	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						A.Goddard 12/May/07 70.0 British	S.Andrews 12/May/07 77.5 British	G.Davidson 12/May/07 62.5 British	J.Eccleshall 12/May/07 80.0 British	K.Davidson 12/May/07 77.5 British	F.Allen 12/May/07 67.5 British	R.Monahan 24/Feb/96 91.0 USA	B.Anderson 25/Feb/07 66.0 British	J.Foster 12/May/07 69.9 USA	J.Garcia 12/May/07 93.0 USA				JonGardner 12/May/07 120.0 British
40+																			
45+						A.Goddard 12/May/07 70.0 British	S.Andrews 12/May/07 77.5 British		M.Shaw 12/May/07 70.0 British	K.Davidson 12/May/07 77.5 British									
50+											R.Smith 12/May/07 61.2 USA				J.Garcia 12/May/07 93.0 USA				S. Gardner 12/May/07 90.0 British
55+																			
60+										J.McKean 12/May/07 68.5 USA	D.Habecker 12/May/07 59.4 USA								
65+									D.Friesz 12/May/07 63.7 USA		F.Allen 12/May/07 67.5 British								
70+								G.Davidson 12/May/07 62.5 British				R.Monahan 24/Feb/96 91.0 USA	B.Anderson 25/Feb/07 66.0 British		B.Clark 12/May/07 69.9 USA				
75+										A.Montini 12/May/07 54.9 USA									
80+																			
85+																			

IAWA World Records | Straddle - Index Fingers - Women | 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									M.Hughes 12/May/07 50.0 British										
16-17								M.Fritz 12/May/07 43.2 USA											
18-19																			
OPEN							J.Habecker 12/May/07 34.0 USA	K.Gardner 12/May/07 45.0 British	M.Hughes 12/May/07 50.0 British										M.McComoughe 12/May/07 47.7 USA
40+																			
45+								K.Gardner 12/May/07 45.0 British											M.McComoughe 12/May/07 47.7 USA
50+																			
55+																			
60+																			
65+							J.Habecker 12/May/07 34.0 USA												
70+																			
75+																			
80+																			
85+																			

IAWA World Records | Straddle - Little Fingers | 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								G.Davidson 25/Feb/07 30.0 Britain				R.Monahan 24/Feb/96 60.0 USA	B.Anderson 1/Nov/99 65.0 Britain						
40+																			
45+																			
50+																			
55+																			
60+													B.Anderson 1/Nov/99 65.0 Britain						
65+																			
70+								G.Davidson 25/Feb/07 30.0 Britain				R.Monahan 24/Feb/96 60.0 USA	B.Anderson 18/Feb/07 50.0 Britain						
75+																			
80+																			
85+																			

IAWA World Records | Straddle - Middle Fingers | 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							A.Goddard 1/Sep/01 110.0 Britain	G.Davidson 26/Aug/07 70.0 Britain	J.Ecleshall 22/Dec/07 132.5 Britain		A.Tomlin 23/Oct/04 110.0 Britain	A.Barnes 22/Dec/07 130.0 Britain	JefCiavattone 4/Nov/02 100.0 USA	J.Mills 22/Dec/07 140.0 Britain			JonGardner 10/Sep/05 125.0 Britain	JonGardner 22/Dec/07 170.0 Britain	
40+							A.Goddard 1/Sep/01 110.0 Britain												
45+									M.Shaw 2/Sep/06 100.0 Britain										
50+																			
55+																			
60+																			
65+																			
70+								G.Davidson 26/Aug/07 70.0 Britain				B.Anderson 2/Sep/06 80.0 Britain	B.Anderson 26/Aug/07 81.0 Britain						
75+																			
80+																			
85+																			

