	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under		18.1#	40.8#	26.0#	28.7#			J.Horne 30/Jun/99 30.0 Britain											
14-15	28.0#			40.8#	54.4#	56.2#	66.5#	40.0#	R.Scott 31/May/99 66.0 Britain	47.0#									
16-17				45.0#	M.Fordham 9/Feb/00 40.0 Britain	67.4#	68.0#	JmsGardner 10/Feb/01 60.0 Britain	58.4#	52.0#		G.Porter 31/May/99 59.0 Britain	A.Barnes 9/Feb/00 55.0 Britain						
18-19						M.Wells 30/Apr/99 63.6 Britain	64.4#	55.5#		70.8#	66.4#								
OPEN	28.0#	18.1#	40.8#	54.4#	72.5#	75.1#	85.0#	96.3#	103.3#	98.3#	102.4#	105.0#	100.0#	S.Angell 10/Feb/01 105.0 Britain	75.0	67.5			S.Gardner 13/Nov/95 105.0 Britain
40+					61.6#	40.0#	85.0#	85.0#	90.0#	98.3#	99.8#	104.3#	100.0#		86.2#				S.Gardner 30/Apr/99 100.0 Britain
45+					60.8#	43.0#	75.8#	80.0#	75.8#	89.4#	80.1#	95.5#		J.Garcia 22/Nov/98 68.0 USA					S.Gardner 31/Aug/02 85.0 Britain
50+				54.4#			73.5#	73.5#	93.0#	62.1#	100.0#				G.Dick 12/Feb/00 65.0 Britain	G.Dick 10/Feb/01 67.5 Britain			
55+						65.0#	77.5#	59.5#	51.3#	75.0#	48.8#	70.0#					65.0#		70.0#
60+							50.0#	57.0#	70.0#	76.0#	75.0#	79.4#	70.0#						
65+								44.0#	55.0#	58.5#	59.0#								
70+						42.3#	B Smith 2/Mar/92 49.5 Britain	60.8#	63.5#	57.0#		63.5#							
75+						35.0#	39.2#		51.7#	52.8#									
80+						28.6#				48.5#									
85+																			

IAWA World Records

2H Dumbells anyhow (women) - G12

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under									M.Hughes 12/Feb/05 30.0 Britain	K.Griffis 5/Dec/05 22.7 USA									
14-15										36.0#									
16-17									31.8#										
18-19																			
OPEN					31.8#	37.5#	41.0#	38.8#	45.0#	36.0#			36.3#	M.Laban 12/Feb/05 32.5 Britain	A.Holter 10/May/03 27.2 USA				
40+						37.5#		32.2#	37.5#					M.Laban 12/Feb/05 32.5 Britain	A.Holter 10/May/03 27.2 USA				
45+							35.0#	30.8#	K.Gardner 12/Feb/05 32.5 Britain										
50+					31.8#		35.0#	30.9#	26.0#	25.0#									
55+																			
60+					C.Anderson 10/May/03 22.7 USA														
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records | LH Dumbell Bent Press - G11 | 06/03/2010

	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125kg
13&Under																			
14-15																			
16-17																			
18-19																			
OPEN								32.5	38.5										
40+																			
45+																			
50+																			
55+																			
60+								D.Mitchell 16/Nov/96 30.0 USA	D.Mitchell 12/Nov/94 38.5 USA										
65+								D.Mitchell 10/Oct/99 32.5 USA											
70+																			
75+																			
80+																			
85+																			

