

WORLD WOMEN'S OPEN RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
48KG	S	STANDARD	135		
	B	STANDARD	90		
	D	STANDARD	160		
	T	STANDARD	370		
53KG	S	ELIZABETH CRAVEN	157	AUS	12 OCTOBER 2018 VIRGINIA USA
	B	FEBROSE TSIODE	110.5	NAURU	18 JUNE 2018 MINSK BELARUS
	D	ELIZABETH CRAVEN	185	AUS	4 MARCH 2017 COLUMBUS OHIO, USA
	T	ELIZABETH CRAVEN	425	AUS	12 OCTOBER 2018 VIRGINIA USA
58KG	S	STANDARD	160		
	B	FEBROSE TSIODE	120	NAURU	12 OCTOBER 2018 VIRGINIA USA
	D	MELISSA BARBER	192.5	USA	MAY 2016
	T	STANDARD	430		
64KG	S	STANDARD	170		
	B	STANDARD	115		
	D	STANDARD	205		
	T	STANDARD	460		
72 KG	S	BARBRA AUVA'A	185	NZ	7 JUNE 2018 CALGARY CANADA
	B	STANDARD	125		
	D	STANDARD	215		
	T	STANDARD	500		
84KG	S	STANDARD	200		
	B	STANDARD	135		
	D	STANDARD	225		
	T	STANDARD	535		
100KG	S	THERESA SIMANU	230	NZ	8 JUNE 2018 CALGARY CANADA
	B	STANDARD	140		
	D	THERESA SIMANU	240	NZ	8 JUNE 2018 CALGARY CANADA
	T	THERESA SIMANU	597.5	NZ	8 JUNE 2018 CALGARY CANADA
100KG+	S	NAJAT KHOURY	232.5	AUS	25 JUNE 2016 KILLEEN USA
	B	STANDARD	145		
	D	MATILE SITAGATA	237.5	SAMOA	10 JULY 2015 PORT MORESBY PAPUA NEW GUINEA
	T	STANDARD	570		

WORLD WOMEN'S YOUTH RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
44KG	S	STANDARD	100		
	B	STANDARD	60		
	D	STANDARD	110		
	T	STANDARD	255		
48KG	S	STANDARD	110		
	B	STANDARD	65		
	D	STANDARD	120		
	T	STANDARD	285		
53KG	S	FEBROSE TSIODE	127.5	NAURU	18 JUNE 2017 MINSK BELARUS
	B	FEBROSE TSIODE	110.5	NAURU	18 JUNE 2017 MINSK BELARUS
	D	FEBROSE TSIODE	135	NAURU	18 JUNE 2017 MINSK BELARUS
	T	FEBROSE TSIODE	373	NAURU	18 JUNE 2017 MINSK BELARUS
58KG	S	NAOMI KUTIN	132.5	USA	JUNE 2016
	B	MIRANDA CHAMBERS	85	USA	OCTOBER 2016
	D	MIRANDA CHAMBERS	155	USA	OCTOBER 2016
	T	MIRANDA CHAMBERS	355	USA	OCTOBER 2016
	S	STANDARD	140		

64kg	B	SAMANTHA THOMASSON	88	AUS	21 JUNE 2016 KILLEEN USA
	D	NAOMI KUTIN	167.5	USA	12 OCTOBER 2018 VIRGINIA USA
	T	NAOMI KUTIN	360	USA	12 OCTOBER 2018 VIRGINIA USA
72 KG	S	KATIA MACKENZIE	145	NZ	7 JUNE 2018 CALGARY CANADA
	B	STANDARD	90		
	D	COURTNEY YOUNG	175	USA	MARCH 2017
	T	STANDARD	395		
84KG	S	BETHANY PARKER	182.5	AUS	30 APRIL 2017 SYDNEY AUSTRALIA
	B	BETHANY PARKER	112.5	AUS	30 APRIL 2017 SYDNEY AUSTRALIA
	D	BETHANY PARKER	195.5	AUS	7 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	T	BETHANY PARKER	485	AUS	30 APRIL 2017 SYDNEY AUSTRALIA
84KG+	S	BREA DE JONGE	202.5	AUS	16 DECEMBER 2018 BRISBANE AUSTRALIA
	B	SHANNON SUMMERS	124.5	USA	NO DATE
	D	PAIGE WHITE	200	AUS	24 OCTOBER 2015 BRISBANE AUSTRALIA
	T	BREA DE JONGE	490	AUS	16 DECEMBER 2018 BRISBANE AUSTRALIA

