



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	KRISZA-220	KRISZA-100	KRISZA-300	KRISZA-610
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
11-12 R	GIROSKI- 160	GIROSKI- 95	GIROSKI- 235	GIROSKI- 490
15-16 R	DELANEY-215	DELANEY-100	DELANEY-225	DELANEY-540
JR-R	NORMAN-245	NORMAN-130	NORMAN-290	NORMAN-665
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
JR-R	NORMAN-265	NORMAN-135	NORMAN-295	NORMAN-695
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
15-16 R	BRICKER- 280	BRICKER- 155	BRICKER- 275	BRICKER- 710
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
17-19 RC	DAVIS-275	DAVIS-145	DAVIS-325	DAVIS-745
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
17-19 R	ANDERSON-250	ANDERSON-105	ANDERSON-315	ANDERSON-670
JR-R	MALAFRONTE- 300	MALAFRONTE- 170	MALAFRONTE- 330	MALAFRONTE- 800
O-R	FLEMING-475	FLEMING-280	FLEMING-460	FLEMING-1205
O-RC	KOTHOR-475	KOTHOR-225	KOTHOR-500	KOTHOR-1200
SM-R	BRATT-275	BRATT-185	BRATT-335	BRATT-795
SM-RC	PEARSON-335	PEARSON-165	PEARSON-365	PEARSON-865
40-44 R	BENCIVENGO-335	BENCIVENGO-190	BENCIVENGO-390	BENCIVENGO-915
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
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	
JR-R	NORMAN-135
O-R	DONOVAN-75
15-16 R	HARRIER- 120
40-44 R	LARSON-165
148	
17-19 R	RUSH-115
O-R	BERTI-120
45-49 R	COLIAN- 80
50-54 R	MACRI- 115
60-64 R	MACRI-110
165	
JR-R	BRUMETT- 100

45-49 R	ROLON-90
50-54 R	RICHARD- 145
181	
O-R	BONDURANT- 195
55-59 R	WILLIAMS-140
65-69 R	BONDURANT- 195
SHW	
17-19 R	ANDERSON-105
JR-R	ROMO- 130
40-44 R	ORR- 125

DEADLIFT ONLY

WEIGHT CLASS	DEADLIFT
114	
O-R	BABCOCK-275
50-54 R	FISHER-285
85-89 R	MURPHY-150
123	
11-12 R	GIROSKI- 235
15-16 R	DELANEY-225
O-R	BABCOCK-275
132	

15-16 R	HARRIER- 255
JR-R	NORMAN-295
O-R	SILVA- 430
SM-R	SILVA- 400
60-64 R	JOHNSON- 165
148	
O-R	HORTON-240
55-59 R	HIGGS- 295
165	
17-19 R	HENRY-355
181	
O-R	ABERCRUMBIE- 315
50-54 R	DANIELS- 275
55-59 R	KING- 215
SHW	
17-19 R	ANDERSON-315
JR-R	NEESMITH-285
45-49-R	KLEMMANN-250

SQUAT ONLY

WEIGHT CLASS	POWERCURL
114	
O-R	BABCOCK-250
123	
O-R	BABCOCK-270

132	
JR-R	NORMAN-265
148	
17-19 R	RUSH- 230
165	
50-54 R	RICHARD- 185

BENCH FOR REPS

WEIGHT CLASS	REPS
97	
O	BENNER-50
55-59	BENNER- 50
105	
O	BENNER-36
55-59	BENNER-36
114	
	FISHER- 44
85-89	MURPHY-18
123	

40-44	SUPINSKI-40
148	
OPEN	BERTI-28
55-59	MACRI- 31
60-64	MACRI-19
181	
55-59	KING- 16
SHW	
JR	ROMO- 18
SUBS	BRATT- 37
40-44	ATTERBERRY-15

POWERCURL/ STRICT CURL

WEIGHT CLASS	POWERCURL
148	
O	BERTI- 105 PC
60-69	MACRI-50
165	
O	BERTI-110 PC
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