	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under																			
14-15																		J.Hall 16/Aug/03 30.0 USA	
16-17							J.Taylor 11/Sep/05 25.0 Australia												
18-19																			
OPEN							25.0		N.Swain 30/Dec/09 41.0 Britain			T.Thauer 1/Sep/01 55.0 Germany	E.Schock 16/Aug/03 60.0 USA		I.Murphy 2/Nov/02 45.0 Britain			30.0	
40+									N.Swain 30/Dec/09 41.0 Britain			T.Thauer 1/Sep/01 55.0 Germany							
45+																			
50+													E.Schock 16/Aug/03 60.0 USA						
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under																			
14-15																			
16-17																			
18-19																			
OPEN								R.Hall 16/Aug/03 27.5 USA		A.Ollemuking 19/Nov/05 31.8 USA									
40+								R.Hall 16/Aug/03 27.5 USA		A.Ollemuking 19/Nov/05 31.8 USA									
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under							S.McKean 15/Oct/95 25.0 USA												
14-15																			
16-17																			
18-19																			
OPEN						M.Baldassarre 26/Aug/89 158.8 USA	25.0				JmsGardner 2/Sep/06 110.0 Britain	56.7	T.Thauer 2/Nov/02 190.0 Germany		M.McBride 14/Dec/02 93.0 USA				
40+													T.Thauer 2/Nov/02 190.0 Germany						
45+																			
50+																			
55+												D.Vandermark 12/Oct/08 56.7 USA							
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records | Bench Dip (Women) - E23 | 08/08/2010

