	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under			Jos.Monk 23-Jun-01 77.1 USA	Jos.Monk 14-Apr-02 90.7 USA		Jos.Monk 22-Sep-02 105.0 USA	S.McKean 18-Dec-95 90.0 USA												
14-15							Ja.Gardner 20-Nov-99 120.0 Britain	C.Demille 22-Sep-02 110.0 USA	J.Loewer 04-Mar-00 142.5 USA		J.Blockston 22-Sep-02 120.0 USA								
16-17				M.Hafenbrack 09-Dec-01 122.5 USA	M.VanFlossan 11-Oct-98 105.2 USA			A.McGowan 17-Oct-04 149.7 USA			S.Holcomb 09-Dec-01 181.4 USA			E.Kucera 13-Dec-98 204.1 USA						
18-19								A.Smith 23-Jun-01 181.4 USA	A.Smith 10-Dec-00 167.8 USA	C.Ross 13-Sep-02 200.0 Britain						D.Stahnke 22-Sep-02 205.0 USA			
OPEN			77.1	M.Hafenbrack 09-Dec-01 122.5 USA		105.0	J.Monk 14-Apr-02 192.8 USA	J.McKean 15-Oct-95 190.5 USA	J.McKean 22-Sep-02 210.0 USA	J.McKean 04-Nov-06 200.5 USA	N.Swain 02-Nov-02 215.0 Britain	J.Foster 13-Dec-98 208.6 USA	E.Schock 14-Apr-02 267.6 USA	E.Schock 22-Sep-02 285.0 USA	M.McBride 13-Jun-04 226.8 USA	A.Myers 20-Jun-09 254.0 USA	K.Fulton 12-Dec-99 226.8 USA	F.Ciavattone 22-Sep-02 250.0 USA	167.8
40+							A.Goddard 20-Nov-99 190.0 Britain			D.DeForest 23-Jun-01 163.3 USA	E.Burks 14-Dec-97 167.8 USA	J.Hart 09-Dec-01 158.8 USA	J.Garcia 09-Dec-95 122.4 USA	J.Garcia 15-Dec-96 140.6 USA	J.Garcia 14-Dec-97 145.2 USA	A.Myers 20-Jun-09 254.0 USA	K.Fulton 23-Jun-01 217.7 USA	K.Fulton 09-Dec-00 226.8 USA	M.Mitchell 15-Dec-02 167.8 USA
45+							J.McKean 18-Feb-95 190.3 USA	J.McKean 15-Oct-95 190.5 USA					E.Schock 14-Apr-02 267.6 USA	E.Schock 22-Sep-02 285.0 USA	J.Garcia 12-Dec-99 158.8 USA	FJ.Tatam 13-Jun-04 200.0 Australia		F.Ciavattone 22-Sep-02 250.0 USA	
50+								J.McKean 12-Oct-97 181.5 USA	J.McKean 07-Nov-98 195.0 USA		J.Caron 14-Dec-97 146.7 USA	A.Springs 09-Dec-95 99.8 USA		J.Garcia 13-Jun-04 158.8 USA	P.Phillips 13-Jun-04 210.0 Australia	G.Dick 22-Sep-02 180.0 Britain			J.McCoy 15-Dec-96 158.8 USA
55+									J.McKean 22-Sep-02 210.0 USA	D.Habecker 23-Jun-01 172.4 USA	D.Habecker 14-Apr-02 192.8 USA	A.Springs 23-Jun-01 163.3 USA		J.Wilmot 22-Sep-02 140.0 USA	J.Garcia 20-Jun-09 158.8 USA	B.Geib 04-Mar-00 160.0 USA	B.Geib 23-Jun-01 181.4 USA		
60+								W.Wright 13-Sep-02 140.0 Britain	J.McKean 13-May-06 145.2 USA	J.McKean 04-Nov-06 200.5 USA	F.Allen 22-Sep-02 200.0 Britain		B.Anderson 18-Sep-99 170.0 Britain	B.Clark 12-Nov-94 186.0 USA		B.Clark 15-Dec-96 122.5 USA		J.McCoy 14-Dec-03 145.1 USA	
65+								D.Mitchell 23-Jun-01 122.5 USA	A.Montini 15-Oct-95 190.5 USA	A.Montini 22-Feb-97 180.0 USA	A.Komorny 22-Sep-02 160.0 USA		R.Bletcher 15-Dec-02 140.6 USA		J.Woods 23-Jun-01 140.6 USA	B.Clark 13-Dec-98 158.8 USA			
70+							C.Scott 20-Jun-09 99.8 USA	G.Davidson 03-Dec-06 165.0 Britain		A.Montini 27-Feb-99 150.0 USA	R.Monahan 14-Dec-97 131.6 USA		R.Bletcher 20-Jun-09 127.0 USA	B.Clark 02-Nov-02 145.0 USA	B.Clark 13-Jun-04 158.8 USA				
75+								D.Mitchell 20-Jun-09 90.7 USA		A.Montini 02-Nov-03 130.0 USA	H.Prechtel 14-Oct-00 120.0 USA	R.Monahan 23-Jun-01 122.5 USA							
80+								J.Stephenson 15-Dec-96 90.7 USA	A.Montini 20-Jun-09 99.8 USA				P.Eberhard' 22-Sep-02 80.0 USA						
85+																			

