	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 12/Oct/01 40.0 USA	A.Geib 12/Nov/94 30.0 USA	JmsGardner 16/Dec/95 40.0 Britain	C.Wood 9/Dec/95 45.0 Britain	W.Vasey 31/Jul/94 60.0 Britain	W.Vasey 24/Oct/94 68.0 Britain	B.Ward 12/Oct/91 65.0 USA	SJ.Vernacch 27/Feb/93 112.5 USA	JR.McKean 12/Oct/91 80.0 USA												
14-15						C.Wood 30/Apr/99 85.0 Britain	J.Timsic 12/Jan/91 92.5 USA	JmsGardner 22/Sep/99 100.0 Britain	SJ.Vernacch 6/Nov/93 127.5 USA	JonGardner 6/May/98 100.0 Britain	SJ.Vernacch 10/Dec/94 146.0 USA	D.Evans 21/Oct/95 100.0 Britain							T.Stone 24/Apr/04 90.0 Britain		K.Hess 12/Mar/11 174.6 USA
16-17						C.Wood 30/Dec/99 90.0 Britain		M.Mansell 9/Apr/11 110.0 Britain	D.Kim 15/Apr/06 140.0 USA	G.Owen 30/Oct/07 155.5 Britain	K.Holland 9/Apr/11 155.0 Britain	S.Best 30/Dec/99 120.0 Australia	JonGardner 28/Feb/00 140.0 Britain	A.Barnes 30/Aug/00 120.0 Britain	J.Ciavattone 12/Mar/11 174.6 USA	S.Paggett 2/Sep/06 130.0 Britain	J.Ciavattone 12/Mar/11 115.7 USA				
18-19							M.Whelan 30/Dec/99 100.0 Australia	P.Crooks 5/Dec/92 145.0 Britain	J.Haydock 11/Apr/09 117.5 Britain	W.Vasey 30/Apr/00 108.9 Britain	SJ.Vernacch 19/Oct/97 165.0 USA	D.Vasey 31/Oct/98 140.6 Britain	S.Best 8/Apr/01 120.0 Australia	A.Smith 10/Apr/10 200.0 Britain	R.Cirafesi 19/Oct/97 165.0 USA	JonGardner 13/Apr/02 140.0 Britain				A.Bowen 10/Aug/03 110.0 Australia
OPEN	40.0	30.0	40.0	45.0	60.0	90.0	T.Nguyen 30/Dec/99 132.5 Australia	B.Pensyl 19/Oct/97 162.5 USA	B.Hirsh 11/Jan/92 175.0 USA	R.Meldon 30/Aug/97 220.0 Britain	B.Hirsh 19/Oct/97 200.0 USA	R.Meldon 30/Apr/02 250.0 Britain	P.Rogerson 30/Oct/98 215.5 Britain	D.Moore 19/Oct/97 227.5 USA	P.Crisp 30/Apr/09 240.5 Britain	I.Tudor 29/Sep/90 245.0 Britain	G.Saxton 28/Feb/00 230.0 Britain	J.Dundon 19/Oct/97 275.0 USA	M.Haydock 9/Apr/11 250.0 Britain	M.Haydock 11/Apr/09 280.0 Britain	S.Gardner 1/Apr/00 275.0 Britain
40+								B.Pensyl 12/Jan/91 155.0 USA	A.Goddard 28/Feb/00 170.0 Britain	C.Waterman 19/Oct/97 175.0 USA	B.Hirsh 19/Oct/97 200.0 USA	R.Meldon 30/Oct/07 245.0 Britain	N.Swain 30/Apr/09 200.5 Britain	P.Montini 12/Oct/91 145.0 USA		I.Tudor 29/Sep/90 245.0 Britain	S.Schmidt 19/Oct/97 195.0 USA	C.Hughes 8/Apr/06 160.0 Britain	J.Ciavattone 12/Mar/11 142.9 USA	F.Ciavattone 19/Oct/97 160.0 USA	S.Gardner 1/Apr/00 275.0 Britain
45+							B.Grey 15/Nov/97 95.0 Britain	B.Pensyl 19/Oct/97 162.5 USA	S.Andrews 23/Apr/05 155.0 Britain	P.Harris 31/Jul/94 167.8 Britain	J.Guerin 26/Oct/92 165.0 Britain	R.Meldon 30/Apr/09 240.5 Britain	D.Smith 30/Apr/02 150.0 Britain	K.Williams 10/Sep/94 180.0 Britain	M.Price 9/Apr/11 200.0 Britain	M.Godleman 10/Apr/10 180.0 Britain	B.Geib 12/Oct/91 115.0 USA	G.Saxton 10/Apr/10 190.0 Britain	G.Saxton 9/Apr/11 200.0 Britain		S.Gardner 13/Apr/02 230.0 Britain