WORLD WOMEN'S JUNIOR RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
48KG	S	WENDY CHAN	130	AUS	9 DECEMBER 2017 CHANGI SINGAPORE
	B	STANDARD	80		
	D	WENDY CHAN	150	AUS	9 DECEMBER 2017 CHANGI SINGAPORE
	T	WENDY CHAN	355.5	AUS	9 DECEMBER 2017 CHANGI SINGAPORE
53KG	S	EVIE CORRIGAN	140.5	NZ	7 JUNE 2018 CALGARY CANADA
	B	FEBROSE TSIODE	110.5	NAURU	18 JUNE 2017 MINSK BELARUS
	D	EVIE CORRIGAN	160	NZ	7 JUNE 2018 CALGARY CANADA
	T	EVIE CORRIGAN	385.5	NZ	7 JUNE 2018 CALGARY CANADA
58KG	S	RACHEL JONES	153.5	AUS	19 JUNE 2017 MINSK BELARUS
	B	FEBROSE TSIODE	120	NAURU	12 OCTOBER 2018 VIRGINIA USA
	D	NATHALIE BALHALD	175	AUS	6 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	T	FEBROSE TSIODE	395	NAURU	12 OCTOBER 2018 VIRGINIA USA
64kg	S	SCHAE ZAREW	160.5	AUS	7 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	B	STANDARD	105		
	D	SCHAE ZAREW	190	AUS	7 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	T	SCHAE ZAREW	436	AUS	7 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
72 KG	S	STANDARD	175		
	B	STANDARD	115		
	D	STANDARD	195		
	T	STANDARD	455		
84KG	S	YAN-FEI ZHAO	198	AUS	7 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	B	STANDARD	125		
	D	STANDARD	210		
	T	YAN-FEI ZHAO	501	AUS	7 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
100KG	S	STANDARD	197.5		
	B	STANDARD	130		
	D	STANDARD	215		
	T	STANDARD	512.5		
100KG+	S	YURIKA KEPAE	222.5	NAURU	12 OCTOBER 2018 VIRGINIA USA
	B	STANDARD	135		
	D	MATILE SITAGATA	237.5	SAMOA	10 JULY 2015 PORT MORESBY PAPUA NEW GUINEA
	T	MATILE SITAGATA	550.5	SAMOA	10 JULY 2015 PORT MORESBY PAPUA NEW GUINEA

WORLD WOMEN'S MASTERS 40-44 RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
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48KG	S	STANDARD	110		
	B	STANDARD	75		
	D	STANDARD	145		
	T	STANDARD	305		
53KG	S	ELIZABETH CRAVEN	157	AUS	12 OCTOBER 2018 VIRGINIA USA
	B	ELIZABETH CRAVEN	85	AUS	6 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	D	ELIZABETH CRAVEN	185	AUS	4 MARCH 2017 COLUMBUS OHIO, USA
	T	ELIZABETH CRAVEN	425	AUS	12 OCTOBER 2018 VIRGINIA USA
58KG	S	BRONWYN STEVENS	130	NZ	5 JUNE 2014 POTCHEFSTROOM SOUTH AFRICA
	B	STANDARD	90		
	D	BRIGOT PUGH	177.5	AUS	17 JUNE 2017 MINSK BELARUS
	T	BRIGOT PUGH	370	AUS	17 JUNE 2017 MINSK BELARUS
64KG	S	MARY GIFFIN	150	AUS	6 JUNE 2015 SALO FINLAND
	B	STANDARD	95		
	D	CASS PICKARD	192.5	AUS	7 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	T	CASS PICKARD	415	AUS	7 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
72 KG	S	LINDA PULSAN	183.5	PNG	9 JULY 2015 PORT MORESBY PAPUA NEW GUINEA
	B	STANDARD	105		
	D	LINDA PULSAN	195	PNG	11 APRIL 2015 MELBOURNE AUSTRALIA
	T	LINDA PULSAN	477.5	PNG	11 APRIL 2015 MELBOURNE AUSTRALIA
84KG	S	TASHA WILLIAMS	170	NZ	13 DECEMBER 2014 MELBOURNE AUSTRALIA
	B	STANDARD	115		
	D	TASHA WILLIAMS	205	NZ	25 JUNE 2016 KILLEEN USA
	T	TASHA WILLIAMS	462.5	NZ	13 DECEMBER 2014 MELBOURNE AUSTRALIA
100KG	S	STANDARD	172.5		
	B	STANDARD	120		
	D	STANDARD	195		
	T	STANDARD	472.5		
100KG+	S	STANDARD	180		
	B	STANDARD	125		
	D	STANDARD	200		
	T	STANDARD	490		