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under			E.Monk 8/Nov/08 52.5 USA																
14-15																			
16-17																			
18-19																			
OPEN			52.5																
40+																			
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under		Jos.Monk 15/Oct/00 27.2 USA		JmsGardner 27/Feb/99 40.0 Britain															
14-15				C.Wood 27/Feb/99 55.0 Britain	JmsGardner 27/Feb/99 40.0 Britain	R.Hughes 17/Apr/10 45.0 Britain	Jos.Monk 8/Jun/03 65.8 USA	C.DeMille 8/Jun/03 68.0 USA									T.Stone 17/Jul/04 75.0 Britain		
16-17					M.Fordham 6/May/00 45.0 Britain	M.Jackson 31/Oct/01 63.5 Britain	D.Kim 15/Apr/06 65.0 USA	P.Shaddock 6/May/00 70.0 Britain	P.Shaddock 16/Dec/00 85.0 Britain	JonGardner 6/May/00 67.5 Britain	A.Horvath 8/Jun/03 102.1 USA	A.Barnes 16/Dec/00 60.0 Britain			I.Reel 15/Jan/05 102.1 USA				K.Kincaid 8/Jun/03 127.0 USA
18-19					J.Achenbach 22/Oct/06 83.9 USA		K.Achenbach 22/Oct/06 93.0 USA		J.Muzzy 22/Oct/06 102.1 USA	JonGardner 16/Dec/00 85.0 Britain		S.Laban 4/Nov/02 70.0 Britain	J.Hunter 8/Jun/03 72.6 USA						
OPEN		27.2		55.0	J.Achenbach 22/Oct/06 83.9 USA	A.Goddard 20/Sep/98 85.0 Britain	B.Todd 14/Oct/01 108.8 USA	A.Smith 28/Nov/04 124.7 USA	B.Aldan 24/Nov/02 124.8 USA	R.Meldon 31/Oct/01 130.0 Britain	N.Swain 21/Feb/06 110.0 Britain	G.Poole 31/Oct/01 122.5 Britain	S.Angell 6/May/00 140.0 Britain	L.Silvestri 9/Mar/02 158.8 USA	B.Cookson 15/Jan/05 154.2 USA	E.Todd 15/Jan/05 181.4 USA	C.Ullom 15/Jan/05 142.9 USA	A.Myers 8/Jun/03 172.4 USA	B.Maxey 15/Jan/05 167.8 USA
40+							A.Goddard 16/Dec/00 95.0 Britain	J.Monk 22/Oct/06 108.9 USA	S.Hills 31/Oct/01 102.5 Britain	N.Swain 30/Jun/09 105.0 Britain	N.Swain 21/Feb/06 110.0 Britain	A.Tomlin 17/Apr/10 95.0 Britain	A.Tomlin 21/Mar/09 80.0 Britain	G.Saxton 6/Sep/03 112.5 Britain	JoeCiavattone 8/Nov/08 120.0 USA		D.Olsavsky 8/Jun/03 127.7 USA	F.Ciavattone 7/Oct/98 137.5 USA	S.Gardner 16/Dec/00 150.0 Britain
45+						S.Showell 27/Feb/99 57.5 Britain	C.Waterman 8/Jun/03 83.9 USA	B.McKenzie 17/Oct/99 88.4 USA	B.Hirsh 8/Jun/03 79.4 USA	R.Meldon 30/Jun/09 125.5 Britain	A.Tucker 30/Jun/09 105.5 Britain			S.Schmidt 15/Jan/05 113.4 USA	P.Phillips 17/Dec/00 140.0 Australia	P.Montgomery 4/Nov/06 125.0 USA		F.Ciavattone 16/Dec/00 60.0 USA	B.Maxey 15/Jan/05 167.8 USA
50+							C Bass 31/Oct/01 72.6 Britain	J.McKean 12/Oct/97 81.7 USA	T.Garnett 31/Oct/01 45.7 Britain	T.Meldon 30/Jun/09 100.5 Britain	L.Blockston 11/Oct/98 83.9 USA		T.Rowlinson 17/Dec/00 90.0 Australia		J.Garcia 15/Jan/05 102.1 USA				S.Gardner 23/Dec/06 125.0 Britain
55+							W.Wright 27/Feb/99 90.0 Britain	W.Wright 16/Dec/00 90.0 Britain	J.McKean 12/Oct/03 81.6 USA	D.Habecker 7/Oct/98 90.0 USA	F.Allen 6/May/00 85.0 Britain	D.Wynn 15/Apr/06 115.0 USA						G.Dick 27/Feb/99 107.5 Britain	
60+								W.Wright 28/Nov/03 90.0 Britain	W.Wright 22/Apr/06 85.0 Britain	K.Murdie 6/May/00 110.0 Britain	C.Nevis 31/Oct/01 92.5 Britain		B.Anderson 6/May/00 80.0 Britain	B.Crozier 3/Apr/01 102.5 USA	B.Crozier 4/Mar/00 93.4 USA				G.Dick 17/Apr/10 105.0 Britain
65+								T.Kelly 31/Oct/01 53.2 Britain	W.Wright 31/Mar/07 85.0 Britain	M.Archer 6/May/00 100.0 Britain	D.Habecker 14/Oct/07 83.9 USA				B.Crozier 10/May/03 92.0 USA				
70+							G.Davidson 6/Jun/09 67.5 Britain	D.Mitchell 8/Jun/03 45.4 USA	H.Perryman 17/Dec/00 65.0 Australia			B.Anderson 3/Dec/06 70.0 Britain	B.Anderson 18/Feb/07 70.0 Britain		B.Clark 8/Jun/03 68.0 USA				
75+									A.Montini 13/Oct/02 36.3 USA	A.Montini 8/Jun/03 65.8 USA		B.Chapman 14/Jul/02 75.0 Australia							
80+						B.Smith 31/Oct/01 36.3 Britain								J.Lano 8/Jun/03 56.7 USA					
85+																			

