IAWA World Records | One Leg Squat (left) - D2 | 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									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+																			

IAWA World Records | One Leg Squat (right) - D2 | 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.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+																			

IAWA World Records | Overhead Squat (men) - D4 | 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						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		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+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records | Overhead Squat (women) - D4 | 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.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			K.Clark 6/Nov/94 34.0 USA										
40+																			
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records

Steinborn (men) - E9

06/03/2010

	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg
13&Under	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						Ja.Gardner 13/Mar/98 42.5 Britain		B.Ward 30/May/92 55.0 USA	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			
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	B.Burtsloff 28/Aug/88 182.5 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	J.Monk 12/Oct/08 120.2 USA	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		J.Kurtz 30/May/92 137.5 USA	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		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	B.Geib 29/Jun/02 105.0 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 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	A.Montini 22/Feb/97 110.0 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+									B.Smith 22/Jan/93 65.0 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+												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+												E.Zercher 24/Jan/88 47.6 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.Phumchad 30/May/92 65.0 USA	J.Phumchad 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		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.Ollennuki 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.Phumchad 30/May/92 65.0 USA	J.Phumchad 23/May/93 72.5 USA	A.McInally 7/Oct/01 55.0 Britain			K.Gardner 3/Jun/06 55.0 Britain											
50+							N.Phumchad 24/Feb/96 80.5 USA	J.Burchette 13/Jul/91 62.5 USA			J.Phillips 14/Jul/02 50.0 Australia											
55+							N.Phumchadna 14/Oct/00 75.0 USA															
60+							N.Phumchadna 2/Nov/03 80.0 USA															
