	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	J.Schmidt 19/Jan/91 279.0 USA	T.Sink 19/Sep/99 181.4 USA		C.McLain 5/Nov/00 499.0 USA	J.Blockston 17/Oct/99 257.2 USA		JoeCiavattone 27/Aug/05 349.3 USA					K.Calcote 12/Nov/06 528.5 USA							
14-15			J.Schmidt 25/Oct/92 362.9 USA		R.LaPlant 25/Oct/92 337.9 USA				J.Loewer 17/Oct/99 546.1 USA						J.Becklun 17/Jun/06 970.7 USA				
16-17					Mi.O'Brien 11/Sep/99 453.6 USA			S.Quick 31/Oct/99 544.6 USA	S.Quick 5/Feb/00 680.4 USA			M.Hamanaka 17/Sep/00 589.6 USA							
18-19									E.Zercher II 24/Jan/88 796.1 USA		JefCiavattone 5/Dec/98 635.0 USA	JefCiavattone 11/Sep/99 907.2 USA			I.Reel 17/Jun/06 1270.1 USA				
OPEN	279.0	181.4	362.9	499.0	453.6	R.Drainer 19/Jan/91 641.8 USA	J.Monk 5/Nov/00 818.8 USA	D.Rusbolt 29/Oct/95 841.4 USA	A.Smith 13/Nov/05 934.5 USA	T.Pinkerton 17/Jun/06 816.5 USA	J.Garcia 28/Nov/92 1043.3 USA	S.Schmidt 25/Oct/92 1503.7 USA	S.Schmidt 6/Dec/87 1508.2 USA	S.Schmidt 16/Oct/88 1587.6 USA	I.Reel 17/Jun/06 1270.1 USA	A.Myers 17/Jun/06 1270.1 USA	A.Myers 19/Oct/02 997.9 USA	A.Myers 14/Nov/04 1247.5 USA	F.Ciavattone 11/Sep/99 1088.6 USA
40+											D.Spry 10/Nov/01 909.5 USA	N.Larson 11/Sep/99 544.3 USA	J.Garcia 29/Oct/95 1179.3 USA	J.Carter 31/Jan/98 1363.1 USA	J.Carter 5/Feb/00 1136.3 USA			F.Ciavattone 5/Dec/98 1066.0 USA	F.Ciavattone 11/Sep/99 1088.6 USA
45+									J.Caron 30/Oct/94 591.9 USA		D.Eichenberg 3/Feb/96 836.8 USA	S.Schmidt 19/Oct/02 1363.0 USA	S.Schmidt 14/Nov/04 1410.8 USA	J.Garcia 1/Nov/98 762.0 USA	J.Garcia 8/Dec/01 1134.0 USA	W.Sink 19/Sep/99 635.0 USA	F.Ciavattone 19/Oct/02 907.2 USA	F.Ciavattone 9/Nov/03 979.8 USA	T.Ryan 19/Jan/91 725.8 USA
50+									D.Hahn 19/Jan/91 703.1 USA	J.Caron 27/Oct/96 777.9 USA	A.Springs 3/Feb/96 916.2 USA	A.Springs 29/Oct/95 864.1 USA	S.Schmidt 13/Nov/05 1365.4 USA	S.Schmidt 12/Nov/06 1224.8 USA	J.Garcia 14/Nov/04 1186.2 USA	J.Garcia 13/Nov/05 1045.6 USA		F.Ciavattone 27/Aug/05 998.0 USA	
55+									J.McKean 27/Aug/05 349.3 USA	D.Habecker 11/Sep/99 684.9 USA	J.Clark 19/Jan/91 546.6 USA	A.Springs 31/Jan/98 816.5 USA			B.Clark 11/Oct/87 907.2 USA		B.Clark 19/Jan/91 816.4 USA		T.Brown 1/Nov/97 492.2 USA
60+						B.Seymoor 17/Sep/00 405.5 USA				B.Seymoor 19/Sep/99 317.5 USA	D.Habecker 17/Jun/06 589.7 USA			B.Clark 30/Oct/94 773.4 USA	B.Clark 4/Feb/95 997.9 USA	B.Clark 29/Oct/95 907.2 USA		J.McCoy 9/Nov/03 589.7 USA	J.McCoy 13/Nov/05 401.5 USA
65+								D.Friesz 27/Aug/05 612.4 USA					H.Prechtel 10/Oct/93 995.6 USA	H.Prechtel 6/Nov/93 1006.0 USA	B.Clark 9/Dec/01 682.6 USA	B.Clark 11/Sep/99 680.4 USA			
