

WNPF

WOMEN'S WORLD RECORDS

Record ties are not posted. A new lift must exceed the current record. A division without a listed record has no current record.

All lift weights and weight classes are in pounds (lb). Bench for Reps lists repetitions. SHW = Super Heavyweight.

R = Raw | RC = Raw Classic | E = Equipped | SP = Single Ply

P = Police/Fire/Military

Open, Junior and Submasters division labels are written out below.

Full Powerlifting

75 lb Weight Class

Division	Squat	Bench	Deadlift	Total
9-10 / Raw	130 lb SMITH	65 lb SMITH	165 lb SMITH	360 lb SMITH

114 lb Weight Class

Division	Squat	Bench	Deadlift	Total
Open / Raw	250 lb BABCOCK	160 lb BABCOCK	275 lb BABCOCK	690 lb BABCOCK
Open / Raw Classic	220 lb KRISZA	100 lb KRISZA	300 lb KRISZA	610 lb KRIZA
40-44 / Raw	215 lb HERRERA	140 lb HERRERA	255 lb HERRERA	605 lb HERRERA
50-54 / Raw	200 lb CONROY	100 lb CONROY	270 lb CONROY	570 lb CONROY
50-54 / Raw Classic	215 lb FISHER	130 lb FISHER	285 lb FISHER	630 lb FISHER

123 lb Weight Class

Division	Squat	Bench	Deadlift	Total
11-12 / Raw	160 lb GIROSKI	95 lb GIROSKI	235 lb GIROSKI	490 lb GIROSKI
15-16 / Raw	215 lb DELANEY	100 lb DELANEY	225 lb DELANEY	540 lb DELANEY
17-19 / Raw	255 lb DELANEY	125 lb DELANEY	255 lb DELANEY	630 lb DELANEY
Junior / Raw	245 lb NORMAN	130 lb NORMAN	290 lb NORMAN	665 lb NORMAN
Open / Raw	270 lb BABCOCK	160 lb BABCOCK	290 lb MOONEY	705 lb BABCOCK
Open / Raw Classic	215 lb KULKARNI	100 lb KULKARNI	205 lb KULKARNI	520 lb KULKARNI
40-44 / Raw	175 lb SUPINSKI	105 lb SUPINSKI	220 lb SUPINSKI	500 lb SUPINSKI
40-44 / Raw Classic	205 lb HALL	115 lb HALL	250 lb HALL	570 lb HALL
45-49 / Raw	195 lb PLACA	100 lb PLACA	255 lb PLACA	550 lb PLACA

132 lb Weight Class

Division	Squat	Bench	Deadlift	Total
15-16 / Raw	180 lb HARRIER	120 lb HARRIER	255 lb HARRIER	555 lb HARRIER
Junior / Raw	265 lb NORMAN	135 lb NORMAN	295 lb NORMAN	695 lb NORMAN
Open / Raw	230 lb FREE	155 lb YODER	300 lb MCBRIDE	630 lb FREE
Open / Raw Classic	275 lb CACIOPPO	150 lb CACIOPPO	315 lb CACIOPPO	740 lb CACIOPPO
Submasters / Raw	135 lb CANALE	105 lb CANALE	225 lb CANALE	465 lb CANALE
65-69 / Raw	120 lb HODUPSKI	80 lb HODUPSKI	170 lb HODUPSKI	370 lb HODUPSKI

148 lb Weight Class

Division	Squat	Bench	Deadlift	Total
15-16 / Raw	280 lb BRICKER	155 lb BRICKER	275 lb BRICKER	710 lb BRICKER
Open / Raw	320 lb NKWODIMMAH	155 lb NKWODIMMAH	375 lb NKWODIMMAH	850 lb NKWODIMMAH
Open / Raw Classic	250 lb KRESGE	140 lb KRESGE	285 lb KRESGE	675 lb KRESGE
Submasters / Raw	240 lb KOURANKOS	140 lb KOURANKOS	275 lb KOURANKOS	655 lb KOURANKOS
45-49 / Raw	230 lb FREE	140 lb FREE	285 lb FREE	655 lb FREE
50-54 / Raw	220 lb SOTTOSANTI	120 lb SOTTOSANTI	315 lb SOTTOSANTI	655 lb SOTTOSANTI
55-59 / Raw	160 lb HIGGS	130 lb HIGGS	295 lb HIGGS	585 lb HIGGS

