	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 31/May/92 90.7 USA	JonCiavattor 23/Jun/02 45.4 USA	J.Schmidt 19/Jan/91 81.6 USA	J.Montini 14/Jul/91 81.6 USA	S.McKean 31/May/92 72.6 USA	Jos Monk 14/Apr/02 159.4 USA	F.Ciavattone 01-Oct-06 140.9 USA	Jos Monk 23/Jun/02 159.5 USA	oeCiavatton 27/Aug/05 99.8 USA	JR.McKean 31/May/92 136.1 USA	JR.McKean 2/Jul/00 130.0 USA			K.Calcote 12/Nov/06 138.4 USA							
14-15					J.Schmidt 25/Oct/92 105.2 USA		R.LaPlant 25/Oct/92 91.6 USA	B.Ward 31/May/92 137.0 USA	F.Ciavattone 7/Sep/08 182.4 USA	C.Demille 23/Jun/02 125.4 USA	J.Loewer 2/Jul/00 137.5 USA						M.Bremer 25/Oct/92 91.6 USA					
16-17						M.O'Brien 26/Jul/98 70.0 USA	M.O'Brien 11/Sep/99 136.1 USA	D.Drake 31/May/92 137.0 USA	S.McKean 26/Jul/98 150.0 USA	B.Bourne 30/Jun/89 180.0 Britain	A.Louden 26/Jun/05 181.5 USA		JefCiavattone 23/Jun/96 182.5 USA								
18-19							M.O'Brien 3/Sep/00 165.0 USA			T.Kennedy 26/Jul/98 152.5 USA	R.Breitenfield 23/Jan/88 213.2 USA		JefCiavattor 5/Dec/98 231.3 USA	JefCiavattone 11/Sep/99 231.3 USA		I.Reel 26/Jun/05 204.1 USA					
OPEN	90.7	45.4	81.6	81.6	105.2	Josh.Monk 14/Apr/02 159.4 USA	J.McKean 14/Jul/91 192.7 USA	J.Monk 26/Jul/98 232.5 USA	A.Blindt 30/Jun/89 280.0 Britain	A.Blindt 28/Aug/88 272.5 Britain	N.Abery 3/Sep/00 272.5 Britain	D.Friesz 8/Dec/95 274.4 USA	D.Horne 4/Mar/93 326.0 Britain	D.Horne 19/Aug/91 302.4 Britain	JoeCiavattor 31/May/92 306.6 USA	JoeCiavattor 23/Jun/96 325.0 USA	JoeCiavattor 26/Jul/98 332.5 USA	JoeCiavattor 27/Aug/05 364.9 USA	F.Ciavattone 19/Oct/02 340.2 USA	F.Ciavattone 27/Aug/05 318.4 USA	F.Ciavattone 11/Jun/05 362.9 USA
40+							J.McKean 14/Jul/90 182.5 USA	B.Pensyl 14/Jul/91 147.5 USA	A.Goddard 3/Sep/00 200.0 Britain	C.Waterman 15/Jun/97 167.8 USA	B.Hirsh 7/Nov/98 205.0 USA	B.Hirsh 27/Feb/99 177.5 USA	N.Larson 14/Dec/03 185.0 USA	J.Garcia 26/Jul/98 282.5 USA	P.Montini 21/Nov/92 249.5 USA	J.Garcia 31/Jan/98 235.9 USA	J.Garcia 1/Feb/98 254.0 USA	B.Karhan 28/Nov/92 231.3 USA	F.Ciavattone 12/Sep/97 286.7 USA		F.Ciavattone 11/Sep/99 298.4 USA