70+								D.Mitchell 17/Jun/06 508.1 USA		A.Montini 11/Sep/99 635.0 USA		H.Prechtel 12/Oct/97 771.1 USA	H.Prechtel 18/Feb/95 845.0 USA	J.Lano 29/Oct/95 460.4 USA	B.Clark 1/Feb/03 705.4 USA		R.DeGregorio 19/Sep/99 544.3 USA		
75+										A.Montini 27/Aug/05 349.3 USA	H.Prechtel 3/Nov/01 324.8 USA		J.Kitchell 17/Sep/00 589.6 USA						
80+										E.Zercher I 11/Oct/87 317.5 USA									
85+				J.Berkeimer 17/Sep/00 171.5 USA	J.Berkeimer 19/Sep/99 226.8 USA														

30	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under	E.Gordon 29/Oct/95 226.8 USA		E.Gordon 1/Feb/97 331.2 USA																
14-15				E.Gordon 15/Jun/97 333.0 USA															
16-17																			
18-19						A.Burks 1/Nov/97 492.2 USA	A.McBride 30/Jan/99 453.6 USA												
OPEN	226.8		331.2	333.0		A.Burks 1/Nov/97 492.2 USA	D.Springs 6/Feb/93 453.6 USA	D.Springs 5/Feb/94 476.3 USA	A.Ollennuking 1/Feb/03 771.2 USA	A.Ollennuking 17/Jun/06 773.4 USA	C.Collins 5/Dec/98 499.4 USA		C.Collins 27/Aug/05 417.3 USA	A.Ollennu 1/Feb/03 181.5 Ghana		C.Collins 19/Oct/02 362.9 USA			
40+							D.Springs 6/Feb/93 453.6 USA	D.Springs 5/Feb/94 476.3 USA	A.Ollennuking 1/Feb/03 771.2 USA	A.Ollennuking 17/Jun/06 773.4 USA				A.Ollennu 1/Feb/03 181.5 Ghana					
45+							D.Hartwig 25/Oct/92 408.2 USA												
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	R.Montini 17/Oct/92 225.4 USA	R.Montini 23/May/93 272.2 USA	J.Schmidt 9/Dec/90 272.2 USA	J.Montini 14/Jul/91 226.8 USA	S.McKean 16/Oct/94 287.1 USA	S.McKean 23/May/93 272.0 USA	Josh.Monk 30/Jun/02 297.5 USA	JefCiavattor 31/May/92 453.6 USA	JefCiavattor 7/Nov/92 500.3 USA	JR.McKear 31/May/92 590.6 USA	JR.McKear 19/Oct/02 591.9 USA	JR.McKear 23/May/93 635.0 USA		K.Calcote 12/Nov/06 455.9 USA							
14-15					J.Schmidt 25/Oct/92 318.0 USA	F.Shuba 30/Jun/89 158.8 USA	A.Schmidt 30/Jan/93 453.6 USA	B.Ward 17/Oct/92 499.0 USA	F.Jurado 23/May/93 444.5 USA	C.Demille 30/Jun/02 386.0 USA	J.Loewer 27/Jun/99 499.6 USA						M.Bremer 25/Oct/92 365.2 USA				
16-17							M.VanFossa 27/Jun/99 454.3 USA	D.Drake 17/Oct/92 453.6 USA	S.McKean 11/Oct/98 546.1 USA	B.Bourne 30/Jun/89 635.0 Britain	S.Quick 5/Feb/00 544.3 USA		S.Bates 4/Mar/93 508.0 Britain	J.Hunter 30/Jun/02 612.3 USA	T.Frasso 27/Jun/99 407.8 USA						
18-19										Breitenfield/Zercher 23/Jan/88 589.7 USA			JefCiavattor 15/May/99 743.9 USA	JefCiavattone 11/Sep/99 771.1 USA							C.Clark 10/Jul/88 408.2 USA
OPEN	225.4	272.2	272.2	226.8	318.0	D.Quier 10/Mar/90 454.5 USA	J.McKean 30/Jun/89 635.0 USA	J.McKean 15/Feb/92 594.2 USA	B.Hirsh 30/Jan/93 743.9 USA	A.Smith 2/Jun/05 855.0 USA	B.DiCioccio 12/Oct/97 805.2 USA	B.DiCioccio 12/Oct/97 920.9 USA	B.DiCioccio 10/Oct/93 912.2 USA	S.Schmidt 25/Oct/92 1084.1 USA	J.Carter 30/Oct/94 1145.3 USA	S.Schmidt 9/Dec/90 1113.6 USA	J.Garcia 27/Jun/99 929.4 USA	J.Malloy 10/Oct/93 808.7 USA	F.Ciavattone 29/Aug/02 1100.4 USA	S.Huff 2/Jun/05 968.4 USA	S.Huff 4/Feb/06 969.4 USA