165 lb Weight Class

Division	Squat	Bench	Deadlift	Total
17-19 / Raw Classic	275 lb DAVIS	145 lb DAVIS	325 lb DAVIS	745 lb DAVIS
Junior / Raw	300 lb CASOLA	135 lb CASOLA	320 lb CASOLA	755 lb CASOLA
Open / Raw	315 lb WISE	185 lb EDWARDS	400 lb WISE	890 lb WISE
Open / Raw Classic	350 lb PARKER	225 lb PARKER	405 lb PARKER	980 lb PARKER
Submasters / Raw	260 lb YODER	195 lb YODER	315 lb YODER	770 lb YODER
40-44 / Raw	225 lb THOMAS	140 lb THOMAS	315 lb THOMAS	680 lb THOMAS
45-49 / Raw	195 lb PERRY	135 lb PERRY	265 lb PERRY	595 lb PERRY
50-54 / Raw	300 lb EDWARDS	185 lb EDWARDS	365 lb EDWARDS	850 lb EDWARDS
55-59 / Raw	190 lb RANNIE	140 lb RANNIE	275 lb RANNIE	605 lb RANNIE
65-69 / Raw	155 lb MCDEVITT	80 lb MCDEVITT	225 lb MCDEVITT	460 lb MCDEVITT

181 lb Weight Class

Division	Squat	Bench	Deadlift	Total
Junior / Raw	285 lb CASOLA	125 lb CASOLA	315 lb CASOLA	725 lb CASOLA
Open / Raw	285 lb ZBIKOWSKI	170 lb COLLINS	360 lb ZBIKOWSKI	790 lb ZBIKOWSKI
Submasters / Raw	285 lb ZBIKOWSKI	145 lb ZBIKOWSKI	360 lb ZBIKOWSKI	790 lb ZBIKOWSKI
45-49 / Raw	270 lb HANSARD	140 lb HANSARD	325 lb HANSARD	735 lb HANSARD
45-49 / Raw Classic	310 lb BURKE	175 lb BURKE	375 lb BURKE	860 lb BURKE
45-49 / Single Ply	350 lb SAMS	145 lb SAMS	395 lb SAMS	880 lb SAMS
55-59 / Raw	190 lb WILLIAMS	140 lb WILLIAMS	245 lb WILLIAMS	575 lb WILLIAMS

Super Heavyweight (SHW)

Division	Squat	Bench	Deadlift	Total
17-19 / Raw	250 lb ANDERSON	105 lb ANDERSON	315 lb ANDERSON	670 lb ANDERSON
Junior / Raw	300 lb MALAFRONTÉ	170 lb MALAFRONTÉ	330 lb MALAFRONTÉ	800 lb MALAFRONTÉ
Open / Raw	475 lb FLEMING	280 lb FLEMING	460 lb FLEMING	1205 lb FLEMING
Open / Raw Classic	475 lb KOTHOR	225 lb KOTHOR	500 lb KOTHOR	1200 lb KOTHOR
Submasters / Raw	275 lb BRATT	185 lb BRATT	335 lb BRATT	795 lb BRATT
Submasters / Raw Classic	335 lb PEARSON	165 lb PEARSON	365 lb PEARSON	865 lb PEARSON
40-44 / Raw	335 lb BENCIVENGO	190 lb BENCIVENGO	390 lb BENCIVENGO	915 lb BENCIVENGO
40-44 / Raw Classic	395 lb ATTERBERRY	225 lb ATTERBERRY	375 lb ATTERBERRY	995 lb ATTERBERRY
45-49 / Raw	260 lb ANDERSON	135 lb ANDERSON	305 lb ANDERSON	700 lb ANDERSON