	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under																			
14-15								M.Fitz 15/Jan/05 34.0 USA	M.Hughes 23/Dec/06 45.0 Britain										
16-17																			
18-19																			
OPEN			J.Gedney 15/Apr/06 42.5 USA		A McInally 23/Apr/05 47.5 Britain	50.0	R.Hall 8/Jun/03 56.7 USA	T.Emmerson 27/Feb/99 52.5 Britain	V.Monk 14/Oct/07 41.3 USA	N.Hughes 17/Apr/10 42.5 Britain	A.Rollo 10/Aug/03 61.5 Australia			M.Laban 10/Sep/05 50.0 Britain					M.McConnoug 15/Jan/05 65.8 USA
40+					A McInally 16/Dec/00 42.5 Britain		R.Hall 8/Jun/03 56.7 USA	K.Gardner 16/Dec/00 50.0 Britain			A.Rollo 10/Aug/03 61.5 Australia			M.Laban 10/Sep/05 50.0 Britain					
45+					A McInally 23/Apr/05 47.5 Britain	J.Taylor 12/Mar/06 50.0 Australia	A McInally 17/Apr/10 37.5 Britain	K.Gardner 23/Dec/06 40.0 Britain											M.McConnoug 15/Jan/05 65.8 USA
50+																			
55+																			
60+					M.LaRosa 8/Jun/03 31.8 USA														
65+			J.Gedney 15/Apr/06 42.5 USA																
70+																			
75+																			
80+																			
85+																			

IAWA World Records

Bench Press Feet on Floor (men) - A3

08/08/2010

	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	32.5#	34.0#	31.7#	40.0#	49.9#	52.2#	32.5#	65.0#	M.Green 27/Apr/02 46.0 USA	27.0#	52.1#	34.0#		63.5#							
14-15				40.0#	42.5#	60.0#	61.2#	80.0#	81.6#	J.Sapone 30/Sep/06 83.9 USA	95.0#	68.0#	80.0#	61.2#	80.0#	84.1#	83.9#		T.Stone 24/Apr/04 75.0 Britain	K.Hess 14/Mar/10 68.0 USA	108.8#
16-17						74.8#	83.9#	83.9#	85.0#	G.Owen 30/Oct/07 106.0 Britain	97.5#	D.Seroka 7/May/05 85.0 Australia	110.0#	R.Adams 30/Sep/06 113.4 USA	J.Ciavattone 26/Mar/10 115.6 USA	93.0#					
18-19							90.7#	80.0#	95.2#	S.McKenzie 10/Sep/06 100.0 Australia	J.Muzzy 4/Nov/06 107.5 USA	110.0#	75.0#	A.Smith 10/Apr/10 102.5 Britain	104.3#	Jon Gardner 13/Apr/02 80.0 Britain	113.4#				D.Lewis 30/Sep/06 113.4 USA
OPEN	32.5#	34.0#	31.7#	40.0#	95.0#	82.5#	105.0#	125.0#	130.0#	145.2#	155.0#	165.0#	181.5#	157.5#	217.7#	175.0#	179.4#	185.0#	180.0#	187.5#	187.5#
40+							86.4#	95.0#	113.4#	100.0#	130.0#	100.0#	115.0#	P.Crisp 30/Dec/09 153.5 Britain	168.0#	175.0#	155.0#	J.Ciavattone 26/Mar/10 170.0 USA	120.0#	140.0#	187.5#
45+							70.3#	95.5#	93.0#	135.0#	130.0#	B.Bryan 4/Nov/06 135.0 USA	137.5#	120.0#	145.0#	P.Phillips 17/Mar/02 155.0 Australia	155.0#	P.Montgomery 26/Aug/06 125.5 USA	140.0#	130.0#	182.5#
50+							65.8#		90.7#	124.8#	126.5#	B.Bryan 8/Nov/08 135.0 USA	122.5#	145.1#	136.1#	145.1#	137.5#	130.0#	115.0#	120.2#	166.0#
55+									97.5#	110.0#	110.0#	125.0#	117.5#	117.5#	122.5#	131.5#	140.0#	110.0#	S.Schmidt 26/Mar/10 115.0 USA	115.0#	110.0#
60+									97.5#	100.0#	112.5#	115.0#	127.5#	116.0#	92.5#	90.0#	83.9#	107.5#	70.3#		G.Dick 30/Oct/08 110.0 Britain
65+								50.0#	G.Davidson 8/Apr/06 80.0 Britain	100.0#	A.Short 17/Feb/08 120.0 Australia	100.0#	100.0#	80.0#	97.5#	93.0#	J.Malloy 26/Mar/10 102.5 USA	110.0#	FH.Tatam 17/Mar/02 120.0 Australia		
70+								50.0#	G.Davidson 10/Apr/10 77.5 Britain	G.Davidson 30/Aug/07 82.5 Britain	80.0#	97.5#	86.2#	90.0#	B.Crozier 26/Mar/10 100.0 USA	83.9#	81.6#				
75+								54.4#	55.0#	55.0#	68.0#	88.5#	72.5#	55.0#	B.Chapman 17/Mar/02 85.0 Australia						
80+								31.8#		55.0#	A.Montini 14/Mar/10 61.2 USA	63.5#	52.1#	70.0#	B.Chapman 21/Aug/05 80.0 Australia						
85+																					
90+											6.8#										

