

**Masters Men's Nordic Weightlifting Records as per****31-12-2011****Age Group: 35 - 39 years (M1)**

Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	97	Per Söderlind	1965	SWE	20-05-2000	Sacramento (USA)
56	C & J	122	Per Söderlind	1965	SWE	20-05-2000	Sacramento (USA)
	Total	220	Per Söderlind	1965	SWE	20-05-2000	Sacramento (USA)
	Snatch	100	Ermin Javor	1960	SWE	20-11-1999	Norrköping (SWE)
62	C & J	119	Jarkko Welling	1971	FIN	11-03-2006	Kokkola (FIN)
	Total	217	Jarkko Welling	1971	FIN	11-03-2006	Kokkola (FIN)
	Snatch	125	Petri Kilponen	1968	FIN	15-03-2003	Helsinki (FIN)
69	C & J	150	Petri Kilponen	1968	FIN	15-03-2003	Helsinki (FIN)
	Total	275	Petri Kilponen	1968	FIN	15-03-2003	Helsinki (FIN)
	Snatch	142	Mats Lindqvist	1963	SWE	17-01-1999	Copenhagen (DEN)
77	C & J	167	Mats Lindqvist	1963	SWE	17-01-1999	Copenhagen (DEN)
	Total	310	Mats Lindqvist	1963	SWE	17-01-1999	Copenhagen (DEN)
	Snatch	132	Hans Jørgensen	1960	DEN	11-12-1999	Copenhagen (DEN)
85	C & J	167	Hans Jørgensen	1960	DEN	12-12-1998	Copenhagen (DEN)
	Total	295	Hans Jørgensen	1960	DEN	12-12-1998	Copenhagen (DEN)
	Snatch	140	Jari Hirvonen	1963	FIN	27-10-2002	Oulu (FIN)
94	C & J	175	Peter Banke	1969	DEN	04-12-2005	Falun (SWE)
	Total	310	Peter Banke	1969	DEN	18-06-2005	Udine (ITA)
	Snatch	142	Kim Lyng Pedersen	1965	DEN	24-02-2001	Ballerup (DEN)
105	C & J	185	Gunnar Lögdahl	1973	SWE	09-02-2008	Visby (SWE)
	Total	327	Gunnar Lögdahl	1973	SWE	09-02-2008	Visby (SWE)
	Snatch	157	Stian Grimseth	1972	NOR	10-03-2007	Tønsberg (NOR)
+105	C & J	176	Børge Aadland	1976	NOR	26-11-2011	Langres (FRA)
	Total	332	Stian Grimseth	1972	NOR	10-03-2007	Tønsberg (NOR)

<b>Note:</b>	<i>RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.</i>						
<b>Masters Men's Nordic Weightlifting Records as per</b>							<b>31-12-2011</b>
<b>Age Group: 40 - 44 years (M2)</b>							
<b>Cat.</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>YoB</b>	<b>Nation</b>	<b>Date</b>	<b>Place</b>
	Snatch	<b>65</b>	Erik Eide	1968	NOR	08-03-2008	Vigrestad (NOR)
<b>56</b>	C & J	<b>80</b>	Erik Eide	1968	NOR	08-03-2008	Vigrestad (NOR)
	Total	<b>145</b>	Erik Eide	1968	NOR	08-03-2008	Vigrestad (NOR)
	Snatch	<b>97</b>	Ermin Javor	1960	SWE	29-10-2000	Tampere (FIN)
<b>62</b>	C & J	<b>115</b>	Ermin Javor	1960	SWE	29-10-2000	Tampere (FIN)
	Total	<b>212</b>	Ermin Javor	1960	SWE	29-10-2000	Tampere (FIN)
	Snatch	<b>120</b>	Jouni Grönman	1962	FIN	07-09-2002	Lempäälä (FIN)
<b>69</b>	C & J	<b>140</b>	Jouni Grönman	1962	FIN	07-09-2002	Lempäälä (FIN)
	Total	<b>260</b>	Jouni Grönman	1962	FIN	07-09-2002	Lempäälä (FIN)
	Snatch	<b>122</b>	Mats Lindqvist	1963	SWE	08-02-2003	Uppsala (SWE)
<b>77</b>	C & J	<b>145</b>	Jouni Grönman	1962	FIN	15-12-2002	Kerava (FIN)
	Total	<b>260</b>	Jouni Grönman	1962	FIN	15-12-2002	Kerava (FIN)
	Snatch	<b>130</b>	Keijo Tahvanainen	1959	FIN	23-10-1999	Kerava (FIN)
<b>85</b>	C & J	<b>165</b>	Keijo Tahvanainen	1959	FIN	23-10-1999	Kerava (FIN)
	Total	<b>295</b>	Keijo Tahvanainen	1959	FIN	23-10-1999	Kerava (FIN)
	Snatch	<b>140</b>	Jari Hirvonen	1963	FIN	12-03-2005	Tampere (FIN)
<b>94</b>	C & J	<b>165</b>	Aki Männistö	1961	FIN	10-03-2002	Laukaa (FIN)
	Total	<b>300</b>	Jari Hirvonen	1963	FIN	12-03-2005	Tampere (FIN)
	Snatch	<b>141</b>	Jari Hirvonen	1963	FIN	27-10-2007	Parkano (FIN)
<b>105</b>	C & J	<b>166</b>	Peter Banke	1969	DEN	17-01-2009	Copenhagen (DEN)
	Total	<b>306</b>	Jari Hirvonen	1963	FIN	27-10-2007	Parkano (FIN)
	Snatch	<b>167</b>	Pertti Hynni	1960	FIN	21-03-2004	Oulu (FIN)

