	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	M.Smyth 17/Oct/04 12.5 Australia	F.Ciavattone 13/Mar/05 29.9 USA	JosMonk 17/Oct/99 13.6 USA		W.Vasey 31/Aug/94 48.7 Britain	J.Horne 21/Mar/98 35.0 Britain	D.Harston 28/Feb/96 30.5 Britain	Jon Gardner 17/May/96 25.0 Britain	S.McKean 15/Oct/95 34.0 USA												
14-15			C.Howard 31/Aug/94 27.5 Britain		JmsGardner 21/Mar/98 30.0 Britain		D.Broadfoot 31/Oct/94 50.0 Britain	S.McKean 24/Feb/96 47.7 USA	D.Vasey 31/Aug/94 70.3 Britain	R.Scott 21/Mar/98 70.0 Britain	JonGardner 21/Mar/98 50.0 Britain										
16-17								R.Clausen 14/Apr/07 60.0 USA	T.Cross 30/Apr/98 75.0 Britain	S.Cook 30/Apr/98 85.0 Britain	D.Evans 30/Apr/98 45.0 Britain	M.Watson 30/Apr/98 70.0 Britain	S.Bates 2/Dec/93 80.0 Britain		G.Porter 31/Aug/99 60.0 Britain						
18-19							J.Achenbach 4/Nov/06 75.0 USA	M.Jackson 31/Dec/02 56.7 Britain	M.O'Brien 5/Jan/02 47.6 USA		J.Muzzy 22/Oct/06 95.3 USA	D.Vasey 30/Apr/98 95.3 Britain		P.Wu 21/Mar/98 80.0 Britain		M.Swindail 13/Feb/10 105.0 Britain					
OPEN	12.5	29.9	27.5		48.7	B.Cronin 18/Aug/07 65.0 NZ	J.Achenbach 4/Nov/06 75.0 USA	N.Wilkinson 7/Mar/92 85.0 Britain	J.Monk 17/Oct/99 108.9 USA	J.Guerin 21/Aug/94 98.4 Britain	A.Blindt 6/Nov/93 120.0 Britain	D.Blakely 23/Nov/03 129.3 USA	N.Swain 31/Dec/02 120.0 Britain	C.Wright 18/Aug/07 120.5 NZ	J.Secord 23/Jul/05 275.0 USA	L.Silvestri 5/Jan/02 136.1 USA	B.Armstrong 18/Aug/07 127.5 Australia	A.Myers 18/Aug/07 140.0 USA	F.Ciavattone 13/Mar/05 124.8 USA	A.Myers 14/Dec/02 136.1 USA	M.Mitchell 14/Dec/02 138.3 USA
40+									C.Waterman 15/Oct/95 83.9 USA	J.Monk 22/Oct/06 93.0 USA	M.Dziobon 30/Apr/98 81.7 Britain	T.Meldon 31/Dec/02 100.0 Britain	N.Swain 13/Feb/10 100.0 Britain	N.Carpenter 31/Dec/02 100.0 Britain	N.Larson 5/Jan/02 93.0 USA		L.Silvestri 13/Mar/05 124.8 USA	A.Myers 18/Aug/07 140.0 USA			M.Mitchell 14/Dec/02 138.3 USA
45+							B.Grey 31/Aug/94 59.0 Britain	A.Goddard 10/Nov/07 60.0 Britain	C.Waterman 3/Mar/01 85.0 USA	C Bass 31/Aug/94 72.6 Britain	T.Garnett 30/Apr/98 47.5 Britain		D.Smith 30/Apr/98 80.5 Britain	S.Madden 13/Feb/10 115.0 Britain			P.Phillips 15/Dec/02 120.0 Australia	FJ.Tatam 17/Oct/04 110.0 Australia	F.Ciavattone 5/Jan/02 102.5 USA		
50+									W.Wright 28/Feb/96 80.0 Britain	J.Guerin 21/Aug/94 98.4 Britain	D.Habecker 15/Oct/95 83.9 USA	T.Evans 30/Apr/98 80.0 Britain				P.Phillips 18/Aug/07 110.0 Australia	P.Phillips 25/Feb/07 112.5 Australia	P.Phillips 17/Oct/04 110.0 Australia	F.Ciavattone 13/Mar/05 124.8 USA		F.Ciavattone 11/Jun/05 110.7 USA
55+									G.Davidson 13/Aug/94 80.0 Britain	K.Edge 28/Feb/96 60.0 Britain	T.Davies 15/Dec/02 75.0 Australia	K.Murdie 15/Nov/97 100.0 Britain	D.Wynn 28/Oct/06 86.0 USA	B.Anderson 13/Aug/94 95.0 Britain	J.Vernacchio 17/May/96 70.0 USA					J.Hockemey 17/Oct/04 56.7 USA	R.Davidson 17/Oct/04 80.0 Australia
60+									T.Kelly 30/Apr/98 55.0 Britain	E.Quier 28/Nov/92 60.0 USA	T.Davies 17/Oct/04 77.5 Australia	M.Archer 21/Mar/98 97.5 Britain	C.Nevis 31/Dec/02 82.5 Britain		B.Anderson 6/Aug/95 90.0 Britain	H.Schwieter 15/Apr/06 70.0 USA					
65+											A.Short 17/Feb/08 90.0 Australia	M.Archer 14/Oct/00 92.5 Britain	P.Lee 30/Apr/98 90.0 Britain	J.Sutton 15/Dec/02 60.0 Australia	R.Bletcher 14/Dec/02 45.3 USA			J.Malloy 14/Oct/07 88.5 USA	J.Malloy 12/Oct/08 85.0 USA		
70+									B.Smith 22/Aug/94 57.5 Britain	A.Bundy 22/Jan/00 47.5 Britain		P.Ready 28/Feb/96 63.5 Britain	P.Lee 31/Dec/02 75.0 Britain	B.Anderson 10/Sep/05 72.5 Britain	B.Anderson 18/Feb/07 70.0 Britain						
75+									B.Smith 28/Feb/96 56.8 Britain	D.Mitchell 18/Aug/07 42.5 USA	P.Ready 30/Apr/98 63.5 Britain			F.Lamp 15/Dec/02 30.0 Australia							
80+												P.Ready 31/Dec/02 52.2 Britain	B.Chapman 18/Aug/07 60.0 Australia	B.Chapman 25/Feb/07 65.0 Australia							
85+																					

