



New Zealand National Kettlebell Sport Records TRADITIONAL 10MIN

Women's One Arm Biathlon

07-Sep-26

Athlete	W/C	B/W	KB	Jerk	Snatch	Total	Rank	Competition
Dee Hollyman	<65	56.8	8	182	172	354		2016 Physical Culture Open
	65+		8					
Nikki Bowman	<65	62.9	12	114	144	258		2017 NZGSA Nationals
	65+		12					
	<65		16					
Victoria Wakefield	65+	70	16	152	142	294		2019 NZGSA North Islands
	<65		20					
	65+		20					
	<65		24					
	65+		24					

Women's Biathlon

Athlete	W/C	B/W	KB	Jerk	Snatch	Total	Rank	Competition
	<65		8					
	65+		8					
Tamra Ewing	<65	60.5	12	115	218	224	Nat 1	2019 NZGSA North Islands
	65+		12					
Tamra Ewing	<65	60.6	16	58	147	131.5	Nat 3	2019 NZGSA Nationals
Victoria Wakefield	65+	68.5	16	94	166	177	CMS	2024 NZGSA NZ Open
	<65		20					
	65+		20					
	<65		24					
	65+		24					

Women's One Arm Long Cycle

Athlete	W/C	B/W	KB	Total	Rank	Competition
Nicolette Le Roux	<65	64.85	8	90		2018 NZGSA Nationals
Hope Rogers	65+		8	113		2017 NZGSA South Islands
Shannon Mitchell	<65	64.6	12	127	Nat 2	2019 NZGSA Nationals
Neroli King	65+	70.6	12	139	Nat 2	2025 NZGSA Nationals
Sheena Jones	<65	62.2	16	121	Nat 1	2016 NZGSA Nationals
Neroli King	65+	65.5	16	116	Nat 1	2019 NZGSA North Islands
Ekaterina Tabakova	<65	54.6	20	103	Nat 1	2019 Canterbury Open
Michelle Byczkow	65+	69.2	20	57		2014 Kettlebell Athletica WGP
	<65		24			
	65+		24			

Women's Long Cycle

Athlete	W/C	B/W	KB	Total	Rank	Competition
	<65		8			
Neroli King	65+	71.8	8	112	Nat 3	2026 IKO World Championship
Sheena Jones	<65	59.4	12	90	Nat 1	2017 NZGSA Nationals
Victoria Wakefield	65+	69.5	12	101	Nat 1	2018 NZGSA Nationals
Ekaterina Tabakova	<65		16	67		2020 NZGSA Regionals Online
	65+		16			
	<65		20			
	65+		20			
	<65		24			
	65+		24			

Women's Snatch Only

Athlete	W/C	B/W	KB			Total	Rank	Competition
Nikki Bowman	<65	60.8	8			190	Nat 3	2015 NZGSA South Islands
	65+		8					
Sheena Jones	<65	59.1	12			213	Nat 2	2018 Top of the South Open
Neroli King	65+		12			238	Nat 2	2020 NZGSA Nationals
Tamra Ewing	<65		16			162	Nat 1	2020 NZGSA Nationals
Victoria Wakefield	65+	70.1	16			149	Nat 1	2025 Trans Tasman Cup
Tamra Ewing	<65	62.8	20			90		2021 NZGSA Nationals (online)
	65+		20					
	<65		24					
	65+		24					

Women's Jerk

Athlete	W/C	B/W	KB			Total	Rank	Competition
	<65		8					
Neroli King	65+		8			153	Nat 3	2024 GSAA National Championships
	<65		12					
Shannon Mitchell	65+	65.9	12			50		2026 Trans Tasman
	<65		16					
Victoria Wakefield	65+	70.1	16			104	Nat 1	2025 NZGSA Winter Open
	<65		20					
	65+		20					
	<65		24					
	65+		24					

Women's One Arm Jerk

Athlete	W/C	B/W	KB			Total	Rank	Competition
	<65		8					
	65+		8					
Kate Dinsay	<65	58.2	12			123		2026 Trans Tasman
	65+		12					
	<65		16					
Shannon Mitchell	65+	65.4	16			108		2023 NZGSA Winter Open
	<65		20					
Shannon Mitchell	65+	65.5kg	20			50		NZGSA 2024 Winter Open
	<65		24					
	65+		24					

Women's One Arm Half Snatch

Athlete	W/C	B/W	KB			Total	Rank	Competition
	<65		8					
	65+		8					
	<65		12					
Annika Werner	65+	74.8	12			151.0	Nat 2	2025 Trans Tasman Cup
	<65		16					
Annika Werner	65+	74.5	16			75.0		2026 NZGSA Winter Open
	<65		20					
	65+		20					
	<65		24					
	65+		24					

Women's Double Half Snatch

Athlete	W/C	B/W	KB			Total	Rank	Competition
	<65		8					
	65+		8					
	<65		12					
Shannon Mitchell	65+	65.9	12			98.0	Nat 2	2026 Trans Tasman
	<65		16					
	65+		16					
	<65		20					
	65+		20					
	<65		24					
	65+		24					

	Represents Novice Category
	Represents Amateur Category
	Represents Pro Category