<b>+105</b>	C & J	<b>210</b>	Pertti Hynni	1960	FIN	26-12-2004	Helsinki (FIN)
	Total	<b>367</b>	Pertti Hynni	1960	FIN	21-03-2004	Oulu (FIN)
<b>Note:</b>	<i>RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.</i>						
<b>Masters Men's Nordic Weightlifting Records as per</b>							<b>31-12-2011</b>
<b>Age Group: 45 - 49 years (M3)</b>							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	70	Carsten Poder	1952	DEN	07-02-1998	Ballerup (DEN)
<b>56</b>	C & J	<b>86</b>	Timo Toivonen	1963	FIN	31-01-2010	Kouvola (FIN)
	Total	<b>152</b>	Timo Toivonen	1963	FIN	06-03-2010	Kouvola (FIN)
	Snatch	<b>91</b>	Ermin Javor	1960	SWE	19-11-2005	Copenhagen (DEN)
<b>62</b>	C & J	<b>113</b>	Jyrki Kononen	1961	FIN	02-09-2007	Parkano (FIN)
	Total	<b>203</b>	Jyrki Kononen	1961	FIN	02-09-2007	Parkano (FIN)
	Snatch	<b>115</b>	Jouni Grönman	1962	FIN	24-03-2007	Örebro (SWE)
<b>69</b>	C & J	<b>135</b>	Jouni Grönman	1962	FIN	24-03-2007	Örebro (SWE)
	Total	<b>250</b>	Jouni Grönman	1962	FIN	24-03-2007	Örebro (SWE)
	Snatch	<b>120</b>	Hans Jørgensen	1960	DEN	26-02-2005	Aalborg (DEN)
<b>77</b>	C & J	<b>150</b>	Hans Jørgensen	1960	DEN	25-02-2006	Næstved (DEN)
	Total	<b>270</b>	Hans Jørgensen	1960	DEN	25-02-2006	Næstved (DEN)
	Snatch	<b>117</b>	Hans Jørgensen	1960	DEN	18-11-2005	Copenhagen (DEN)
<b>85</b>	C & J	<b>148</b>	Hans Jørgensen	1960	DEN	18-11-2005	Copenhagen (DEN)
	Total	<b>265</b>	Hans Jørgensen	1960	DEN	18-11-2005	Copenhagen (DEN)
	Snatch	<b>136</b>	Jari Hirvonen	1963	FIN	14-03-2009	Tampere (FIN)
<b>94</b>	C & J	<b>156</b>	Jari Hirvonen	1963	FIN	14-03-2009	Tampere (FIN)
	Total	<b>292</b>	Jari Hirvonen	1963	FIN	14-03-2009	Tampere (FIN)
	Snatch	<b>143</b>	Jari Hirvonen	1963	FIN	05-09-2010	Pori (FIN)
<b>105</b>	C & J	<b>167</b>	Jari Hirvonen	1963	FIN	15-10-2009	Sydney (AUS)
	Total	<b>308</b>	Jari Hirvonen	1963	FIN	30-06-2010	Kalajoki (FIN)

