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				
	SQUAT	BENCH	DEADLIFT	TOTAL
75				
9-10 R	SMITH- 130	SMITH-65	SMITH-165	SMITH- 360
114	SQUAT	BENCH	DEADLIFT	TOTAL
O-R	BABCOCK-250	BABCOCK-160	BABCOCK-275	BABCOCK-690
O-RC	KRISZA-220	KRISZA-100	KRISZA-300	KRIZA-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
17-19 R	DELANEY- 255	DELANEY-125	DELANEY-255	DELANEY-630
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	YODER-155	MCBRIDE- 300	FREE-630								
O-RC	CACIOPPO-275	CACIOPPO-150	CACIOPPO- 315	CACIOPPO- 740								
SM-R	CANALE- 135	CANALE- 105	CANALE- 225	CANALE-465								
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-32(	NKWODIMMAH-155	NKWODIMMAH-375	NKWODIMMAH-850								
OPEN-RC	KRESGE- 250	KRESGE- 140	KRESGE- 285	KRESGE- 675								
SUBS R	KOURANKOS- 240	KOURANKOS- 140	KOURANKOS- 275	KOURANKOS- 655								
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								
SM-R	YODER-260	YODER-195	YODER-315	YODER-770								
40-44 R	THOMAS- 225	THOMAS- 140	THOMAS- 315	THOMAS- 680								
45-49 R	PERRY- 195	PERRY-135	PERRY- 265	PERRY- 595								
50-54 R	EDWARDS-300	EDWARDS- 185	EDWARDS- 365	EDWARDS- 850								
55-59 R	RANNIE- 190	RANNIE- 140	RANNIE- 275	RANNIE- 605								
65-69 R	MCDEVITT- 155	MCDEVITT-80	MCDEVITT- 225	MCDEVITT-460								
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												
BENCH PRESS ONLY												
WEIGHT CLASS	BENCH	WEIGHT CLASS	BENCH	WEIGHT CLASS	BENCH		WEIGHT CLASS		BENCH			
97		105		114			123					
O-R	BENNER- 110	O-R	BENNER-105	O-R	BABCOCK-160		O-R	BABCOCK-160				
55-59 R	BENNER-110	55-59 R	BENNER-105	50-54	FISHER-130							
		60-64 R	RAWN-70									
WEIGHT CLASS	BENCH	WEIGHT CLASS	BENCH	WEIGHT CLASS	BENCH		WEIGHT CLASS		BENCH			
132		148		165			181					
JR-R	NORMAN-135	17-19 R	RUSH-115	JR-R	BRUMETT- 100		O-R	BONDURANT- 200				
O-R	DONOVAN-75	O-R	BERTI-120	O-R	DELVALLE-175		55-59 R	WILLIAMS-140				
15-16 R	HARRIER- 120	45-49 R	COLIAN- 80	45-49 R	ROLON-90		65-69 R	BONDURANT- 200				
40-44 R	LARSON-165	50-54 R	MACRI- 115	40-44 R	THOMAS-140		P-R	BONDURANT- 200				
		60-64 R	MACRI-110	50-54 R	RICHARD- 145							
WEIGHT CLASS	BENCH											
SHW												
17-19 R	ANDERSON-105											
JR-R	ROMO- 130											
O-R	MURIITHI-200											
40-44 R	ORR- 125											

DEADLIFT ONLY												
WEIGHT CLASS	DEADLIFT	WEIGHT CLASS	DEADLIFT	WEIGHT CLASS	DEADLIFT		WEIGHT CLASS		DEADLIFT			
105		114		123			132					
60-64 R	RAWN-200	O-R	BABCOCK-275	11-12 R	GIROSKI- 235		11-12 R		GASPAR- 210			
		50-54 R	FISHER-285	15-16 R	DELANEY-225		15-16 R		HARRIER- 255			
		85-89 R	MURPHY-150	O-R	BABCOCK-275		JR-R		NORMAN-295			
							O-R		SILVA- 430			
							SM-R		SILVA- 400			
							60-64 R		JOHNSON- 165			
WEIGHT CLASS	DEADLIFT	WEIGHT CLASS	DEADLIFT	WEIGHT CLASS	DEADLIFT		WEIGHT CLASS		DEADLIFT			
148		165		181			SHW					
O-R	HORTON-240	17-19 R	HENRY-355	O-R	ABERCRUMBIE- 315		17-19 R		ANDERSON-315			
55-59 R	HIGGS- 295	O-R	O'CALLAGHAN- 355	50-54 R	DANIELS- 275		JR-R		NEESMITH-285			
		45-49 R	HARLESTON- 320	55-59 R	KING- 215		45-49-R		KLEMANN-250			

SQUAT ONLY				BENCH FOR REPS								
WEIGHT CLASS	POWERCURL			WEIGHT CLASS	REPS							
114				97								
O-R	BABCOCK-250			O	BENNER-50							
				55-59	BENNER- 50							
123												
O-R	BABCOCK-270			105								
				O	BENNER-36							
132				55-59	BENNER-36							
JR-R	NORMAN-265											
				114								
148					FISHER- 44							
17-19 R	RUSH- 230			85-89	MURPHY-18							
165				123								
50-54 R	RICHARD- 185			40-44	SUPINSKI-40							
				148								
				OPEN	BERTI-28							
				55-59	MACRI- 31							
				60-64	MACRI-19							
				165								
				O	DELVALLE-36							
				55-59	RANNIE- 23							

				181								
				55-59	KING- 16							
				SHW								
				JR	ROMO- 18							
				SUBS	BRATT- 37							
				40-44	BRATT-41							
POWERCURL				STRICT CURL								
WEIGHT CLASS	POWERCURL			WEIGHT CLASS	STRICT CURL							
114				114								
9-10*	ZAGACKI- 50			9-10*	ZAGACKI-35							
148												
O	BERTI- 110											
60-69	MACRI-60											
165												
O	BERTI-110											
SHW												
40-49	BRATT-105											

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
	45-49 R	HARLESTON- 120	HARLESTON- 320	HARLESTON- 440
	60-64 R	MACRI-105	MACRI-235	MACRI-340
165	JR-R	COMER- 125	COMER- 275	COMER- 400
	45-49 SP	LEVERETT-135	LEVERETT- 265	LEVERETT- 400
	60-65 R	WILLIAMS-125	WILLIAMS-225	WILLIAMS-350
181	O-R	NASH-190	NASH-365	NASH- 555
	60-64 R	WILLIAMS-100	WILLIAMS-220	WILLIAMS-320
SHW	40-44 R	BRATT-210	BRATT-355	BRATT-565