50+							B.Grey 31/Oct/98 86.2 Britain		S.Andrews 10/Apr/10 145.5 Britain	J.Guerin 24/Oct/94 154.3 Britain	D.Habecker 10/Dec/94 165.0 USA	T.Meldon 30/Apr/09 170.5 Britain	L.Blockston 15/Nov/97 200.0 USA	J.Vernacchio 12/Jan/91 215.0 USA	J.Curtin 2/Apr/93 140.0 Britain	S.Mansell 9/Apr/11 157.5 Britain	J.Malloy 12/Nov/94 212.5 USA	J.Malloy 6/Mar/93 200.0 USA		D.Abblett 24/Apr/04 180.0 Britain	S.Gardner 10/Apr/10 165.0 Britain
55+									C Bass 30/Apr/02 130.0 Britain	T.Gordon 7/Nov/98 148.0 USA	S.Sherwood 30/Oct/08 167.5 Britain	G.Gonzalez 12/Jan/91 182.5 USA	J.Vernacchio 27/Feb/93 200.0 USA	J.Vernacchio 14/May/94 192.5 USA	J.Vernacchio 6/Nov/93 182.5 USA		J.Malloy 7/Nov/98 220.5 USA	J.Malloy 19/Oct/97 220.0 USA	J.Malloy 16/Nov/96 217.5 USA	G.Dick 30/Oct/07 135.0 Britain	E.Craggs 26/Apr/98 125.0 Australia
60+									G.Davidson 7/Apr/01 115.0 Britain	T.Gordon 3/Nov/01 155.0 USA	A.Montini 12/Jan/91 155.0 USA	S.Sha 30/Apr/09 155.5 Britain	J.Vernacchio 19/Oct/97 165.0 USA	D.Habecker 4/Nov/02 175.0 USA	B.Anderson 21/Oct/95 125.0 Britain					G.Dick 30/Oct/08 130.0 Britain
65+									G.Davidson 8/Apr/06 117.5 Britain	G.Davidson 13/Apr/02 125.0 Britain	J.McKean 12/Mar/11 102.1 USA	M.Archer 13/Mar/99 142.5 Britain	D.Habecker 12/Mar/11 120.2 USA	J.Vernacchio 4/Nov/02 170.0 USA		H.Prechtel 11/Jan/92 175.0 USA		J.Malloy 4/Nov/06 170.0 USA			
70+									G.Davidson 10/Apr/10 115.0 Britain	G.Davidson 3/Aug/07 120.0 Britain	A.Montini 19/Oct/97 130.0 USA	B.Cox 19/Oct/97 115.0 USA	C.Nevis 30/Oct/08 167.5 Britain	H.Prechtel 19/Oct/97 130.0 USA		P.Eberhardt 27/Feb/93 85.0 USA					
75+									B.Smith 18/Mar/96 90.0 Britain		B.Cox 10/May/03 110.0 USA	P.Ready 30/Aug/97 90.7 Britain			P.Eberhardt 19/Oct/97 55.0 USA						
80+								B.Smith 30/Apr/02 50.5 Britain	B.Smith 30/Apr/01 60.7 Britain	F.Fearnley 23/Dec/91 72.6 Britain		P.Ready 30/Apr/02 85.0 Britain									
85+																					

	20kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under	E.Monk 12/Oct/03 22.7 USA		E.Monk 14/Oct/07 48.1 USA				M.Myers 14/Feb/10 45.4 USA			M.Hughes 23/Apr/05 85.0 Britain										
14-15							L Hartman 1/Jul/00 88.4 USA		M.Hughes 8/Apr/06 80.0 Britain	M.Hughes 10/Nov/07 75.0 Britain										
16-17						J.Drake 1/Jul/01 65.8 USA		M.Deaver 1/Jul/01 88.4 USA	M.Hughes 20/Dec/08 80.0 Britain	M.Doncaster 30/Apr/00 57.5 Britain										
18-19											M.Hughes 10/Apr/10 90.0 Britain			M.Phillips 8/Apr/01 75.0 Australia						
OPEN	22.7		48.1		J.Gechey 15/Apr/06 92.5 USA	N.Phumchaona 19/Oct/97 90.0 USA	L Hartman 1/Jul/00 88.4 USA	M.Cook 8/Apr/01 90.0 Australia	C.Smith 11/Dec/94 80.0 Britain	T.Emmerson 26/Apr/99 117.5 Britain	M.Hughes 10/Apr/10 90.0 Britain		K.Rawlings 1/Oct/11 55.0 Britain	M.Phillips 8/Apr/01 75.0 Australia	M.Laban 23/Apr/05 100.0 Britain	M.Laban 8/Apr/06 105.0 Britain				