	25kg	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	20.4#	25.4#	24.9#	E.Monk 14/Oct/07 36.7 USA	34.0#	27.2#		38.6#			42.5#	34.1#										
14-15									43.1#	50.0#	34.1#	C.Heka 24/Mar/05 47.5 Australia										
16-17						40.0#	40.0#		50.0#	47.6#	47.7#	A.Birch 10/Sep/06 52.5 Australia										
18-19						31.1#			45.3#		M.Hughes 16/Dec/09 40.0 Britain	M.Hughes 22/Mar/10 51.0 Britain		52.5#	M.Phillips 17/Mar/02 60.0 Australia	80.0#						
OPEN	20.4#	25.4#	24.9#	36.7	34.0	47.5#	72.5#	52.5#	M.Cook 17/Mar/02 70.0 Australia	56.7#	93.0#	86.2#	55.0#	60.0#	60.0#	80.0#	M.Laban 8/Apr/06 60.0 Britain					75.3#
40+						27.3#	30.0#	48.5#	J.Taylor 21/Aug/05 55.0 Australia	56.7#	83.9#	83.9#	55.0#	A.Rollo 6/Oct/03 60.0 Australia		52.5#	M.Laban 8/Apr/06 60.0 Britain					75.3#
45+						30.0#	37.5#	50.5#	J.Taylor 10/Sep/06 55.0 Australia	40.8#	45.0#											72.7#
50+							32.5#	52.5#	A.McInally 30/Oct/07 42.5 Britain	A.McInally 27/Feb/10 42.5 Britain	33.5#	K.Gardner 22/Mar/10 37.5 Britain										
55+							32.5#			31.3#												
60+						30.0#	40.0#	31.8#	36.0#	25.0#												
65+						47.5#	27.0#															
70+																						
75+																						
80+																						
85+																						