IAWA World Records

Straddle - Middle Fingers

06/03/2010

	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									M.Hughes 22/Dec/07 75.0 Britain										
18-19																			
OPEN								K.Gardner 22/Dec/07 80.0 Britain	M.Hughes 22/Dec/07 75.0 Britain										
40+									K.Gardner 2/Nov/03 70.0 Britain										
45+								K.Gardner 22/Dec/07 80.0 Britain	K.Gardner 10/Nov/07 60.0 Britain										
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								G.Davidson 30/Sep/07 55.0 Britain	M.Shaw 18/Jul/09 62.5 Britain			R.Monahan 24/Feb/96 60.0 USA							
40+																			
45+									M.Shaw 18/Jul/09 62.5 Britain										
50+																			
55+																			
60+																			
65+																			
70+								G.Davidson 30/Sep/07 55.0 Britain				R.Monahan 24/Feb/96 60.0 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									A.Montini 11/Oct/09 58.4 USA	A.Montini 4/Mar/00 63.5 USA		S.Schmidt 14/Dec/02 90.7 USA	S.Schmidt 11/Dec/04 167.8 USA						
40+																			
45+												S.Schmidt 14/Dec/02 90.7 USA	S.Schmidt 11/Dec/04 167.8 USA						
50+									J.McKean 17/Oct/99 45.3 USA				S.Schmidt 11/Dec/05 176.9 USA	hands behind back					
55+																			
60+																			
65+																			
70+										A.Montini 4/Mar/00 63.5 USA									
75+										A.Montini 22/Oct/06 62.6 USA									
80+									A.Montini 11/Oct/09 58.4 USA										
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																			M.McConnoug 11/Dec/05 hands on knees 59.0 USA
40+																			
45+																			M.McConnoug 11/Dec/05 hands on knees 59.0 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																			
14-15																			
16-17						C.Barnwell 28/Feb/04 80.0 Britain														
18-19									C.Ross 28/Feb/04 130.0 Britain	C.Ross 23/Jun/03 120.0 Britain									
OPEN					I.Hampson 18/Nov/07 92.5 Britain	M.Finkle 22/Apr/06 100.0 Britain	S.Brooks 30/Aug/04 149.7 Britain	C.Harvey 6/Oct/03 140.0 NZ	C.Ross 28/Feb/04 130.0 Britain	C.Ross 23/Apr/05 130.0 Britain	B.Te Tai 6/Oct/03 152.5 NZ	A.Rigbye 7/Nov/09 142.5 Britain	A.Tomlin 23/Apr/08 142.5 Britain	S.Angell 23/Oct/04 180.0 Britain	137.5	JonGardner 23/Feb/08 175.0 Britain	137.5	M.Haydock 7/Nov/09 200.0 Britain	150.0
40+					I.Hampson 18/Nov/07 92.5 Britain	A.Goddard 28/Feb/04 95.0 Britain	M.Finkle 23/Feb/08 100.0 Britain				T.Allsop 30/Aug/04 120.0 Britain	T.Rowbotham 30/Aug/04 127.0 Britain	A.Tomlin 23/Apr/08 142.5 Britain		G.Saxton 28/Feb/04 137.5 Britain				
45+							A.Goddard 23/Feb/08 110.0 Britain	D.Morton 30/Aug/04 120.0 Britain									C.Hughes 23/Feb/08 120.0 Britain		S.Gardner 28/Feb/04 140.0 Britain
50+																			S.Gardner 23/Feb/08 150.0 Britain
55+																	G.Dick 28/Feb/04 137.5 Britain	G.Dick 28/Feb/04 142.5 Britain	
60+								W.Wright 23/Jun/03 120.0 Britain	W.Wright 22/Apr/06 115.0 Britain										
65+									N.Brumby 30/Aug/04 117.9 Britain		C.Nevis 30/Aug/04 130.0 Britain								
70+								G.Davidson 3/Dec/06 120.0 Britain											
75+								D.Mitchell 4/Nov/06 85.0 USA		A.Montini 22/Oct/06 90.7 USA									
80+										P.Ready 30/Aug/04 117.9 Britain									
85+																			