IAWA World Records

Deadlift - 2 Barbells(women) - C8

	20kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	E.Monk 14-Apr-02 15.9 USA			K.Holeman 10-Dec-00 77.1 USA					K.Griffis 12-Dec-04 81.7 USA											
14-15						L.Hartman 10-Dec-00 86.2 USA		A.McConnoughe 11/Dec/05 56.7 USA	M.Fitz 12-Dec-04 59.0 USA	M.Fitz 11/Dec/05 72.6 USA										
16-17									A.Paul 14-Dec-03 86.2 USA								J.Sipes 12-Dec-99 90.7 USA			
18-19						A.Burks 14-Dec-97 90.7 USA														
OPEN	15.9			77.1#	N.Phumchaora 23-Jun-01 90.7 USA	A.McInally 13-Sep-02 130.0 Britain		R.Hall 22-Sep-02 85.0 USA	A.Ollemuking 23-Jun-01 158.8 USA	M.Fitz 11/Dec/05 72.6 USA	A.Rollo 13-Jun-04 140.0 Australia	J.Todd 13-Jun-04 104.3 USA					J.Sipes 12-Dec-99 90.7 USA			C.Goolsby 22-Sep-02 135.0 USA
40+						A.McInally 20-Nov-99 120.0 Britain		R.Hall 22-Sep-02 85.0 USA	K.Gardner 24-Nov-99 100.0 Britain		A.Rollo 13-Jun-04 140.0 Australia									M.McConnough 14-Dec-03 108.8 USA
45+						A.McInally 13-Sep-02 130.0 Britain														M.McConnough 11/Dec/05 104.3 USA
50+					N.Phumchaora 23-Jun-01 90.7 USA															
55+					N.Phumchaora 22-Sep-02 80.0 USA															
60+					N.Phumchaora 23-Nov-03 59.9 USA															
65+																				
70+																				
75+																				
80+																				
85+																				