IAWA World Records

Bench Press FIA (men) - A3

08/08/2010

	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
138&Under	R.Montini 15/Feb/92 32.5 USA	R.Montini 25/Jul/93 34.0 USA	J.Schmidt 9/Dec/90 31.8 USA	M.Parish 20/Sep/93 40.0 Britain	W.Vasey 31/Jul/94 49.9 Britain	W.Vasey 24/Oct/94 52.2 Britain	JonGardner 21/Oct/95 32.5 Britain	SJ.Vernacchio 28/Nov/92 65.0 USA	S.McKean 16/Oct/94 38.6 USA	J.Carter 21/Jan/90 27.0 USA	S.Beck 30/Apr/05 52.1 USA	B.Zauer 26/Apr/03 34.0 USA		K.Patrick 30/Apr/06 63.5 USA							
14-15				C Howard 26/Jun/94 40.0 Britain	C.Wood 15/Nov/97 42.5 Britain	P.Stonier 27/Aug/88 60.0 Britain	M.Jackson 30/Apr/00 61.2 Britain	D.McDowall 12/Dec/93 80.0 Britain	D.Vasey 31/Jul/94 81.6 Britain	Jon Gardner 6/May/98 65.0 Britain	E.Riley III 12/Jan/91 95.0 USA	S.Beck 30/Apr/06 68.0 USA	T.Frasso 27/Feb/99 80.0 USA	J.Blockston 30/May/04 61.2 USA	T.Frasso 27/Feb/99 80.0 USA	J.Becklun 30/Apr/06 84.1 USA	J.Becklun 17/Jun/06 83.9 USA				K.Lee 24/Nov/02 108.8 USA
16-17						J.Achenbach 30/Apr/05 74.8 USA	J.Achenbach 23/Oct/05 83.9 USA	K.Achenbach 30/Apr/05 83.9 USA	D.Kim 15/Apr/06 85.0 USA	J.French 21/May/02 95.0 Britain	J.Monk 30/Apr/05 97.5 USA	S.Holcomb 2/Jun/03 83.9 USA	S.Bates 2/Dec/93 110.0 Britain	J.Blockston 30/Apr/05 93.0 USA	J.Patrick 30/Apr/05 77.5 USA	J.Patrick 30/Apr/06 93.0 USA					
18-19							J.Achenbach 30/Apr/06 90.7 USA	P.Crooks 15/Dec/92 80.0 Britain	K.Achenbach 30/Apr/06 95.2 USA	T.Kennedy 26/Jul/98 82.5 USA	A.Hewlett 14/Jul/02 90.0 Australia	C.Ross 2/Jun/03 110.0 Britain	S.Best 8/Apr/01 75.0 Australia	JefCiavattone 26/Jul/98 82.5 USA	I.Reel 25/Jun/05 104.3 USA		I.Reel 17/Jun/06 113.4 USA				
OPEN	32.5	34.0	31.8	40.0	D.Berry 31/Oct/97 95.0 Britain	D.Quier 10/Mar/90 82.5 USA	T.Nguyen 16/Mar/03 105.0 Australia	N.Wilkinson 20/Aug/93 125.0 Britain	A.Blindt 30/Jun/89 130.0 Britain	A.Smith 13/Jun/04 145.2 USA	J.Robinson 16/May/99 155.0 Australia	B.Bryan 10/Mar/90 165.0 USA	N.Robinson 29/Sep/97 181.5 Britain	D.Moore 19/Oct/97 157.5 USA	T.Succarotte 5/Jun/04 217.7 USA	I.Tudor 19/May/91 175.0 Britain	E.Todd 30/Apr/05 179.4 USA	J.Dundon 19/Oct/97 185.0 USA	M.Black 19/Oct/97 180.0 USA	C.Cookson 2/Jun/03 187.5 USA	M.Mitchell 2/Jun/03 187.5 USA
40+							J.McKean 15/Jul/90 86.4 USA	B.Pensyl 12/Jan/91 95.0 USA	J.Monk 30/Apr/06 113.4 USA	C.Waterman 19/Oct/97 100.0 USA	MJ Ping 2/Jun/03 130.0 PRC	S.King 30/May/04 100.0 NZ	N.Swain 21/Feb/06 115.0 Britain	T.Thauer 10/Jun/02 125.0 Germany	I.Tudor 31/Dec/98 168.0 Britain	I.Tudor 19/May/91 175.0 Britain	B.Cookson 30/Apr/05 155.0 USA	FJ.Tatam 16/Mar/03 115.0 Australia	FJ.Tatam 19/May/02 120.0 Australia	F.Ciavattone 19/Oct/97 140.0 USA	M.Mitchell 2/Jun/03 187.5 USA