WORLD WOMEN'S MASTERS 45-49 RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
48KG	S	STANDARD	105		
	B	STANDARD	65		
	D	STANDARD	132.5		
	T	STANDARD	280		
53KG	S	STANDARD	115		
	B	STANDARD	75		
	D	SANDRA ALCORN	160	AUS	17 AUGUST 2018 SHANGHAI CHINA
	T	SANDRA ALCORN	325	AUS	17 AUGUST 2018 SHANGHAI CHINA
58KG	S	STANDARD	120		
	B	STANDARD	80		
	D	STANDARD	152.5		
	T	STANDARD	330		
64KG	S	STANDARD	125		
	B	STANDARD	85		
	D	STANDARD	160		
	T	STANDARD	355		
72 KG	S	LEANNE KNOX	150	AUS	12 OCTOBER 2018 VIRGINIA USA
	B	STANDARD	92.5		
	D	STANDARD	170		

	T	STANDARD	390		
84KG	S	STANDARD	145		
	B	STANDARD	102.5		
	D	STANDARD	180		
	T	STANDARD	420		
100KG	S	STANDARD	155		
	B	STANDARD	107.5		
	D	STANDARD	185		
	T	STANDARD	430		
100KG+	S	STANDARD	165		
	B	STANDARD	110		
	D	STANDARD	190		
	T	STANDARD	450		

WORLD WOMEN'S MASTERS 50-54 RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
48KG	S	MARY MACKEN	112.5	AUS	12 JUNE 2012 STOCKHOLM SWEDEN
	B	STANDARD	55		
	D	MARY MACKEN	140	AUS	12 JUNE 2012 STOCKHOLM SWEDEN
	T	MARY MACKEN	307.5	AUS	12 JUNE 2012 STOCKHOLM SWEDEN
53KG	S	MARY MACKEN	120	AUS	7 DECEMBER 2012 SYDNEY AUSTRALIA
	B	STANDARD	60		
	D	ALI GASCOINE	155.5	NZ	6 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	T	MARY MACKEN	330	AUS	7 DECEMBER 2012 SYDNEY AUSTRALIA
58KG	S	STANDARD	110		
	B	DIANE BRILL	72.5	USA	OCTOBER 2012
	D	STANDARD	140		
	T	STANDARD	300		
64KG	S	STANDARD	115		
	B	STANDARD	75		
	D	VICKI O'BRIEN	175.5	AUS	7 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	T	VICKI O'BRIEN	363	AUS	7 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
72 KG	S	STANDARD	125		
	B	STANDARD	80		
	D	STANDARD	160		
	T	STANDARD	355		
84KG	S	JULIE HENDERSON	141	AUS	8 DECEMBER 2017 CHANGI SINGAPORE
	B	STANDARD	90		
	D	STANDARD	170		
	T	STANDARD	375		
100KG	S	STANDARD	135		
	B	STANDARD	92.5		
	D	STANDARD	175		
	T	STANDARD	385		
100KG+	S	SONIA MANAENA	182.5	NZ	23 MARCH 2013 MELBOURNE AUSTRALIA
	B	SONIA MANAENA	120	NZ	23 MARCH 2013 MELBOURNE AUSTRALIA
	D	SONIA MANAENA	236	NZ	13 JUNE 2013 SUZDAL RUSSIA
	T	SONIA MANAENA	533.5	NZ	13 JUNE 2013 SUZDAL RUSSIA

WORLD WOMEN'S MASTERS 55-59 RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
48KG	S	MARY MACKEN	107.5	AUS	6 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	B	PATRICIA MULDRACK	63	NZ	9 DECEMBER 2014 MELBOURNE AUSTRALIA

