



WOMEN'S WORLD RECORDS

If you do not see a record in a particular division, this simply means that there is not a current record at this time. We will not post record ties, you must break the current record for it to be posted.

E- EQUIPPED, R- RAW, RC- RAW CLASSIC

Records will be in pounds and/or kilos but kilos will be converted into pounds.....

POWERLIFTING- FULL MEET

60	SQUAT	BENCH	DEADLIFT	TOTAL
75	SQUAT	BENCH	DEADLIFT	TOTAL
9-10 R	SMITH- 130	SMITH-65	SMITH-165	SMITH- 360
90	SQUAT	BENCH	DEADLIFT	TOTAL
97	SQUAT	BENCH	DEADLIFT	TOTAL
105	SQUAT	BENCH	DEADLIFT	TOTAL
114	SQUAT	BENCH	DEADLIFT	TOTAL
O-R	BABCOCK-250	BABCOCK-160	BABCOCK-275	BABCOCK-690

O-RC	PEREZ-175	PEREZ-95	PEREZ-165	PEREZ-435
40-44 R	HERRERA-215	HERRERA-140	HERRERA-255	HERRERA-605
50-54 R	CONROY-200	CONROY-100	CONROY-270	CONROY-570
50-54 RC	FISHER-215	FISHER-130	FISHER-285	FISHER-630
123	SQUAT	BENCH	DEADLIFT	TOTAL
O-R	BABCOCK-270	BABCOCK-160	MOONEY-290	BABCOCK-705
O-RC	KULKARNI-215	KULKARNI-100	KULKARNI-205	KULKARNI-520
40-44 R	SUPINSKI-175	SUPINSKI-105	SUPINSKI-220	SUPINSKI-500
40-44 RC	HALL-205	HALL- 115	HALL- 250	HALL- 570
45-49 R	PLACA-195	PLACA-100	PLACA-255	PLACA-550
132	SQUAT	BENCH	DEADLIFT	TOTAL
15-16 R	HARRIER- 180	HARRIER- 120	HARRIER- 255	HARRIER- 555
O-R	FREE-230	FREE-140	JOHNSON-275	FREE-630
O-RC	CACIOPPO-275	CACIOPPO-150	CACIOPPO- 315	CACIOPPO- 740
65-69 R	HODUPSKI-120	HODUPSKI-80	HODUPSKI-170	HODUPSKI-370
148	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN-R	NKWODIMMAH-320	NKWODIMMAH-155	NKWODIMMAH-375	NKWODIMMAH-850
45-49 R	FREE-230	FREE-140	FREE-285	FREE-655
50-54 R	SOTTOSANTI-220	SOTTOSANTI-120	SOTTOSANTI-315	SOTTOSANTI-655
55-59 R	HIGGS- 160	HIGGS- 130	HIGGS- 295	HIGGS- 585
165	SQUAT	BENCH	DEADLIFT	TOTAL
JR-R	CASOLA- 300	CASOLA- 135	CASOLA- 320	CASOLA- 755
OPEN R	WISE-315	EDWARDS- 185	WISE-400	WISE-890
OPEN RC	PARKER-350	PARKER- 225	PARKER- 405	PARKER- 980
45-49 R	PERRY- 195	PERRY-135	PERRY- 265	PERRY- 595
50-54 R	EDWARDS-300	EDWARDS- 185	EDWARDS- 365	EDWARDS- 850
181	SQUAT	BENCH	DEADLIFT	TOTAL
JR-R	CASOLA-285	CASOLA-125	CASOLA-315	CASOLA-725
O-R	ZBIKOWSKI-285	COLLINS- 170	ZBIKOWSKI-360	ZBIKOWSKI-790
SUBS R	ZBIKOWSKI-285	ZBIKOWSKI-145	ZBIKOWSKI-360	ZBIKOWSKI-790

45-49 R	HANSARD- 270	HANSARD- 140	HANSARD- 325	HANSARD- 735
45-49 RC	BURKE- 310	BURKE- 175	BURKE- 375	BURKE- 860
45-49 SP	SAMS- 350	SAMS- 145	SAMS- 395	SAMS- 880
55-59 R	WILLIAMS-190	WILLIAMS-140	WILLIAMS-245	WILLIAMS-575
SHW	SQUAT	BENCH	DEADLIFT	TOTAL
JR-R	MALAFRONTE- 300	MALAFRONTE- 170	MALAFRONTE- 330	MALAFRONTE- 800
O-R	LEONE- 310	LEONE- 150	LEONE- 335	LEONE- 795
O-RC	PIERINELLI-325	MCHENRY-175	PEARSON-365	PEARSON-865
SM-R	ANZIANI- 215	ANZIANI- 125	ANZIANI- 265	ANZIANI- 605
SM-RC	PEARSON-335	PEARSON-165	PEARSON-365	PEARSON-865
40-44 RC	ATTERBERRY-395	ATTERBERRY- 225	ATTERBERRY- 375	ATTERBERRY-995
45-49 R	ANDERSON-260	ANDERSON-135	ANDERSON-305	ANDERSON-700