40+							A.McInally 30/Dec/99 80.0 Britain	K.Schmidt 19/Oct/97 52.5 USA	J.Marx 28/Oct/95 77.1 Britain	K.Gardner 22/Sep/99 90.0 Britain					M.Laban 23/Apr/05 100.0 Britain	M.Laban 8/Apr/06 105.0 Britain				
45+					N.Phumchaona 11/Jan/92 90.0 USA		A.McInally 30/Apr/06 60.0 Britain		J.Fulford 31/Oct/95 70.0 Britain	K.Gardner 8/Apr/06 75.0 Britain										
50+						N.Phumchaona 19/Oct/97 90.0 USA		A.McInally 30/Oct/07 55.0 Britain	J.Fulford 30/Aug/97 59.0 Britain	K.Gardner 9/Apr/11 50.0 Britain	S.Lewis 30/Aug/97 60.0 Britain									
55+																				
60+																				
65+					J.Gechey 15/Apr/06 92.5 USA															
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	R.Montini 18/Aug/91 30.0 USA		S.Karhan 18/Aug/91 25.0 USA	J.Schmidt 9/Dec/90 34.0 USA	JmsGardner 14/Dec/96 40.0 Britain	W.Vasey 30/Apr/94 55.3 Britain	D.Andrews 28/Feb/09 50.0 Britain	W.Vasey 30/Apr/95 59.0 Britain	JefCiavatto 18/Aug/91 52.5 USA	JR.McKean 18/Aug/91 60.0 USA	D.Evans 30/Apr/95 47.5 Britain		B.Sauer 26/Apr/03 38.6 USA									
14-15						C.Wood 19/Dec/97 62.5 Britain	D.Broadfoot 30/Apr/93 80.0 Britain	D.McDowall 30/Apr/93 80.0 Britain	L.Robinson 28/Feb/02 85.0 Britain	R.Hopper 19/Mar/05 100.0 Britain	D.Vasey 30/Apr/95 72.6 Britain	R.Scott 28/Feb/99 100.0 Britain	D.Evans 30/Apr/97 80.0 Britain							T.Stone 3/Oct/04 75.0 Britain		
16-17							C.Wood 28/Feb/00 75.0 Britain		M.Wells 30/Apr/97 90.0 Britain	M.Jackson 28/Feb/02 100.0 Britain	B.Bourne 30/Jun/89 130.0 Britain	M.Kucera 18/Mar/00 111.1 USA	M.Watson 28/Feb/98 100.0 Britain	E.Riley Jnr 18/Aug/91 107.5 USA		E.Kucera 18/Mar/00 129.3 USA						
18-19								P.Crooks 18/Aug/91 100.0 Britain	D.Beecroft 28/Feb/00 75.0 Britain	J.Haydock 7/Nov/09 105.0 Britain	S.Brain 21/May/00 80.0 Australia	B.Bourne 18/Aug/91 165.0 Britain	D.Vasey 28/Feb/98 118.0 Britain			T.Gruver 15/Aug/98 125.0 USA	R.Cirafesi 20/Dec/97 172.5 USA				
OPEN	30.0		25.0	34.0	40.0	62.5	D.Quier 10/Nov/89 102.5 USA	J.McKean 18/Aug/91 120.0 USA	B.Pensyl 18/Aug/91 127.5 USA	R.Meldon 21/Mar/88 155.8 Britain	A.Blindt 18/Aug/91 170.0 Britain	R.Meldon 28/Feb/98 175.0 Britain	R.Meldon 28/Feb/07 192.5 Britain	R.Meldon 28/Feb/02 190.0 Britain	T.Gallagher 2/Nov/02 177.5 Britain	T.Succarott 26/Apr/03 199.6 USA	S.Angell 20/Dec/97 200.0 Britain	J.Waller 17/Mar/02 190.0 Australia	P.Maizels 15/Aug/98 190.0 USA	M.Haydock 1/Oct/11 210.0 Britain	M.Haydock 14/Mar/09 202.5 Britain	S.Gardner 20/Dec/97 200.0 Britain