48KG	D	MARY MACKEN	130	AUS	6 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	T	MARY MACKEN	287.5	AUS	6 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
53KG	S	STANDARD	97.5		
	B	LISA SCHEFFELMAIER	65.5	CAN	NOVEMBER 2014
	D	STANDARD	122.5		
	T	STANDARD	260		
58KG	S	GLENDA PRESUTTI	115	AUS	19 JUNE 2016 KILLEEN USA
	B	STANDARD	65		
	D	HELEN ALLEN	150	AUS	15 JUNE 2017 MINSK BELARUS
	T	GLENDA PRESUTTI	322.5	AUS	19 JUNE 2016 KILLEEN USA
64KG	S	GLENDA PRESUTTI	125	AUS	12 DECEMBER 2014 MELBOURNE AUSTRALIA
	B	STANDARD	70		
	D	STANDARD	140		
	T	STANDARD	300		
72 KG	S	SUZANNE LAFORGE	132.5	USA	NOVEMBER 2014
	B	STANDARD	75		
	D	SUZANNE LAFORGE	167.5	USA	NOVEMBER 2014
	T	SUZANNE LAFORGE	372.5	USA	NOVEMBER 2014
84KG	S	STANDARD	125		
	B	STANDARD	85		
	D	STANDARD	160		
	T	STANDARD	352.5		
100KG	S	STANDARD	130		
	B	STANDARD	90		
	D	STANDARD	165		
	T	STANDARD	365		
100KG+	S	STANDARD	135		
	B	STANDARD	92.5		
	D	STANDARD	170		
	T	STANDARD	377.5		

WORLD WOMEN'S MASTERS 60-64 RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
48KG	S	STANDARD	80		
	B	STANDARD	50		
	D	PATRICIA MULDRACK	127.5	NZ	6 DECEMBER 2016 CHRISTCHURCH NEW ZEALAND
	T	STANDARD	220		
53KG	S	STANDARD	85		
	B	PATRICIA MULDRACK	62.5	NZ	2 DECEMBER 2015 RICHMOND BC, CANADA
	D	PATRICIA MULDRACK	130	NZ	2 DECEMBER 2015 RICHMOND BC, CANADA
	T	PATRICIA MULDRACK	275	NZ	2 DECEMBER 2015 RICHMOND BC, CANADA
58KG	S	STANDARD	90		
	B	STANDARD	60		
	D	STANDARD	120		
	T	STANDARD	255		
64KG	S	STANDARD	100		
	B	STANDARD	65		
	D	STANDARD	130		
	T	STANDARD	275		
72 KG	S	STANDARD	110		
	B	STANDARD	70		
	D	STANDARD	140		
	T	STANDARD	300		
	S	STANDARD	120		

84KG	B	STANDARD	80		
	D	STANDARD	150		
	T	STANDARD	330		
100KG	S	STANDARD	125		
	B	STANDARD	85		
	D	STANDARD	155		
	T	STANDARD	345		
100KG+	S	STANDARD	130		
	B	STANDARD	87.5		
	D	STANDARD	160		
	T	STANDARD	357.5		

WORLD WOMEN'S MASTERS 65-69 RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
48KG	S	STANDARD	67.5		
	B	STANDARD	45		
	D	STANDARD	90		
	T	STANDARD	215		
53KG	S	STANDARD	72.5		
	B	STANDARD	50		
	D	STANDARD	102.5		
	T	STANDARD	220		
58KG	S	STANDARD	80		
	B	STANDARD	55		
	D	STANDARD	105		
	T	STANDARD	230		
64KG	S	STANDARD	87.5		
	B	STANDARD	57.5		
	D	STANDARD	112.5		
	T	STANDARD	240		
72 KG	S	STANDARD	95		
	B	STANDARD	62.5		
	D	STANDARD	125		
	T	STANDARD	262.5		
84KG	S	YVONNE SINCLAIR	105	NZ	8 JUNE 2018 CALGARY CANADA
	B	STANDARD	70		
	D	YVONNE SINCLAIR	140	NZ	8 JUNE 2018 CALGARY CANADA
	T	YVONNE SINCLAIR	297.5	NZ	8 JUNE 2018 CALGARY CANADA
100KG	S	STANDARD	110		
	B	STANDARD	75		
	D	STANDARD	137.5		
	T	STANDARD	300		
100KG+	S	SENEILLI TURNER	155	FIJI	6 DECEMBER 2013 AUCKLAND NEW ZEALAND
	B	SENEILLI TURNER	90	FIJI	6 DECEMBER 2013 AUCKLAND NEW ZEALAND
	D	STANDARD	142.5		
	T	SENEILLI TURNER	395	FIJI	6 DECEMBER 2013 AUCKLAND NEW ZEALAND