	Snatch	<b>165</b>	Pertti Hynni	1960	FIN	12-03-2005	Tampere (FIN)
<b>+105</b>	C & J	<b>205</b>	Pertti Hynni	1960	FIN	12-03-2005	Tampere (FIN)
	Total	<b>370</b>	Pertti Hynni	1960	FIN	12-03-2005	Tampere (FIN)

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

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### Masters Men's Nordic Weightlifting Records as per

**31-12-2011**

#### Age Group: 50 - 54 years (M4)

Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	<b>65</b>	Ari Välimaa	1955	FIN	06-09-2008	Vihti (FIN)
<b>56</b>	C & J	<b>76</b>	Ari Välimaa	1955	FIN	06-09-2008	Vihti (FIN)
	Total	<b>141</b>	Ari Välimaa	1955	FIN	06-09-2008	Vihti (FIN)
	Snatch	<b>80</b>	Ermin Javor	1960	SWE	16-01-2010	Kalmar (SWE)
<b>62</b>	C & J	<b>94</b>	Ermin Javor	1960	SWE	16-01-2010	Kalmar (SWE)
	Total	<b>174</b>	Ermin Javor	1960	SWE	16-01-2010	Kalmar (SWE)
	Snatch	<b>96</b>	Kalevi Kannasoja	1957	FIN	21-05-2008	Bohumin (CZE)
<b>69</b>	C & J	<b>113</b>	Kalevi Kannasoja	1957	FIN	22-05-2007	Limassol (CYP)
	Total	<b>208</b>	Kalevi Kannasoja	1957	FIN	22-05-2007	Limassol (CYP)
	Snatch	<b>102</b>	Morgan Ask	1949	SWE	20-04-2002	Malmö (SWE)
<b>77</b>	C & J	<b>125</b>	Juha Kärkkäinen	1953	FIN	18-01-2003	Iisalmi (FIN)
	Total	<b>222</b>	Morgan Ask	1949	SWE	20-04-2002	Malmö (SWE)
	Snatch	<b>110</b>	Stefan Johnson	1954	SWE	09-04-2005	Bergsjö (SWE)
<b>85</b>	C & J	<b>138</b>	Stefan Johnson	1954	SWE	25-03-2006	Örebro (SWE)
	Total	<b>243</b>	Stefan Johnson	1954	SWE	25-03-2006	Örebro (SWE)
	Snatch	<b>137</b>	Stefan Jakobsson	1947	SWE	28-03-1998	Helsingborg (SWE)
<b>94</b>	C & J	<b>167</b>	Stefan Jakobsson	1947	SWE	23-05-1998	Elz (GER)
	Total	<b>305</b>	Stefan Jakobsson	1947	SWE	23-05-1998	Elz (GER)
	Snatch	<b>135</b>	Stefan Jakobsson	1947	SWE	25-04-1998	Kalmar (SWE)

<b>105</b>	C & J	<b>165</b>	Stefan Jakobsson	1947	SWE	?09.1999	Glasgow (SCO)
	Total	<b>300</b>	Stefan Jakobsson	1947	SWE	?09.1999	Glasgow (SCO)
	Snatch	<b>130</b>	Pertti Hynni	1960	FIN	29-01-2011	Helsinki (FIN)
<b>+105</b>	C & J	<b>148</b>	Tomas Gehlin	1960	SWE	17-04-2010	Falun (SWE)
	Total	<b>261</b>	Arto Savonen	1960	FIN	18-04-2010	Jyväskylä (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

