

**2009 World Masters Games
Best Lifter**

Women's Grand Master - Laura-Denise RAMSAY-OVERALL

			Weight	Body	Age		Best	Best		S-M-M
Ses	Name	Nation	Class	Weight	Group	Age	Snatch	Jerk	Total	Total
2	Barb BOYER	USA	69	64.95	W65	66	38	53	91	185.5094
2	Maddy CHEN	USA	58	56.27	W60	61	32	41	73	150.5921
4	Grace MORRISON	AUS	69	67.21	W55	55	45	62	107	172.7129
4	Marga JØRGENSEN	DEN	58	53.62	W50	54	49	63	112	205.7927
6	Susana Mariela PERRONE	ITA	75	74.32	W45	45	66	81	147	199.2028
7	Laura-Denise RAMSAY-OVER	TRI	75+	75.13	W40	44	82	96	178	237.5618
8	Deborah GROVES	AUS	48	47.98	W35	39	55	73	128	220.0101

Men's Grand Master - Don RAMOS

			Weight	Body	Age		Best	Best		S-M-M
Ses	Name	Nation	Class	Weight	Group	Age	Snatch	Jerk	Total	Total
1	Jean Jacques BRETAGNE	FRA	62	60.26	M80	81	45	60	105	438.7799
3	Don RAMOS	USA	105	94.20	M75	76	80	100	180	446.9106
10	Bob STRANGE	USA	94	90.47	M70	73	70	90	160	386.2924
12	Viktor RACK	GER	85	84.21	M65	69	85	102	187	415.2724
16	Etsuo MITSUISHI	JPN	85	83.96	M60	60	103	118	221	399.6086
17	Harald HERBERG	GER	69	68.66	M55	55	93	112	205	371.5495
23	Gurdawar DHESI	GBR	105	101.38	M50	51	120	166	286	396.4285
26	Jari HIRVONEN	FIN	105	104.42	M45	46	140	167	307	404.9554
29	Vasyl MARTYNYUK	UKR	105	98.83	M40	40	140	166	306	387.6350
31	Gábor MOLNÁR	HUN	77	76.28	M35	37	135	160	295	409.0897