IAWA World Records | RH Dumbell Bent Press - G11 | 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							P.Zaremba 22/Feb/97 46.0 USA	P.Zaremba 24/Feb/96 36.3 USA	38.5				57.5						
40+													T.Thauer 6/Sep/03 57.5 Germany						
45+																			
50+																			
55+																			
60+								D.Mitchell 16/Nov/96 30.0 USA	D.Mitchell 12/Nov/94 38.5 USA										
65+								D.Mitchell 10/Oct/99 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							S.McKean 15/Oct/95 22.7 USA												
14-15				C.Wood 30/Apr/99 25.0 Britain															
16-17						D.Beecroft 30/Apr/99 35.9 Britain	W.Vasey 30/Apr/99 35.3 Britain												
18-19																			
OPEN				25.0		B.Pensyl 14/Dec/96 42.5 USA	J.Edwards 30/Sep/98 41.5 Britain	S.Andrews 30/Jun/02 43.8 Britain	R.Meldon 30/Apr/99 56.9 Britain	M Archer 11/Jan/96 50.3 Britain		I.Collins 30/Jun/02 57.4 Britain	J.Secord 23/Jul/05 75.0 USA	K.Smith 13/Nov/95 50.0 Britain	S.Angell 2/Nov/02 56.5 Britain	S.Hodgson 12/Apr/95 45.0 Britain			
40+						S.Showell 15/Nov/97 35.0 Britain	A.Goddard 9/Jun/01 39.0 Britain	S.Andrews 30/Jun/02 43.8 Britain	M.Shaw 23/Jan/02 31.5 Britain				J.Wilmot 26/Jun/89 21.8 USA						
45+						B.Pensyl 14/Dec/96 42.5 USA				S.Hills 30/Dec/09 35.0 Britain			J.Wilmot 16/Nov/96 27.5 USA						
50+							C.Bass 30/Jun/02 38.6 Britain	R.Brooks 30/Apr/99 37.8 Britain								B.Geib 18/Feb/95 32.5 USA			
55+										B.DiCioccio 13/Oct/96 31.7 USA		J.Vernacchio 23/Nov/96 45.0 USA							
60+							R.Stark 26/Jun/89 31.8 USA		M Archer 20/Nov/95 49.7 Britain	M Archer 11/Jan/96 50.3 Britain									
65+										A.Bundy 26/Mar/99 26.6 Britain			B.Anderson 7/Jul/00 31.5 Britain						
70+								D.Mitchell 23/Oct/05 20.4 USA											
75+							B Smith 30/Apr/99 35.0 Britain	B Smith 17/Feb/99 27.0 Britain					B.Chapman 6/Oct/03 27.5 Australia						
80+						B Smith 30/Jun/02 20.4 Britain	F.Fearnley 29/May/92 23.4 Britain												
85+																			

IAWA World Records | LH Dumbell Cheat Curl (women) - G19 | 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			E.Gomes 11/Nov/95 19.0 USA		K.Bull 12/Apr/95 20.0 Britain														M.McConnoug 23/Jul/05 65.0 USA
40+																			
45+																			M.McConnoug 23/Jul/05 65.0 USA
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		JmsGardner 14/Dec/96 15.0 Britain		D.Andrews 30/Dec/09 15.5 Britain			S.McKean 15/Oct/95 22.7 USA	J.Horne 30/Apr/99 25.0 Britain											
14-15				S.Myers 28/Oct/06 18.1 USA	JmsGardner 30/Apr/99 26.5 Britain	JmsGardner 30/Jun/99 26.5 Britain	L.Robinson 30/Jun/02 37.4 Britain												
16-17						D.Harston 30/Apr/99 23.5 Britain	R.Gomes 11/Nov/95 34.0 USA		JonGardner 30/Apr/99 36.5 Britain										
18-19						M.Wells 30/Apr/99 36.3 Britain		N.Abery 12/Jul/97 41.5 Britain											
OPEN		15.0		18.1	28.4	B.Pensyl 23/Nov/96 40.0 USA	P.Zaremba 15/Oct/95 45.4 USA	P.Zaremba 24/Feb/96 50.0 USA	D.Fenton 14/Dec/96 50.0 Britain	R.Meldon 30/Jun/02 60.1 Britain	51.8	M.Booth 30/Apr/99 63.7 Britain	J.Secord 23/Jul/05 85.0 USA	M.Booth 30/Jun/02 70.2 Britain	K.Smith 14/Dec/96 55.0 Britain	B.Karhan 25/Mar/95 45.0 USA			S.Gardner 14/Dec/96 57.5 Britain
40+							K.Vasey 30/Apr/99 36.3 Britain	B.Hirsh 13/Oct/96 40.8 USA	N.Swain 30/Dec/09 41.5 Britain	S.Hills 30/Jun/02 49.5 Britain		P.Crisp 30/Dec/09 47.0 Britain	J.Wilmot 26/Jun/89 19.5 USA		S.Esaw 30/Jun/02 25.0 Britain				S.Gardner 14/Dec/96 57.5 Britain
45+						B.Pensyl 23/Nov/96 40.0 USA	S.Showell 30/Jun/99 31.5 Britain	J.Luther 30/Jun/01 36.9 Britain	T.Garnett 30/Apr/99 29.1 Britain	R.Meldon 30/Dec/09 45.8 Britain	D.Smith 30/Apr/99 51.8 Britain				B.Karhan 18/Feb/95 42.5 USA	B.Karhan 25/Mar/95 45.0 USA			
50+					B.Grey 30/Apr/99 28.4 Britain		C.Bass 30/Apr/99 40.1 Britain	J.Luther 30/Dec/09 25.0 Britain		T.Meldon 30/Dec/09 41.2 Britain						B.Geib 18/Feb/95 32.5 USA			
55+							C.Bass 30/Jun/02 41.7 Britain			J.Evans 30/Jun/02 37.0 Britain		J.Vernacchio 14/Dec/96 42.5 USA							
60+							R.Stark 26/Jun/89 34.0 USA			M.Archer 12/Dec/95 50.0 Britain	C.Nevis 30/Jun/02 34.0 Britain								
65+							T.Kelly 30/Apr/99 35.9 Britain	T.Kelly 30/Jun/02 29.9 Britain		M.Archer 30/Apr/99 47.4 Britain	D.Butler 30/Jun/02 29.9 Britain		B.Anderson 7/Jul/00 31.5 Britain						
70+								D.Mitchell 23/Oct/05 20.4 USA		P.Lee 30/Jun/02 33.2 Britain									
75+							B Smith 31/Mar/99 27.0 Britain	B Smith 17/Feb/99 27.0 Britain	P.Lee 30/Dec/09 22.5 Britain	P.Ready 30/Apr/99 28.4 Britain									
80+							F.Fearnley 1/Jun/92 27.2 Britain			P.Ready 30/Jun/02 29.5 Britain									
85+																			