45+							J.McKean 14/Jul/91 192.7 USA	B.Pensyl 23/Jun/96 160.0 USA	J.McKean 17/Oct/92 163.5 USA	J.McKean 16/Oct/94 161.9 USA	D.Habecker 14/Jul/91 147.5 USA	D.Habecker 31/May/92 170.1 USA	N.Larson 28/Aug/04 273.5 USA	N.Larson 27/Aug/05 204.1 USA	E.Schock 14/Apr/02 227.5 USA	J.Garcia 1/Nov/98 215.5 USA	J.Garcia 5/Feb/00 226.8 USA	T.Ryan 14/Jul/90 125.0 USA	F.Ciavattone 19/Oct/02 340.2 USA	F.Ciavattone 28/Aug/04 296.0 USA	T.Ryan 14/Jul/90 125.0 USA
50+							J.Tarlecki 19/May/90 79.4 USA	B.Pensyl 2/Jul/00 102.5 USA		J.McKean 2/Jul/00 217.5 USA	J.McKean 11/Sep/99 199.6 USA	D.Friesz 3/Jun/95 226.8 USA	J.Caron 15/Jun/97 206.4 USA	A.Springs 29/Oct/95 195.0 USA	E.Schock 28/Aug/04 252.7 USA	J.Garcia 12/Nov/06 206.4 USA	J.Garcia 14/Nov/04 210.9 USA	F.Ciavattone 7/Sep/08 273.1 USA	S.Schmidt 26/Jun/05 147.4 USA	F.Ciavattone 27/Aug/05 318.4 USA	F.Ciavattone 11/Jun/05 362.9 USA
55+										D.Friesz 26/Jul/98 230.0 USA	J.McKean 27/Aug/05 215.5 USA	D.Friesz 8/Dec/95 274.4 USA	J.Vernacchio 12/Nov/94 159.9 USA	J.Vernacchio 31/May/92 196.4 USA	J.Vernacchio 23/Jun/96 165.0 USA		J.Malloy 15/Jun/97 206.4 USA	B.Geib 2/Jul/00 72.5 USA		S.Schmidt 16/May/09 113.0 USA	B.Fellows 20/Jan/90 158.8 USA
60+										A.Montini 14/Jul/90 160.0 USA	D.Friesz 18/Nov/00 181.4 USA	D.Mitchell 31/May/92 120.2 USA	D.Habecker 27/Aug/05 172.4 USA		J.Vernacchio 15/Jun/97 147.4 USA	B.Clark 30/Oct/94 117.9 USA	B.Clark 25/Oct/82 93.9 USA	J.Malloy 26/Jun/05 181.5 USA	B.Geib 26/Jun/05 113.4 USA		
65+										D.Friesz 27/Aug/05 152.0 USA	D.Friesz 14/Oct/07 143.4 USA	D.Friesz 16/May/09 183.7 USA	R.Monahan 31/May/92 137.0 USA	J.Vernacchio 2/Nov/03 109.5 USA		H.Prechtel 14/Jul/91 113.3 USA	H.Prechtel 14/Jul/90 125.0 USA	B.Clark 1/Nov/98 104.3 USA			
70+										D.Mitchell 28/Aug/04 157.0 USA	A.Montini 12/Oct/97 136.1 USA	A.Montini 2/Jul/00 200.0 USA	R.Monahan 26/Jul/98 120.0 USA	H.Prechtel 7/Nov/98 142.5 USA	H.Prechtel 26/Jul/98 185.0 USA	H.Prechtel 3/Jun/95 113.3 USA	B.Clark 23/Jun/02 79.4 USA				
75+												A.Montini 27/Aug/05 158.8 USA					J.Lano 15/Jun/97 90.7 USA				
80+											A.Montini 12/Oct/08 113.4 USA	E.Zercher 11/Oct/87 61.2 USA				P.Eberhardt 2/Jul/00 57.5 USA					
85+																					