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under		A.Martin 18/Aug/07 16.0 Australia																	
14-15											E.Talbot 21/Mar/98 40.0 Britain								
16-17																			
18-19									N.Armstrong 18/Aug/07 42.5 Australia										
OPEN		16.0			M.Jones 17/May/96 22.5 USA	A.Stubbs 31/Aug/99 47.5 Britain	J.Taylor 17/Oct/04 45.0 Australia	T.Waikato 18/Aug/07 42.5 NZ	T.Emmerson 21/Mar/98 45.0 Britain	K.Gardner 21/Mar/98 37.5 Britain	E.Talbot 21/Mar/98 40.0 Britain	A.Rollo 15/Dec/02 50.0 Australia			J.Donatelli 13/Feb/10 57.5 Britain				
40+						A.McInally 30/Apr/98 42.5 Britain	J.Taylor 17/Oct/04 45.0 Australia	J.Marx 28/Feb/96 34.0 Britain							A.Holter 10/May/03 31.8 USA				
45+					M.Jones 17/May/96 22.5 USA	P.Shimer 17/May/95 25.0 USA	J.Taylor 25/Feb/07 45.0 Australia	J.Fulford 31/Aug/94 34.0 Britain											
50+								J.Fulford 30/Apr/98 31.8 Britain	J.Fulford 28/Feb/96 36.3 Britain										
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				M.Milne 7/Mar/98 30.0 USA			Jos.Monk 15/Aug/98 15.9 USA												
14-15				S.Myers 28/Oct/06 50.0 USA															
16-17						M.Jackson 30/Jun/01 65.8 Britain	D.Kim 15/Apr/06 70.0 USA	H.Tarawneh 11/Sep/05 55.0 Australia	C.DeMille 12/Oct/03 68.0 USA		J.Hunter 13/Oct/02 77.1 USA								
18-19					G.Lauer 7/Mar/98 100.0 USA				A.Smith 18/Nov/00 111.1 USA	C.Ross 13/Sep/02 97.5 Britain			T.Gruver 15/Aug/98 100.0 USA						
OPEN				50.0	G.Lauer 7/Mar/98 100.0 USA	J.Monk 15/Aug/98 115.0 USA	J.Monk 17/Oct/99 117.9 USA	B.Crowe 15/Aug/98 137.5 USA	B.Aldan 13/Nov/02 113.4 USA	R.Meldon 30/Jun/01 130.0 Britain	D.Moore 15/Aug/98 145.0 USA	T.Incledon 15/Aug/98 147.5 USA	E.Gayle 15/Aug/98 165.0 USA	S.Unrath 2/Nov/03 125.0 USA	P.Phillips 6/Oct/03 142.5 Australia	G.Alway 24/Oct/09 136.5 Britain	C.Ullom 20/Feb/05 142.9 USA	A.Myers 14/Dec/02 170.1 USA	S.Gardner 9/Nov/98 125.0 Britain
40+							A.Goddard 6/Sep/03 70.0 Britain	D.Morton 30/Jun/01 63.5 Britain						S.Esaw 30/Jun/01 80.0 Britain					S.Gardner 9/Nov/98 125.0 Britain
45+						A.Goddard 16/Nov/07 65.0 Britain	C.Waterman 3/Mar/01 85.0 USA	J.Luther 30/Jun/01 75.0 Britain			D.Smith 30/Jun/01 93.0 Britain				P.Phillips 6/Oct/03 142.5 Australia	P.Montgomery 4/Nov/06 125.0 USA			
50+							C Bass 30/Jun/01 63.5 Britain		J.McKean 15/Oct/00 81.6 USA	D.Habecker 13/Oct/96 83.9 USA			P.Phillips 1/Feb/04 120.0 Australia					R.Davidson 1/Feb/04 95.0 Australia	
55+										D.Habecker 15/Aug/98 95.0 USA		D.Wynn 15/Apr/06 110.0 USA							
60+									T.Davies 1/Feb/04 72.5 Australia	N.Brumby 30/Jun/01 70.3 Britain	C.Nevis 30/Jun/01 92.5 Britain			H.Schwieter 15/Apr/06 87.5 USA					
65+								T.Kelly 30/Jun/01 52.5 Britain	A.Montini 13/Oct/96 70.3 USA	P.Lee 30/Jun/01 60.0 Britain	D.Habecker 14/Oct/07 83.9 USA								
70+										J.McBay 1/Feb/04 62.5 Australia		B.Spiegelberg 8/Nov/08 77.5 USA	B.Anderson 18/Feb/07 70.0 Britain						
75+									A.Montini 13/Oct/02 36.3 USA	P.Ready 30/Jun/01 52.2 Britain									
80+							B.Smith 30/Jun/01 40.8 Britain												
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 15/Apr/06 45.0 USA		Su Mason 15/Aug/98 45.0 USA	J.Taylor 11/Sep/05 50.0 Australia	S.McKenzie 23/Oct/05 65.8 USA	K.Gardner 9/Nov/98 40.0 Britain										
40+							J.Taylor 11/Sep/05 50.0 Australia												
45+						A McInally 13/Sep/02 42.5 Britain		J.Taylor 25/Feb/07 50.0 Australia	K.Gardner 4/Nov/06 35.0 Britain										
50+							J.Philips 1/Feb/04 32.5 Australia												
55+																			
60+																			
65+				J.Gedney 15/Apr/06 45.0 USA															
70+																			
75+																			
80+																			
85+																			

