



WORLD RECORDS MASTER - 10' - OALC WOMEN

One Arm Long Cycle Master Women 10'					
Weight Category	Surname/Name	birth date	Country	Result	Where he performed
Master Women 35-44 years - kettlebells 16kg					
58 kg	Redfem Haylee	1982	Australia	136	WC 2025
65 kg	Pelcova Lenka	1988	Australia	139	WC 2025
>65kg	Katarzyna Kisala	1983	Poland	143	EC 2025
Master Women 45-54 years - kettlebells 16kg					
58 kg	Elizbieta Bieszczad-Foremny	1977	Poland	123	EC 2025
65 kg	Anna Kuzniar	1973	Poland	137	EC 2025
>65kg	Rella Cindy	1972	Australia	146	WC 2025
Master Women 55-64 years - kettlebells 12kg					
58 kg	Ersing Connie	1967	Denmark	121	EC 2025
65 kg	Counsell Annette	1968	Australia	116	WC 2025
>65kg	Anna Gasiorowska	1970	Poland	136	WC 2025
Master Women +65 years - kettlebells 8kg					
58 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
65 kg	Wojciechowska Lilian	1958	Scotland	128	WC 2025
>65kg	Irvine-Jones Celeste	1957	Canada	134	WC 2025

- 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