IAWA World Records | Necklift (women) - F10 | 09/08/2010

	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 38.5 USA	D.Ciavattone 26/Jul/98 35.0 USA	E.Gordon 1/Feb/97 61.3 USA		D.Ciavattone 3/Sep/00 85.0 USA														
14-15				E.Gordon 15/Jun/97 75.6 USA															
16-17										C.Ciavattone 30/Jun/90 76.2 USA									
18-19						A.Burks 1/Nov/97 79.4 USA	A.McBride 30/Jan/99 136.1 USA												
OPEN	38.5	35.0	61.3	75.6	B.Baron 3/Jul/91 91.0 Britain	S.J.Mason 2/Jul/00 125.0 USA	J.Caron 28/Nov/92 181.4 USA	K.Clark 14/Jun/97 229.0 USA	K.Clark 5/Feb/94 158.8 USA	K.Clark 3/Jun/95 251.8 USA	C.Collins 5/Dec/98 124.8 USA	C.Collins 3/Sep/00 112.5 USA	C.Collins 27/Aug/05 113.4 USA	A.Ollennu 1/Feb/03 34.0 Ghana		C.Collins 19/Oct/02 113.4 USA			
40+						K.Devine 15/Jun/97 68.0 USA	D.Springs 6/Feb/93 83.9 USA	D.Springs 5/Feb/94 79.4 USA	A.Ollennuking 1/Feb/03 120.2 USA					A.Ollennu 1/Feb/03 34.0 Ghana					
45+																			
50+						J.Burchette 14/Jul/91 100.0 USA													
55+																			
60+																			
65+								J.Habecker 7/Sep/08 90.7 USA											
70+																			
75+																			
80+																			
85+																			

IAWA World Records | LH Pinch Clean & Press - F18 | 09/08/2010

	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																			
18-19									D.Elmer 3/Jun/95 24.5 Britain										
OPEN									D.Elmer 3/Jun/95 24.5 Britain		C.Jackson 3/Jun/95 19.5 Britain								
40+											C.Jackson 3/Jun/95 19.5 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	125k+g
13&Under																			
14-15																			
16-17																			
18-19									D.Elmer 3/Jun/95 27.0 Britain										
OPEN									D.Elmer 3/Jun/95 27.0 Britain		C.Jackson 3/Jun/95 22.0 Britain	N.McKinless 15/Nov/97 37.5 Britain							
40+											C.Jackson 3/Jun/95 22.0 Britain								
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records | 2H Pinch Grip (men) - F1 | 09/08/2010

	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	J.Horne 18/Mar/93 26.0 Britain	J.Horne 20/Aug/93 30.8 Britain				J.Horne 26/Jul/97 42.5 Britain		Z.Martin 12/Mar/06 50.0 Australia		J.Horne 30/Jun/99 60.0 Britain						B.Fulton 23/May/99 45.3 USA					
14-15								Ja.Gardner 30/Jun/99 38.5 Britain	S.Cook 26/Jul/97 60.0 Britain	M.Kucera 23/May/99 54.4 USA	R.Scott 31/May/99 62.5 Britain	S.Bates 8/Feb/92 58.0 Britain							B.Fulton 20/May/00 54.4 USA		
16-17								D.Beecroft 26/May/99 45.8 Britain	D.Elmer 20/Aug/93 84.5 Britain	J.Jaeschke 18/Oct/03 61.3 USA		S.Bates 6/Feb/93 71.0 Britain	C.Warnica 26/Jul/97 55.0 Britain	G.Porter 31/May/99 45.0 Britain		E.Kucera 23/May/99 68.0 USA				
18-19							P.Crooks 8/Feb/92 65.0 Britain			D.Elmer 4/Feb/95 92.5 Britain	D.Elmer 21/Jan/95 90.0 Britain	M.Kucera 16/Sep/01 72.6 USA	C.Jaeschke 18/Oct/03 72.6 USA		E.Kucera 20/May/00 72.6 USA						
OPEN						D.Berry 26/Jul/97 57.5 Britain	P.Crooks 8/Feb/92 65.0 Britain		B.White 14/Jul/02 85.0 Australia	D.Elmer 4/Feb/95 92.5 Britain	D.Elmer 21/Jan/95 90.0 Britain	J.Moore 6/Feb/93 76.0 Britain	D.Horne 17/Jan/95 116.3 Britain	D.Horne 17/Mar/93 111.0 Britain	P.Horne 31/Jan/95 85.0 Britain	S.Angell 20/Aug/93 91.0 Britain	R.Howe 4/Feb/95 90.0 Britain	FJ.Tatam 10/Aug/03 115.0 Australia	J.Patterson 10/Aug/03 85.0 Australia	M.Graham 18/Oct/03 90.7 USA	B.Burtsloff 18/Oct/03 79.4 USA
40+	26.0	30.8						50.0	S.Sherwood 6/Feb/93 71.0 Britain		S.Sherwood 4/Feb/95 70.0 Britain	C.Jackson 4/Feb/95 75.0 Britain	C.Jackson 3/Jun/95 80.0 Britain	D.Fulton 23/May/99 77.1 USA				FJ.Tatam 15/Dec/02 60.0 Australia	K.Fulton 16/Sep/01 83.9 USA	K.Fulton 20/May/00 81.6 USA	M.Mitchell 14/Dec/02 70.3 USA
45+									S.Showell 30/Jun/99 50.8 Britain			P.Byford 6/Apr/91 60.0 Britain	F.Allen 8/Feb/92 62.5 Britain	E.Schock 31/Oct/01 72.5 USA			P.Phillips 15/Dec/02 70.0 Australia	FJ.Tatam 10/Aug/03 115.0 Australia			B.Burtsloff 18/Oct/03 79.4 USA
50+										G.Davidson 6/Apr/91 50.0 Britain		T.Evans 26/May/99 50.8 Britain	F.Allen 4/Feb/95 70.0 Britain		P.Horne 6/Apr/91 70.0 Britain		J.Garcia 18/Oct/03 68.0 USA	B.Geib 10/Oct/93 45.8 USA			S.Gardner 16/Dec/09 57.5 Britain
55+												T.Davies 15/Dec/02 70.0 Australia		P.Horne 6/Feb/93 71.0 Britain	P.Horne 31/Jan/95 85.0 Britain				J.Patterson 10/Aug/03 85.0 Australia		
60+									P.Harvey 31/May/99 65.0 Britain												
65+								W.Smith 26/Mar/00 40.8 USA	B.White 14/Jul/02 85.0 Australia			P.Lee 26/May/99 50.8 Britain			R.Bletcher 14/Dec/02 36.3 USA					FH.Tatam 10/Aug/03 90.0 Australia	
70+																	B.Clark 14/Dec/02 59.0 USA				
75+									B.Smith 26/May/99 24.4 Britain					F.Lamp 15/Dec/02 60.0 Australia							
80+																					
85+																					
90+												C.Myers 12/Feb/06 29.9 USA									