	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under									M.Hughes 28/Feb/04 70.0 Britain										
14-15																			
16-17									M.Hughes 23/Feb/08 100.0 Britain										
18-19																			
OPEN						A.McInally 23/Apr/05 87.5 Britain	A.McInally 23/Feb/08 80.0 Britain		M.Hughes 23/Feb/08 100.0 Britain			A.Rollo 6/Oct/03 90.0 Australia							
40+												A.Rollo 6/Oct/03 90.0 Australia							
45+						A.McInally 23/Apr/05 87.5 Britain			K.Gardner 23/Feb/08 92.5 Britain										
50+							A.McInally 23/Feb/08 80.0 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				M.Hafenbrack 9/Dec/01 43.1 USA			J.Anderson 13/Dec/98 34.0 USA												
14-15									M.Kucera 13/Dec/98 65.8 USA										
16-17											S.Holcomb 9/Dec/01 61.3 USA			I.Reel 12/Dec/04 79.4 USA					
18-19									A.Smith 10/Dec/00 79.4 USA										
OPEN				43.1	I.Hampson 18/Nov/07 55.0 Britain		S.Andrews 7/Nov/09 66.0 Britain	S.Andrews 30/Apr/01 72.5 Britain	A.Smith 10/Dec/00 79.4 USA	B.Hirsh 15/Oct/00 82.5 USA	J.Caron 14/Dec/97 77.1 USA	J.Pemberton 12/Dec/99 81.6 USA	B.Edwards 13/Dec/03 81.6 USA	M.McBride 12/Dec/04 97.5 USA	M.McBride 11/Dec/05 115.7 USA	T.Ryan 22/Feb/97 115.0 USA	K.Fulton 12/Dec/99 97.5 USA	M.Graham 16/Sep/01 102.1 USA	79.4
40+					I.Hampson 18/Nov/07 55.0 Britain			S.Andrews 30/Apr/01 72.5 Britain		B.Hirsh 27/Feb/99 50.0 USA	E.Burks 14/Dec/97 61.2 USA	J.Hart 9/Dec/01 63.5 USA	J.Garcia 15/Dec/96 70.3 USA	J.Carter 14/Dec/97 61.2 USA	J.Garcia 14/Dec/97 79.4 USA		K.Fulton 10/Dec/00 93.0 USA	K.Fulton 9/Dec/01 83.9 USA	M.Mitchell 15/Dec/02 61.3 USA
45+										B.Hirsh 15/Oct/00 82.5 USA					J.Garcia 12/Dec/99 79.4 USA					B.Burtsloff 16/Sep/01 77.1 USA
50+							S.Andrews 7/Nov/09 66.0 Britain				J.Caron 14/Dec/97 77.1 USA					T.Ryan 22/Feb/97 115.0 USA			J.McCoy 15/Dec/96 79.4 USA
55+								D.Friesz 11/Oct/98 57.5 USA		B.DiCioccio 13/Oct/96 63.5 USA		A.Springs 9/Dec/01 61.3 USA							
60+								T.Davies 10/Aug/03 62.5 Australia	D.Friesz 18/Nov/00 56.7 USA					B.Clark 15/Dec/96 61.2 USA				J.McCoy 14/Dec/03 77.1 USA	
65+								G.Davidson 1/Sep/01 67.5 Britain	A.Montini 13/Oct/96 59.0 USA	M.Archer 29/Apr/01 67.5 Britain			R.Bletcher 15/Dec/02 61.3 USA			B.Clark 18/Nov/00 68.0 USA			
70+									A.Montini 17/Dec/00 59.0 USA	R.Monahan 15/Dec/96 71.5 USA	R.Monahan 13/Dec/98 65.8 USA		R.Bletcher 6/Dec/08 68.0 USA		B.Clark 14/Dec/03 77.1 USA				
75+							B.Smith 18/Dec/00 50.0 Britain		A.Montini 13/Oct/02 45.6 USA	A.Montini 23/Oct/05 54.4 USA									
80+								J.Stephenson 15/Dec/96 50.0 USA											
85+																			