45+							B.Grey 31/Oct/97 70.3 Britain	B.Pensyl 19/Oct/97 95.5 USA	C.Bass 28/Oct/95 93.0 Britain	J.Guerin 19/May/91 135.0 Britain	J.Guerin 26/Oct/92 130.0 Britain	K.Smith 28/Aug/88 120.0 Britain	B.Bryan 2/Nov/03 137.5 USA	K.Williams 10/Sep/94 120.0 Britain	M.Price 23/Jun/10 145.0 Britain	P.Phillips 16/Mar/03 140.0 Australia	P.Phillips 1/Jun/02 155.0 Australia	FJ.Tatam 16/Mar/03 125.0 Australia	P.Phillips 19/Mar/00 140.0 Australia	FJ.Tatam 30/Apr/06 130.0 Australia	B.Maxey 2/Jun/03 182.5 USA
50+							B.Grey 28/Feb/99 65.8 Britain		C Bass 28/Feb/99 90.7 Britain	J.Guerin 24/Oct/94 124.8 Britain	J.Guerin 16/Jul/94 126.5 Britain	F.Allen 5/Dec/92 110.0 Britain	J.Vernacchio 10/Mar/90 122.5 USA	T.Grow 26/Feb/94 145.1 USA	R.Sisk 2/Jun/03 136.1 USA	R.Sisk 1/Jun/02 145.1 USA	P.Phillips 13/Jun/04 137.5 Australia	J.Malloy 30/Jan/93 130.0 USA	S.Schmidt 30/Apr/06 115.0 USA	F.Ciavattone 25/Jun/05 120.2 USA	H.Bach 14/Jul/02 166.0 Australia
55+									W.Wright 30/Apr/99 97.5 Britain	B.Kappel 31/Dec/01 110.0 Australia	M.Archer 30/Jun/89 110.0 Britain	K.Murdie 19/Oct/97 125.0 Britain	D.Wynn 28/Oct/06 117.5 USA	D.Wynn 15/Apr/06 117.5 USA	R.Sisk 30/May/04 122.5 USA	R.Sisk 30/Apr/06 131.5 USA	P.Phillips 17/Feb/08 140.0 Australia	G.Dick 2/Jun/03 110.0 Britain	G.Dick 30/Apr/05 115.0 Britain	R.Davidson 18/May/03 115.0 Australia	R.Davidson 30/May/04 110.0 Australia
60+									W.Wright 21/May/02 97.5 Britain	B.Kappel 12/Mar/06 100.0 Australia	M.Archer 19/Oct/97 112.5 Britain	M.Archer 21/Oct/95 115.0 Britain	J.Fulton 2/Feb/91 127.5 Britain	L.Blockston 30/Apr/05 116.0 USA	B.Anderson 21/Oct/95 92.5 Britain	H.Prechtel 30/Jun/89 90.0 USA	B.Clark 5/Feb/95 83.9 USA	J.Malloy 25/Jun/06 107.5 USA	B.Geib 5/Jun/04 70.3 USA		
65+								B.Savage 02-Jun-03 50.0 NZ	T.Kelly 30/Apr/00 65.0 Britain	P.Hubbard 2/Nov/03 100.0 USA	M.Archer 28/Feb/99 105.0 Britain	M.Archer 30/Aug/02 100.0 Britain	R.Durante 19/Oct/97 100.0 USA	B.Anderson 1/Jun/02 80.0 Britain	H.Skeete 10/Jul/88 97.5 USA	B.Crozier 25/Jun/05 93.0 USA	H.Prechtel 15/Jul/90 97.7 USA	FH.Tatam 19/May/02 110.0 Australia	FH.Tatam 2/Jun/03 120.0 Australia		
70+								B.Savage 30/May/04 50.0 NZ	B.Smith 13/Apr/91 63.5 Britain	G.Davidson 3/Dec/06 82.5 Britain	A.Montini 19/Oct/97 80.0 USA	M.Archer 30/May/04 97.5 Britain	R.Durante 5/Jun/04 86.2 USA	H.Prechtel 19/Oct/97 90.0 USA	B.Chapman 12/Aug/01 82.5 USA	H.Prechtel 4/Jun/95 83.9 USA	B.Clark 2/Jun/03 81.6 USA			
75+								J.Amendalro 5/Jun/04 54.4 USA	B.Smith 18/Mar/96 55.0 Britain	B.Cox 30/Apr/05 55.0 USA	P.Ready 28/Feb/99 68.0 Britain	A.Montini 25/Jun/05 88.5 USA	H.Prechtel 1/Jun/02 72.5 USA	F.Lamp 21/Aug/05 55.0 Australia	B.Chapman 19/May/02 85.0 Australia					
80+								B.Smith 30/Aug/02 31.8 Britain		B.Cox 30/Apr/06 55.0 USA		P.Ready 24/May/02 63.5 Britain	J.Dorylis 5/Jun/04 52.1 USA	H.Prechtel 30/Apr/06 70.0 USA	P.Eberharding'r 26/Apr/03 34.0 USA					
85+																					
90+											C.Myers 17/Jun/06 6.8 USA										