40+							J.McKean 30/Jun/89 635.0 USA	RJ.Holden 4/Jun/95 548.9 USA	C.Waterman 16/Oct/94 468.6 USA		B.Hirsh 4/Jun/95 750.7 USA	P.Montini 23/May/93 703.1 USA	N.Larson 29/Aug/02 726.2 USA	J.Garcia 4/Jun/95 864.1 USA	J.Garcia 29/Oct/95 816.4 USA	J.Carter 1/Feb/98 1043.3 USA	J.Garcia 2/Feb/97 914.0 USA	A.Myers 3/Aug/08 815.0 USA	A.Myers 16/May/09 836.9 USA	F.Ciavattone 5/Dec/98 816.5 USA	P.Knauer 10/Mar/90 818.2 USA
45+							J.McKean 14/Jul/91 544.3 USA	J.McKean 15/Feb/92 594.2 USA	J.McKean 23/May/93 612.4 USA		D.Habecker 14/Jul/91 648.6 USA	D.Habecker 31/May/92 650.9 USA	N.Larson 28/Aug/04 726.2 USA	S.Schmidt 19/Oct/02 929.9 USA	S.Schmidt 14/Nov/04 954.9 USA	J.Garcia 1/Nov/98 669.0 USA	J.Garcia 27/Jun/99 929.4 USA	B.Geib 23/May/93 503.5 USA	F.Ciavattone 29/Aug/02 1100.4 USA	F.Ciavattone 9/Nov/03 941.2 USA	B.Maxey 20/Feb/05 578.4 USA
50+							J.Tarlecki 10/Mar/90 227.3 USA			J.McKean 11/Oct/98 500.8 USA	D.Habecker 4/Jun/95 660.0 USA	D.Habecke 13/Oct/96 703.1 USA	B.DiCioccio 10/Oct/93 912.2 USA	E.Zercher II 11/Oct/87 680.4 USA	S.Schmidt 13/Nov/05 861.9 USA	S.Schmidt 12/Nov/06 952.6 USA	J.Garcia 14/Nov/04 861.9 USA	J.Garcia 13/Nov/05 861.9 USA	F.Ciavattone 13/Mar/05 1071.4 USA	F.Ciavattone 27/Aug/05 861.9 USA	J.McCoy 6/Feb/94 544.3 USA
55+											M.Archer 30/Jun/89 500.4 Britain	B.DiCioccio 12/Oct/97 920.9 USA	D.Habecker 30/Jun/02 601.0 USA	D.Habecker 9/Mar/02 594.2 USA			J.Garcia 28/Mar/09 850.5 USA	B.Geib 30/Jun/02 508.0 USA	S.Schmidt 12/Oct/08 907.2 USA	S.Schmidt 16/May/09 717.2 USA	T.Brown 1/Nov/97 260.8 USA
60+										A.Montini 31/May/92 726.2 USA	A.Montini 15/Feb/92 793.8 USA	B.DiCioccio 12/Oct/03 793.8 USA	D.Habecker 28/Aug/04 476.8 USA			B.Clark 30/Oct/94 650.9 USA	B.Clark 8/Apr/95 734.8 USA	B.Clark 29/Oct/95 750.7 USA		J.McCoy 9/Nov/03 408.3 USA	J.McCoy 13/Nov/05 362.9 USA
65+										A.Montini 17/Oct/92 725.6 USA	A.Montini 10/Oct/93 772.0 USA	A.Montini 4/Jun/95 725.8 USA	D.Habecker 16/May/09 406.0 USA		H.Prechtel 25/Jul/93 680.4 USA	H.Prechtel 15/Feb/92 703.1 USA	B.Clark 9/Dec/01 453.6 USA	B.Clark 29/Mar/99 476.3 USA	J.Malloy 3/Aug/08 545.0 USA		
70+										D.Mitchell 19/Oct/02 512.2 USA	A.Montini 12/Oct/97 646.0 USA	A.Montini 11/Sep/99 544.3 USA	R.Monahar 4/Jun/95 362.9 USA	H.Prechtel 27/Jun/99 454.0 USA	P.Eberhardr 1/Dec/90 249.5 USA	H.Prechtel 4/Jun/95 657.7 USA	B.Clark 6/Apr/03 526.2 USA				
75+										D.Mitchell 3/Aug/08 427.5 USA		A.Montini 28/Aug/04 387.8 USA						B.Clark 3/Aug/08 435.0 USA			