40+							B.Grey 30/Apr/93 87.6 Britain	J.McKean 30/Jun/89 117.5 USA	B.Pensyl 18/Aug/91 127.5 USA	C.Waterman 26/Feb/94 132.5 USA	C.Waterman 7/Mar/98 137.5 USA	R.Davis 22/Aug/10 150.0 Britain	R.Meldon 28/Feb/07 192.5 Britain	N.Swain 28/Feb/09 125.0 Britain	P.Meehan 28/Aug/88 135.0 Britain	J.Wilmot 24/Jun/89 137.5 USA	P.Crisp 4/Sep/11 185.5 Britain	I.Miller 19/Mar/05 140.0 Britain	FJ.Tatam 16/Mar/03 140.0 Australia	K.Fulton 18/Mar/00 152.0 USA	R.Howe 14/Mar/09 100.0 Britain	S.Gardner 20/Dec/97 200.0 Britain
45+							B.Grey 30/Apr/96 85.0 Britain	J.McKean 18/Aug/91 120.0 USA	B.Pensyl 14/Dec/96 127.5 USA	S.Andrews 3/Oct/04 126.0 Britain	S.Sherwood 22/Mar/97 125.0 Britain	B.Hirsh 12/Oct/03 120.2 USA	N.Swain 4/Sep/11 139.0 Britain	F.Allen 24/Jun/89 140.0 Britain	L.Burnett 21/Jan/06 124.7 USA	J.Malloy 14/Jul/90 170.0 USA	P.Phillips 17/Mar/02 160.0 Australia	P.Phillips 18/Mar/01 135.0 Australia	P.Phillips 16/Oct/02 170.0 Australia	FJ.Tatam 16/May/04 140.0 Australia		
50+								B.Grey 28/Feb/99 79.4 Britain	K.Edge 28/Aug/88 100.0 Britain	C.Bass 28/Feb/98 120.0 Britain	G.Davidson 30/Sep/89 130.0 Britain	E.Fleischer 14/Jul/90 161.0 USA	T.Meldon 28/Feb/09 140.5 Britain	J.Vernacchio 10/Nov/90 147.5 USA	J.Vernacchio 14/Jul/90 155.0 USA	E.Schock 3/Oct/04 170.0 USA	J.Malloy 18/Aug/91 167.5 USA	J.Malloy 28/Nov/92 177.5 USA	J.Patterson 6/Oct/96 150.0 Australia	S.Schmidt 23/Oct/05 150.0 USA	D.Ablett 3/Oct/04 160.0 Britain	B.Drybread 30/Jun/89 105.0 USA
55+										G.Davidson 30/Apr/95 110.0 Britain	G.Davidson 17/Mar/94 120.0 Britain	G.Hurst 28/Aug/88 140.0 Britain	G.Gonzalez 14/Jul/90 142.5 USA	F.Allen 22/Mar/97 130.0 Britain	J.Vernacchio 7/May/94 135.0 USA	J.Vernacchio 13/Nov/95 122.5 USA	J.Wilmot 26/Apr/03 106.6 USA	J.Malloy 7/Mar/98 143.0 USA	D.Glasgow 14/Feb/10 120.2 USA	J.Patterson 21/May/00 165.0 Australia	G.Dick 30/Apr/05 120.0 Britain	G.Dick 28/Feb/07 105.0 Britain
60+										K.Edge 28/Feb/98 105.5 Britain	A.Montini 18/Aug/91 117.5 USA	A.Montini 21/Jan/91 125.0 USA	D.Habecker 3/Oct/04 112.5 USA	C.Nevis 28/Feb/03 137.5 Britain	J.Vernacchio 15/Nov/97 125.0 USA		H.Prechtel 30/Jun/89 127.5 USA	J.Malloy 3/Nov/01 137.5 USA		B.Geib 3/Oct/04 137.5 USA		G.Dick 7/Nov/09 110.0 Britain
65+											G.Davidson 3/Oct/04 95.0 Britain	M.Archer 28/Feb/99 100.0 Britain	M.Archer 28/Feb/01 102.5 Britain	C.Nevis 3/Oct/04 115.0 Britain	D.Butler 28/Feb/03 65.0 Britain	B.Anderson 1/Sep/01 77.5 Britain	H.Prechtel 18/Aug/91 127.5 USA	H.Prechtel 14/Jul/90 125.0 USA		FH.Tatam 17/Mar/02 110.0 Australia		
70+										B.Smith 20/Apr/95 60.0 Britain	G.Davidson 14/Mar/09 87.5 Britain	P.Ready 30/Apr/93 81.6 Britain	P.Ready 30/Apr/96 81.7 Britain	D.Bleay 3/Oct/04 65.0 Britain	C.Nevis 14/Mar/09 110.0 Britain		P.Eberhard 18/Aug/91 60.0 USA	B.Clark 13/Jun/04 29.5 USA				
75+									R.Tompkins 21/May/00 50.0 Australia	B.Smith 30/Apr/96 45.5 Britain		P.Ready 30/Apr/97 81.7 Britain	P.Ready 28/Feb/01 65.0 Britain		B.Chapman 14/Dec/97 85.0 Australia	B.Chapman 18/Mar/01 80.0 Australia						