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	oeCiavatto 12/Dec/98 27.5 USA	R.Montini 15/Feb/92 90.0 USA	R.Montini 22/May/93 95.0 USA	J.Schmidt 10/Dec/89 79.4 USA	C.Wood 30/Jan/97 102.5 Britain	D.Andrews 10/Nov/07 62.5 Britain	R.Urbansk 22/Feb/97 100.0 USA	JR.McKean 1/Dec/90 100.0 USA	JonGardner 6/Apr/96 100.5 Britain	S.McKean 13/Aug/95 110.0 USA	JR.McKean 31/May/91 125.0 USA	JR.McKean 17/Oct/92 147.5 USA	JR.McKean 22/May/93 147.5 USA									
14-15						C.Wood 19/Dec/97 110.0 Britain	C.Wood 12/Dec/98 120.0 Britain	D.Broadfoot 23/Feb/94 140.0 Britain	D.McDowall 23/Feb/94 145.0 Britain	K.Longbine 21/Jan/06 158.8 USA	J.Loewer 2/Sep/00 155.5 USA	M.Kucera 13/Dec/98 174.6 USA	JefCiavatto 13/Aug/95 172.5 USA	JR.McKean 17/Jul/93 152.5 USA						T.Stone 3/Oct/04 150.0 Britain		
16-17						A.Geib 7/Nov/98 100.0 USA	M.Hafenbra 9/Oct/01 158.7 USA	J.Pardoe 7/Mar/92 145.0 Britain	M.Jackson 10/Mar/01 170.0 Britain	T.Kennedy 16/Nov/96 187.5 USA	JmsGardner 10/Mar/01 175.0 Britain	T.Kennedy 3/Aug/97 195.5 USA	S.Best 30/Dec/99 215.0 Australia	JefCiavatto 21/Sep/96 205.0 USA	A.Barnes 30/Dec/99 150.0 Britain	A.Barnes 9/Feb/00 135.0 Britain	E.Kucera 13/Dec/98 197.3 USA	S.Paggett 17/Mar/07 165.0 Britain		D.Stahnke 2/Sep/00 195.0 USA		
18-19								G.Lauer 15/Aug/88 185.0 USA	P.McLaughlin 12/Sep/92 120.0 Britain	155.0#		A.Smith 10/Feb/01 206.4 USA	C.Ross 8/Mar/03 210.0 Britain	S.Appleton 17/Jun/95 210.0 Britain	S.Appleton 21/Sep/96 220.0 Britain	JonGardner 6/Oct/01 200.0 Britain	R.Cirafesi 20/Dec/97 195.0 USA			A.Bowen 5/Oct/03 115.0 Australia		
OPEN	27.5	90.0	95.0	79.4	102.5	110.0	D.Berry 30/Jun/98 165.0 Britain	J.Gazda 13/Aug/95 212.5 USA	J.Monk 15/Aug/98 190.0 USA	B.Hirsh 12/Nov/94 287.5 USA	B.Hirsh 13/Aug/95 295.0 USA	B.Hirsh 24/Feb/96 318.5 USA	R.Meldon 30/Jun/08 245.5 Britain	P.Anderson 24/Jan/88 260.8 USA	E.Schock 2/Sep/00 272.5 USA	S.Angell 16/Nov/94 280.0 Britain	S.Angell 14/May/94 310.0 Britain	S.Angell 6/Oct/01 280.0 Britain	S.Hodgson 14/May/94 270.0 Britain	B.Moore 12/Sep/92 300.0 USA	S.Hodgson 22/Feb/97 280.0 Britain	F.Ciavattone 22/May/93 275.0 USA
40+								J.McKean 9/Jul/88 158.8 USA	A.Goddard 5/Oct/03 171.0 Britain	C.Waterman 4/Jun/94 215.0 USA	B.Hirsh 13/Aug/95 295.0 USA	B.Hirsh 24/Feb/96 318.5 USA	R.Meldon 30/Jun/08 245.5 Britain	R.Montini 17/Feb/92 205.0 USA	R.Montini 31/May/92 210.0 USA	D.Venterosa 13/Aug/95 250.0 USA	G.Saxton 8/Mar/03 220.0 Britain	G.Saxton 3/Oct/04 220.0 Britain	K.Fulton 2/Sep/00 255.0 USA	K.Fulton 6/Oct/01 240.0 USA	F.Ciavattone 12/Dec/98 235.0 USA	S.Gardner 20/Dec/97 265.0 Britain