80+											A.Montini 12/Oct/08 363.3 USA	A.Montini 16/May/09 406.0 USA									
85+																					

IAWA World Records | Hip Lift (women) - F5 | 06/03/2010

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	E.Gordon 29/Oct/95 181.4 USA		E.Gordon 2/Feb/97 297.1 USA																	
14-15																				
16-17										C.Ciavattone 30/Jun/90 249.5 USA										
18-19						A.Burks 1/Nov/97 401.4 USA	A.McBride 30/Jan/99 317.5 USA													
OPEN	181.4		297.1	N.Phumchao 15/Feb/92 367.4 USA	N.Phumchao 3/Nov/01 416.0 USA	J.Burchette 15/Feb/92 430.9 USA	J.Caron 23/May/93 567.0 USA	D.DeLaRosa 29/Aug/88 385.2 USA	K.Clark 6/Feb/94 521.6 USA	A.Ollennukir 2/Feb/97 594.2 USA	C.Collins 5/Dec/98 362.9 USA		C.Collins 27/Aug/05 408.3 USA	A.Ollennu 1/Feb/03 136.1 Ghana		C.Collins 19/Oct/02 399.1 USA				C.Goolsby 30/Jun/02 453.6 USA
40+					S.Hughes 10/Mar/90 362.9 USA			D.Springs 6/Feb/94 319.8 USA	A.Ollennuking 1/Feb/03 501.3 USA					A.Ollennu 1/Feb/03 136.1 Ghana						
45+				N.Phumchao 15/Feb/92 367.4 USA	N.Phumchaona 23/May/93 387.4 USA		D.Hartwig 25/Oct/92 318.0 USA													
50+					N.Phumchao 4/Jun/95 412.8 USA	J.Burchette 15/Feb/92 430.9 USA	J.Phillips 10/Aug/03 300.0 Australia		J.Phillips 14/Jul/02 270.0 Australia											
55+					N.Phumchaona 3/Nov/01 416.0 USA															
60+																				
65+								J.Habecker 7/Sep/08 182.4 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			D.Andrews 30/Oct/07 10.0 Britain																
14-15								C.DeMille 23/Jun/02 17.5 USA											
16-17								G.Owen 30/Oct/07 28.4 Britain											
18-19									A.Smith 4/Nov/00 20.4 USA										
OPEN			10.0			M.Finkle 18/Nov/05 17.5 Britain	W.Wright 18/Nov/05 25.0 Britain	G.Owen 30/Oct/07 28.4 Britain	S.Sherwood 30/Oct/07 27.2 Britain	R.Meldon 30/Oct/07 38.3 Britain	D.Habecker 23/Jun/02 22.7 USA	D.McFadzean 18/Nov/05 25.0 Britain	E.Schock 23/Jun/02 31.8 USA	20.4		A.Myers 12/Feb/06 27.2 USA	25.0		25.0
40+							M.Finkle 30/Oct/07 16.0 Britain			R.Meldon 30/Oct/07 38.3 Britain									
45+									D.Morton 30/Oct/07 22.7 Britain	T.Meldon 30/Oct/07 31.0 Britain			E.Schock 23/Jun/02 31.8 USA	J.Garcia 31/Oct/98 20.4 USA					B.Rogers 4/Nov/00 25.0 USA
50+								R.Brooks 15/Apr/00 27.3 Britain											
55+									S.Sherwood 30/Oct/07 27.2 Britain								G.Dick 30/Oct/07 25.0 Britain		
60+							W.Wright 18/Nov/05 25.0 Britain				D.Habecker 23/Jun/02 22.7 USA	B.Anderson 5/Jul/99 22.0 Britain							
65+									W.Wright 30/Oct/07 21.0 Britain	N.Brumby 30/Oct/07 22.7 Britain	D.Habecker 10/Nov/07 22.5 USA					B.Clark 4/Nov/00 10.0 USA	FH.Tatam 14/Jul/02 21.5 Australia		
