IAWA World Records | LH Weaver Stick Lift to Front - F9 | 09/08/2010

	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 29/Aug/93 0.6 Britain																			
14-15																				
16-17																				
18-19																				
OPEN									1.5			J.Moore 31/Mar/93 3.6 Britain	D.Horne 18/Nov/93 3.7 Britain	2.0						
40+																				
45+																				
50+																				
55+																				
60+																				
65+																				
70+									G.Davidson 7/Jan/07 1.5 Britain					B.Anderson 7/Jan/07 2.0 Britain						
75+																				
80+																				
85+																				

IAWA World Records | LH Weaver Stick Lift to Rear - F9 | 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											S.Bates 2/Dec/93 4.3 Britain								
18-19																			
OPEN								2.0		D.Horne 5/Feb/94 6.5 Britain	D.Horne 3/Feb/96 7.1 Britain	D.Horne 16/Dec/93 6.8 Britain	3.0						
40+																			
45+																			
50+											F.Allen 3/Feb/96 4.3 Britain								
55+																			
60+																			
65+																			
70+								G.Davidson 7/Jan/07 2.0 Britain					B.Anderson 7/Jan/07 3.0 Britain						
75+																			
80+																			
85+																			

IAWA World Records

RH Weaver Stick Lift to Front - F9

09/08/2010

	25kg	30kg	35kg	40kg	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg	85kg	90kg	95kg	100kg	105kg	110kg	115kg	120kg	125kg
13&Under	O.Horne 13/Jan/94 0.3 Britain		J.Horne 29/Aug/93 0.6 Britain												K.Calcote 11/Nov/06 0.6 USA						
14-15																					
16-17																					
18-19												D.Elmer 3/Jun/95 2.6 Britain									
OPEN											C.Moore 31/Mar/93 3.6 Britain	D.Elmer 3/Jun/95 2.6 Britain	M.Street 18/Nov/93 2.6 Britain	C.Jackson 3/Jun/95 2.0 Britain		2.0	1.9		1.7		
40+														C.Jackson 3/Jun/95 2.0 Britain							
45+																					
50+																	J.Garcia 11/Nov/06 1.9 USA		J.Garcia 11/Dec/05 1.7 USA		
55+																					
60+																					
65+																					
70+											G.Davidson 7/Jan/07 2.0 Britain					B.Anderson 7/Jan/07 2.0 Britain					
75+																					
80+																					

IAWA World Records | RH Weaver Stick Lift to Front (women) - F9 | 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						E.Talbot 3/Feb/96 2.2 Britain													
14-15									M.Fitz 11/Dec/05 0.6 USA										
16-17																			
18-19																			
OPEN						2.2			0.6										1.7
40+																			
45+																			M.McConnoughey 11/Dec/05 1.7 USA
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			

IAWA World Records

RH Weaver Stick Lift to Rear - F9

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 13/Jan/94 0.3 Britain					M.Parrish 16/Nov/93 1.30 Britain			E.Talbot(W) 3/Feb/96 2.2 Britain													
14-15						M.Parrish 5/Feb/94 2.0 Britain																	
16-17										D.Elmer 13/Jan/94 4.0 Britain												
18-19											D.Elmer 3/Feb/96 4.3 Britain	D.Elmer 3/Jun/95 3.6 Britain										
OPEN						2.0			2.2	D.Elmer 13/Jan/94 4.0 Britain	C.Moore 5/Feb/94 5.6 Britain	M.Street 9/Dec/93 4.3 Britain	C.Jackson 3/Feb/96 5.7 Britain	C.Jackson 3/Jun/95 5.1 Britain	J.Moore 28/Feb/94 5.1 Britain	P.Horne 3/Feb/96 5.1 Britain	S.Angell 5/Feb/94 5.1 Britain		R.Howe 5/Feb/94 6.1 Britain		S.Gardner 5/Feb/94 5.1 Britain	1.5
40+											S.Sherwood 5/Feb/94 4.1 Britain		C.Jackson 3/Feb/96 5.7 Britain	C.Jackson 3/Jun/95 5.1 Britain								
45+																						B.Rogers 4/Nov/00 1.5 USA
50+														F.Allen 5/Feb/94 4.3 Britain								
55+															P.Horne 5/Feb/94 4.6 Britain	P.Horne 3/Feb/96 5.1 Britain	B.Anderson 5/Feb/94 3.6 Britain					
60+																						
65+																			B.Clark 4/Nov/00 1.5 USA			
70+											G.Davidson 7/Jan/07 2.0 Britain					B.Anderson 7/Jan/07 3.3 Britain						
75+																						
80+																						
85+																						