**31-12-2011**

#### Age Group: 55 - 59 years (M5)

Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	<b>66</b>	Ari Välimaa	1955	FIN	18-04-2010	Jyväskylä (FIN)
<b>56</b>	C & J	<b>80</b>	Ari Välimaa	1955	FIN	18-04-2010	Jyväskylä (FIN)
	Total	<b>146</b>	Ari Välimaa	1955	FIN	18-04-2010	Jyväskylä (FIN)
	Snatch	<b>68</b>	Viljo Turunen	1940	FIN	26-10-2003	Kerava (FIN)
<b>62</b>	C & J	<b>88</b>	Viljo Turunen	1940	FIN	26-10-2003	Kerava (FIN)
	Total	<b>155</b>	Viljo Turunen	1940	FIN	26-10-2003	Kerava (FIN)
	Snatch	<b>86</b>	Claes Inge	1953	SWE	18-10-2008	Västerhaninge (SWE)
<b>69</b>	C & J	<b>105</b>	Juhani Salakka	1950	FIN	16-04-2005	Tampere (FIN)
	Total	<b>190</b>	Juhani Salakka	1950	FIN	16-04-2005	Tampere (FIN)
	Snatch	<b>97</b>	Claes Inge	1953	SWE	16-05-2009	Visby (SWE)
<b>77</b>	C & J	<b>120</b>	Tore Bjørnsen	1943	NOR	13-10-2001	Vigrestad (NOR)
	Total	<b>215</b>	Tore Bjørnsen	1943	NOR	13-10-2001	Vigrestad (NOR)
	Snatch	<b>102</b>	Tore Bjørnsen	1943	NOR	02-03-2001	Vigrestad (NOR)
<b>85</b>	C & J	<b>127</b>	Bo Isovaara	1944	SWE	18-11-2000	Kiruna (SWE)
	Total	<b>227</b>	Bo Isovaara	1944	SWE	18-11-2000	Kiruna (SWE)
	Snatch	<b>123</b>	Stefan Jakobsson	1947	SWE	23-05-2006	Heinsheim (GER)
<b>94</b>	C & J	<b>152</b>	Stefan Jakobsson	1947	SWE	20-05-2003	Eysines (FRA)
	Total	<b>275</b>	Stefan Jakobsson	1947	SWE	20-05-2003	Eysines (FRA)

	Snatch	<b>123</b>	Rolf Prim	1954	SWE	28-03-2009	Falun (SWE)
<b>105</b>	C & J	<b>150</b>	Stefan Jakobsson	1947	SWE	25-05-2004	Kolobrzeg (POL)
	Total	<b>270</b>	Stefan Jakobsson	1947	SWE	25-05-2004	Kolobrzeg (POL)
	Snatch	<b>103</b>	Preben Kreps	1951	DEN	14-10-2009	Sydney (AUS)
<b>+105</b>	C & J	<b>136</b>	Preben Kreps	1951	DEN	14-10-2009	Sydney (AUS)
	Total	<b>239</b>	Preben Kreps	1951	DEN	14-10-2009	Sydney (AUS)
<i>Note:</i>	<i>RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.</i>						
<b>Masters Men's Nordic Weightlifting Records as per</b>							<b>31-12-2011</b>
<b>Age Group: 60 - 64 years (M6)</b>							
<b>Cat.</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>YoB</b>	<b>Nation</b>	<b>Date</b>	<b>Place</b>
	Snatch	<b>58</b>	Matti Oksanen	1940	FIN	22-10-2000	Kalajoki (FIN)
<b>56</b>	C & J	<b>72</b>	Matti Oksanen	1940	FIN	23-09-2001	Kefalonia (GRE)
	Total	<b>130</b>	Matti Oksanen	1940	FIN	23-09-2001	Kefalonia (GRE)
	Snatch	<b>67</b>	Arne Norrback	1937	SWE	06-02-2000	Falun (SWE)
<b>62</b>	C & J	<b>92</b>	Arne Norrback	1937	SWE	06-02-2000	Falun (SWE)
	Total	<b>160</b>	Arne Norrback	1937	SWE	06-02-2000	Falun (SWE)
	Snatch	<b>73</b>	Reijo Jokinen	1944	FIN	11-02-2006	Tampere (FIN)
<b>69</b>	C & J	<b>100</b>	Reijo Jokinen	1944	FIN	03-04-2004	Kerava (FIN)
	Total	<b>172</b>	Reijo Jokinen	1944	FIN	03-04-2004	Kerava (FIN)
	Snatch	<b>85</b>	Morgan Ask	1949	SWE	25-04-2009	Klippan (SWE)
<b>77</b>	C & J	<b>109</b>	Morgan Ask	1949	SWE	25-04-2009	Klippan (SWE)
	Total	<b>194</b>	Morgan Ask	1949	SWE	25-04-2009	Klippan (SWE)
	Snatch	<b>100</b>	Bo Isovaara	1944	SWE	20-03-2005	Stockholm (SWE)
<b>85</b>	C & J	<b>116</b>	Bo Isovaara	1944	SWE	14-01-2006	Malmberget (SWE)
	Total	<b>216</b>	Bo Isovaara	1944	SWE	14-01-2006	Malmberget (SWE)
	Snatch	<b>106</b>	Stefan Jakobsson	1947	SWE	21-05-2007	Limassol (CYP)

