

ALL TIME HISTORICAL
MEN AND WOMEN'S
POWERLIFTING WORLD RECORDS

Listing Compiled by Michael Soong

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ALL TIME HISTORICAL MEN'S POWERLIFTING WORLD RECORDS IN POUNDS/KILOGRAMS

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

Men	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	662.5 (300.5)	*6.01X	Andrzej Stanaszek (Poland/71) 11/5/03 (300.5 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF)
123 (56)	644.9 (292.5)	*5.61X	Andrzej Stanaszek (Poland/71) 3/22/03 (292.5 kg. @ 52.1 kg.) (Landshut, Germany) (IPF)
132 (60)	705.5 (320.0)	5.33X	Magnus Karlsson (Sweden/67) 10/2/99 (320.0 kg.) (Malmo, Sweden) (IPF)
148 (67.5)	804.7 (365.0)	*5.50X	Thomas James "T.J." Hoerner (US/77) 4/1/06 (365.0 kg. @ 146.2 lb.) (Houston, Texas) (APF)
165 (75)	887.4 (402.5)	*5.37X	Al Caslow (US/80) 3/22/09 (397.5 kg. @ 75.0 kg., which was accidentally misloaded to 402.5 kg.) (Omaha, Nebraska) (APF)
181 (82.5)	935.0 (424.1)	*5.17X	Derek Wilcox (US/87) 4/16/11 (935.0 lb. @ 181.0 lb.) (Asheville, North Carolina) (SPF)
198 (90)	1055.0 (478.5)	*5.32X	Shawn Frankl (US/77) 8/22/09 (1055.0 lb. @ 198.2 lb.) (Sharonville, Ohio) (SPF)
220 (100)	1100.0 (499.0)	*5.02X	Sam Byrd (US/81) 6/7/08 (1100.0 lb. @ 219.0 lb.) (Gatlinburg, Tennessee) (SPF)
242 (110)	1140.0 (517.1)	*4.75X	Chuck Vogelpohl (US/65) 8/23/09 (1140.0 lb. @ 239.8 lb.) (Sharonville, Ohio) (SPF)
275 (125)	1185.0 (537.5)	*4.31X	Brian Carroll (US/81) 8/21/11 (1185.0 lb. @ 275.0 lb.) (Covington, Kentucky) (SPF)
308 (140)	1267.7 (575.0)	*4.18X	Jonas Rantanen (Finland/82) 10/8/11 (575.0 kg. @ 137.4 kg. Heaviest quadruple bodyweight squat of all time.) (Helsinki, Finland) (GPC)
SHW	1265.0 (573.8)	*3.28X	Donnie Thompson (US/64) 8/21/11 (1265.0 lb. @ 385.4 lb.) (Covington, Kentucky) (SPF)
Men	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	402.3 (182.5)	*3.65X	Andrzej Stanaszek (Poland/71) 11/5/03 (182.5 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF)
123 (56)	463.0 (210.0)	*3.75X	Anton Kraft (Denmark/64) 4/18/09 (210.0 kg. @ 56.0 kg.) (Orlando, Florida) (IPF)
132 (60)	501.6 (227.5)	3.79X	Eric Head (US/86) 7/9/11 (227.5 kg.) (Nashville, Tennessee) (WABDL)
148 (67.5)	605.0 (274.4)	*4.07X	Kevin Harmon (US/75) 6/19/10 (605.0 lb. @ 148.5 lb.) (Hot Springs, Arkansas) (APA)
165 (75)	705.0 (319.8)	*4.27X	Joe Mazza (US/66) 12/5/09 (705.0 lb. @ 165.0 lb.) (Boyertown, Pennsylvania) (IPA)
181 (82.5)	750.0 (340.2)	*4.13X	Jason Fry (US/79) 4/18/09 (750.0 lb. @ 181.5 lb.) (Columbus, Ohio) (IPA)
198 (90)	850.0 (385.6)	*4.29X	Shawn Frankl (US/77) 8/23/08 (850.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA)
220 (100)	909.4 (412.5)	*4.14X	Jake Prazak (US/77) 11/18/11 (412.5 kg. @ 99.6 kg.) (Dubuque, Iowa) (UPA)
242 (110)	920.4 (417.5)	*3.86X	Jake Prazak (US/77) 7/15/11 (417.5 kg. @ 238.5 lb.) (Dubuque, Iowa) (UPA)
275 (125)	1030.7 (467.5)	*3.75X	Scot Mendelson (US/69) 12/12/09 (467.5 kg. @ 275.0 lb.) (Camarillo, California) (APF)
308 (140)	1075.0 (487.6)	*3.52X	Ryan Kennelly (US/74) 11/8/08 (1075.0 lb. @ 305.0 lb.) (Kennewick, Washington) (Pride)
SHW	1074.8 (487.5)	*3.21X	Ryan Kennelly (US/74) 7/13/08 (487.5 kg. @ 152.0 kg.) (Dubuque, Iowa) (UPA)
Men	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	573.2 (260.0)	5.00X	E. Sajeeva Bhaskaran (India/62) 1993 (260.0 kg.) (India Nationals) (IPF)
123 (56)	639.3 (290.0)	*5.18X	Lamar Gant (US/57) 7/10/82 (290.0 kg. @ 56.0 kg.) (Dayton, Ohio) (USPF/IPF)
132 (60)	683.4 (310.0)	*5.17X	Lamar Gant (US/57) 11/11/88 (310.0 kg. @ 60.0 kg.) (Perth, Australia) (USPF/IPF)
148 (67.5)	705.5 (320.0)	*4.74X	Dan Austin (US/58) 8/1/92 (320.0 kg. @ 67.5 kg.) (Raleigh, North Carolina) (USPF)
165 (75)	793.7 (360.0)	*4.80X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (360.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
181 (82.5)	793.7 (360.0)	*4.43X	Giovanni Brunazzi (Italy) 6/24/95 (360.0 kg. @ 179 lb.) (Landshut, Germany) (IPF)
198 (90)	859.8 (390.0)	*4.35X	Ed Coan (US/63) 7/7/85 (390.0 kg. @ 89.7 kg.) (Chicago, Illinois) (USPF)
220 (100)	901.7 (409.0)	*4.10X	Ed Coan (US/63) 7/28/91 (407.5 kg. @ 99.8 kg., with the actual value of the overweight plates being 409.0 kg.) (Dallas, Texas) (USPF)
242 (110)	892.9 (405.0)	*3.70X	Yuriy Fedorenko (Russia/74) 3/4/06 (405.0 kg. @ 109.6 kg.) (Ufa, Russia) (IPF)
275 (125)	948.0 (430.0)	*3.45X	Konstantin Konstantinovs (Latvia/79) 4/2/06 (430.0 kg. @ 124.8 kg.) (Riga, Latvia) (IPF)
308 (140)	939.2 (426.0)	*3.33X	Konstantin Konstantinovs (Latvia/79) 7/4/09 (426.0 kg. @ 127.9 kg., without a belt.) (Dobele, Latvia) (AWPC)
SHW	1015.0 (460.4)	*2.66X	Benedikt Magnusson (Iceland/84) 4/2/11 (1015.0 lb. @ 381.0 lb.) (Dallas, Texas) (HPL)
Men	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	1515.7 (687.5)	*13.25X	Sergey Fedosienko (Russia/82) 3/3/05 (270.0+160.0+257.5=687.5 kg. @ 51.9 kg.) (Kazan, Russia) (IPF)
123 (56)	1598.4 (725.0)	*13.12X	Sergey Fedosienko (Russia/82) 1/26/08 (725.0 kg. @ 55.25 kg.) (Novosibirsk, Russia) (IPF)
132 (60)	1653.5 (750.0)	*12.51X	Ayrat Zakiyev (Russia/81) 3/1/06 (310.0+220.0+220.0=750.0 kg. @ 59.95 kg.) (Ufa, Russia) (IPF)
148 (67.5)	1930.0 (875.4)	*12.97X	Brian Schwab (US/74) 1/20/08 (765.0+565.0+600.0=1930.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)
165 (75)	2171.6 (985.0)	*13.13X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (985.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
181 (82.5)	2300.0 (1043.3)	*12.66X	Michael Cartinian (US/76) 8/21/11 (2300.0 lb. @ 181.7 lb.) (Covington, Kentucky) (SPF)
198 (90)	2630.0 (1192.9)	*13.27X	Shawn Frankl (US/77) 8/22/09 (1055.0+825.0+750.0=2630.0 lb. @ 198.2 lb.) (Sharonville, Ohio) (SPF)
220 (100)	2715.0 (1231.5)	*12.57X	Shawn Frankl (US/77) 8/21/10 (1060.0+875.0+780.0=2715.0 lb. @ 216.0 lb.) (Cincinnati, Ohio) (SPF)
242 (110)	2695.2 (1222.5)	*11.27X	Juha Someroja (Finland/75) 10/8/11 (1222.5 kg. @ 108.5 kg.) (Helsinki, Finland) (GPC)
275 (125)	2921.1 (1325.0)	*10.62X	Dave Hoff (US/88) 6/3/12 (1325.0 kg. @ 124.8 kg.) (Myrtle Beach, South Carolina) (APF/WPC)
308 (140)	2960.0 (1342.6)	*10.61X	Dave Hoff (US/88) 12/4/11 (2960.0 lb. @ 279.0 lb.) (Cincinnati, Ohio) (SPF)
SHW	3000.0 (1360.8)	*7.78X	Donnie Thompson (US/64) 8/21/11 (1265.0+950.0+785.0=3000.0 lb. @ 385.4 lb. First man to Total 2900 pounds. First man to Total 3000 pounds.) (Covington, Kentucky) (SPF)

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Records accurate (as to my knowledge) as of 8/26/12.