	25kg	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	E.Monk 30/Apr/05 20.4 USA	E.Monk 30/Apr/06 25.4 USA	E.Monk 22/Oct/06 24.9 USA	D.Ciavattor 26/Jul/98 20.0 USA	K.Myers 20/Feb/05 34.0 USA	J.Wilson 10/Feb/07 27.2 USA		K.Myers 10/Feb/07 38.6 USA			M.Hughes 30/Apr/05 42.5 Britain	K.Griffis 30/Apr/06 34.1 USA										
14-15									S.Jaeschke 2/Jun/03 43.1 USA	S.Jaeschke 30/May/04 50.0 USA	M.Fritz 30/Apr/05 34.1 USA	E.Talbot 28/Feb/99 45.0 Britain										
16-17						P.Thompson 2/Feb/91 40.0 Britain	L.Gosling 1/Jun/02 40.0 Britain		N.Armstrong 30/Apr/06 50.0 NZ	A.Paul 30/May/04 47.6 USA	M.Ffitz 30/Apr/06 47.7 USA											
18-19						L.Hall 2/Jun/03 31.1 USA			A.McBride 30/Jan/99 45.3 USA					M.Phillips 8/Apr/01 52.5 Australia	M.Phillips 30/Dec/01 55.0 Australia	XL Liang 2/Jun/03 80.0 PRC							
OPEN	20.4	25.4	24.9	20.0	34.0	J.Gedney 15/Apr/06 47.5 USA	A.Blindt 30/Jun/89 72.5 Britain	J.Burchette 10/Mar/90 52.5 USA	M.Cook 12/May/02 70.0 Australia	D.DeLaRos 23/Jan/88 56.7 USA	A.Ollennuki 3/Feb/01 93.0 USA	A.Ollennuki 4/Feb/96 86.2 USA	A.Rollo 13/Jun/04 55.0 Australia	A.Rollo 18/May/03 60.0 Australia	M.Phillips 19/May/02 60.0 Australia	XL Liang 2/Jun/03 80.0 PRC					M	McConnou 2/Jun/03 75.3 USA
40+						S.Hughes 15/Jul/90 27.3 USA	S.Hughes 10/Mar/90 30.0 USA	A McInally 30/Apr/00 48.5 Britain	J.Taylor 30/Apr/05 50.0 Australia	R.Hall 26/Apr/03 56.7 USA	A.Ollennuki 1/Feb/03 83.9 USA	A.Ollennuki 19/Nov/05 83.9 USA	A.Rollo 13/Jun/04 55.0 Australia	A.Rollo 30/May/04 60.0 Australia		M.Laban 30/May/04 52.5 Britain					M	McConnou 2/Jun/03 75.3 USA
45+						N.Phumchad 1/Jun/89 30.0 USA	P.Skimmer 16/Nov/96 37.5 USA	A McInally 21/May/02 50.5 Britain	A McInally 28/Feb/06 50.0 Britain	J.Fulford 29/Dec/94 40.8 Britain	K.Gardner 30/Apr/06 45.0 Britain										M	McConnou 30/Apr/06 72.7 USA
50+							N.Phumchad 19/Oct/97 32.5 USA	J.Burchette 10/Mar/90 52.5 USA	J.Phillips 16/May/04 42.5 Australia	J.Fulford 31/Oct/97 36.3 Britain	S.Lewis 31/Oct/97 33.5 Britain	M.Wade 30/May/04 29.5 USA										
55+							N.Phumchadna 1/Jun/02 32.5 USA			J.Fulford 24/May/02 31.3 Britain												
60+						C.Anderson 25/May/02 30.0 USA	N.Phumchad 30/Apr/05 40.0 USA	M.LaRosa 12/Oct/03 31.8 USA	K.Howley 30/Apr/06 36.0 USA	J.Habecker 30/Dec/01 25.0 USA												
65+						J.Gedney 15/Apr/06 47.5 USA	C.Anderson 30/Apr/06 27.0 USA															
70+																						
75+																						
80+																						
85+																						