80+													P.Ready 28/Feb/02 60.0 Britain		B.Chapman 3/Oct/04 75.0 Australia	Eberharding'r 26/Apr/03 27.2 USA						
85+													P.Ready 28/Feb/07 55.0 Britain									

	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	J.Wilson 12/Feb/06 49.9 USA	E.Harris 12/Feb/06 49.9 USA	K.Myers 12/Feb/06 55.8 USA	E.Harris 10/Feb/07 56.7 USA	K.Myers 10/Feb/07 61.2 USA			M.Hughes 19/Mar/05 62.5 Britain											
14-15						S.Jaeschke 1/Jun/03 70.3 USA			E.Talbot 28/Feb/99 70.0 Britain	K.Griffis 21/Jan/06 40.8 USA									
16-17			P.Thompson 18/Aug/91 50.0 Britain		L Hartman 1/Jun/03 70.3 USA			M.Hughes 14/Mar/09 75.5 Britain											
18-19												M.Phillips 17/Mar/02 65.0 Australia							
OPEN	49.9	49.9	S.Broker 18/Aug/91 70.0 Britain	A.Blindt 28/Aug/88 82.5 Britain	J.Burchette 14/Jul/90 65.0 USA	M.Cook 17/Mar/02 85.0 Australia	D.DeLaRosa 28/Aug/88 91.3 USA	M.Hughes 14/Mar/09 75.5 Britain	E.Talbot 28/Feb/99 70.0 Britain	A.Rollo 13/Jun/04 70.0 Australia	A.Rollo 16/Mar/03 75.0 Australia	S.Jones 14/Dec/96 75.0 Britain	J.Tibbenham 4/Sep/11 90.5 Britain						M.McConnoug 4/Feb/06 45.4 USA
40+			S.Hughes 14/Jul/90 45.0 USA	S.Hughes 18/Aug/91 60.0 USA	A.McInally 19/Dec/97 62.5 Britain	J.Taylor 16/May/04 60.0 Australia	R.Hall 26/Apr/03 61.2 USA	K.Gardner 4/Mar/00 65.0 Britain		A.Rollo 13/Jun/04 70.0 Australia			M.Laban 3/Oct/04 65.0 Britain						
45+			N.Phumchaon 18/Aug/91 60.0 USA	N.Phumchaon 30/Jan/93 71.0 USA	A.McInally 30/Apr/05 62.5 Britain		J.Fulford 30/Apr/93 58.1 Britain	J.Fulford 30/Apr/95 55.3 Britain											M.McConnoug 4/Feb/06 45.4 USA
50+					J.Burchette 14/Jul/90 65.0 USA	J.Phillips 16/May/04 57.5 Australia	J.Phillips 3/Oct/04 60.0 Australia	J.Phillips 6/Oct/02 45.0 Australia	S.Lewis 28/Feb/98 46.0 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																			
14-15																			
16-17																			
18-19																			
OPEN							P.Barette 30/Jun/11 80.5 Britain	C.Waterman 7/Mar/98 120.0 USA	S.Laban 23/Oct/04 85.0 Britain	A.Pryor 30/Jun/11 80.5 Britain		R.Monahan 24/Feb/96 70.0 USA	S.Gosling 23/Oct/04 90.0 Britain	P.Crisp 4/Sep/11 110.5 Britain					
40+								C.Waterman 7/Mar/98 120.0 USA		A.Pryor 30/Jun/11 80.5 Britain				P.Crisp 4/Sep/11 110.5 Britain					
45+							M.Finkle 1/Oct/11 67.5 Britain												
50+							E.Shorttle 4/Apr/11 47.5 Britain	E.Shorttle 21/Aug/11 60.5 Britain											
55+								E.Shorttle 4/Sep/11 60.0 Britain											
60+																			
65+																			
70+												R.Monahan 24/Feb/96 70.0 USA							
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						N.Doughty 30/Jun/11 40.5 Britain														