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ALL TIME HISTORICAL MEN'S POWERLIFTING WORLD RANKINGS IN POUNDS

Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient and formula points.

Men	Squat	Male Lifter/ Nationality/ Date/ Federation	Wilks	Schwartz	Sum	Rank
114	662.5 * 6.01X	Andrzej Stanaszek (Poland/71) 11/5/03 (IPF)	*677.86 #3	* 660.24 #1	#4	#2
123	644.9 *5.61X	Andrzej Stanaszek (Poland/71) 3/22/03 (IPF)	*631.50 #9	*612.22 #6	#15	#8
132	705.5 5.33X	Magnus Karlsson (Sweden/67) 10/2/99 (IPF)	601.70 #12	573.41 #12	#24	#12
148	804.7 *5.50X	Thomas James "T.J." Hoerner (US/77) 4/1/06 (APF)	*629.31 #10	*593.52 #9	#19	#10
165	887.4 *5.37X	Al Caslow (US/80) 3/22/09 (APF)	*632.33 #8	*589.65 #10	#18	#9
181	935.0 *5.17X	Derek Wilcox (US/87) 4/16/11 (SPF)	*628.23 #11	*581.01 #11	#22	#11
198	1055.0 *5.32X	Shawn Frankl (US/77) 8/22/09 (SPF)	*673.89 #5	*617.96 #3	=8	=3
220	1100.0 *5.02X	Sam Byrd (US/81) 6/7/08 (SPF)	*671.22 #7	*611.16 #7	#14	#7
242	1140.0 *4.75X	Chuck Vogelpohl (US/65) 8/23/09 (SPF)	*673.24 #6	*613.34 #5	#11	#6
275	1185.0 *4.31X	Brian Carroll (US/81) 8/21/11 (SPF)	*675.57 #4	*617.86 #4	=8	=3
308	1267.7 *4.18X	Jonas Rantanen (Finland/82) 10/8/11 (GPC)	* 710.40 #1	*641.69 #2	#3	—#1—
SHW	1265.0 *3.28X	Donnie Thompson (US/64) 8/21/11 (SPF)	*684.01 #2	*594.76 #8	#10	#5

Men	Bench Press	Male Lifter/ Nationality/ Date/ Federation	Wilks	Schwartz	Sum	Rank
114	402.3 *3.65X	Andrzej Stanaszek (Poland/71) 11/5/03 (IPF)	*411.68 #12	*400.98 #12	#24	#12
123	463.0 *3.75X	Anton Kraft (Denmark/64) 4/18/09 (IPF)	*421.44 #11	*405.01 #11	#22	#11
132	501.6 3.79X	Eric Head (US/86) 7/9/11 (227.5 kg.) (WABDL)	*427.77 #10	*407.66 #10	#20	#10
148	605.0 *4.07X	Kevin Harmon (US/75) 6/19/10 (APA)	*467.24 #9	*439.96 #9	#18	#9
165	705.0 *4.27X	Joe Mazza (US/66) 12/5/09 (IPA)	*503.09 #8	*469.25 #7	=15	=7
181	750.0 *4.13X	Jason Fry (US/79) 4/18/09 (IPA)	*503.10 #7	*465.15 #8	=15	=7
198	850.0 * 4.29X	Shawn Frankl (US/77) 8/23/08 (IPA)	*543.24 #6	*498.19 #5	=11	=5
220	909.4 *4.14X	Jake Prazak (US/77) 11/18/11 (UPA)	*554.37 #4	*504.72 #4	#8	#4
242	920.4 *3.86X	Jake Prazak (US/77) 7/15/11 (UPA)	*544.53 #5	*495.93 #6	=11	=5
275	1030.7 *3.75X	Scot Mendelson (US/69) 12/12/09 (APF)	*587.58 #3	*537.39 #2	#6	#3
308	1075.0 *3.52X	Ryan Kennelly (US/74) 11/8/08 (Pride)	* 601.79 #1	* 543.20 #1	#2	—#1—
SHW	1074.8 *3.21X	Ryan Kennelly (US/74) 7/13/08 (UPA)	*593.59 #2	*527.60 #3	#5	#2

Men	Deadlift	Male Lifter/ Nationality/ Date/ Federation	Wilks	Schwartz	Sum	Rank
114	573.2 5.00X	E. Sajeeva Bhaskaran (India/62) 1993 (IPF)	562.48 #4	545.40 #3	=7	=3
123	639.3 * 5.18X	Lamar Gant (US/57) 7/10/82 (USPF/IPF)	*581.99 #2	* 559.29 #1	=3	—#1—
132	683.4 *5.17X	Lamar Gant (US/57) 11/11/88 (USPF/IPF)	* 582.90 #1	*555.49 #2	=3	—#1—
148	705.5 *4.74X	Dan Austin (US/58) 8/1/92 (USPF)	*543.92 #8	*512.11 #5	#13	#6
165	793.7 *4.80X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (WPO)	*565.57 #3	*527.39 #4	=7	=3
181	793.7 *4.43X	Giovanni Brunazzi (Italy) 6/24/95 (IPF)	*536.86 #10	*497.04 #8	=18	=8
198	859.8 *4.35X	Ed Coan (US/63) 7/7/85 (USPF)	*549.84 #5	*504.27 #6	#11	#5
220	901.7 *4.10X	Ed Coan (US/63) 7/28/91 (USPF)	*549.22 #7	*499.99 #7	#14	#7
242	892.9 *3.70X	Yuriy Fedorenko (Russia/74) 3/4/06 (IPF)	*526.08 #12	*479.47 #11	#23	#12
275	948.0 *3.45X	Konstantin Konstantinovs (Latvia/79) 4/2/06 (IPF)	*540.35 #9	*494.19 #9	=18	=8
308	939.2 *3.33X	Konstantin Konstantinovs (Latvia/79) 7/4/09 (AWPC)	*532.79 #11	*486.02 #10	#21	#11
SHW	1015.0 *2.66X	Benedikt Magnusson (Iceland/84) 4/2/11 (HPL)	*549.83 #6	*479.04 #12	=18	=8

Men	Total	Male Lifter/ Nationality/ Date/ Federation	Wilks	Schwartz	Sum	Rank
114	1515.7 *13.25X	Sergey Fedosienko (Russia/82) 3/3/05 (IPF)	*1490.4 #9	*1445.4 #6	=15	=7
123	1598.4 *13.12X	Sergey Fedosienko (Russia/82) 1/26/08 (IPF)	*1474.5 #11	*1419.2 #9	#20	#10
132	1653.5 *12.51X	Ayrat Zakiyev (Russia/81) 3/1/06 (IPF)	*1411.3 #12	*1345.1 #12	#24	#12
148	1930.0 *12.97X	Brian Schwab (US/74) 1/20/08 (IPA)	*1488.0 #10	*1400.8 #11	#21	#11
165	2171.6 *13.13X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (WPO)	*1547.4 #7	*1443.0 #7	#14	#6
181	2300.0 *12.66X	Michael Cartinian (US/76) 8/21/11 (SPF)	*1541.7 #8	*1425.4 #8	#16	#9
198	2630.0 * 13.27X	Shawn Frankl (US/77) 8/22/09 (SPF)	*1679.9 #2	* 1540.5 #1	=3	—#1—
220	2715.0 *12.57X	Shawn Frankl (US/77) 8/21/10 (SPF)	*1666.2 #3	*1518.2 #4	=7	=3
242	2695.2 *11.27X	Juha Someroja (Finland/75) 10/8/11 (GPC)	*1592.8 #6	*1451.1 #5	#11	#5
275	2921.1 *10.62X	Dave Hoff (US/88) 6/3/12 (APF/WPC)	*1665.0 #4	*1522.8 #3	=7	=3
308	2960.0 *10.61X	Dave Hoff (US/88) 12/4/11 (SPF)	* 1682.8 #1	*1536.8 #2	=3	—#1—
SHW	3000.0 *7.78X	Donnie Thompson (US/64) 8/21/11 (SPF)	*1622.2 #5	*1410.5 #10	=15	=7

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Records accurate (as to my knowledge) as of **8/26/12**.