70+								G.Davidson 30/Oct/07 17.5 Britain				B.Anderson 3/Dec/06 20.0 Britain	B.Anderson 18/Feb/07 22.5 Britain		B.Clark 23/Jun/02 15.9 USA				
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							A McInally 18/Nov/05 17.5 Britain												
40+																			
45+							A McInally 18/Nov/05 17.5 Britain												
50+							A McInally 30/Oct/07 16.0 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				D.Andrews 28/Feb/09 10.0 Britain		J.Monk 23/Jun/02 9.1 USA													
14-15								C.DeMille 23/Jun/02 13.6 USA											
16-17								S.Quick 30/Oct/99 13.6 USA											
18-19									A.Smith 4/Nov/00 14.0 USA										
OPEN				10.0		9.1		R.Brooks 15/Apr/00 25.0 Britain	14.0	R.Meldon 28/Feb/09 36.6 Britain	N.Swain 28/Feb/09 35.5 Britain	P.Crisp 28/Feb/09 40.5 Britain	E.Schock 23/Jun/02 35.0 USA	B.Spayd 23/Jun/02 29.5 USA	E.Todd 23/Jun/02 40.8 USA	A.Myers 12/Feb/06 27.2 USA	B.Karhan 11/Oct/98 43.1 USA		25.0
40+										R.Meldon 28/Feb/09 36.6 Britain	N.Swain 28/Feb/09 35.5 Britain								
45+											T.Allsop 28/Feb/09 24.9 Britain		E.Schock 23/Jun/02 35.0 USA	J.Garcia 31/Oct/98 20.4 USA			B.Karhan 11/Oct/98 43.1 USA		B.Rogers 4/Nov/00 25.0 USA
50+								R.Brooks 15/Apr/00 25.0 Britain		T.Meldon 28/Feb/09 28.4 Britain					J.Garcia 11/Dec/04 20.4 USA					
55+																			
60+										T.Evans 28/Feb/09 18.9 Britain	D.Habecker 23/Jun/02 22.5 USA	B.Anderson 5/Jul/99 23.5 Britain							
65+																B.Clark 31/Oct/98 13.6 USA	FH.Tatam 14/Jul/02 19.0 Australia		
70+												B.Anderson 3/Dec/06 20.0 Britain	B.Anderson 7/Jan/07 22.5 Britain		B.Clark 23/Jun/02 15.9 USA				
75+										P.Lee 28/Feb/09 18.9 Britain									
80+																			
85+																			

	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under		C.Wood 16/Aug/97 35.0 Britain	35.0#	W.Vasey 30/Oct/94 50.0 Britain	JR.McKean 15/Dec/90 45.0 USA	30.0#	38.1#	40.0#											
14-15			C.Wood 28/Nov/97 40.0 Britain	50.0#	57.5#	65.0#		J, Gardner 30/Jun/98 60.5 Britain	R.Scott 13/Mar/99 70.0 Britain								62.5#		
16-17				C.Wood 22/Oct/99 50.0 Britain	39.9#	75.0#	W.Vasey 30/Jun/98 90.0 Britain	C.Howard 18/Mar/00 97.5 USA	M.Kucera 18/Mar/00 93.0 USA	M.Watson 30/Jun/98 75.0 Britain	M.Watson 13/Nov/96 77.5 Britain	G.Porter 13/Mar/99 70.0 Btitain	E.Kucera 18/Mar/00 115.7 USA						
18-19					45.0#				105.0#	D.Vasey 30/Jun/98 100.0 Britain	87.5#	102.5#							
OPEN		35.0	40.0	J.McIlwraith 31/Aug/88 67.5 Britain	77.1#	S.Brooks 30/Jun/93 92.3 Britain	C.Waterman 18/Jul/93 135.0 USA	A.Blindt 31/Aug/88 132.5 Britain	R.Meldon 30/Jun/98 140.0 Britain	130.5#	F.Allen 28/Aug/88 140.0 Britain	D.Ridler 28/Nov/97 137.5 Britain	137.5#	C.Gladding 28/Aug/88 150.0 Britain	142.5#	130.0#	K.Fulton 18/Mar/00 138.3 USA	110.0#	120.0