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	A.Geib 18-Feb-95 40.0 USA	JmsGardner 16-Feb-95 60.0 Britain	C.Wood 16-Feb-95 84.0 Britain							JR.McKean 21-Nov-92 136.0 USA										
14-15							S.McKean 24-Feb-96 96.0 USA													
16-17					C.Wood 04-Nov-00 115.0 Britain						S.Bates 06-Feb-93 200.0 Britain	M.Watson 13-Nov-98 175.0 Britain								
18-19													S.Laban 04-Nov-02 135.0 Britain							
OPEN	40.0	60.0	84.0		115.0		115.0	J.Monk 23-Oct-05 171.0 USA	B.Hirsh 18-Feb-95 233.5 USA	J.McKean 14-Oct-07 185.1 USA	J.Moore 06-Feb-93 240.0 Britain	A.Tomlin 13-Nov-98 225.0 Britain	160.0	S.Angell 21-Jul-93 255.0 Britain	K.Smith 16-Dec-95 227.5 Britain	R.Howe 06-Feb-93 225.0 Britain	S.Hodgson 16-Dec-95 237.5 Britain	156.0		
40+									B.Hirsh 18-Feb-95 233.5 USA			M.Wood 16-Dec-95 180.0 Britain	M.Wood 13-Nov-98 160.0 Britain			J.Ciavatone 08-Nov-08 182.5 USA				
45+								J.McKean 25-Jul-93 162.8 USA	J.McKean 15-Oct-95 150.6 USA			M.Wood 04-Nov-00 180.0 Britain		G.Dick 16-Dec-95 154.0 Britain			P.Montgomery 26/Aug/06 137.5 USA			
50+								J.Stephen 04-Nov-00 130.0 Britain	J.McKean 24-Feb-96 186.0 USA	J.McKean 17-Oct-99 177.3 USA	D.Habecker 16-Dec-95 137.5 USA	F.Allen 06-Feb-93 200.0 Britain					J.Garcia 31-Jan-04 183.0 USA	B.Geib 24-Feb-96 156.0 USA		
55+							W.Wright 13-Nov-98 115.0 Britain	W.Wright 04-Nov-00 120.5 Britain		J.McKean 12-Oct-03 112.0 USA	J.McKean 23-Oct-05 157.4 USA		J.Vernacchio 21-Dec-96 155.0 USA	J.Vernacchio 24-Dec-96 156.0 USA						
60+										J.McKean 14-Oct-07 185.1 USA				B.Anderson 07-Jul-00 137.0 Britain						
65+										A.Montini 15-Oct-95 150.0 USA						L.Gesbeck 01-Nov-98 72.6 USA				
70+									G.Davidson 25-Nov-07 140.0 Britain		A.Montini 15-Oct-00 111.6 USA		B.Spielberg 08-Nov-08 130.0 USA		H.Prechtel 24-Feb-96 156.0 USA	B.Clark 31-Jan-04 138.3 USA				
75+											A.Montini 04-Nov-06 110.0 USA									
80+																				
85+																				

IAWA World Records | 2H Deadlift - Dumbells (women) - G5 | 06/03/2010

	20kg	25kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg
13&Under	E.Monk 12-Oct-03 27.2 USA	E.Monk 17-Oct-04 31.8 USA			E.Monk 08-Nov-08 81.6 USA															
14-15																				
16-17																				
18-19																				
OPEN	27.2	31.8			E.Monk 08-Nov-08 81.6 USA	M.Jones 12-Nov-94 70.0 USA	N.Phumchao 24-Feb-96 96.0 USA	A.McInally 13-Nov-98 135.0 Britain	A.McInally 04-Nov-00 125.5 Britain	K.Gardner 16-Dec-95 95.0 Britain	K.Schmidt 04-Nov-06 72.5 USA									
40+						M.Jones 12-Nov-94 70.0 USA		A.McInally 13-Nov-98 135.0 Britain	A.McInally 04-Nov-00 125.5 Britain											
45+											K.Schmidt 04-Nov-06 72.5 USA									
50+							N.Phumchaoha 24-Feb-96 96.0 USA													
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							R.Gomes 15-Nov-97 120.0 USA												
OPEN							R.Gomes 15-Nov-97 120.0 USA	90.0	J.McKean 17-Oct-04 101.6 USA	J.McKean 04-Nov-06 102.5 USA		R.Cirafesi 02-Nov-03 117.5 USA	93.5		C.LaRosa 17-Oct-04 101.6 USA				
40+									M.Shaw 15-Nov-00 86.5 Britain										
45+									M.Shaw 07-Oct-09 80.0 Britain										
50+																			
55+								D.Friesz 11-Oct-98 49.9 USA	J.McKean 17-Oct-04 101.6 USA	J.McKean 23-Oct-05 87.8 USA		D.Vandermark 08-Nov-08 80.0 USA							
60+									J.McKean 22-Oct-06 97.1 USA	J.McKean 04-Nov-06 102.5 USA									
65+													B.Anderson 07-Jul-00 93.5 Britain		L.Gesbeck 01-Nov-98 22.7 USA				
70+								G.Davidson 25/Nov/07 90.0 Britain	D.Vernacchio 08-Nov-08 52.5 USA	D.Bleay 10/Nov/07 80.0 Britain			B.Anderson 26/Aug/07 65.0 Britain						
75+																			
80+																			
85+																			