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ALL TIME HISTORICAL MEN'S UNEQUIPPED POWERLIFTING WORLD RECORDS IN POUNDS/KILOGRAMS

Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

Men	RAW SQ	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	639.3 (290.0)	*5.65X	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0 kg. @ 51.3 kg., without a squat suit or knee wraps.) (Eskilstuna, Sweden) (IPF)
123 (56)	644.9 (292.5)	*5.61X	Andrzej Stanaszek (Poland/71) 3/22/03 (292.5 kg. @ 52.1 kg., without a squat suit or knee wraps.) (Landshut, Germany) (IPF)
132 (60)	530.0 (240.4)	*4.02X	Mike Kuhns (US/86) 10/23/10 (530.0 lb. @ 132.0 lb., without a squat suit or knee wraps.) (Bigler, Pennsylvania) (ADAU)
148 (67.5)	564.5 (256.1)	3.79X	Rickey Dale Crain (US/53) 8/14/76 (565.0 lb., without a squat suit, which later weighed out at 564.5 lb.) (Arlington, Texas) (AAU)
165 (75)	672.4 (305.0)	4.07X	Dan Dumitrache (Romania) 12/5/10 (305.0 kg., without a squat suit.) (Jonesboro, Georgia) (GPA)
181 (82.5)	710.0 (322.1)	3.90X	Jack Barnes (US/37-94) 9/17/72 (710.0 lb., without a squat suit.) (Denver, Colorado) (AAU)
198 (90)	760.0 (344.7)	*3.84X	Phil Harrington (US/73) 7/9/11 (760.0 lb. @ 198.0 lb., without a squat suit.) (Columbus, Ohio) (IPA)
220 (100)	815.7 (370.0)	*3.90X	Konstantin Pozdeev (Russia/84) 12/19/10 (370.0 kg. @ 94.8 kg., without a squat suit.) (Moscow, Russia) (BB)
242 (110)	859.8 (390.0)	*3.62X	Zafir Hudoyarov (Azerbaijan/83) 5/28/11 (390.0 kg. @ 107.6 kg., without a squat suit.) (Moscow, Russia) (BB)
275 (125)	870.8 (395.0)	*3.28X	Mauro Spinardi (Argentina/80) 12/4/11 (395.0 kg. @ 120.6 kg., without a squat suit.) (Atlanta, Georgia) (GPA)
308 (140)	992.1 (450.0)	*3.21X	Andrey Malanichev (Russia/77) 12/19/10 (450.0 kg. @ 140.0 kg., without a squat suit.) (Moscow, Russia) (BB)
SHW	1000.0 (453.6)	*2.22X	Rob Wilkerson (US/81) 3/5/11 (1000.0 lb. @ 451.0 lb., without a squat suit.) (Knoxville, Tennessee) (SPF)

Men	RAW BP	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	391.3 (177.5)	*3.51X	Andrzej Stanaszek (Poland/71) 11/18/94 (177.5 kg. @ 50.6 kg.) (Johannesburg, South Africa) (IPF)
123 (56)	391.3 (177.5)	*3.23X	Mike Booker (US/81) 6/21/03 (177.5 kg. @ 121.0 lb.) (Vista, California) (AAU)
132 (60)	410.0 (186.0)	*3.13X	Rick "Taz" Couch (US) 11/20/93 (410.0 lb. @ 131.0 lb.) (Thousand Oaks, California) (APA/WPA/UBPF)
148 (67.5)	435.0 (197.3)	*3.02X	Alex Poku (US/68) 1/13/90 (435.0 lb. @ 144.25 lb.) (White River Junction, Vermont) (APA/WPA)
165 (75)	487.5 (221.1)	*2.97X	Joe Mazza (US/66) 11/6/10 (487.5 lb. @ 164.0 lb.) (Wildwood, New Jersey) (IPA)
181 (82.5)	556.7 (252.5)	*3.06X	Rick Weil (US/58) 6/29/86 (252.5 kg. @ 82.4 kg. Heaviest unequipped triple bodyweight bench press of all time.) (Dayton, Ohio) (APF/WPC)
198 (90)	565.0 (256.3)	*2.96X	Larry Danaher (US) 10/4/86 (565.0 lb. @ 191 lb.) (Indianapolis, Indiana) (USPF/APF)
220 (100)	582.0 (264.0)	*2.68X	Mike MacDonald (US/48) 5/19/79 (580.0 lb. @ 217.0 lb., which later weighed out at 582.0 lb.) (Minneapolis, Minnesota) (USPF)
242 (110)	661.4 (300.0)	*2.74X	Jeremy Hoornstra (US/81) 4/21/12 (300.0 kg. @ 241.0 lb.) (Defuniak Springs, Florida) (APA)
275 (125)	666.9 (302.5)	*2.42X	Vladimir Kravtsov (Russia/72) 12/10/11 (302.5 kg. @ 124.8 kg.) (Moscow, Russia) (BB)
308 (140)	701.1 (318.0)	*2.28X	Scot Mendelson (US/69) 10/12/02 (318.0 kg. @ 308.0 lb.) (San Francisco, California) (APF)
SHW	715.0 (324.3)	*2.28X	Scot Mendelson (US/69) 5/22/05 (715.0 lb. @ 314.0 lb. Highest bench press of all time without a bench press shirt.) (Worcester, Massachusetts) (Atlantis)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

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ALL TIME HISTORICAL MEN'S UNEQUIPPED POWERLIFTING WORLD RECORDS IN POUNDS/KILOGRAMS

Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

Men	RAW TOTAL	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	1322.8 (600.0)	*11.70X	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0+170.0+140.0=600.0 kg. @ 51.3 kg. Lifts done without a squat suit or a bench press shirt.) (Eskilstuna, Sweden) (IPF)
123 (56)	1300.7 (590.0)	*11.17X	Andrzej Stanaszek (Poland/71) 5/20/00 (280.0+175.0+135.0=590.0 kg. @ 52.8 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Landshut, Germany) (IPF)
132 (60)	1435.2 (651.0)	*11.30X	Sergey Fedosienko (Russia/82) 6/12/12 (221.0+160.0+270.0=651.0 kg. @ 57.6 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Stockholm, Sweden) (IPF)
148 (67.5)	1580.0 (716.7)	10.62X	Tony Conyers (US/59) 11/21/99 (550.0+400.0+630.0=1580.0 lb. Lifts done without a squat suit or a bench press shirt.) (Atlanta, Georgia) (WNPf)
165 (75)	1714.1 (777.5)	10.37X	Rick Gaugler (US/54) 2/10/79 (272.5+190.0+315.0=777.5 kg. Lifts done without a squat suit or a bench press shirt.) (Fort Worth, Texas) (AAU)
181 (82.5)	1745.0 (791.5)	9.59X	Jack Barnes (US/37-94) 9/17/72 (710.0+410.0+625.0=1745.0 lb. Lifts done without a squat suit or a bench press shirt.) (Denver, Colorado) (AAU)
198 (90)	1900.5 (862.1)	9.58X	Larry Pacifico (US/46) 5/21/72 (1900.0 lb., which later weighed out at 1900.5 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 655.0+530.0+715.0=1900.0 lb.) (AW: 655.0+530.5+715.0=1900.5 lb.) (Cincinnati, Ohio) (AAU)
220 (100)	2094.4 (950.0)	*9.93X	Andrey Belyaev (Russia/83) 12/19/10 (345.0+250.0+355.0=950.0 kg. @ 95.7 kg. Lifts done without a squat suit or a bench press shirt.) (Moscow, Russia) (BB)
242 (110)	2135.0 (968.4)	*8.90X	Jon Cole (US/43) 3/14/71 (2140.0 lb. @ 240.0 lb., which later weighed out at 2135.0 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 800.0+525.0+815.0=2140.0 lb.) (AW: 797.0+525.0+813.0=2135.0 lb.) (Tolleson, Arizona) (AAU)
275 (125)	2259.0 (1024.7)	*8.34X	Jon Cole (US/43) 9/17/72 (2255.0 lb. @ 271.0 lb., which later weighed out at 2259.0 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 865.0+570.0+820.0=2255.0 lb.) (AW: 869.0+570.0+820.0=2259.0 lb.) (Denver, Colorado) (AAU)
308 (140)	2364.0 (1072.3)	*8.35X	Jon Cole (US/43) 10/28/72 (2370.0 lb. @ 283.0 lb., which later weighed out at 2364.0 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 905.0+580.0+885.0=2370.0 lb.) (AW: 901.5+580.0+882.5=2364.0 lb.) (Phoenix, Arizona) (AAU)
SHW	2391.5 (1084.8)	*6.70X	Don Reinholdt (US/45) 5/3/75 (2420.0 lb. @ 357.0 lb., which later weighed out at 2391.5 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 915.0+610.0+895.0=2420.0 lb.) (AW: 904.5+601.5+885.5=2391.5 lb.) (Chattanooga, Tennessee) (AAU/IPF)

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ALL TIME HISTORICAL MEN'S UNEQUIPPED POWERLIFTING WORLD RANKINGS IN POUNDS

Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient and formula points.