	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under				D.Davies 6/Apr/91 25.0 Britain	E.Talbot 20/Sep/94 37.5 Britain	E.Talbot 27/Jun/95 44.0 Britain	E.Talbot 13/Feb/96 50.0 Britain												
14-15							S.Jaeschke 18/Oct/03 34.0 USA		E.Talbot 31/May/99 65.0 Britain	E.Talbot 26/Jul/97 65.0 Britain									
16-17			P.Thompson 6/Apr/91 22.5 Britain					A.Paul 18/Oct/03 50.0 USA											
18-19								M.Hughes 16/Dec/09 40.0 Britain											
OPEN			P.Thompson 6/Apr/91 22.5 Britain	E.Gomes 15/Nov/97 27.5 USA	E.Talbot 20/Sep/94 37.5 Britain	E.Talbot 27/Jun/95 44.0 Britain	E.Talbot 13/Feb/96 50.0 Britain	A.Paul 18/Oct/03 50.0 USA	E.Talbot 31/May/99 65.0 Britain	E.Talbot 26/Jul/97 65.0 Britain	J.Martin 25/Feb/07 57.5 Australia	J.Martin 12/Mar/06 50.0 Australia							M.McComoughe 18/Oct/03 61.3 USA
40+						TB.Lakowsky 16/Sep/01 34.0 USA		K.Gardner 30/Jun/99 43.5 Britain											M.McComoughe 18/Oct/03 61.3 USA
45+																			
50+									K.Gardner 16/Dec/09 32.5 Britain										
55+																			
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	O.Horne 8/May/94 12.5 Britain		J.Horne 8/Dec/93 12.0 Britain		D.Morrison 4/Jul/98 16.3 Britain	M.Parrish 16/Nov/93 19.8 Britain																
14-15																						
16-17											D.Elmer 17/Nov/93 37.5 Britain											
18-19											D.Elmer 3/Feb/96 40.0 Britain	D.Elmer 3/Jun/95 37.5 Britain										
OPEN	12.5		12.0		16.3	19.8		D.Berry 4/Jul/98 32.5 Britain	12.0		D.Elmer 3/Feb/96 40.0 Britain	D.Elmer 3/Jun/95 37.5 Britain		D.Horne 27/Jun/94 61.8 Britain	D.Horne 16/Dec/93 60.0 Britain				S.Hodgson 5/Feb/94 35.0 Britain			
40+												M.Shaw 27/Mar/02 28.5 Britain	B.Hirsh 27/Feb/99 25.0 USA	C.Jackson 3/Jun/95 30.0 Britain								
45+																						
50+														F.Allen 5/Feb/95 30.0 Britain					B.Geib 22/Feb/97 28.0 USA			
55+											G.Davidson 6/Mar/94 27.0 Britain		B.DiCioccio 13/Oct/96 15.9 USA									
60+																						
65+																						
70+																			FH.Tatam 10/Apr/05 37.5 Australia			
75+																						
80+									B.Smith 31/Aug/01 12.0 Britain													
85+																						