	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 2.2 Britain												
14-15																			
16-17																			
18-19																			
OPEN							2.2												
40+																			
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	125+kg
13&Under	J.Horne 9/Jan/95 35.0 Britain	D.Morrison 4/Jul/98 40.0 Britain			J.Horne 4/Jul/98 100.0 Britain														
14-15																			
16-17							D.Elmer 17/Mar/94 120.0 Britain				R.McKean 15/Oct/95 88.5 USA								
18-19								D.Elmer 4/Feb/95 135.0 Britain	D.Elmer 3/Jun/95 143.0 Britain										
OPEN	35.0	40.0			D.Berry 4/Jul/98 110.0 Britain		D.Elmer 17/Mar/94 120.0 Britain	D.Elmer 4/Feb/95 135.0 Britain	D.Warrilow 4/Jul/98 185.0 Britain	C.Jackson 4/Feb/95 180.0 Britain	D.Horne 4/Feb/95 242.5 Britain	D.Horne 4/Jul/98 300.0 Britain	N.Lenton 10/Mar/94 100.0 Britain	R.Howe 4/Feb/95 160.0 Britain	97.5		71.0	97.5	
40+									S.Sherwood 4/Feb/95 120.0 Britain	C.Jackson 4/Feb/95 180.0 Britain	C.Jackson 3/Jun/95 173.0 Britain				A.Myers 10/Feb/08 97.5 USA			D.Bainhart 10/Feb/08 97.5 USA	
45+								J.McKean 15/Oct/95 65.8 USA									F.Ciavattone 9/Mar/02 71.0 USA		
50+									J.McKean 24/Nov/02 52.1 USA	F.Allen 11/Nov/95 110.0 Britain	F.Allen 4/Feb/95 110.0 Britain								
55+							G.Davidson 23/Apr/95 80.0 Britain						P.Horne 4/Feb/95 100.0 Britain						
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																			
14-15												E.Talbot 4/Jul/98 135.0 Britain							
16-17																			
18-19																			
OPEN									L.Durnell 14/Oct/01 36.2 USA			E.Talbot 4/Jul/98 135.0 Britain							
40+									L.Durnell 14/Oct/01 36.2 USA										
45+																			
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			

IAWA World Records

LH Wrist Curl (men)

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																				13&Under
14-15																				14-15
16-17																				16-17
18-19									D.Elmer 3/Jun/95 60.0 Britain											18-19
OPEN									D.Elmer 3/Jun/95 60.0 Britain		D.Horne 6/Feb/95 102.5 Britain									OPEN
40+											C.Jackson 3/Jun/95 70.0 Britain									40+
45+																				45+
50+																				50+
55+																				55+
60+																				60+
65+																				65+
70+																				70+
75+																				75+
80+																				80+
85+																				85+

IAWA World Records

RH Wrist Curl (men)

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 60.0 Britain										
OPEN									D.Elmer 3/Jun/95 60.0 Britain		D.Horne 6/Feb/95 102.5 Britain								
40+											C.Jackson 3/Jun/95 75.0 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	125+kg
13&Under																			
14-15																			
16-17																			
18-19																			
OPEN							A.Goddard 22/Dec/07 40.0 Britain		J.Eccleshall 22/Dec/07 52.5 Britain			A.Barnes 22/Dec/07 55.0 Britain	S.Gosling 23/Oct/04 60.0 Britain	J.Mills 22/Dec/07 70.0 Britain				JonGardner 10/Nov/07 75.0 Britain	JonGardner 23/Oct/04 55.0 Britain
40+																			
45+							A.Goddard 22/Dec/07 40.0 Britain							J.Garcia 31/Oct/98 20.4 USA					S.Gardner 23/Oct/04 55.0 Britain
50+																			
55+																			
60+												B.Anderson 5/Jul/99 50.0 Britain							
65+																B.Clark 31/Oct/98 20.4 USA			
70+																			
75+																			
80+																			
85+																			

IAWA World Records | Zeigler Clean (women) - B13 | 09/08/2010

	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 32.5 Britain										
18-19																			
OPEN								K.Gardner 22/Dec/07 27.5 Britain	M.Hughes 22/Dec/07 32.5 Britain										
40+																			
45+								K.Gardner 22/Dec/07 27.5 Britain											
50+																			
55+																			
60+																			
65+																			
70+																			
75+																			
80+																			
85+																			