Men	Unequipped Squat		Male Lifter/ Nationality/ Date/ Federation	Wilks	Schwartz	Sum	Rank
114	639.3	*5.65X	Andrzej Stanaszek (Poland/71) 5/9/02 (IPF)	*636.40 #1	*618.05 #1	#2	—#1—
123	644.9	*5.61X	Andrzej Stanaszek (Poland/71) 3/22/03 (IPF)	*631.50 #2	*612.22 #2	#4	#2
132	530.0	*4.02X	Mike Kuhns (US/86) 10/23/10 (ADAU)	*452.89 #11	*431.74 #11	#22	#11
148	564.5	3.79X	Rickey Dale Crain (US/53) 8/14/76 (AAU)	435.23 #12	409.71 #12	#24	#12
165	672.4	4.07X	Dan Dumitrache (Romania) 12/5/10 (GPA)	479.16 #9	446.82 #7	=16	=8
181	710.0	3.90X	Jack Barnes (US/37-94) 9/17/72 (AAU)	475.63 #10	439.70 #9	#19	#10
198	760.0	*3.84X	Phil Harrington (US/73) 7/9/11 (IPA)	*485.72 #8	*445.44 #8	=16	=8
220	815.7	*3.90X	Konstantin Pozdeev (Russia/84) 12/19/10 (WL)	*507.86 #6	*463.73 #5	#11	#5
242	859.8	*3.62X	Zafir Hudoyarov (Azerbaijan/83) 5/28/11 (BB)	*509.52 #5	*463.95 #4	#9	#4
275	870.8	*3.28X	Mauro Spinardi (Argentina/80) 12/4/11 (GPA)	*500.12 #7	*458.40 #6	#13	#6
308	992.1	*3.21X	Andrey Malanichev (Russia/77) 12/19/10 (WL)	*554.37 #3	*499.41 #3	#6	#3
SHW	1000.0	*2.22X	Rob Wilkerson (US/81) 3/5/11 (SPF)	*531.60 #4	*442.49 #10	#14	#7

Men	Unequipped Bench Press		Male Lifter/ Nationality/ Date/ Federation	Wilks	Schwartz	Sum	Rank
114	391.3	*3.51X	Andrzej Stanaszek (Poland/71) 11/18/94 (IPF)	*395.27 #2	*384.51 #1	=3	—#1—
123	391.3	*3.23X	Mike Booker (US/81) 6/21/03 (AAU)	*363.34 #8	*350.08 #5	=13	=6
132	410.0	*3.13X	Rick "Taz" Couch (US) 11/20/93 (APA/WPA/UBPF)	*352.81 #10	*336.61 #9	#19	#9
148	435.0	*3.02X	Alex Poku (US/68) 1/13/90 (APA/WPA)	*344.00 #12	*324.83 #11	#23	#12
165	487.5	*2.97X	Joe Mazza (US/66) 11/6/10 (IPA)	*349.39 #11	*326.04 #10	=21	=10
181	556.7	*3.06X	Rick Weil (US/58) 6/29/86 (APF/WPC)	*373.19 #6	*345.02 #7	=13	=6
198	565.0	*2.96X	Larry Danaher (US) 10/4/86 (USPF/APF)	*367.98 #7	*338.66 #8	#15	#8
220	582.0	*2.68X	Mike MacDonald (US/48) 5/19/79 (USPF)	*356.48 #9	*324.76 #12	=21	=10
242	661.4	*2.74X	Jeremy Hoornstra (US/81) 4/21/12 (APA)	*390.02 #4	*355.36 #3	=7	=3
275	666.9	*2.42X	Vladimir Kravtsov (Russia/72) 12/10/11 (BB)	*380.13 #5	*347.65 #6	#11	#5
308	701.1	*2.28X	Scot Mendelson (US/69) 10/12/02 (APF)	*391.90 #3	*353.13 #4	=7	=3
SHW	715.0	*2.28X	Scot Mendelson (US/69) 5/22/05 (Atlantis)	*398.54 #1	*358.00 #2	=3	—#1—

Men	Unequipped Total		Male Lifter/ Nationality/ Date/ Federation	Wilks	Schwartz	Sum	Rank
114	1322.8	*11.70X	Andrzej Stanaszek (Poland/71) 5/9/02 (IPF)	*1316.7 #2	*1278.7 #1	=3	—#1—
123	1300.7	*11.17X	Andrzej Stanaszek (Poland/71) 5/20/00 (IPF)	*1256.2 #8	*1215.9 #4	#12	#7
132	1435.2	*11.30X	Sergey Fedosienko (Russia/82) 6/12/12 (IPF)	*1271.5 #6	*1217.6 #3	=9	=3
148	1580.0	10.62X	Tony Conyers (US/59) 11/21/99 (WNPF)	1218.2 #10	1146.8 #9	=19	=9
165	1714.1	10.37X	Rick Gaugler (US/54) 2/10/79 (AAU)	1221.5 #9	1139.0 #10	=19	=9
181	1745.0	9.59X	Jack Barnes (US/37-94) 9/17/72 (AAU)	1169.0 #12	1080.7 #12	#24	#12
198	1900.5	9.58X	Larry Pacifico (US/46) 5/21/72 (AAU)	1213.3 #11	1112.4 #11	#22	#11
220	2094.4	*9.93X	Andrey Belyaev (Russia/83) 12/19/10 (BB)	*1298.5 #4	*1184.8 #5	=9	=3
242	2135.0	*8.90X	Jon Cole (US/43) 3/14/71 (AAU)	*1260.5 #7	*1148.4 #8	#15	#8
275	2259.0	*8.34X	Jon Cole (US/43) 9/17/72 (AAU)	*1291.9 #5	*1183.5 #6	#11	#6
308	2364.0	*8.35X	Jon Cole (US/43) 10/28/72 (AAU)	*1340.2 #1	*1222.0 #2	=3	—#1—
SHW	2391.5	*6.70X	Don Reinholdt (US/45) 5/3/75 (AAU/IPF)	*1308.6 #3	*1152.0 #7	#10	#5

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MEN'S 1100 POUND (499.0 KILOGRAM) SQUAT HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