SINGLE LIFT WORLD RECORDS

PLEASE SCROLL DOWN FOR ALL RECORDS

BENCH PRESS ONLY

WEIGHT CLASS	BENCH
60	
75	
90	
97	
O-R	BENNER- 110
55-59 R	BENNER-110

105	
O-R	BENNER-105
55-59 R	BENNER-105
114	
O-R	BABCOCK-160
50-54	FISHER-130
123	
O-R	BABCOCK-160
132	
O-R	DONOVAN-75
15-16 R	HARRIER- 120
40-44 R	LARSON-165
148	
O-R	BERTI-120
45-49 R	COLIAN- 80
50-54 R	MACRI- 115
165	
JR-R	BRUMETT- 100
45-49 R	ROLON-90
50-54 R	RICHARD- 145
181	
55-59 R	WILLIAMS-140
SHW	
JR-R	ROMO- 130
40-44 R	ORR- 125

DEADLIFT ONLY

<i>WEIGHT CLASS</i>	<i>DEADLIFT</i>
<i>60</i>	
<i>75</i>	
<i>90</i>	
<i>97</i>	
<i>105</i>	
<i>114</i>	
<i>O-R</i>	<i>BABCOCK-275</i>
<i>50-54 R</i>	<i>FISHER-285</i>
<i>123</i>	
<i>O-R</i>	<i>BABCOCK-275</i>
<i>132</i>	
<i>15-16 R</i>	<i>HARRIER- 255</i>
<i>O-R</i>	<i>SILVA- 430</i>
<i>SM-R</i>	<i>SILVA- 400</i>
<i>60-64 R</i>	<i>JOHNSON- 165</i>
<i>148</i>	
<i>O-R</i>	<i>HORTON-240</i>
<i>55-59 R</i>	<i>HIGGS- 295</i>

165	
17-19 R	HENRY-355
181	
O-R	ABERCRUMBIE- 315
50-54 R	DANIELS- 275
55-59 R	KING- 215
SHW	
JR-R	NEESMITH-285
45-49-R	KLEMANN-250

SQUAT ONLY

WEIGHT CLASS	POWERCURL
60	
75	
90	
97	
105	
114	
O-R	BABCOCK-250
123	
O-R	BABCOCK-270

132	
148	
165	
50-54 R	RICHARD- 185
181	
SHW	

BENCH FOR REPS

WEIGHT CLASS	REPS
60	
75	
97	
0	BENNER-50
55-59	BENNER- 50
105	
0	BENNER-36
55-59	BENNER-36
114	FISHER- 44

123	
40-44	SUPINSKI-40
148	
OPEN	BERTI-28
55-59	MACRI- 31
181	
55-59	KING- 16
SHW	
JR	ROMO- 18
40-44	ATTERBERRY-15

POWERCURL/ STRICT CURL

WEIGHT CLASS	POWERCURL
60	
75	
90	
97	
105	
114	
123	

132	
148	
O	BERTI- 90 PC
165	
181	
SHW	

IRONMAIDEN

IRONMAIDEN RECORDS	DIV	BP	DL	TOTAL
114	O-R	BABCOCK-160	BABCOCK-275	BABCOCK-435
123	15-16 R	BRADSHAW-85	BRADSHAW-250	BRADSHAW-335
	O-R	BABCOCK-160	BABCOCK-275	BABCOCK-435
	65-69 R	JOHNSON- 85	JOHNSON- 180	JOHNSON- 265
132	40-44 R	TURTURO-155	TURTURO-330	TURTURO-475
	45-49 R	WARD- 115	WARD- 230	WARD- 345
148	17-19 R	MCWELL- 105	MCWELL-280	MCWELL- 385
165	45-49 SP	LEVERETT-135	LEVERETT- 265	LEVERETT- 400
181	O-R	NASH-190	NASH-365	NASH- 555