<b>94</b>	C & J	<b>125</b>	Pekka Salo	1941	FIN	20-05-2001	Teplice (CZE)
	Total	<b>222</b>	Pekka Salo	1941	FIN	20-05-2001	Teplice (CZE)
	Snatch	<b>106</b>	Stefan Jakobsson	1947	SWE	05-04-2008	Uppsala (SWE)
<b>105</b>	C & J	<b>134</b>	Gudmundur Sigurdsson	1946	ISL	20-05-2008	Bohumin (CZE)
	Total	<b>237</b>	Stefan Jakobsson	1947	SWE	05-04-2008	Uppsala (SWE)
	Snatch	<b>92</b>	Jan Nystrom	1944	NOR	29-04-2004	Trondheim (NOR)
<b>+105</b>	C & J	<b>122</b>	Jan Nystrom	1944	NOR	24-05-2005	Dolny Kubin (SVK)
	Total	<b>215</b>	Jan Nystrom	1944	NOR	24-05-2005	Dolny Kubin (SVK)
<i>Note:</i>	<i>RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.</i>						

**Masters Men's Nordic Weightlifting Records as per**

**31-12-2011**

**Age Group: 65 - 69 years (M7)**

Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	<b>48</b>	Matti Oksanen	1940	FIN	19-05-2007	Limassol (CYP)
<b>56</b>	C & J	<b>66</b>	Matti Oksanen	1940	FIN	18-05-2008	Bohumin (CZE)
	Total	<b>113</b>	Matti Oksanen	1940	FIN	18-05-2008	Bohumin (CZE)
	Snatch	<b>71</b>	Yrjö Haatanen	1933	FIN	23-10-1999	Kerava (FIN)
<b>62</b>	C & J	<b>87</b>	Yrjö Haatanen	1933	FIN	08-10-2000	Orlando (USA)
	Total	<b>157</b>	Yrjö Haatanen	1933	FIN	08-10-2000	Orlando (USA)
	Snatch	<b>68</b>	Reijo Jokinen	1944	FIN	18-04-2010	Jyväskylä (FIN)
<b>69</b>	C & J	<b>91</b>	Reijo Jokinen	1944	FIN	30-01-2010	Rihimäki (FIN)
	Total	<b>158</b>	Reijo Jokinen	1944	FIN	18-04-2010	Jyväskylä (FIN)
	Snatch	<b>80</b>	Arvo Tölli	1935	FIN	08-10-2000	Orlando (USA)
<b>77</b>	C & J	<b>105</b>	Arvo Tölli	1935	FIN	26-01-2002	Rovaniemi (FIN)
	Total	<b>182</b>	Arvo Tölli	1935	FIN	26-01-2002	Rovaniemi (FIN)
	Snatch	<b>94</b>	Bo Isovaara	1944	SWE	21-02-2009	Kiruna (SWE)
<b>85</b>	C & J	<b>108</b>	Bo Isovaara	1944	SWE	21-02-2009	Kiruna (SWE)
	Total	<b>202</b>	Bo Isovaara	1944	SWE	21-02-2009	Kiruna (SWE)