40+					70.0#	S.Showell 18/Oct/97 65.0 Britain	C.Waterman 18/Feb/95 125.0 USA	C.Waterman 16/Nov/96 120.0 USA	J.Monk 14/Oct/07 111.1 USA	130.5#	N.Swain 9/Jun/07 115.0 Britain	M.Wood 16/Aug/96 92.5 Britain			85.0#	130.0#	K.Fulton 18/Mar/00 138.3 USA		S.Gardner 18/Oct/97 120.0 Britain
45+				65.0#	68.9#	65.0#	S.Andrews 9/Jun/07 100.5 Britain	R.Brooks 30/Oct/94 87.1 Britain	72.5#	107.5#	F.Allen 28/Aug/88 140.0 Britain	105.0#	109.8#	C.Gladding 28/Aug/88 150.0 Britain		122.5#	110.0#	110.0#	
50+						65.0#	C.Bass 30/Jun/98 90.0 Britain	97.5#	87.5#	85.0#	F.Allen 3/Apr/93 120.0 Britain	70.0#	115.0#				100.0#	110.0#	
55+						W.Wright 13/Nov/98 70.0 Britain	80.0#	K.Edge 3/Apr/93 70.0 Britain	M.Archer 28/Aug/88 110.0 Britain	D.Habecker 7/Nov/98 102.5 USA	67.5#	85.0#	80.0#				81.0#	G.Dick 30/Apr/06 70.0 Britain	
60+							60.5#	75.0#	M.Archer 18/Oct/97 88.0 Britain	M.Archer 18/Jul/93 97.5 Britain	70.0#	79.4#				50.0#			
65+								60.0#	65.0#	M.Archer 13/Mar/99 82.5 Britain	80.0#				87.5#				
70+						B.Smith 30/Oct/94 48.0 Britain	49.0#	40.0#	A.Montini 18/Oct/97 62.5 USA	64.4#	45.0#								
75+							43.0#	35.7#	63.5#	P.Ready 30/Jun/98 59.0 Britain	52.5#								
80+												42.5#		30.0#					
85+																			

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under					35.0#				M.Hughes 25/Oct/04 40.0 Britain										
14-15											45.0#								
16-17																			
18-19																			
OPEN				40.0#	A.Blindt 28/Aug/88 62.5 Britain	C.Lewis 30/Jun/98 52.5 Britain	W.Samways 31/Aug/88 60.0 Britain	D.DeLaRosa 31/Aug/88 45.0 USA	T.Emmerson 13/Mar/99 57.5 Britain	42.5#	45.0#	40.0#		40.0#	J.Donatelli 17/Jan/10 70.5 Britain				
40+						A.McInally 22/Oct/99 45.0 Britain		40.8#	K.Gardner 31/Jul/99 45.0 Britain					40.0#					
45+				40.0#		40.0#		J.Fulford 30/Oct/94 40.8 Britain											
50+					N.Phumchaona 12/Oct/97 44.5 USA			42.5#	S.Lewis 30/Jun/98 27.5 Britain	30.0#									
55+					40.0#														
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

	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	20.0#	13.0#	25.0#	25.0#	32.5#	48.5#	40.0#	50.0#	65.0#	47.5#	34.5#											
14-15				C.Howard 30/Oct/94 37.5 Britain		55.0#	57.5#	70.0#	75.0#	90.0#	87.5#	77.5#	55.0#	R.McKean 18/Jul/93 70.0 USA						65.0#		
16-17							70.0#	70.0#	90.0#	95.0#	B.Bourne 28/Aug/88 85.0 Britain	75.0#	106.1#	85.0#	57.5#		94.8#	80.0#				
18-19								67.5#	75.0#	82.6#	140.0#	125.0#	100.0#	85.0#	77.5#	R.Cirafesi 18/Oct/97 90.0 USA		85.0#		75.0#		
