

Metropolitan LWC MASTERS RECORDS – MEN

AGE GROUP: 55-59

M55

<u>Weight Class</u>	<u>Lift</u>	<u>Record</u>	<u>Name</u>	<u>Event Date & Name</u>
55 kg	Snatch	50 kg	Record Standard	
	Clean & Jerk	60 kg	Record Standard	
	<u>Total</u>	<u>110 kg</u>	<u>Record Standard</u>	
61 kg	Snatch	72 kg	Mark Ongeyberg	12/16/2018 Nick Curry Memorial Holiday Open
	Clean & Jerk	87 kg *	Mark Ongeyberg	08/18/2019 World Masters Championship
	<u>Total</u>	<u>158 kg *</u>	<u>Mark Ongeyberg</u>	<u>08/18/2019 World Masters Championship</u>
67 kg	Snatch	57 kg	Record Standard	
	Clean & Jerk	70 kg	Record Standard	
	<u>Total</u>	<u>127 kg</u>	<u>Record Standard</u>	
73 kg	Snatch	83 kg	Richard Condon	11/02/2018 Howard Cohen American Masters
	Clean & Jerk	109 kg	Richard Condon	11/02/2018 Howard Cohen American Masters
	<u>Total</u>	<u>192 kg</u>	<u>Richard Condon</u>	<u>11/02/2018 Howard Cohen American Masters</u>
81 kg	Snatch	82 kg	Richard Condon	03/29/2019 National Masters Championship
	Clean & Jerk	105 kg	Richard Condon	03/29/2019 National Masters Championship
	<u>Total</u>	<u>187 kg</u>	<u>Richard Condon</u>	<u>03/29/2019 National Masters Championship</u>
89 kg	Snatch	66 kg	William McClure	02/10/2019 Brooklyn Barbell Qualifier
	Clean & Jerk	96 kg	John Tullo	12/16/2018 Nick Curry Memorial Holiday Open
	<u>Total</u>	<u>161 kg</u>	<u>John Tullo</u>	<u>03/29/2019 National Masters Championship</u>
96 kg	Snatch	69 kg	Record Standard	
	Clean & Jerk	85 kg	Record Standard	
	<u>Total</u>	<u>154 kg</u>	<u>Record Standard</u>	
102 kg	Snatch	71 kg	Record Standard	
	Clean & Jerk	87 kg	Record Standard	
	<u>Total</u>	<u>158 kg</u>	<u>Record Standard</u>	
109 kg	Snatch	72 kg	Record Standard	
	Clean & Jerk	89 kg	Record Standard	
	<u>Total</u>	<u>161 kg</u>	<u>Record Standard</u>	
+109 kg	Snatch	75 kg	Record Standard	
	Clean & Jerk	91 kg	Record Standard	
	<u>Total</u>	<u>166 kg</u>	<u>Record Standard</u>	

Record standard must be equaled or surpassed.

Record standard is based on the USAW National Masters Qualifying Total

* National Masters Record