	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under							K.Griffis 23/Jul/05 40.0 USA												
14-15								M.Fritz 23/Jul/05 40.0 USA	E.Talbot 30/Jun/99 25.0 Britain										
16-17																			
18-19																			
OPEN			E.Gomes 11/Nov/95 19.0 USA		A.Stubbs 30/Apr/99 26.3 Britain	K.Schmidt 22/Feb/97 20.4 USA	K.Griffis 23/Jul/05 40.0 USA	M.Fritz 23/Jul/05 40.0 USA	E.Talbot 30/Jun/99 25.0 Britain										M.McConnoug 23/Jul/05 70.0 USA
40+					A.McInally 6/Dec/96 26.0 Britain			K.Gardner 30/Jun/99 29.0 Britain											
45+																			M.McConnoug 23/Jul/05 70.0 USA
50+							J.Fulford 30/Apr/99 21.5 Britain												
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records | LH Dumbell Curl | 06/03/2010

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under	J.Horne 01-Dec-93 6.0 Britain																		
14-15																			
16-17																			
18-19																			
OPEN	6.0							P.Zaremba 15-Oct-95 30.6 USA		B.DiCioccio 13-Oct-96 27.2 USA	25.5	27.2							
40+										M.Shaw 15-Nov-00 24.5 Britain		R.English 25-Jul-93 27.2 USA							
45+																			
50+																			
55+										B.DiCioccio 11-Oct-98 22.5 USA									
60+											A.Bundy 02-Nov-92 25.5 Britain	A.Bundy 19-Mar-94 25.5 Britain							
65+																			
70+																			
75+																			
80+								F.Fearnley 29-May-92 14.8 Britain											
85+																			

IAWA World Records | RH Dumbell Curl | 06/03/2010

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under	J.Hone 01-Dec-93 6.0 Britain																		
14-15																			
16-17																			
18-19																			
OPEN	6.0								19.5	R.Woodward 28-Oct-06 29.5 USA	21.0	25.0							
40+												R.English 25-Jul-93 25.0 USA							
45+																			
50+																			
55+										B.DiCioccio 11-Oct-98 22.5 USA									
60+											A.Bundy 02-Nov-92 21.0 Britain	A.Bundy 19-Mar-94 23.2 Britain							
65+																			
70+																			
75+																			
80+								F.Fearnley 01-Jun-92 19.5 Britain											
85+																			