	Snatch	<b>85</b>	Pekka Salo	1941	FIN	11-02-2006	Tampere (FIN)
<b>94</b>	C & J	<b>110</b>	Erkki Savolainen	1942	FIN	27-01-2007	Sumelainen (FIN)
	Total	<b>190</b>	Pekka Salo	1941	FIN	11-02-2006	Tampere (FIN)
	Snatch	<b>88</b>	Jan Nystrom	1944	NOR	25-06-2009	Trondheim (NOR)
<b>105</b>	C & J	<b>110</b>	Jan Nystrom	1944	NOR	25-06-2009	Trondheim (NOR)
	Total	<b>198</b>	Jan Nystrom	1944	NOR	25-06-2009	Trondheim (NOR)
	Snatch	<b>91</b>	Jan Nystrom	1944	NOR	04-03-2011	Bergen (NOR)
<b>+105</b>	C & J	<b>113</b>	Jan Nystrom	1944	NOR	24-09-2009	Trondheim (NOR)
	Total	<b>202</b>	Jan Nystrom	1944	NOR	04-03-2011	Bergen (NOR)
<i>Note:</i>	<i>RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.</i>						
<b>Masters Men's Nordic Weightlifting Records as per</b>							<b>31-12-2011</b>
<b>Age Group: 70 - 74 years (M8)</b>							
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
	Snatch	<b>45</b>	Martti Heikura	1941	FIN	16-04-2011	Oulu (FIN)
<b>56</b>	C & J	<b>62</b>	Martti Heikura	1941	FIN	16-04-2011	Oulu (FIN)
	Total	<b>107</b>	Martti Heikura	1941	FIN	16-04-2011	Oulu (FIN)
	Snatch	<b>65</b>	Yrjö Haatanen	1933	FIN	18-05-2003	Eysines (FRA)
<b>62</b>	C & J	<b>80</b>	Yrjö Haatanen	1933	FIN	05-04-2003	Tampere (FIN)
	Total	<b>142</b>	Yrjö Haatanen	1933	FIN	05-04-2003	Tampere (FIN)
	Snatch	<b>70</b>	Mikko Karppinen	1932	FIN	25-05-2002	Pori (FIN)
<b>69</b>	C & J	<b>90</b>	Mikko Karppinen	1932	FIN	25-05-2002	Pori (FIN)
	Total	<b>160</b>	Mikko Karppinen	1932	FIN	25-05-2002	Pori (FIN)
	Snatch	<b>70</b>	Arvo Tölli	1935	FIN	16-04-2005	Tampere (FIN)
<b>77</b>	C & J	<b>91</b>	Arvo Tölli	1935	FIN	28-01-2006	Rovaniemi (FIN)
	Total	<b>160</b>	Mikko Karppinen	1932	FIN	26-12-2002	Helsinki (FIN)
	Snatch	<b>75</b>	Arvo Tölli	1935	FIN	06-01-2005	Rovaniemi (FIN)



<b>85</b>	C & J	<b>100</b>	Arvo Tölli	1935	FIN	06-01-2005	Rovaniemi (FIN)
	Total	<b>175</b>	Arvo Tölli	1935	FIN	06-01-2005	Rovaniemi (FIN)
	Snatch	<b>75</b>	Pekka Salo	1941	FIN	16-04-2011	Oulu (FIN)
<b>94</b>	C & J	<b>100</b>	Arvo Tölli	1935	FIN	29-01-2005	Rovaniemi (FIN)
	Total	<b>171</b>	Pekka Salo	1941	FIN	16-04-2011	Oulu (FIN)
	Snatch	<b>75</b>	Kalevi Honkanen	1937	FIN	21-04-2007	Parkano (FIN)
<b>105</b>	C & J	<b>97</b>	Kalevi Honkanen	1937	FIN	19-04-2009	Rovaniemi (FIN)
	Total	<b>170</b>	Kalevi Honkanen	1937	FIN	19-04-2009	Rovaniemi (FIN)
	Snatch	<b>68</b>	Kåre Sømme	1938	NOR	07-03-2008	Vigrestad (NOR)
<b>+105</b>	C & J	<b>92</b>	Pentti Niskanen	1932	FIN	26-01-2002	Iisalmi (FIN)
	Total	<b>160</b>	Pentti Niskanen	1932	FIN	26-01-2002	Iisalmi (FIN)
<i>Note:</i>	<i>RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.</i>						
<b>Masters Men's Nordic Weightlifting Records as per</b>							<b>31-12-2011</b>
<b>Age Group: 75 - 79 years (M9)</b>							
<b>Cat.</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>YoB</b>	<b>Nation</b>	<b>Date</b>	<b>Place</b>
	Snatch	<b>47</b>	Yrjö Haatanen	1933	FIN	27-09-2008	Kefalonia (GRE)
<b>56</b>	C & J	<b>57</b>	Yrjö Haatanen	1933	FIN	27-09-2008	Kefalonia (GRE)
	Total	<b>104</b>	Yrjö Haatanen	1933	FIN	27-09-2008	Kefalonia (GRE)
	Snatch	<b>46</b>	Yrjö Haatanen	1933	FIN	19-04-2009	Rovaniemi (FIN)
<b>62</b>	C & J	<b>58</b>	Yrjö Haatanen	1933	FIN	19-04-2009	Rovaniemi (FIN)
	Total	<b>104</b>	Yrjö Haatanen	1933	FIN	19-04-2009	Rovaniemi (FIN)
	Snatch	<b>62</b>	Mikko Karppinen	1932	FIN	22-04-2007	Parkano (FIN)
<b>69</b>	C & J	<b>85</b>	Mikko Karppinen	1932	FIN	27-01-2007	Rihimäki (FIN)
	Total	<b>145</b>	Mikko Karppinen	1932	FIN	27-01-2007	Rihimäki (FIN)
	Snatch	<b>61</b>	Mikko Karppinen	1932	FIN	22-02-2007	Pori (FIN)
<b>77</b>	C & J	<b>80</b>	Mikko Karppinen	1932	FIN	22-02-2007	Pori (FIN)
	Total	<b>141</b>	Mikko Karppinen	1932	FIN	22-02-2007	Pori (FIN)