Squat	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 1267.7 (575.0)	*4.18X	308 (140)	Jonas Rantanen (Finland/82) 10/8/11 (575.0 kg. @ 137.4 kg. Heaviest quadruple bodyweight squat of all time.) (Helsinki, Finland) (GPC)
2. 1265.0 (573.8)	*3.28X	SHW	Donnie Thompson (US/64) 8/21/11 (1265.0 lb. @ 385.4 lb.) (Covington, Kentucky) (SPF)
3. 1250.0 (567.0)	*3.71X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)
4. 1220.0 (553.4)	*3.32X	SHW	Mike "Mule" Miller (US/68) 4/9/06 (1220.0 lb. @ 367.0 lb. First man to squat 1200 pounds.) (Leesport, Pennsylvania) (IPA)
5. 1213.6 (550.5)	*3.52X	SHW	Andy Bolton (Great Britain/70) 3/3/07 (550.5 kg. @ 156.6 kg.) (Columbus, Ohio) (WPO)
6. 1212.5 (550.0)	*2.29X	SHW	Jeff Lewis (US/70) 3/4/06 (550.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)
7. 1207.0 (547.5)	*3.81X	SHW	Henry Thomason (US/79) 11/5/11 (547.5 kg. @ 316.8 lb.) (Waxahachie, Texas) (APF)
8. 1205.0 (546.6)	*3.97X	308 (140)	Ashley "A.J." Roberts (US/Great Britain/85) 3/11/12 (1205.0 lb. @ 303.6 lb.) (Knoxville, Tennessee) (SPF)
9. 1200.0 (544.3)	*4.30X	308 (140)	Dave Hoff (US/88) 12/4/11 (1200.0 lb. @ 279.0 lb.) (Cincinnati, Ohio) (SPF)
10. 1196.0 (542.5)	*3.91X	308 (140)	Matt Wenning (US/79) 4/16/11 (542.5 kg. @ 305.8 lb.) (Sandwich, Illinois) (UPA)
11. 1185.0 (537.5)	*4.31X	275 (125)	Brian Carroll (US/81) 8/21/11 (1185.0 lb. @ 275.0 lb.) (Covington, Kentucky) (SPF)
12. 1180.0 (535.2)	*4.45X	275 (125)	Chuck Vogelpohl (US/65) 3/5/11 (1180.0 lb. @ 265.0 lb.) (Columbus, Ohio) (IPA)
13. 1174.0 (532.5)	*3.20X	SHW	Chad Aichs (US/72) 3/3/07 (532.5 kg. @ 166.55 kg.) (Columbus, Ohio) (WPO)
14. 1168.4 (530.0)	*4.31X	275 (125)	Yevgen Yarymbash (Ukraine/83) 10/11/08 (530.0 kg. @ 123.0 kg.) (Mangush, Ukraine) (IPA)
15. 1168.4 (530.0)	*4.25X	275 (125)	Dave Hoff (US/88) 6/3/12 (530.0 kg. @ 124.8 kg.) (Myrtle Beach, South Carolina) (APF/WPC)
16. 1160.0 (526.2)	*3.07X	SHW	Matt Smith (US/74) 8/19/07 (1160.0 lb. @ 378.0 lb.) (Franklin, Ohio) (IPA)
17. 1160.0 (526.2)	*3.71X	SHW	Scott "Hoss" Cartwright (US/69) 8/23/09 (1160.0 lb. @ 313.0 lb.) (Sharonville, Ohio) (SPF)
18. 1157.4 (525.0)	*3.93X	308 (140)	Al Mehan (Canada/74) 1/29/11 (525.0 kg. @ 133.7 kg.) (Montreal, Canada) (WPC)
19. 1151.9 (522.5)	*3.47X	SHW	Mat Court (Canada/84) 5/8/10 (522.5 kg. @ 150.4 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)
20. 1150.0 (521.6)	*3.82X	308 (140)	Anthony Bolognone (US/76) 12/5/10 (1150 lb. @ 300.8 lb.) (Cincinnati, Ohio) (SPF)
21. 1147.5 (520.5)	*3.75X	308 (140)	Paul Childress (US/71) 3/3/07 (520.5 kg. @ 138.7 kg.) (Columbus, Ohio) (WPO)
22. 1140.9 (517.5)	*3.57X	SHW	Brent Mikesell (US/67) 11/30/03 (517.5 kg. @ 145.0 kg.) (Calgary, Alberta, Canada) (APF/WPC)
23. 1140.0 (517.1)	*4.75X	242 (110)	Chuck Vogelpohl (US/65) 8/23/09 (1140.0 lb. @ 239.8 lb.) (Sharonville, Ohio) (SPF)
24. 1135.0 (514.8)	*3.79X	308 (140)	Henry Thomason (US/79) 11/6/10 (1135.0 lb. @ 299.6 lb.) (Dallas, Texas) (SPF)
25. 1130.0 (512.6)	*3.75X	308 (140)	Jake Anderson (US/86) 8/21/11 (1130.0 lb. @ 301.6 lb.) (Covington, Kentucky) (SPF)
26. 1125.5 (510.5)	*3.38X	SHW	Beau Moore (US/66) 3/5/05 (510.5 kg. @ 151.1 kg.) (Columbus, Ohio) (WPO)
27. 1125.0 (510.3)	*3.40X	SHW	Anthony Bolognone (US/76) 12/5/09 (1125.0 lb. @ 331.0 lb.) (Nashville, Tennessee) (SPF)
28. 1125.0 (510.3)	*3.44X	SHW	Paul Childress (US/71) 4/30/11 (1125.0 lb. @ 327.2 lb.) (Columbus, Ohio) (SPF)
29. 1124.4 (510.0)	*3.77X	308 (140)	Marc "Spuds" Bartley (US/68) 11/4/06 (510.0 kg. @ 135.4 kg.) (Lake George, New York) (WPO)
30. 1110.0 (503.5)	*3.61X	308 (140)	Jonathan Bernor (US/75) 2/17/07 (1110.0 lb. @ 307.5 lb.) (Tribes Hill, New York) (APF)
31. 1107.8 (502.5)	*4.04X	275 (125)	Marc "Spuds" Bartley (US/68) 3/4/06 (502.5 kg. @ 124.4 kg.) (Columbus, Ohio) (WPO)
32. 1107.8 (502.5)	*3.61X	308 (140)	Jim Hoskinson (US/65) 3/16/08 (502.5 kg. @ 139.25 kg.) (Rainbow City, Alabama) (APF)
33. 1107.8 (502.5)	*4.86X	242 (110)	Sam Byrd (US/81) 6/14/08 (502.5 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF)
34. 1105.0 (501.2)	3.58X	308 (140)	Matt Wilson (US/79) 11/7/09 (1105.0 lb.) (New Castle, Delaware) (APA)
35. 1105.0 (501.2)	*4.43X	275 (125)	Joe Norman (US/68) 2/27/10 (1105.0 lb. @ 249.5 lb.) (Orlando, Florida) (APF)
36. 1104.5 (501.0)	*3.91X	308 (140)	Sergiy Karnaukhov (Ukraine/78) 2/14/09 (501.0 kg. @ 128.2 kg.) (Krivoy Rog, Ukraine) (WPC)
37. 1102.3 (500.0)	*4.15X	275 (125)	Steve Goggins (US/63) 3/1/03 (500.0 kg. @ 120.45 kg. First man to squat 1100 pounds.) (Columbus, Ohio) (WPO)
38. 1102.3 (500.0)	*3.58X	308 (140)	Vladislav Alhazov (Israel/77) 3/27/05 (500.0 kg. @ 139.5 kg.) (Okotoks, Alberta, Canada) (WPC)
39. 1102.3 (500.0)	*3.00X	SHW	Garry Frank (US/64) 9/24/05 (500.0 kg. @ 166.5 kg.) (New Port Richey, Florida) (APF)
40. 1102.3 (500.0)	*3.24X	SHW	Jonathan Bernor (US/75) 10/30/05 (500.0 kg. @ 154.5 kg.) (Chicago, Illinois) (WPO)

MEN'S 1100 POUND (499.0 KILOGRAM) SQUAT HALL OF FAME CONTINUED ON THE NEXT PAGE

MEN'S 1100 POUND (499.0 KILOGRAM) SQUAT HALL OF FAME CONTINUED

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Squat	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
41.	1102.3 (500.0)	*3.63X	308 (140)	Scott Weech (US/85) 12/4/05 (500.0 kg. @ 137.85 kg.) (Jacksonville, Florida) (APF)
42.	1102.3 (500.0)	*4.01X	275 (125)	Ano Turtiainen (Finland/67) 3/25/07 (500.0 kg. @ 124.8 kg.) (Juva, Finland) (WPC)
43.	1102.3 (500.0)	4.00X	275 (125)	Charles Bailey (US/63) 6/24/07 (500.0 kg.) (Marietta, Georgia) (APC/GPC)
44.	1102.3 (500.0)	4.00X	275 (125)	Al Mehan (Canada/74) 9/22/07 (500.0 kg.) (Saint Francisville, Louisiana) (APF)
45.	1102.3 (500.0)	*3.75X	308 (140)	Ano Turtiainen (Finland/67) 11/4/07 (500.0 kg. @ 133.3 kg.) (Togliatty, Russia) (WPO)
46.	1102.3 (500.0)	*3.58X	308 (140)	Scott "Hoss" Cartwright (US/69) 6/1/08 (500.0 kg. @ 308.0 lb.) (Omaha, Nebraska) (APF/WPC)
47.	1102.3 (500.0)	*3.15X	SHW	Kari Kalliola (Finland/63) 11/22/08 (500.0 kg. @ 158.7 kg.) (Palm Beach, Florida) (WPC)
48.	1102.3 (500.0)	*3.41X	SHW	John Ewing (US/80) 6/14/09 (500.0 kg. @ 146.7 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
49.	1100.0 (499.0)	*3.37X	SHW	Matt Wilson (US/79) 11/12/06 (1100.0 lb. @ 326.3 lb.) (York, Pennsylvania) (IPA)
50.	1100.0 (499.0)	*5.02X	220 (110)	Sam Byrd (US/81) 6/7/08 (1100.0 lb. @ 219.0 lb. Heaviest men's quintuple bodyweight squat of all time.) (Gatlinburg, Tennessee) (SPF)
51.	1100.0 (499.0)	*3.39X	SHW	Robert White (US) 4/30/11 (1100.0 lb. @ 324.8 lb.) (Columbus, Ohio) (SPF)

MEN'S 900 POUND (408.2 KILOGRAM) UNEQUIPPED SQUAT HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Squat	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1000.0 (453.6)	*2.22X	SHW	Rob Wilkerson (US/81) 3/5/11 (1000.0 lb. @ 451.0 lb., without a squat suit.) (Knoxville, Tennessee) (SPF)
2.	992.1 (450.0)	*3.21X	308 (140)	Andrey Malanichev (Russia/77) 12/19/10 (450.0 kg. @ 140.0 kg., without a squat suit.) (Moscow, Russia) (BB)
3.	970.0 (440.0)	*3.20X	308 (140)	Sergiy Karnaukhov (Ukraine/78) 11/4/07 (440.0 kg. @ 137.55 kg., without a squat suit.) (Togliatty, Russia) (WPO)
4.	953.5 (432.5)	*2.35X	SHW	Marc Henry (US/71) 10/29/95 (432.5 kg. @ 405.0 lb., without a squat suit.) (Sussex, England) (ADFPA/WDFPF)
5.	934.5 (423.9)	*2.78X	SHW	Don Reinholdt (US/45) 4/10/76 (935.0 lb. @ 152.4 kg., without a squat suit, which later weighed out at 934.5 lb.) (Findlay, Ohio) (AAU/IPF)
6.	925.9 (420.0)	*2.82X	SHW	Sergey Alexeev (Russia) 9/18/94 (420.0 kg. @ 148.78 kg., without a squat suit.) (Moore Lake, Minnesota) (WDFPF)
7.	925.9 (420.0)	*2.78X	SHW	Peter Petras (Czech Republic/84) 4/3/11 (420.0 kg. @ 151.0 kg., without a squat suit.) (Trutnov, Czech Republic) (WPC)
8.	909.4 (412.5)	*2.38X	SHW	Vasil Orobets (Ukraine/66) 5/22/05 (412.5 kg. @ 173.5 kg., without a squat suit.) (Hamm, Luxembourg) (IPF)
9.	905.0 (410.5)	*2.81X	SHW	John Kuc (US/47) 11/11/72 (905.0 lb. @ 322.25 lb., without a squat suit.) (Harrisburg, Pennsylvania) (AAU/IPF)
10.	905.0 (410.5)	*2.96X	308 (140)	Chad Smith (US/86) 8/20/11 (905.0 lb. @ 305.4 lb., without a squat suit.) (Covington, Kentucky) (SPF)
11.	903.9 (410.0)	*2.79X	SHW	Brent Mikesell (US/67) 6/26/04 (410.0 kg. @ 323.7 lb., without a squat suit.) (Newport, Oregon) (IPA)
12.	903.9 (410.0)	*3.09X	308 (140)	Troy Nash (US/70) 9/12/09 (410.0 kg. @ 292.4 lb., without a squat suit.) (Rock Hill, South Carolina) (APF)
13.	901.5 (408.9)	*3.19X	308 (140)	Jon Cole (US/43) 10/28/72 (905.0 lb. @ 283.0 lb., without a squat suit, which later weighed out at 901.5 lb. First man to squat 900 pounds.) (Phoenix, Arizona) (AAU)