40+																			
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records | One Leg Squat (left) - D2 | 24/12/2011

	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									J.McCouat 16/Jan/95 70.0 Britain					T.Thauer 10/Nov/07 55.0 Germany					
40+																			
45+														T.Thauer 10/Nov/07 55.0 Germany					
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													E.Schock 16/Oct/03 60.0 USA	T.Thauer 10/Nov/07 55.0 Germany					
40+																			
45+														T.Thauer 10/Nov/07 55.0 Germany					
50+													E.Schock 16/Oct/03 60.0 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						Jos Monk 23/Jun/02 32.5 USA													
14-15								C.DeMille 23/Jun/02 49.0 USA											
16-17								C.Howard 18/Mar/00 70.3 USA	M.Kucera 18/Mar/00 61.3 USA				E.Kucera 18/Mar/00 79.4 USA						
18-19																			
OPEN						32.5	C.Waterman 18/Feb/95 100.0 USA	G.James 4/Nov/06 107.5 USA	J.Monk 14/Oct/07 75.3 USA	J.Haydock 1/Oct/11 77.0 Britain	T.Pinkerton 20/Jan/07 99.8 USA	T.Piper 15/Apr/06 80.0 USA	E.Schock 23/Jun/02 100.0 USA		M.Loconoro 17/May/96 125.0 USA	M.Loconoro 16/Nov/96 137.5 USA	K.Fulton 18/Mar/00 97.5 USA		E.Beath 6/Oct/09 113.9 USA
40+							C.Waterman 18/Feb/95 100.0 USA		J.Monk 14/Oct/07 75.3 USA			J.Garcia 6/Nov/94 61.2 USA					K.Fulton 18/Mar/00 97.5 USA		
45+													E.Schock 23/Jun/02 100.0 USA						
50+																			
55+																D.Glasgow 14/Feb/10 76.2 USA			
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		J.Wilson 12/Feb/06 36.3 USA	E.Harris 12/Feb/06 38.6 USA	K.Myers 12/Feb/06 38.6 USA	E.Harris 10/Feb/07 34.0 USA	K.Myers 10/Feb/07 34.0 USA													
14-15																			
16-17																			
18-19																			
OPEN		36.3	38.6	38.6	34.0	34.0	A.Glasgow 18/Jul/10 38.6 USA		K.Clark 6/Nov/94 34.0 USA										
40+																			
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records | Steinborn (men) - E9 | 24/12/2011

	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 30/May/92 30.0 USA	R.Montini 23/May/93 55.0 USA	J.Monk 26/Jun/99 35.0 USA	J.Montini 13/Jul/91 60.0 USA	T.Kennedy 18/Jul/93 45.0 USA	J.Blockston 11/Oct/98 36.3 USA	J.Monk 29/Jun/02 65.0 USA	J.Monk 22/Sep/02 75.0 USA		JR.McKean 30/May/92 57.5 USA		JR.McKean 23/May/93 92.5 USA									
14-15						JmsGardner 13/Mar/98 42.5 Britain		R.Hughes 2/Oct/10 75.0 Britain	SJ.Vernacchio 18/Jul/93 80.5 USA	C.Demille 22/Sep/02 72.5 USA	R.Scott 13/Mar/98 75.0 Britain		R.McKean 18/Jul/93 93.5 USA		K.Calcote 20/Jan/07 74.9 USA		J.Becklun 17/Jun/06 93.0 USA				