Bench Press Only

97 lb Weight Class

Division	Record Holder	Lift (lb)
Open / Raw	BENNER	110
55-59 / Raw	BENNER	110

105 lb Weight Class

Division	Record Holder	Lift (lb)
Open / Raw	BENNER	105
55-59 / Raw	BENNER	105
60-64 / Raw	RAWN	70

114 lb Weight Class

Division	Record Holder	Lift (lb)
Open / Raw	BABCOCK	160
50-54 / Raw	FISHER	130

123 lb Weight Class

Division	Record Holder	Lift (lb)
Open / Raw	BABCOCK	160

132 lb Weight Class

Division	Record Holder	Lift (lb)
Junior / Raw	NORMAN	135
Open / Raw	DONOVAN	75
15-16 / Raw	HARRIER	120
40-44 / Raw	LARSON	165

148 lb Weight Class

Division	Record Holder	Lift (lb)
17-19 / Raw	RUSH	115
Open / Raw	BERTI	120
45-49 / Raw	COLIAN	80
50-54 / Raw	MACRI	115
60-64 / Raw	MACRI	110

165 lb Weight Class

Division	Record Holder	Lift (lb)
Junior / Raw	BRUMETT	100
Open / Raw	DELVALLE	175
45-49 / Raw	ROLON	90
40-44 / Raw	THOMAS	140
50-54 / Raw	RICHARD	145

181 lb Weight Class

Division	Record Holder	Lift (lb)
Open / Raw	BONDURANT	200
55-59 / Raw	WILLIAMS	140
65-69 / Raw	BONDURANT	200
Police/Fire/Military / Raw	BONDURANT	200

Super Heavyweight (SHW)

Division	Record Holder	Lift (lb)
17-19 / Raw	ANDERSON	105
Junior / Raw	ROMO	130
Open / Raw	MURIITHI	200
40-44 / Raw	ORR	125

Deadlift Only

105 lb Weight Class

Division	Record Holder	Lift (lb)
60-64 / Raw	RAWN	200

114 lb Weight Class

Division	Record Holder	Lift (lb)
Open / Raw	BABCOCK	275
50-54 / Raw	FISHER	285
85-89 / Raw	MURPHY	150

123 lb Weight Class

Division	Record Holder	Lift (lb)
11-12 / Raw	GIROSKI	235
15-16 / Raw	DELANEY	225
Open / Raw	BABCOCK	275

132 lb Weight Class

Division	Record Holder	Lift (lb)
11-12 / Raw	GASPAR	210
15-16 / Raw	HARRIER	255
Junior / Raw	NORMAN	295
Open / Raw	SILVA	430
Submasters / Raw	SILVA	400
60-64 / Raw	JOHNSON	165

148 lb Weight Class

Division	Record Holder	Lift (lb)
Open / Raw	HORTON	240
55-59 / Raw	HIGGS	295

165 lb Weight Class

Division	Record Holder	Lift (lb)
17-19 / Raw	HENRY	355
Open / Raw	O'CALLAGHAN	355
45-49 / Raw	HARLESTON	320

181 lb Weight Class

Division	Record Holder	Lift (lb)
Open / Raw	ABERCRUMBIE	315
50-54 / Raw	DANIELS	275
55-59 / Raw	KING	215

Super Heavyweight (SHW)

Division	Record Holder	Lift (lb)
17-19 / Raw	ANDERSON	315
Junior / Raw	NEESMITH	285
45-49 / Raw	KLEMANN	250