45+							B.Grey 30/Jun/95 150.0 Britain	J.McKean 23/Nov/91 185.0 USA	J.McKean 15/Dec/92 187.5 USA	J.McKean 17/Jul/93 185.0 USA	J.Guerin 12/Sep/92 227.5 Britain	J.Guerin 22/May/93 240.0 Britain	R.Meldon 30/Apr/09 230.5 Britain	R.Montini 22/May/93 200.0 USA	E.Schock 2/Sep/00 272.5 USA	E.Schock 19/May/01 274.4 USA	D.Syttle 21/Jan/06 215.5 USA	P.Phillips 6/Oct/01 230.0 Australia	FJ.Tatum 1/Feb/04 195.0 Australia	C.Hughes 14/Jun/09 200.5 Britain	F.Ciavattone 2/Sep/00 240.0 USA	S.Gardner 1/Mar/03 230.0 Britain
50+										K.Edge 12/Sep/92 185.0 Britain	J.Guerin 27/Feb/94 200.0 Britain	K.Murdie 12/Sep/92 210.0 Britain	T.Meldon 30/Apr/09 170.5 Britain	F.Allen 2/May/92 240.0 Britain	B.DiCioccio 4/Jun/94 192.5 USA	E.Schock 3/Oct/04 270.0 USA	P.Phillips 18/Aug/07 220.0 Australia	J.Malloy 22/May/93 220.0 USA	J.Malloy 13/Aug/95 215.0 USA	G.Dick 8/Mar/03 180.0 Britain	D.Ablett 3/Oct/04 205.0 Britain	J.McCoy 15/Dec/96 158.8 USA
55+									W.Wright 30/Jun/98 120.0 Britain	G.Davidson 17/Jul/95 175.0 Britain	G.Davidson 12/Sep/92 192.5 Britain	S.Sherwood 30/Apr/07 191.0 Britain	F.Allen 13/Mar/98 210.0 Britain	F.Allen 2/Sep/00 212.5 Britain	J.Vernacch 16/Dec/95 175.0 USA	J.Vernaccho 21/Sep/96 160.5 USA		B.Geib 2/Sep/00 190.0 USA		J.Patterson 5/Oct/03 210.0 Australia	G.Dick 3/Oct/04 180.0 Britain	R.Davidson 5/Oct/03 130.0 Australia
60+										D.Wilson 2/May/92 145.0 Britain	A.Montini 12/Sep/92 190.0 USA	M.Archer 31/Dec/96 183.0 Britain	M.Archer 17/Jul/93 200.0 Britain	F.Allen 3/Oct/04 195.0 Britain	B.Anderson 13/Mar/98 175.0 Britain	B.Anderson 21/Sep/96 160.0 Britain	B.Clark 4/Jun/94 185.0 USA	B.Clark 22/May/93 185.0 USA	B.Clark 15/Dec/96 102.0 USA	B.Geib 3/Oct/04 191.0 USA	G.Dick 21/Feb/09 170.0 Britain	D.Ross 21/Jan/06 183.7 USA
65+											A.Montini 17/Oct/92 182.5 USA	A.Montini 4/Jun/94 185.0 USA	A.Montini 13/Aug/95 182.5 USA	C.Nevis 3/Oct/04 165.0 Britain	R.Monahan 12/Sep/92 160.0 USA	H.Prechtel 4/Jun/94 180.0 USA	H.Prechtel 12/Sep/92 170.0 USA		B.Clark 13/Dec/98 142.9 USA		FH.Tatum 5/Oct/03 180.0 Australia	
70+									B.Smith 12/Sep/92 135.0 Britain	B.Smith 24/Jan/94 145.5 Britain	G.Davidson 17/Mar/07 160.0 Britain	A.Montini 7/Mar/98 152.5 USA	R.Monahan 15/Dec/96 146.3 USA	R.Monahan 14/Dec/97 147.5 USA	B.Chapman 14/Dec/97 135.0 Australia	H.Prechtel 21/Sep/96 150.0 USA	H.Prechtel 13/Aug/95 137.5 USA	B.Clark 14/Dec/03 136.1 USA				
75+									B.Smith 31/Dec/00 100.5 Britain	B.Smith 31/Dec/96 120.5 Britain	D.Mitchell 18/Aug/07 110.0 USA	B.Cox 2/Sep/00 130.0 USA	A.Montini 3/Oct/04 125.0 USA	H.Akrill 6/Nov/93 175.0 Britain	H.Prechtel 2/Nov/03 115.0 USA	B.Chapman 5/Oct/03 130.0 Australia						
80+										F.Fearnley 2/May/92 125.0 Britain		A.Montini 8/Nov/08 100.0 USA	113.4#	B.Chapman 18/Aug/07 115.0 Australia	B.Chapman 25/Feb/07 127.5 Australia							
85+													P.Ready 17/Mar/07 100.0 Britain									