WORLD WOMEN'S MASTERS 70-74 RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
48KG	S	STANDARD	55		
	B	STANDARD	35		
	D	STANDARD	70		
	T	STANDARD	150		

53KG	S	MARY ANN LITTLE	61	USA	OCTOBER 2015
	B	STANDARD	35		
	D	MARY ANN LITTLE	78	USA	OCTOBER 2015
	T	MARY ANN LITTLE	169.5	USA	OCTOBER 2015
58KG	S	STANDARD	70		
	B	STANDARD	45		
	D	STANDARD	85		
	T	STANDARD	185		
64KG	S	LINDA LEIGHTLEY	75	USA	AUGUST 2017
	B	STANDARD	45		
	D	LINDA LEIGHTLEY	124	USA	AUGUST 2017
	T	LINDA LEIGHTLEY	243	USA	AUGUST 2017
72 KG	S	STANDARD	80		
	B	STANDARD	55		
	D	TONNIE ALLIANCE	122.5	USA	OCTOBER 2016
	T	STANDARD	225		
84KG	S	STANDARD	90		
	B	STANDARD	60		
	D	STANDARD	115		
	T	STANDARD	245		
100KG	S	STANDARD	95		
	B	STANDARD	65		
	D	STANDARD	120		
	T	STANDARD	255		
100KG+	S	STANDARD	100		
	B	STANDARD	70		
	D	STANDARD	125		
	T	STANDARD	267.5		

WORLD WOMEN'S MASTERS 75-79 RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
48KG	S	STANDARD	45		
	B	STANDARD	30		
	D	STANDARD	55		
	T	STANDARD	125		
53KG	S	STANDARD	50		
	B	STANDARD	35		
	D	STANDARD	60		
	T	STANDARD	140		
58KG	S	STANDARD	57.5		
	B	STANDARD	40		
	D	STANDARD	75		
	T	STANDARD	157.5		
64KG	S	STANDARD	65		
	B	STANDARD	45		
	D	STANDARD	80		
	T	STANDARD	170		
72 KG	S	STANDARD	70		
	B	STANDARD	50		
	D	STANDARD	90		
	T	STANDARD	195		
84KG	S	STANDARD	75		
	B	STANDARD	52.5		
	D	STANDARD	95		

	T	STANDARD	212.5		
100KG	S	STANDARD	80		
	B	STANDARD	57.5		
	D	STANDARD	100		
	T	STANDARD	220		
100KG+	S	STANDARD	85		
	B	STANDARD	65		
	D	STANDARD	105		
	T	STANDARD	232.5		

WORLD WOMEN'S MASTERS 80+ RECORDS AS AT 18 DECEMBER 2018

WEIGHT DIV	LIFT	NAME	WEIGHT	NATION	DATE & LOCATION
48KG	S	STANDARD	35		
	B	STANDARD	22.5		
	D	STANDARD	45		
	T	STANDARD	100		
53KG	S	STANDARD	40		
	B	STANDARD	25		
	D	STANDARD	50		
	T	STANDARD	110		
58KG	S	STANDARD	47.5		
	B	STANDARD	30		
	D	STANDARD	60		
	T	STANDARD	130		
64KG	S	STANDARD	52.5		
	B	STANDARD	35		
	D	STANDARD	65		
	T	STANDARD	145		
72 KG	S	STANDARD	60		
	B	STANDARD	40		
	D	STANDARD	75		
	T	STANDARD	165		
84KG	S	STANDARD	65		
	B	STANDARD	45		
	D	STANDARD	80		
	T	STANDARD	180		
100KG	S	STANDARD	70		
	B	STANDARD	47.5		
	D	STANDARD	85		
	T	STANDARD	185		
100KG+	S	STANDARD	75		
	B	STANDARD	50		
	D	STANDARD	90		
	T	STANDARD	197.5		