



## WORLD RECORDS MASTER - 10' - OALC WOMEN

<b>One Arm Long Cycle Master Women</b>					
<b>Weight Category</b>	<b>Surname/Name</b>	<b>birth date</b>	<b>Country</b>	<b>Result</b>	<b>Where he performed</b>
<b>Master Women 35-44 years - kettlebells 16kg</b>					
<b>58 kg</b>	<b>Redfem Haylee</b>	<b>1982</b>	<b>Australia</b>	<b>136</b>	<b>WC 2025</b>
<b>65 kg</b>	<b>Pelcova Lenka</b>	<b>1988</b>	<b>Australia</b>	<b>139</b>	<b>WC 2025</b>
<b>&gt;65kg</b>	<b>Katarzyna Kisala</b>	<b>1983</b>	<b>Poland</b>	<b>142</b>	<b>WC 2025</b>
<b>Master Women 45-54 years - kettlebells 16kg</b>					
<b>58 kg</b>	<b>Lerley Sarah</b>	<b>1975</b>	<b>USA</b>	<b>116</b>	<b>WC 2025</b>
<b>65 kg</b>	<b>Ewan Caz</b>	<b>1975</b>	<b>Scotland</b>	<b>128</b>	<b>WC 2025</b>
<b>&gt;65kg</b>	<b>Rella Cindy</b>	<b>1972</b>	<b>Australia</b>	<b>146</b>	<b>WC 2025</b>
<b>Master Women 55-64 years - kettlebells 12kg</b>					
<b>58 kg</b>	<b>Brandone Celestina</b>	<b>1966</b>	<b>Italy</b>	<b>118</b>	<b>WC 2025</b>
<b>65 kg</b>	<b>Counsell Annette</b>	<b>1968</b>	<b>Australia</b>	<b>116</b>	<b>WC 2025</b>
<b>&gt;65kg</b>	<b>Anna Gasiorowska</b>	<b>1970</b>	<b>Poland</b>	<b>136</b>	<b>WC 2025</b>
<b>Master Women +65 years - kettlebells 8kg</b>					
<b>58 kg</b>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
<b>65 kg</b>	<b>Wojciechowska Lilian</b>	<b>1958</b>	<b>Scotland</b>	<b>128</b>	<b>WC 2025</b>
<b>&gt;65kg</b>	<b>Irvine-Jones Celeste</b>	<b>1957</b>	<b>Canada</b>	<b>134</b>	<b>WC 2025</b>

- Master Women categories 35-44/45-54 (16 kg. Kettlebell) the record is registered only if the number of reps exceed the value required for qualification to CMS
- Master Women categories 55-64 (12 kg. Kettlebell) and +65 (8 kg.kettlebell) the record is registered according to the best result

Valid Competitions: World Championship, Continental Championship  
Record Valid only with Doping Control in competition