OPEN	20.0#	13.0#	25.0#	37.5	32.5#	55.0#	70.0#	95.5#	105.0#	130.#	140.0#	145.0#	B.Bryan 19/May/90 160.0 USA	P.Anderson 28/Aug/88 155.0 USA	147.5#	161.0#	167.5#	165.0#	J.Dundon 18/Oct/97 155.0 USA	147.4#	A.Myers 20/Feb/05 149.7 USA	E.Beath 6/Oct/09 184.2 USA
40+								J.McKean 19/May/90 65.0 USA	105.0#	C.Waterma 18/Feb/95 125.0 USA	C.Waterman 7/Mar/98 115.0 USA	120.0#	140.0#	110.0#	127.5#	120.0#	105.0#	S.Schmidt 30/Jan/93 152.0 USA	S.Schmidt 16/Nov/96 150.5 USA	124.7#	115.0#	K.McClain 7/Nov/87 160.0 USA
45+								72.5#	B.Pensyl 18/Jul/93 100.0 USA	C.Waterman 4/Mar/00 100.0 USA	100.0#	80.0#	117.5#	100.0#	115.0#	113.4#	120#	115.0#	110.0#	B.Karhan 18/Oct/97 120.0 USA		115.0#
50+							66.7#	J.Tarlecki 19/May/90 57.5 USA	K.Edge 28/Aug/88 60.0 Britain	85.0#	105.0#	111.1#	117.9#	125.0#	J.Vernacchio 28/Aug/88 110.0 USA	115.7#	127.5#	136.1#	105.0#	83.9#	120.0#	102.1#
55+									W.Wright 30/Jun/88 70.0 Britain	90.0#	100.0#	D.Habecker 18/Oct/97 110.0 USA	G.Gonzalez 19/May/90 90.0 USA	110.0#	85.0#	B.Anderson 30/Oct/94 95.0 Britain	82.5#	83.9#	J.Malloy 18/Oct/97 127.5 USA	110.0#	80.0#	B.Drybread 18/Jul/93 80.0 USA
60+										75.0#	85.0#	A.Montini 19/May/90 82.5 USA	M.Archer 30/Oct/94 90.0 Britain	85.0#	B.Anderson 15/Nov/97 100.0 Britain	B.Anderson 12/Jul/97 87.5 Britain	H.Prechte 28/Aug/88 80.0 USA					59.9#
65+									50.0#	40.5#	55.7#	82.5#	72.5#	R.Durante 18/Oct/97 80.0 USA	64.9#	H.Skeete 19/May/90 110.0 USA	92.5#	H.Prechte 19/May/90 80.0 USA	29.5#	70.0#	70.0#	
70+										72.5#	G.Davidson 9/Jun/07 72.5 Britain	66.7#	70.3#	63.5#	H.Prechte 18/Oct/97 70.0 USA	45.0#	86.2#	24.9#				
75+								40.0#	45.0#	43.0#	24.9#	70.3#	55.0#		62.5#	70.0#	75.0#					
80+									33.2#	40.5#		34.0#	59.0#			47.5#						
85+													52.2#									

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	17.5#	34.0#	34.0#	45.4#	49.9#			45.0#	40.5#											
14-15					40.8#	54.4#	54.4#	50.0#	M.Hughes 9/Jun/07 60.0 Britain	45.0#										
16-17				42.5#	32.5#		56.7#		40.0#											
18-19				20.4#		36.3#	43.1#						45.0#	105.0#						
OPEN	17.5#	34.0#	34.0#	55.0#	65.0#	47.5#	J.Simonsen 18/Jul/93 75.0 USA	65.0#	93.0#	90.7#		A.Rollo 10/Aug/03 60.0 Australia	60.0#	105.0#	M.Laban 11-Mar-06 52.5 Britain	MJ.McVay 18/Jul/93 82.5 USA				125.0#
40+					S.Hughes 19/May/90 45.0 USA	45.0#	40.0#	48.5#	45.0#	81.7#		A.Rollo 10/Aug/03 60.0 Australia		47.5#	M.Laban 11-Mar-06 52.5 Britain	45.0#				52.6#
45+				N.Phumchaona 19/May/90 47.5 USA	46.0#	47.5#		39.4#	45.0#	K.Gardner 11-Mar-06 45.0 Britain										125.0#
50+				25.0#	40.8#	32.5#	42.5#	39.5#		32.5#										
55+					42.5#			32.5#												
60+					26.0#															
65+																				
70+																				
75+																				
80+																				
85+																				