IAWA World Records | LH Thumbless Deadlift (women) - C4 | 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			K.Holeman 10/Dec/00 34.0 USA					K.Griffis 12/Dec/04 38.6 USA											
14-15					L Hartman 10/Dec/00 43.1 USA		A.McConnoug 11/Dec/05 36.3 USA	M.Fitz 12/Dec/04 47.6 USA	M.Fitz 11/Dec/05 53.1 USA										
16-17								A.Paul 14/Dec/03 56.7 USA											
18-19					A.Burks 14/Dec/97 29.5 USA														
OPEN			34.0		L Hartman 10/Dec/00 43.1 USA			A.Paul 14/Dec/03 56.7 USA											M.McConnoug 11/Dec/05 66.7 USA
40+																			M.McConnoug 14/Dec/03 65.8 USA
45+																			M.McConnoug 11/Dec/05 66.7 USA
50+																			
55+																			
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	125+kg
13&Under	Jon Ciavatone 23/Jun/02 11.3 USA		Joe Ciavattone 23/Jun/02 13.6 USA		Jos Monk 14/Apr/02 39.9 USA		Jos Monk 23/Jun/02 39.3 USA	J.Anderson 13/Dec/98 34.0 USA												
14-15								C.Demille 14/Apr/02 49.0 USA	C.Howard 13/Dec/98 61.2 USA	M.Kucera 13/Dec/98 79.4 USA								B.Fulton 20/May/00 74.8 USA		
16-17					M.Hafenbrack 9/Dec/01 43.1 USA		M.Jackson 30/Apr/01 56.7 Britain			J.Loewer 17/Dec/00 72.6 USA	S.Holcomb 16/Sep/01 63.5 USA	S.Holcomb 9/Dec/01 61.3 USA			I.Reel 12/Dec/04 79.4 USA					
18-19										A.Smith 10/Dec/00 79.4 USA	M.Kucera 16/Sep/01 79.4 USA			E.Kucera 20/May/00 74.8 USA						
OPEN	11.3		13.6		43.1		S.Brooks 30/Apr/01 70.0 Britain	J.Groves 24/Nov/02 61.3 USA	P.Zaremba 12/Oct/97 70.3 USA	B.DiCioccio 13/Oct/96 81.6 USA	M.Kucera 16/Sep/01 79.4 USA	C.Nevis 30/Apr/01 90.0 Britain	J.Pemberton 12/Dec/99 88.5 USA	B.Edwards 13/Dec/03 113.4 USA	M.McBride 11/Dec/05 120.2 USA	Jon Gardner 4/Nov/02 95.0 Britain	K.Fulton 13/Dec/98 93.0 USA	K.Fulton 16/Sep/01 102.0 USA	K.Fulton 20/May/00 97.5 USA	S.Gardner 29/Oct/05 90.7 Britain
40+											B.Hirsh 27/Feb/99 75.0 USA	E.Burks 14/Dec/97 70.3 USA	D.Fulton 20/May/00 86.2 USA	J.Garcia 15/Dec/96 79.4 USA	J.Carter 14/Dec/97 90.7 USA	J.Garcia 14/Dec/97 88.5 USA		K.Fulton 16/Sep/01 102.0 USA	K.Fulton 20/May/00 97.5 USA	M.Mitchell 15/Dec/02 70.3 USA
45+									J.Luther 30/Apr/01 57.5 Britain				D.Smith 30/Apr/01 57.5 Britain	E.Schock 14/Apr/02 92.5 USA		J.Garcia 12/Dec/99 79.4 USA				S.Gardner 29/Oct/05 90.7 Britain
50+										T.Garnett 30/Apr/01 60.0 Britain		J.Caron 14/Dec/97 79.4 USA					T.Ryan 22/Feb/97 85.0 USA			J.McCoy 15/Dec/96 83.9 USA
55+									D.Friesz 11/Oct/98 62.5 USA		J.Evans 30/Apr/01 66.0 Britain	D.Habecker 14/Apr/02 65.0 USA	A.Springs 9/Dec/01 61.3 USA						G.Dick 28/Nov/03 72.5 Britain	T.Ryan 13/Dec/03 81.6 USA
60+									W.Wright 28/Nov/03 70.0 Britain	D.Friesz 18/Nov/00 61.2 USA	B.DiCioccio 2/Nov/03 77.5 USA	C.Nevis 30/Apr/01 90.0 Britain			B.Clark 15/Dec/96 70.3 USA				J.McCoy 14/Dec/03 77.1 USA	T.Ryan 11/Dec/05 90.7 USA
65+									G.Davidson 1/Sep/01 67.5 Britain	A.Montini 13/Oct/96 59.0 USA	M.Archer 29/Apr/01 70.0 Britain	P.Lee 30/Apr/01 65.0 Britain		R.Bletcher 15/Dec/02 68.0 USA			B.Clark 18/Nov/00 77.1 USA			
70+										A.Montini 17/Dec/00 59.0 USA	R.Monahan 15/Dec/96 72.6 USA	R.Monahan 14/Dec/97 72.6 USA		R.Bletcher 6/Dec/08 63.5 USA		B.Clark 14/Dec/03 72.6 USA				
75+								B.Smith 18/Dec/00 52.5 Britain			A.Montini 23/Oct/05 59.0 USA		B.Chapman 14/Jul/02 75.0 Australia							
80+								B.Smith 30/Apr/01 57.5 Britain	J.Stephenson 15/Dec/96 50.0 USA											
85+																				

	20kg	30kg	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 14/Apr/02 4.5 USA										K.Griffis 12/Dec/04 38.6 USA											
14-15								L Hartman 10/Dec/00 43.1 USA		A McConnoug 11/Dec/05 29.5 USA	M.Fitz 12/Dec/04 49.9 USA	M.Fitz 11/Dec/05 61.2 USA										
16-17											A.Paul 14/Dec/03 74.8 USA								J.Sipes 12/Dec/99 45.3 USA			
18-19								A.Burks 14/Dec/97 38.6 USA														
OPEN	4.5							L Hartman 10/Dec/00 43.1 USA	TB.Lakowsky 16/Sep/01 40.8 USA	29.5	A.Paul 14/Dec/03 74.8 USA	61.2						C.Collins 23/Jun/02 47.6 USA	45.3			M McConnoug 12/Dec/04 79.4 USA
40+									TB.Lakowsky 16/Sep/01 40.8 USA		K.Gardner 6/Sep/03 50.0 Britain											M McConnoug 12/Dec/04 79.4 USA
45+									A McInally 28/Nov/03 45.0 Britain													M McConnoug 11/Dec/05 70.3 USA
50+																						
55+																						
60+																						
65+																						
70+																						
75+																						
80+																						
85+																						