16-17							P.Crooks 17/Nov/90 95.0 Britain	D.Drake 30/May/92 82.5 USA	D.Fish 28/Aug/88 80.0 Britain	A.McGowan 17/Oct/04 124.7 USA	C.Ross 7/Oct/01 90.0 Britain		K.Longbine 17/Jun/06 83.9 USA	A.Barnes 14/Oct/00 105.0 Britain	T.Frasso 26/Jun/99 70.0 USA	S.Paggett 14/Oct/06 110.0 Britain	I.Reel 15/Jan/05 136.1 USA				
18-19							P.Crooks 7/Nov/92 110.0 Britain				N.Abery 15/Nov/97 150.5 Britain	A.Barnes 22/Sep/02 105.0 Britain	JefCiavattone 26/Oct/99 90.0 USA	A.Barnes 31/Oct/01 115.0 Britain	JonGardner 7/Oct/01 110.0 Britain		I.Reel 17/Jun/06 149.7 USA	D.Stahnke 22/Sep/00 120.0 USA			W Smith 2/Oct/10 115.0 Britain
OPEN	30.0	55.0	35.0	60.0	45.0	T.Nguyen 7/Oct/01 95.0 Australia	T.Doucette 30/May/92 125.0 USA	J.Monk 26/Jun/99 130.0 USA	R.Meldon 26/Aug/90 160.0 Britain	A.Blindt 26/Aug/90 155.0 Britain	N.Abery 13/Mar/98 160.0 Britain	N.Abery 16/Jun/01 162.5 Britain	P.Anderson 28/Aug/88 155.0 USA	J.Vernacchio 13/Jul/91 150.0 USA	S.Schmidt 22/Jan/89 170.1 USA	M.McBride 29/Jan/05 174.6 USA	C.Ullom 2/Oct/10 200.0 USA	A.Myers 20/Jan/07 183.7 USA	C.Ullom 20/Jan/07 195.1 USA	S.Gardner 7/Mar/92 175.0 Britain	S.Gardner 13/Mar/98 200.0 Britain
40+							J.McKean 13/Jul/91 92.5 USA	B.Pensyl 23/Nov/91 120.0 USA	C.Waterman 24/Feb/96 117.5 USA	C.Waterman 14/Jul/97 127.0 USA	B.Hirsh 14/Jun/97 149.7 USA	R.Davis 2/Oct/10 121.0 Britain	R.Montini 13/Jul/91 145.0 USA	P.Meehan 28/Aug/88 135.0 Britain	J.Kurtz 13/Jul/91 125.0 USA	J.Garcia 14/Jun/97 111.0 USA	B.Cookson 20/Jan/07 172.4 USA	A.Myers 20/Jan/07 183.7 USA	K.Fulton 7/Oct/01 160.5 USA	F.Ciavattone 14/Jun/97 120.4 USA	S.Gardner 13/Mar/98 200.0 Britain
45+							J.McKean 30/May/92 102.5 USA	B.Pensyl 23/May/93 110.0 USA	S.Andrews 14/Oct/06 125.0 Britain	K.Davidson 3/Jun/06 100.0 Britain	P.Harris 28/Feb/93 115.0 Britain	F.Allen 26/Aug/90 130.0 Britain	R.Montini 23/May/93 150.0 USA		M.Price 2/Oct/10 150.0 Britain	E.Schock 22/Sep/02 150.0 USA	G.Saxton 7/Nov/09 137.5 Britain		S.Schmidt 26/Jun/99 130.0 USA	F.Ciavattone 22/Sep/02 45.0 USA	S.Gardner 31/Oct/01 175.0 Britain
50+								K.Edge 26/Aug/90 92.5 Britain	S.Andrews 2/Oct/10 115.0 Britain	J.McKean 26/Jun/99 98.0 USA	D.Habecker 23/May/93 105.0 USA	D.Habecker 14/Jun/97 108.9 USA	F.Allen 3/Apr/93 140.0 Britain	J.Vernacchio 13/Jul/91 150.0 USA	A.Springs 5/Feb/95 113.4 USA	J.Malloy 30/May/92 150.0 USA	J.Malloy 23/May/93 152.5 USA	E.Schock 22/Sep/02 150.0 USA	B.Geib 14/Jun/97 86.2 USA		J.McCoy 6/Feb/94 138.4 USA
55+									W.Wright 7/Oct/01 75.0 Britain	K.Edge 3/Apr/93 100.0 Britain	D.Habecker 26/Jun/99 115.0 USA	D.Habecker 18/Oct/00 120.0 USA	D.Habecker 7/Oct/01 125.0 USA	A.Springs 1/Feb/98 90.7 USA		J.Wilmot 22/Sep/02 100.0 USA	J.Malloy 14/Jun/97 158.8 USA	D.Glasgow 14/Feb/10 109.8 USA	J.Malloy 26/Jun/99 150.0 USA	G.Dick 14/Oct/06 110.0 Britain	B.Fellows 21/Jan/90 142.9 USA