MEN'S QUINTUPLE BODYWEIGHT SQUAT HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Squat	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1100.0 (499.0)	*5.023X	220 (100)	Sam Byrd (US/81) 6/7/08 (1100.0 lb. @ 219.0 lb. Heaviest men's quintuple bodyweight squat of all time.) (Gatlinburg, Tennessee) (SPF)
2.	1055.0 (478.5)	*5.323X	198 (90)	Shawn Frankl (US/77) 8/22/09 (1055.0 lb. @ 198.2 lb.) (Sharonville, Ohio) (SPF)
3.	1050.0 (476.3)	*5.298X	198 (90)	Sam Byrd (US/81) 8/19/07 (1050.0 lb. @ 198.2 lb.) (Franklin, Ohio) (IPA)
4.	1005.0 (455.9)	*5.076X	198 (90)	Michael Cartinian (US/76) 3/6/11 (1005.0 lb. @ 198.0 lb.) (Knoxville, Tennessee) (SPF)
5.	1000.0 (453.6)	*5.081X	198 (90)	Jason Coker (US/75) 3/11/12 (1000.0 lb. @ 196.8 lb.) (Knoxville, Tennessee) (SPF)
6.	990.0 (449.1)	*5.017X	198 (90)	Sergiy Naleykin (Ukraine/81) 1/20/08 (990.0 lb. @ 89.5 kg.) (Columbus, Ohio) (IPA)
7.	935.0 (424.1)	*5.166X	181 (82.5)	Derek Wilcox (US/87) 4/16/11 (935.0 lb. @ 181.0 lb.) (Asheville, North Carolina) (SPF)
8.	930.0 (421.8)	*5.127X	181 (82.5)	Michael Cartinian (US/76) 8/22/09 (930.0 lb. @ 181.4 lb.) (Sharonville, Ohio) (SPF)
9.	910.0 (412.8)	*5.135X	181 (82.5)	Al Caslow (US/80) 8/21/10 (910.0 lb. @ 177.2 lb.) (Cincinnati, Ohio) (SPF)
10.	887.4 (402.5)	*5.367X	165 (75)	Al Caslow (US/80) 3/22/09 (397.5 kg. @ 75.0 kg., which was accidentally misloaded to 402.5 kg.) (Omaha, Nebraska) (APF)
11.	881.8 (400.0)	*5.487X	165 (75)	Gerry McNamara (Ireland/63) 6/16/12 (400.0 kg. @ 72.9 kg.) (Limerick, Ireland) (GPC/WPC)
12.	870.8 (395.0)	*5.267X	165 (75)	Oleksandr Kutcher (Ukraine/80) 11/3/06 (395.0 kg. @ 75.0 kg.) (Lake George, New York) (WPO)
13.	859.8 (390.0)	*5.058X	181 (82.5)	Oleksandr Kutcher (Ukraine/80) 10/22/06 (390.0 kg. @ 77.1 kg.) (Stuttgart, Germany) (WPC)
14.	854.3 (387.5)	*5.178X	165 (75)	Tony Conyers (US/59) 9/24/05 (387.5 kg. @ 74.84 kg.) (New Port Richey, Florida) (APF)
15.	837.8 (380.0)	*5.080X	165 (75)	Nick Hatch (US/85) 6/2/06 (380.0 kg. @ 74.8 kg.) (Las Vegas, Nevada) (APF/WPC)
16.	825.0 (374.2)	*5.000X	165 (75)	Angelo Berardinelli (US/65) 7/9/04 (825.0 lb. @ 165.0 lb.) (Shamokin Dam, Pennsylvania) (IPA)
17.	825.0 (374.2)	*5.163X	165 (75)	Brian Schwab (US/74) 8/23/08 (825.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)
18.	805.8 (365.5)	*5.022X	165 (75)	Jaroslav Olech (Poland/74) 11/9/11 (365.5 kg. @ 72.78 kg.) (Pilsen, Czech Republic) (IPF)
19.	804.7 (365.0)	*5.504X	148 (67.5)	Thomas James "T.J." Hoerner (US/77) 4/1/06 (365.0 kg. @ 146.2 lb.) (Houston, Texas) (APF)
20.	788.2 (357.5)	*5.296X	148 (67.5)	Nick Hatch (US/85) 3/4/05 (357.5 kg. @ 67.5 kg.) (Columbus, Ohio) (WPO)
21.	771.6 (350.0)	*5.208X	148 (67.5)	Gerry McNamara (Ireland/63) 11/17/11 (350.0 kg. @ 67.2 kg.) (Limerick, Ireland) (GPC)
22.	765.0 (347.0)	*5.141X	148 (67.5)	Brian Schwab (US/74) 1/20/08 (765.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)
23.	755.1 (342.5)	*5.097X	148 (67.5)	Jaroslav Olech (Poland/74) 11/9/10 (342.5 kg. @ 67.2 kg.) (Potchefstroom, South Africa) (IPF)
24.	705.5 (320.0)	5.333X	132 (60)	Magnus Karlsson (Sweden/67) 10/2/99 (320.0 kg.) (Malmo, Sweden) (IPF)
25.	688.9 (312.5)	*5.106X	148 (67.5)	Ravil Kazakov (Russia/82) 7/16/05 (312.5 kg. @ 61.2 kg.) (Duisburg, Germany) (IPF)
26.	683.4 (310.0)	*5.171X	132 (60)	Ayrat Zakiyev (Russia/81) 3/1/06 (310.0 kg. @ 59.95 kg.) (Ufa, Russia) (IPF)
27.	662.5 (300.5)	*6.010X	114 (52)	Andrzej Stanaszek (Poland/71) 11/5/03 (300.5 kg. @ 50.0 kg. First man to squat quintuple bodyweight. Only man to squat sextuple bodyweight.) (Vejle, Denmark) (IPF)
28.	661.4 (300.0)	*5.025X	132 (60)	Ravil Kazakov (Russia/82) 11/10/04 (300.0 kg. @ 59.7 kg.) (Cape Town, South Africa) (IPF)
29.	650.4 (295.0)	*5.175X	132 (60)	Sergey Fedosienko (Russia/82) 2/25/12 (295.0 kg. @ 57.0 kg.) (Chelyabinsk, Russia) (IPF)
30.	644.9 (292.5)	*5.614X	123 (56)	Andrzej Stanaszek (Poland/71) 3/22/03 (292.5 kg. @ 52.1 kg., without a squat suit or knee wraps) (Landshut, Germany) (IPF)
31.	639.3 (290.0)	*5.653X	114 (52)	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0 kg. @ 51.3 kg., without a squat suit or knee wraps.) (Eskilstuna, Sweden) (IPF)
32.	639.3 (290.0)	*5.400X	123 (56)	Sergey Fedosienko (Russia/82) 3/14/09 (290.0 kg. @ 53.7 kg.) (Vladimir, Russia) (IPF)
33.	633.8 (287.5)	*5.162X	123 (56)	Magnus Karlsson (Sweden/67) 11/14/96 (287.5 kg. @ 55.7 kg.) (Salzburg, Austria) (IPF)
34.	595.2 (270.0)	*5.202X	114 (52)	Sergey Fedosienko (Russia/82) 3/3/05 (270.0 kg. @ 51.9 kg.) (Kazan, Russia) (IPF)