IAWA World Records | LH Pinch Grip (women) - F17 | 09/08/2010

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under							E.Talbot 3/Feb/96 22.0 Britain												
14-15																			
16-17																			
18-19																			
OPEN							E.Talbot 3/Feb/96 22.0 Britain												
40+																			
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records | RH Pinch Grip (men) - F17 | 09/08/2010

	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	O.Horne 8/May/94 12.5 Britain	J.Horne 18/Mar/93 11.9 Britain	J.Horne 23/Jun/94 15.5 Britain			M.Parrish 16/Nov/93 17.3 Britain		J.Horne 4/Jul/98 25.0 Britain														
14-15						M.Parrish 5/Feb/94 18.5 Britain																
16-17									M.Jackson 31/Aug/01 20.8 Britain	D.Elmer 20/Aug/93 39.8 Britain	D.Elmer 21/Apr/94 40.0 Britain			S.Bates 20/Aug/93 38.5 Britain								
18-19											R.Darwin 3/Jul/98 30.0 Britain	D.Elmer 3/Jun/95 40.0 Britain										
OPEN	12.5	11.9	15.5			18.5		25.0	20.8	D.Elmer 20/Aug/93 39.8 Britain	D.Elmer 21/Apr/94 40.0 Britain	D.Elmer 3/Jun/95 40.0 Britain	D.Horne 5/Feb/94 60.0 Britain	D.Horne 21/Feb/94 60.5 Britain	D.Horne 10/Jan/94 60.5 Britain	P.Horne 3/Feb/96 35.0 Britain	S.Angell 5/Feb/94 35.0 Britain	25.0	R.Howe 5/Feb/94 40.0 Britain			38.5
40+											S.Sherwood 5/Feb/94 35.0 Britain	M.Shaw 27/Mar/02 28.5 Britain	B.Hirsh 27/Feb/99 33.5 USA	C.Jackson 3/Jun/95 30.0 Britain				S.Esaw 31/Aug/01 25.0 Britain				M.Mitchell 14/Dec/02 38.5 USA
45+											J.Luther 31/Aug/01 19.7 Britain			D.Smith 31/Aug/01 57.5 Britain								B.Maxey 14/Dec/02 22.7 USA
50+										C.Bass 31/Aug/01 22.2 Britain				L.Blockston 15/Oct/95 20.4 USA					B.Geib 22/Feb/97 25.0 USA			
55+													j.Evans 30/Sep/01 19.8 Britain		P.Horne 5/Feb/94 37.5 Britain	P.Horne 3/Feb/96 35.0 Britain	B.Anderson 5/Feb/94 30.0 Britain					
60+													N.Brumby 31/Aug/01 20.5 Britain	C.Nevis 31/Aug/01 11.3 Britain								
65+										B.White 14/Jul/02 42.5 Australia	T.Kelly 31/Aug/01 19.7 Britain		P.Lee 31/Aug/01 20.2 Britain									
70+																		B.Clark 14/Dec/02 22.7 USA				
75+													P.Ready 31/Aug/01 20.3 Britain									
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												E.Talbot 4/Jul/98 35.0 Britain							
16-17																			
18-19																			
OPEN								J.Holmes 31/Aug/01 15.9 Britain	K.Gardner 1/Sep/01 23.0 Britain			E.Talbot 4/Jul/98 35.0 Britain							
40+									K.Gardner 1/Sep/01 23.0 Britain										
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			