IAWA World Records | Bench Press - Roman Chair (men) - B40 | 06/03/2010

	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																			
18-19							K.Achenbach 22/Oct/06 61.2 USA		J.Muzzy 22/Oct/06 52.2 USA										
OPEN							K.Achenbach 22/Oct/06 61.2 USA	J.Monk 22/Oct/06 61.2 USA	J.Muzzy 22/Oct/06 52.2 USA		D.Habecker 22/Oct/06 34.0 USA			S.Schmidt 9/Dec/90 95.3 USA	38.5				
40+								J.Monk 22/Oct/06 61.2 USA											
45+																			
50+																			
55+																			
60+											D.Habecker 22/Oct/06 34.0 USA								
65+															B.Clark 13/Oct/02 38.5 USA				
70+																			
75+																			
80+																			
85+																			

IAWA World Records | Bench Press - Roman Chair (women) - B40 | 06/03/2010

	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							C.Garcia 8/Feb/88 20.4 USA												
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																			
14-15																			
16-17																			
18-19																			
OPEN								32.5	40.9	40.0									
40+																			
45+																			
50+																			
55+									D.Mitchell 16/Jul/90 40.9 USA	D.Mitchell 23/Nov/91 37.5 USA									
60+									D.Mitchell 18/Feb/95 35.0 USA	D.Mitchell 15/Feb/92 40.0 USA									
65+								D.Mitchell 7/Nov/98 32.5 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																			
16-17																			
18-19																			
OPEN								32.5	40.9	40.0									
40+									N.Swain 30/Dec/09 20.0 Britain										
45+																			
50+																			
55+									D.Mitchell 16/Jul/90 40.9 USA	D.Mitchell 23/Nov/91 37.5 USA									
60+									D.Mitchell 18/Feb/95 35.0 USA	D.Mitchell 15/Feb/92 40.0 USA									
65+								D.Mitchell 7/Nov/98 32.5 USA											
70+																			
75+								D.Mitchell 18/Aug/07 22.2 USA											
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																			
16-17																			
18-19																			
OPEN									30.0										
40+																			
45+																			
50+																			
55+																			
60+									D.Mitchell 15-Oct-95 30.0 USA										
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records | RH Clean & Bent Press - B44 | 06/03/2010

	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																			
18-19																			
OPEN									30.0				49.9						
40+													R.English 11-Oct-98 49.9 USA						
45+																			
50+																			
55+																			
60+									D.Mitchell 15-Oct-95 30.0 USA										
65+																			
70+																			
75+																			
80+																			
85+																			