	Snatch	<b>59</b>	Ismo Hakala	1934	FIN	08-01-2011	Kerala (FIN)
<b>85</b>	C & J	<b>80</b>	Valto Masalin	1934	FIN	19-04-2009	Rovaniemi (FIN)
	Total	<b>137</b>	Valto Masalin	1934	FIN	19-04-2009	Rovaniemi (FIN)
	Snatch	<b>59</b>	Valto Masalin	1934	FIN	10-10-2009	Sydney (AUS)
<b>94</b>	C & J	<b>83</b>	Valto Masalin	1934	FIN	10-10-2009	Sydney (AUS)
	Total	<b>142</b>	Valto Masalin	1934	FIN	10-10-2009	Sydney (AUS)
	Snatch	<b>60</b>	Arne Gahnström	1933	SWE	09-11-2008	Örebro (SWE)
<b>105</b>	C & J	<b>78</b>	Arne Gahnström	1933	SWE	09-11-2008	Örebro (SWE)
	Total	<b>138</b>	Arne Gahnström	1933	SWE	09-11-2008	Örebro (SWE)
	Snatch	<b>54</b>	Pentti Niskanen	1932	FIN	31-01-2009	Iisalmi (FIN)
<b>+105</b>	C & J	<b>75</b>	Pentti Niskanen	1932	FIN	22-04-2007	Parkano (FIN)
	Total	<b>128</b>	Pentti Niskanen	1932	FIN	22-04-2007	Parkano (FIN)
<i>Note:</i>	<i>RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.</i>						
<b>Masters Men's Nordic Weightlifting Records as per</b>							<b>31-12-2011</b>
<b>Age Group: 80+ years (M10)</b>							
<b>Cat.</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>YoB</b>	<b>Nation</b>	<b>Date</b>	<b>Place</b>
	Snatch						
<b>56</b>	C & J						
	Total						
	Snatch						
<b>62</b>	C & J						
	Total						
	Snatch	<b>39</b>	Tormod Jensen	1926	NOR	15-10-2011	Stavern (NOR)
<b>69</b>	C & J	<b>45</b>	Tormod Jensen	1926	NOR	14-01-2006	Sarpsborg (NOR)
	Total	<b>82</b>	Tormod Jensen	1926	NOR	14-01-2006	Sarpsborg (NOR)
	Snatch	<b>43</b>	Tormod Jensen	1926	NOR	26-05-2006	Larvik (NOR)

<b>77</b>	C & J	<b>51</b>	Tormod Jensen	1926	NOR	13-10-2007	Larvik (NOR)
	Total	<b>93</b>	Tormod Jensen	1926	NOR	07-03-2008	Vigrestad (NOR)
	Snatch						
<b>85</b>	C & J						
	Total						
	Snatch	<b>28</b>	Kurt Corfitsen	1930	DEN	13-03-2010	Bagsværd (DEN)
<b>94</b>	C & J	<b>48</b>	Kurt Corfitsen	1930	DEN	13-03-2010	Bagsværd (DEN)
	Total	<b>76</b>	Kurt Corfitsen	1930	DEN	13-03-2010	Bagsværd (DEN)
	Snatch						
<b>105</b>	C & J						
	Total						
	Snatch	<b>37</b>	Birger Caspersen	1927	NOR	27-04-2007	Trondheim (NOR)
<b>+105</b>	C & J	<b>49</b>	Birger Caspersen	1927	NOR	27-01-2007	Trondheim (NOR)
	Total	<b>85</b>	Birger Caspersen	1927	NOR	27-01-2007	Trondheim (NOR)
<i>Note:</i>	<i>RESULT IN ITALICS = Nordic Record Standard made from an originally 0.5 kg higher result.</i>						