Squat Only

114 lb Weight Class

Division	Record Holder	Lift (lb)
Open / Raw	BABCOCK	250

123 lb Weight Class

Division	Record Holder	Lift (lb)
Open / Raw	BABCOCK	270

132 lb Weight Class

Division	Record Holder	Lift (lb)
Junior / Raw	NORMAN	265

148 lb Weight Class

Division	Record Holder	Lift (lb)
17-19 / Raw	RUSH	230

165 lb Weight Class

Division	Record Holder	Lift (lb)
50-54 / Raw	RICHARD	185

Bench for Reps

97 lb Weight Class

Division	Record Holder	Reps
Open	BENNER	50
55-59	BENNER	50

105 lb Weight Class

Division	Record Holder	Reps
Open	BENNER	36
55-59	BENNER	36

114 lb Weight Class

Division	Record Holder	Reps
50-54	FISHER	44
85-89	MURPHY	18

123 lb Weight Class

Division	Record Holder	Reps
40-44	SUPINSKI	40

148 lb Weight Class

Division	Record Holder	Reps
Open	BERTI	28
55-59	MACRI	31
60-64	MACRI	19

165 lb Weight Class

Division	Record Holder	Reps
Open	DELVALLE	36
55-59	RANNIE	23

181 lb Weight Class

Division	Record Holder	Reps
55-59	KING	16

Super Heavyweight (SHW)

Division	Record Holder	Reps
Junior	ROMO	18
Submasters	BRATT	37
40-44	BRATT	41

Powercurl

114 lb Weight Class

Division	Record Holder	Lift (lb)
9-10	ZAGACKI	50

148 lb Weight Class

Division	Record Holder	Lift (lb)
Open	BERTI	110
60-69	MACRI	60

165 lb Weight Class

Division	Record Holder	Lift (lb)
Open	BERTI	110

Super Heavyweight (SHW)

Division	Record Holder	Lift (lb)
40-49	BRATT	105

Strict Curl

114 lb Weight Class

Division	Record Holder	Lift (lb)
9-10	ZAGACKI	35

Ironmaiden

114 lb Weight Class

Division	Bench	Deadlift	Total
Open / Raw	160 lb BABCOCK	275 lb BABCOCK	435 lb BABCOCK

123 lb Weight Class

Division	Bench	Deadlift	Total
15-16 / Raw	85 lb BRADSHAW	250 lb BRADSHAW	335 lb BRADSHAW
Open / Raw	160 lb BABCOCK	275 lb BABCOCK	435 lb BABCOCK
65-69 / Raw	85 lb JOHNSON	180 lb JOHNSON	265 lb JOHNSON

132 lb Weight Class

Division	Bench	Deadlift	Total
40-44 / Raw	155 lb TURTURO	330 lb TURTURO	475 lb TURTURO
45-49 / Raw	115 lb WARD	230 lb WARD	345 lb WARD

148 lb Weight Class

Division	Bench	Deadlift	Total
17-19 / Raw	105 lb MCWELL	280 lb MCWELL	385 lb MCWELL
45-49 / Raw	120 lb HARLESTON	320 lb HARLESTON	440 lb HARLESTON
60-64 / Raw	105 lb MACRI	235 lb MACRI	340 lb MACRI

165 lb Weight Class

Division	Bench	Deadlift	Total
Junior / Raw	125 lb COMER	275 lb COMER	400 lb COMER
45-49 / Single Ply	135 lb LEVERETT	265 lb LEVERETT	400 lb LEVERETT
60-65 / Raw	125 lb WILLIAMS	225 lb WILLIAMS	350 lb WILLIAMS

181 lb Weight Class

Division	Bench	Deadlift	Total
Open / Raw	190 lb NASH	365 lb NASH	555 lb NASH
60-64 / Raw	100 lb WILLIAMS	220 lb WILLIAMS	320 lb WILLIAMS

Super Heavyweight (SHW)

Division	Bench	Deadlift	Total
40-44 / Raw	210 lb BRATT	355 lb BRATT	565 lb BRATT