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under							E.Talbot 04-Apr-95 50.0 Britain												
14-15																			
16-17																			
18-19																			
OPEN					A.Quinby 08-Nov-08 17.5 USA		E.Talbot 04-Apr-95 50.0 Britain												
40+																			
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			
90+					A.Quinby 08-Nov-08 17.5 USA														

	25kg	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under	C.LaRosa 23-Nov-03 13.6 USA		A.Geib 18-Feb-95 40.0 USA																		
14-15									S.McKean 24-Feb-96 63.0 USA												
16-17																					
18-19										R.Gomes 15-Nov-97 120.0 USA											
OPEN	13.6		40.0						63.0	J.McKean 18-Feb-95 138.8 USA	J.McKean 24-Feb-96 130.5 USA	J.McKean 17-Oct-99 119.3 USA	J.McKean 04-Nov-06 102.5 USA	Jms Gardner 17-Jul-04 177.5 Britain	Jms Gardner 07-Nov-09 147.0 Britain	D.McFadzean 07-Nov-09 105.0 Britain	D.McFadzean 10-Nov-07 92.5 Britain	I.Murphy 09-Jun-01 136.5 Britain			G.Dick 10-Sep-05 116.5 Britain
40+												B.Hirsh 11-Oct-98 113.4 USA									
45+										J.McKean 18-Feb-95 138.8 USA	J.McKean 12-Nov-94 127.5 USA	M.Shaw 07-Oct-09 80.0 Britain									
50+											J.McKean 24-Feb-96 130.5 USA	J.McKean 17-Oct-99 119.3 USA									
55+											D.Friesz 11-Oct-98 49.9 USA		J.McKean 23-Oct-05 101.4 USA								G.Dick 10-Sep-05 116.5 Britain
60+												J.McKean 06-Dec-09 102.1 USA	J.McKean 04-Nov-06 102.5 USA								
65+																B.Anderson 07-Jul-00 93.5 Britain		L.Gesbeck 01-Nov-98 36.3 USA			
70+											G.Davidson 25/Nov/07 90.0 Britain		D.Bleay 10/Nov/07 80.0 Britain			B.Anderson 26/Aug/07 70.0 Britain					
75+													A.Montini 22-Oct-06 49.9 USA								
80+																					
85+																					

IAWA World Records | RH Deadlift - Dumbell (women) - G9 | 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					A.Quinby 08-Nov-08 22.5 USA														
40+																			
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			
90+					A.Quinby 08-Nov-08 22.5 USA														

	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							D.Elmer 03-Jun-95 45.0 Britain												
OPEN							D.Elmer 03-Jun-95 45.0 Britain		35.0		N.McKinless 26-Jul-97 66.5 Britain								
40+									S.Sherwood 04-Feb-95 35.0 Britain		C.Jackson 03-Jun-95 40.0 Britain								
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				J.Horne 26-Jul-97 21.5 Britain															
14-15							S.Cook 26-Jul-97 39.0 Britain												
16-17											C.Warnica 26-Jul-97 36.5 Britain								
18-19								D.Elmer 04-Feb-95 52.5 Britain	D.Elmer 12-Jan-95 46.5 Britain										
OPEN				D.Berry 26-Jul-97 39.0 Britain			S.Cook 26-Jul-97 39.0 Britain	D.Elmer 04-Feb-95 52.5 Britain	D.Moore 26-Jul-97 51.5 Britain	C.Jackson 04-Feb-95 52.5 Britain	D.Horne 04-Feb-95 65.0 Britain	J.Moore 04-Feb-95 70.0 Britain	37.5		R.Howe 04-Feb-95 60.0 Britain				
40+										C.Jackson 04-Feb-95 52.5 Britain	C.Jackson 03-Jun-95 45.0 Britain								
45+																			
50+											F.Allen 04-Feb-95 42.5 Britain		P.Horne 04-Feb-95 37.5 Britain						
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											E.Talbot 26-Jul-97 34.0 Britain								
14-15																			
16-17																			
18-19																			
OPEN											E.Talbot 26-Jul-97 34.0 Britain								
40+																			
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			