IAWA World Records | 2H Straddle (women) - C12 [Jefferson Deadlift] | 06/03/2010

	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 12/Oct/03 38.6 USA	E.Monk 23/Oct/05 49.0 USA	E.Monk 4/Nov/06 70.0 USA	E.Monk 14/Oct/07 78.5 USA		K.Holeman 10/Dec/00 83.9 USA	D.Ciavattone 2/Sep/00 65.0 USA				M.Hughes 3/Oct/04 110.5 Britain											
14-15								L.Hartman 10/Dec/00 102.1 USA		A.McConnough 11/Dec/05 43.1 USA	M.Fitz 12/Dec/04 70.3 USA	M.Hughes 17/Mar/07 130.0 Britain	K.Griffis 21/Jan/06 102.1 USA									
16-17							L.Gosling 6/Oct/01 80.0 Britain			M.Hughes 21/Feb/09 140.0 Britain	A.Paul 14/Dec/03 106.6 USA								J.Sipes 12/Dec/99 90.7 USA			
18-19								A.Burks 14/Dec/97 104.4 USA			N.Armstrong 18/Aug/07 120.0 Australia											
OPEN	38.6	49.0	70.0	78.5		N.Phumchaon 15/Feb/92 95.0 USA	N.Phumchaon 17/Jul/93 110.0 USA	A.McInally 30/Dec/99 142.5 Britain	J.Simonsen 17/Jul/93 157.5 USA	W.Samways 12/Sep/92 160.0 Britain	C.A.Smith 22/Feb/97 140.0 Britain	M.Hughes 17/Mar/07 130.0 Britain	J.Martin 18/Aug/07 110.0 Australia	A.Rollo 5/Oct/03 125.0 Australia	S.Jones 21/Sep/96 85.0 Britain	M.Laban 3/Oct/04 120.0 Britain		M.J.McVay 17/Jul/93 135.0 USA	J.Sipes 12/Dec/99 90.7 USA			M.McConnough 12/Dec/04 108.9 USA
40+								A.McInally 30/Dec/99 142.5 Britain	J.Taylor 1/Feb/04 95.0 Australia		K.Gardner 8/Mar/03 110.0 Britain			A.Rollo 5/Oct/03 125.0 Australia		M.Laban 3/Oct/04 120.0 Britain						M.McConnough 12/Dec/04 108.9 USA
45+						N.Phumchaon 15/Feb/92 95.0 USA	N.Phumchaon 22/May/93 100.0 USA	A.McInally 6/Oct/01 135.0 Britain		K.Gardner 3/Oct/04 107.5 Britain	K.Gardner 17/Mar/07 105.0 Britain											M.McConnough 21/Jan/06 106.6 USA
50+							N.Phumchaon 17/Jul/93 110.0 USA	J.Burchette 15/Feb/92 95.0 USA	A.McInally 4/Jul/09 110.0 Britain	J.Phillips 3/Oct/04 90.0 Australia	S.Lewis 30/Jun/98 95.0 Britain											
55+							N.Phumchaona 2/Sep/00 100.0 USA															
60+							N.Phumchaona 23/Nov/03 90.7 USA					J.Habecker 23/Oct/04 67.5 USA										
65+						J.Gedney 4/Apr/07 75.0 USA						J.Habecker 14/Oct/07 66.7 USA										
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.Hickey 18/Oct/08 65.0 NZ																		
14-15									Z.Martin 26/Oct/08 125.0 Australia										
16-17																			
18-19								C.Hughes 7/Nov/09 155.0 Britain											
OPEN	65.0							C.Hughes 7/Nov/09 155.0 Britain	Z.Martin 26/Oct/08 125.0 Australia	R.Davis 6/Dec/09 200.0 Britain	C.Biggs 26/Oct/08 135.0 Australia		T.Moffat 7/Nov/09 230.0 Britain	P.Anderson 26/Oct/08 235.0 Australia	S.Trew 26/Oct/08 210.0 Australia	P.Phillips 26/Oct/08 220.0 Australia			
40+										R.Davis 6/Dec/09 200.0 Britain									
45+													P.Teape 26/Oct/08 190.0 Australia	P.Anderson 26/Oct/08 235.0 Australia					
50+									G.Biggs 26/Oct/08 80.0 Australia					R.Luckosius 26/Oct/08 150.0 Australia		P.Phillips 26/Oct/08 220.0 Australia			
55+																			
60+										J.McKean 14/Oct/07 154.2 USA									
65+																			
70+								B.Savage 18/Oct/08 95.0 NZ											
75+																			
80+											A.Montini 14/Oct/07 113.4 USA								
85+																			

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under		A.Martin 26/Oct/08 57.5 Australia																	
14-15																			
16-17																			
18-19																			
OPEN		57.5					J.Wallace 26/Oct/08 155.0 Australia	T.Waikato 26/Oct/08 115.0 NZ	K.Gardner 10/Nov/07 102.5 Britain		J.Martin 26/Oct/08 80.0 Australia	N.Hughes 7/Nov/09 107.5 Britain							
40+																			
45+									K.Gardner 10/Nov/07 102.5 Britain										
50+							A.McInally 7/Nov/09 90.0 Britain												
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			