinen	1932	FIN	22-04-2007	Parkano (FIN)
	C & J	85	Mikko Karppinen	1932	FIN	27-01-2007	Rihimäki (FIN)
	Total	145	Mikko Karppinen	1932	FIN	27-01-2007	Rihimäki (FIN)
77	Snatch	61	Mikko Karppinen	1932	FIN	22-02-2007	Pori (FIN)
	C & J	80	Mikko Karppinen	1932	FIN	22-02-2007	Pori (FIN)
	Total	141	Mikko Karppinen	1932	FIN	22-02-2007	Pori (FIN)
85	Snatch	57	Valto Masalin	1934	FIN	19-04-2009	Rovaniemi (FIN)
	C & J	80	Valto Masalin	1934	FIN	19-04-2009	Rovaniemi (FIN)
	Total	137	Valto Masalin	1934	FIN	19-04-2009	Rovaniemi (FIN)
94	Snatch	59	Valto Masalin	1934	FIN	10-10-2009	Sydney (AUS)
	C & J	83	Valto Masalin	1934	FIN	10-10-2009	Sydney (AUS)
	Total	142	Valto Masalin	1934	FIN	10-10-2009	Sydney (AUS)
105	Snatch	60	Arne Gahnström	1933	SWE	09-11-2008	Örebro (SWE)
	C & J	78	Arne Gahnström	1933	SWE	09-11-2008	Örebro (SWE)
	Total	138	Arne Gahnström	1933	SWE	09-11-2008	Örebro (SWE)
+105	Snatch	54	Pentti Niskanen	1932	FIN	31-01-2009	Iisalmi (FIN)
	C & J	75	Pentti Niskanen	1932	FIN	22-04-2007	Parkano (FIN)
	Total	128	Pentti Niskanen	1932	FIN	22-04-2007	Parkano (FIN)
RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher							
Note: result.							

Masters Men's Nordic Weightlifting Records as per							2010-12-31
Age Group: 80+ years (M10)							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
56	Snatch						
	C & J						
	Total						
62	Snatch						
	C & J						
	Total						
69	Snatch	37	Tormod Jensen	1926	NOR	14-01-2006	Sarpsborg (NOR)
	C & J	45	Tormod Jensen	1926	NOR	14-01-2006	Sarpsborg (NOR)
	Total	82	Tormod Jensen	1926	NOR	14-01-2006	Sarpsborg (NOR)
77	Snatch	43	Tormod Jensen	1926	NOR	26-05-2006	Larvik (NOR)
	C & J	51	Tormod Jensen	1926	NOR	13-10-2007	Larvik (NOR)
	Total	93	Tormod Jensen	1926	NOR	07-03-2008	Vigrestad (NOR)
85	Snatch						
	C & J						
	Total						
94	Snatch	28	Kurt Corfitsen	1930	DEN	13-03-2010	Bagsværd (DEN)
	C & J	48	Kurt Corfitsen	1930	DEN	13-03-2010	Bagsværd (DEN)
	Total	76	Kurt Corfitsen	1930	DEN	13-03-2010	Bagsværd (DEN)
105	Snatch						
	C & J						
	Total						
+105	Snatch	37	Birger Caspersen	1927	NOR	27-04-2007	Trondheim (NOR)
	C & J	49	Birger Caspersen	1927	NOR	27-01-2007	Trondheim (NOR)
	Total	85	Birger Caspersen	1927	NOR	27-01-2007	Trondheim (NOR)
Note: RESULT IN <i>ITALICS</i> = Nordic Record Standard made from an originally 0.5 kg higher result.							