60+										A.Montini 30/May/92 132.5 USA	A.Montini 23/Nov/91 137.5 USA	M.Archer 18/Jul/93 115.0 Britain	F.Allen 22/Sep/02 65.0 Britain	B.Anderson 13/Mar/98 100.0 Britain	B.Anderson 11/Nov/95 100.0 Britain	H.Prechtel 28/Aug/88 92.5 USA	B.Crozier 4/Mar/00 55.0 USA			G.Dick 2/Oct/10 110.0 Britain	G.Dick 7/Nov/09 115.0 Britain
65+									G.Davidson 3/Jun/06 80.0 Britain	D.Mitchell 7/Oct/01 70.5 USA	A.Montini 23/May/93 137.5 USA	D.Habecker 2/Oct/10 111.0 USA	A.Komorny 22/Sep/02 100.0 USA	R.Monahan 18/Jul/93 80.0 USA	H.Prechtel 18/Jul/93 110.0 USA	H.Prechtel 30/May/92 117.5 USA	H.Prechtel 26/Aug/90 90.0 USA				
70+									G.Davidson 2/Oct/10 77.5 Britain	G.Davidson 14/Oct/06 85.0 Britain	A.Montini 7/Mar/98 95.0 USA	A.Montini 26/Jun/99 102.5 USA		H.Prechtel 26/Jun/99 85.0 USA	R.Bletcher 17/Jun/06 63.5 USA		B.Clark 1/Feb/03 47.6 USA				
75+										D.Mitchell 2/Oct/10 42.5 USA		A.Montini 29/Oct/05 91.6 USA	H.Prechtel 29/Jun/02 60.0 USA	R.Monahan 24/Jun/01 40.8 USA			J.Lano 14/Jun/97 56.7 USA				
80+												A.Montini 2/Oct/10 65.0 USA			B.Chapman 14/Oct/06 60.0 Australia						
85+																					
90+											C.Myers 17/Jun/06 6.8 USA										

	20kg	25kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	E.Monk 2/Nov/03 22.5 USA	E.Monk 23/Oct/05 26.5 USA			E.Gordon 2/Feb/97 31.8 USA																	
14-15						E.Gordon 14/Jun/97 36.3 USA				M.Hughes 3/Jun/06 55.0 Britain	M.Fritz 23/Jul/05 105.0 USA											
16-17						P.Thompson 17/Nov/90 55.0 Britain	L.Gosling 7/Oct/01 40.0 Britain																
18-19									A.McBride 30/Jan/99 56.7 USA													
OPEN	22.5	26.5			31.8	N.Phumchaorn 30/May/92 65.0 USA	J.Phumchaorn 24/Feb/96 80.5 USA	K.Devine 7/Mar/98 65.0 USA	J.Simonsen 18/Jul/93 85.5 USA	K.Barry 20/Jan/07 86.2 USA	M.Fritz 23/Jul/05 105.0 USA	A.Ollennuking 2/Feb/97 124.7 USA		S.Jones 22/Feb/97 65.0 Britain	K.Rawling 2/Oct/10 55.0 Britain	A.Ollennu 1/Feb/03 20.4 Ghana	M.Laban 3/Jun/06 70.0 Britain	MJ.McVay 18/Jul/93 92.5 USA				C.Goolsby 22/Sep/02 80.0 USA
40+							S.Hughes 13/Jul/91 55.0 USA	K.Devine 7/Mar/98 65.0 USA	D.Springs 6/Feb/93 29.5 USA	R.Hall 22/Sep/02 60.0 USA	A.Ollennukin 1/Feb/03 88.5 USA	A.Ollennuking 17/Jun/06 90.7 USA				A.Ollennu 1/Feb/03 20.4 Ghana	M.Laban 3/Jun/06 70.0 Britain					
45+						N.Phumchaorn 30/May/92 65.0 USA	J.Phumchaorn 23/May/93 72.5 USA	A.McInally 7/Oct/01 55.0 Britain			K.Gardner 3/Jun/06 55.0 Britain											
50+							N.Phumchaorn 24/Feb/96 80.5 USA	J.Burchete 13/Jul/91 62.5 USA		A.McInally 2/Oct/10 50.0 Britain	J.Phillips 14/Jul/02 50.0 Australia											
55+							N.Phumchaorna 14/Oct/00 75.0 USA															
60+							N.Phumchaorna 2/Nov/03 80.0 USA															
65+																						
70+																						
75+																						
80+																						
85+																						