MEN'S 900 POUND (408.2 KILOGRAM) BENCH PRESS HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Bench Press	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1075.0 (487.6)	*3.52X	308 (140)	Ryan Kennelly (US/74) 11/8/08 (1075.0 lb. @ 305.0 lb. Heaviest male triple bodyweight bench press of all time.) (Kennewick, Washington) (Pride)
2.	1074.8 (487.5)	*3.21X	SHW	Ryan Kennelly (US/74) 7/13/08 (487.5 kg. @ 152.0 kg.) (Dubuque, Iowa) (UPA)
3.	1047.2 (475.0)	*3.38X	SHW	Paul "Tiny" Meeker (US/71) 5/8/10 (475.0 kg. @ 310.0 lb.) (New Roads, Louisiana) (NSM)
4.	1030.7 (467.5)	*3.75X	275 (125)	Scot Mendelson (US/69) 12/12/09 (467.5 kg. @ 275.0 lb.) (Camarillo, California) (APF)
5.	1025.1 (465.0)	*3.21X	SHW	Scot Mendelson (US/69) 11/22/08 (465.0 kg. @ 144.9 kg.) (Palm Beach, Florida) (APF/WPC)
6.	1010.0 (458.1)	*2.85X	SHW	Gene Rychlak (US/68) 12/16/06 (1010.0 lb. @ 355.0 lb. First man to bench press 900 pounds. First man to bench press 1000 pounds.) (Lake George, New York) (APF)
7.	965.0 (437.7)	*3.46X	308 (140)	Dave Hoff (US/88) 12/4/11 (965.0 lb. @ 279.0 lb.) (Cincinnati, Ohio) (SPF)
8.	950.0 (430.9)	*2.46X	SHW	Donnie Thompson (US/64) 8/21/11 (950.0 lb. @ 385.4 lb.) (Covington, Kentucky) (SPF)
9.	948.0 (430.0)	*3.69X	275 (125)	Rob Luyando (US/70) 7/13/08 (430.0 kg. @ 116.6 kg.) (Dubuque, Iowa) (UPA)
10.	959.0 (435.0)	*3.49X	275 (125)	Dave Hoff (US/88) 6/3/12 (435.0 kg. @ 124.8 kg.) (Myrtle Beach, South Carolina) (APF/WPC)
11.	942.5 (427.5)	*3.06X	308 (140)	Paul "Tiny" Meeker (US/71) 2/18/06 (427.5 kg. @ 307.5 lb.) (Pasadena, California) (APF)
12.	942.5 (427.5)		SHW	Mike Womack (US/83) 3/28/09 (427.5 kg.) (Dallas, Texas) (WABDL)
13.	931.5 (422.5)	*2.33X	SHW	Harlan "Clay" Brandenburg (US/74) 10/27/07 (422.5 kg. @ 181.7 kg.) (Kalamazoo, Michigan) (APF)
14.	930.0 (421.8)	*3.12X	308 (140)	Glenn Russo (US/70) 5/26/07 (930.0 lb. @ 298.5 lb.) (West Hempstead, New York) (APF)
15.	925.9 (420.0)	*2.47X	SHW	Garry Frank (US/64) 11/18/06 (420.0 kg. @ 170.2 kg.) (Lake City, Florida) (APF)
16.	920.4 (417.5)	*3.86X	242 (110)	Jake Prazak (US/77) 7/15/11 (417.5 kg. @ 238.5 lb.) (Dubuque, Iowa) (UPA)
17.	914.9 (415.0)	*3.02X	308 (140)	Scot Mendelson (US/69) 8/7/05 (415.0 kg. @ 302.5 lb.) (Sherman Oaks, California) (APF)
18.	914.9 (415.0)	*3.31X	308 (140)	Rob Luyando (US/70) 11/10/07 (415.0 kg. @ 276.0 lb.) (Omaha, Nebraska) (APF)
19.	913.8 (414.5)	*3.10X	308 (140)	Vladimir Maximov (Russia/66) 3/20/11 (414.5 kg. @ 133.5 kg.) (Ufa, Russia) (IPA)
20.	910.0 (412.8)	*2.44X	SHW	Robert "Tee" McCray (US/72) 11/23/08 (910.0 lb. @ 373.7 lb.) (York, Pennsylvania) (IPA)
21.	910.0 (412.8)	*2.92X	SHW	Ashley "A.J." Roberts (US/Great Britain/85) 12/10/11 (910.0 lb. @ 312.0 lb.) (Tampa, Florida) (SPF)
22.	909.4 (412.5)	*2.42X	SHW	Robert Vick (US/74) 5/17/08 (412.5 kg. @ 375.2 lb.) (Wisconsin Dells, Wisconsin) (WABDL)
23.	909.4 (412.5)	*4.14X	220 (100)	Jake Prazak (US/77) 11/18/11 (412.5 kg. @ 99.6 kg. Heaviest quadruple bodyweight bench press of all time.) (Dubuque, Iowa) (UPA)
24.	905.0 (410.5)	*2.38X	SHW	Shawn T. Lattimer (US/76) 5/12/07 (905.0 lb. @ 380.2 lb.) (Tribes Hill, New York) (APF)
25.	905.0 (410.5)	*3.78X	242 (110)	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA)
26.	905.0 (410.5)	*2.97X	308 (140)	Ashley "A.J." Roberts (US/Great Britain/85) 8/21/11 (905.0 lb. @ 304.8 lb.) (Covington, Kentucky) (SPF)
27.	903.9 (410.0)	*4.11X	220 (100)	Jason Coker (US/75) 1/23/10 (410.0 kg. @ 220.0 lb.) (Los Angeles, California) (APF)
28.	903.9 (410.0)	*2.00X	SHW	Roy Bradshaw (US/67) 2/7/10 (410.0 kg. @ 452.0 lb.) (Sacramento, California) (SPF)
29.	903.9 (410.0)	*2.75X	SHW	Jani Murtomaki (Finland/81) 10/9/10 (410.0 kg. @ 148.9 kg.) (Helsinki, Finland) (GPC)
30.	903.9 (410.0)	3.73X	242 (110)	Jimmy Kolb (US/90) 2/25/12 (410.0 kg.) (Lynchburg, Virginia) (WABDL)

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Records accurate (as to my knowledge) as of **8/26/12**.