IAWA World Records | Bench Press - LH (men) - B37 | 08/08/2010

	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under																			
14-15																			
16-17						R.Clausen 28/Oct/06 27.5 USA													
18-19																			
OPEN						R.Clausen 28/Oct/06 27.5 USA					D.Wynn 28/Oct/06 30.0 USA	S.Trew 17/Feb/08 40.0 Australia	T.Thauer 4/Nov/02 60.0 Germany	H.Schwieter 15/Apr/06 22.5 USA		G.Alway 7/Nov/09 32.5 Britain			B.Maxey 20/Feb/05 58.1 USA
40+													T.Thauer 4/Nov/02 60.0 Germany						
45+																			B.Maxey 20/Feb/05 58.1 USA
50+																			
55+											D.Wynn 28/Oct/06 30.0 USA								B.Fellows 10/Dec/89 56.7 USA
60+														H.Schwieter 15/Apr/06 22.5 USA					
65+																B.Clark 4/Nov/00 20.4 USA			
70+																			
75+													B.Chapman 6/Oct/03 32.5 Australia						
80+																			
85+																			

IAWA World Records

Bench Press - LH (women) - B37

08/08/2010

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under																			
14-15																			
16-17																			
18-19																			
OPEN			J.Gedney 28/Oct/06 16.0 USA																
40+																			
45+																			
50+																			
55+																			
60+																			
65+			J.Gedney 28/Oct/06 16.0 USA																
70+																			
75+																			
80+																			
85+																			

	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under																			
14-15						R.Hughes 29/Mar/10 25.0 Britain													
16-17																			
18-19																			
OPEN						R.Hughes 29/Mar/10 25.0 Britain	C.Hughes 29/Mar/10 26.0 Britain	C.Cranfelt 14/Oct/00 50.0 Finland	C.Cranfelt 20/Nov/99 47.5 Finland		D.Wynn 28/Oct/06 50.0 USA	D.Wynn 15/Apr/06 40.0 USA	R.Bletcher 14/Dec/02 20.4 USA	H.Schwieter 15/Apr/06 32.5 USA	M.McBride 4/Nov/00 45.3 USA	J.Garcia 31/Oct/98 43.1 USA		A.Myers 14/Dec/02 68.0 USA	S.Gardner 20/Nov/99 60.0 Britain
40+									N.Swain 30/Dec/09 30.5 Britain		N.Swain 26/May/08 45.0 Britain	A.Tomlin 29/Mar/10 40.0 Britain							S.Gardner 20/Nov/99 60.0 Britain
45+																J.Garcia 31/Oct/98 43.1 USA			B.Rogers 23/Nov/99 45.3 USA
50+																			
55+											D.Wynn 28/Oct/06 50.0 USA	D.Wynn 15/Apr/06 40.0 USA							
60+														H.Schwieter 15/Apr/06 32.5 USA					G.Dick 29/Mar/10 30.0 Britain
65+													R.Bletcher 14/Dec/02 20.4 USA			B.Clark 31/Oct/98 20.4 USA			
70+																			
75+																			
80+																			
85+																			

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under																			
14-15																			
16-17																			
18-19																			
OPEN			J.Gedney 28/Oct/06 16.0 USA				J.Taylor 10/Apr/05 23.5 Australia	A McInally 29/Mar/10 17.5 Britain			N.Hughes 29/Mar/10 17.5 Britain								
40+							J.Taylor 10/Apr/05 23.5 Australia	R.Hughes 29/Mar/10 16.5 Britain											
45+																			
50+								A McInally 29/Mar/10 17.5 Britain											
55+																			
60+																			
65+			J.Gedney 28/Oct/06 16.0 USA																
70+																			
75+																			
80+																			
85+																			