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MEN'S 600 POUND (272.2 KILOGRAM) UNEQUIPPED BENCH PRESS HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Bench Press	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	715.0 (324.3)	*2.28X	SHW	Scot Mendelson (US/69) 5/22/05 (715.0 lb. @ 314.0 lb. Highest bench press of all time without a bench press shirt.) (Worcester, Massachusetts) (Atlantis)
2.	711.0 (322.5)	*1.82X	SHW	James Henderson (US/65) 7/13/97 (322.5 kg. @ ~390 lb. First man to bench press 700 pounds without a bench press shirt.) (Philadelphia, Pennsylvania) (USPF/IPF)
3.	701.1 (318.0)	*2.28X	308 (140)	Scot Mendelson (US/69) 10/12/02 (318.0 kg. @ 308.0 lb.) (San Francisco, California) (APF)
4.	694.5 (315.0)	*1.87X	SHW	Kirill Sarychev (Russia/89) 6/30/12 (315.0 kg. @ 168.8 kg.) (Arkhangelsk, Russia) (WPC)
5.	675.0 (306.2)	*1.97X	SHW	Jim Williams (US/41-07) 11/11/72 (675.0 lb. @ 343.25 lb.) (Harrisburg, Pennsylvania) (AAU/IPF)
6.	666.9 (302.5)	*2.33X	308 (140)	Ted Arcidi (US/58) 4/1/84 (302.5 kg. @ 286.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
7.	666.9 (302.5)	*2.34X	308 (140)	Laszlo Meszaros (Hungary/68) 6/12/11 (302.5 kg. @ 129.5 kg.) (Eger, Hungary) (GPA)
8.	666.9 (302.5)	*2.42X	275 (125)	Vladimir Kravtsov (Russia/72) 12/10/11 (302.5 kg. @ 124.8 kg.) (Moscow, Russia) (BB)
9.	665.0 (301.6)	*2.16X	308 (140)	Glen Chabot (US/66) 4/6/02 (665.0 lb. @ 308.0 lb.) (Queensbury, New York) (IPA)
10.	663.6 (301.0)	*2.33X	308 (140)	Vladimir Kravtsov (Russia/72) 5/28/11 (301.0 kg. @ 129.2 kg.) (Moscow, Russia) (BB)
11.	661.4 (300.0)	*2.00X	SHW	Bill Kazmaier (US/53) 1/31/81 (300.0 kg. @ 330.0 lb.) (Columbus, Georgia) (USPF/IPF)
12.	661.4 (300.0)	*2.40X	275 (125)	Laszlo Meszaros (Hungary/68) 10/4/09 (300.0 kg. @ 125.0 kg.) (Rostov, Russia) (WPC)
13.	661.4 (300.0)	*2.74X	242 (110)	Jeremy Hoorstra (US/81) 4/21/12 (300.0 kg. @ 241.0 lb.) (Defuniak Springs, Florida) (APA)
14.	655.0 (297.1)	*1.84X	SHW	Ben Brand (US/80) 11/21/10 (655.0 lb. @ 356.0 lb.) (York, Pennsylvania) (IPA)
15.	650.4 (295.0)	*2.36X	275 (125)	Ted Arcidi (US/58) 11/13/83 (295.0 kg. @ 125.0 kg.) (Westminster, Maryland) (NSM)
16.	650.4 (295.0)	*1.96X	SHW	Andrew Collura (US/76) 8/17/02 (295.0 kg. @ 331.0 lb.) (Lantana, Florida) (NSM)
17.	650.0 (294.8)	2.11X	308 (140)	Bob Hickey (US) 11/20/99 (650.0 lb.) (York, Pennsylvania) (IPA)
18.	650.0 (294.8)	*1.91X	SHW	Brian Siders (US/78) 5/22/05 (650.0 lb. @ 341.0 lb.) (Worcester, Massachusetts) (Atlantis)
19.	650.0 (294.8)	*1.86X	SHW	Nick Winters (US/81-10) 5/6/06 (650.0 lb. @ 350.0 lb.) (Amherst, Massachusetts) (Atlantis)
20.	650.0 (294.8)	*2.04X	SHW	Ryan Kennelly (US/74) 9/18/10 (650.0 lb. @ 318 lb.) (Kennewick, Washington) (UPA)
21.	650.0 (294.8)	*2.18X	308 (140)	Al Davis (US/73) 11/6/10 (650.0 lb. @ 298.2 lb.) (Dallas, Texas) (SPF)
22.	639.3 (290.0)	*2.00X	SHW	Riku Kiri (Finland/63) 9/27/91 (290.0 kg. @ ~145.0 kg.) (Birmingham, England) (WPC)
23.	639.3 (290.0)	2.32X	275 (125)	Allen Baria (US/71) 12/11/10 (290.0 kg.) (Parkersburg, West Virginia) (USPF)
24.	639.3 (290.0)	*1.64X	SHW	Roman Polyakov (Russia/75) 6/4/12 (290.0 kg. @ 177.3 kg.) (Moscow, Russia) (WPC)
25.	637.5 (289.2)	*2.07X	308 (140)	Dan Kovacs (US/70) 11/20/11 (637.5 lb. @ 307.9 lb.) (York, Pennsylvania) (IPA)
26.	633.8 (287.5)	*2.11X	308 (140)	Steve Wong (US/68) 11/18/02 (287.5 kg. @ ~301.0 lb.) (Reno, Nevada) (WABDL)
27.	633.8 (287.5)	2.05X	308 (140)	Allen Baria (US/71) 7/10/10 (287.5 kg.) (Parkersburg, West Virginia) (USPF)
28.	630.0 (285.8)		SHW	Rob Wilkerson (US/81) 3/31/12 (630.0 lb.) (Mesquite, Texas) (HPL)
29.	628.3 (285.0)		SHW	Lars Hedlund (Sweden/49) 3/4/80 (285.0 kg.) (Copenhagen, Denmark) (IPF)
30.	628.3 (285.0)	2.04X	308 (140)	Lee Moran (US/55-99) 12/17/83 (285.0 kg.) (Santa Cruz, California) (USPF)
31.	628.3 (285.0)	2.28X	275 (125)	Jari Sjoman (Finland) 10/4/97 (285.0 kg.) (Helsinki, Finland) (WPC)
32.	628.3 (285.0)	*1.90X	SHW	John Dolan (US/70) 1/26/08 (285.0 kg. @ 330.0 lb.) (Tampa, Florida) (RUPC)
33.	628.3 (285.0)	*2.20X	308 (140)	Vladimir Maximov (Russia/66) 6/26/10 (285.0 kg. @ 129.3 kg.) (Arkhangelsk, Russia) (WPC)
34.	628.3 (285.0)	*2.31X	275 (125)	Ryan Dewitt (US/75) 10/9/11 (285.0 kg. @ 272.2 lb.) (Las Vegas, Nevada) (AAU)
35.	620.0 (281.2)	*1.97X	SHW	Josh Bryant (US/81) 5/22/05 (620.0 lb. @ 315.0 lb.) (Worcester, Massachusetts) (Atlantis)
36.	617.3 (280.0)	*1.93X	SHW	Wayne Bouvier (US) 3/19/80 (280.0 kg. @ ~320.0 lb.) (Honolulu, Hawaii) (USPF/IPF)
37.	617.3 (280.0)	*1.95X	SHW	Lee Moran (US/55-99) 7/8/84 (280.0 kg. @ 143.6 kg.) (Dayton, Ohio) (USPF)
38.	617.3 (280.0)	*2.32X	275 (125)	Dmitry Kasatov (Russia/77) 11/9/08 (280.0 kg. @ 120.5 kg.) (Krivoi Rog, Ukraine) (WPC)
39.	617.3 (280.0)	*2.20X	308 (140)	Ryan Dewitt (US/75) 7/10/11 (280.0 kg. @ 281 lb.) (Las Vegas, Nevada) (AAU)
40.	617.3 (280.0)	*1.81X	SHW	Jani Murtomaki (Finland/81) 11/19/11 (280.0 kg. @ 155.0 kg.) (Turku, Finland) (RAW Power)
41.	615.5 (279.2)	*1.87X	SHW	Pat Casey (US/39-05) 6/17/67 (615.0 lb. @ 329.5 lb., which later weighed out at 615.5 lb. First man to bench press 500 pounds, and without a bench press shirt. First man to bench press 600 pounds, and without a bench press shirt.) (San Diego, California) (AAU)
42.	615.1 (279.0)	*1.40X	SHW	Pedro Mejias (US/78) 10/22/11 (279.0 kg. @ 440.5 lb.) (Salem, Ohio) (100% Raw)
43.	615.0 (279.0)	*1.50X	SHW	Andy Shaffer (US/77) 12/8/07 (615.0 lb. @ 410.0 lb.) (Leesport, Pennsylvania) (IPA)
44.	615.0 (279.0)	*2.07X	308 (140)	Ben Graves (US/78) 11/29/08 (615.0 lb. @ 297.0 lb.) (Chattanooga, Tennessee) (SPF)
45.	614.4 (278.7)	*2.25X	275 (125)	Tom Hardman (US) 10/23/82 (280.0 kg. @ 124.0 kg., which later weighed out at 614.4 lb.) (Atlanta, Georgia) (USPF/IPF)
46.	611.8 (277.5)	2.22X	275 (125)	Doug Young (US/44-05) 4/3/78 (277.5 kg.) (El Dorado, Arkansas) (AAU)
47.	611.8 (277.5)	*1.68X	SHW	Richard Schoenberger (US) 4/29/96 (277.5 kg. @ 364.0 lb.) (Moreno Valley, California) (AAU)
48.	607.4 (275.5)	*1.71X	SHW	Don Reinholdt (US/45) 8/31/75 (275.5 kg. @ 356.0 lb.) (York, Pennsylvania) (AAU/IPF)
49.	606.3 (275.0)	*2.21X	275 (125)	Stanley Efferding (US/68) 9/19/09 (275.0 kg. @ 124.29 kg.) (Sacramento, California) (SPF)
50.	606.3 (275.0)	*1.60X	SHW	Davin Adams (US/76) 3/21/09 (275.0 kg. @ 378.4 lb.) (Charlotte, North Carolina) (USAPL)

MEN'S 600 POUND (272.2 KILOGRAM) UNEQUIPPED BENCH PRESS HALL OF FAME CONTINUED ON THE NEXT PAGE

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MEN'S 600 POUND (272.2 KILOGRAM) UNEQUIPPED BENCH PRESS HALL OF FAME CONTINUED

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

51.	605.0 (274.4)	*2.04X	308 (140)	Aaron Lawrence (US/70) 7/27/96 (605.0 lb. @ 296.0 lb.) (Elkins, West Virginia) (NSM)
52.	605.0 (274.4)	2.20X	275 (125)	Ben White (US/76) 7/26/03 (605.0 lb.) (Glens Falls, New York) (IPA)
53.	605.0 (274.4)	*1.83X	SHW	Travis Rogers (US/68) 8/9/08 (605.0 lb. @ 330.0 lb.) (Rochester, New York) (IPA)
54.	605.0 (274.4)	*1.88X	SHW	Vincent Dizenzo (US/69) 8/22/09 (605.0 lb. @ 322.5 lb.) (Norwich, Connecticut) (IPA)
55.	605.0 (274.4)	*2.49X	242 (110)	Stan Barmore (US/88) 11/12/11 (605.0 lb. @ 242.5 lb.) (Gatlinburg, Tennessee) (SPF)
56.	603.0 (273.5)	*2.51X	242 (110)	Mike MacDonald (US/48) 11/5/77 (600.0 lb. @ 240.0 lb., which later weighed out at 603.0 lb.) (Duluth, Minnesota) (AAU)
57.	600.8 (272.5)	*2.18X	275 (125)	Lee Moran (US/55-99) 7/24/83 (272.5 kg. @ 125.0 kg.) (Austin, Texas) (USPF)
58.	600.8 (272.5)	*1.76X	SHW	Telford Hagans Jr. (US) 7/8/84 (272.5 kg. @ 154.7 kg.) (Dayton, Ohio) (USPF)
59.	600.8 (272.5)	*2.04X	308 (140)	Yuri Chelobitchikov (Russia/64) 3/25/87 (272.5 kg. @ 133.7 kg.) (Siauliai, Russia) (IPF)
60.	600.8 (272.5)	*1.84X	SHW	Beau Moore (US/66) 11/6/99 (272.5 kg. @ 326.0 lb.) (Daytona Beach, Florida) (AAPF)
61.	600.8 (272.5)	*1.84X	SHW	Andy Bolton (Great Britain/70) 3/1/03 (272.5 kg. @ 148.0 kg.) (Columbus, Ohio) (WPO)
62.	600.8 (272.5)	*1.96X	308 (140)	Josh Bryant (US/81) 11/15/03 (272.5 kg. @ 306.0 lb.) (Round Rock, Texas) (USPF)
63.	600.8 (272.5)	*1.68X	SHW	Brandon Braner (US/86) 10/29/11 (272.5 kg. @ 358.4 lb.) (Montgomery, Minnesota) (APF)
64.	600.0 (272.2)	*1.86X	SHW	John Kuc (US/47) 11/11/72 (600.0 lb. @ 322.25 lb.) (Harrisburg, Pennsylvania) (AAU/IPF)
65.	600.0 (272.2)	*2.00X	308 (140)	John "Luke" Iams (US/49-04) 4/1/79 (600.0 lb. @ ~300.0 lb.) (Bluefield, West Virginia) (USPF)
66.	600.0 (272.2)	2.47X	242 (110)	Sam Samaniego (US) 1/29/83 (600.0 lb.) (Bakersfield, California) (NSM)
67.	600.0 (272.2)		SHW	Freddie Moore (US) 9/3/83 (600.0 lb.) (Clovis, California) (USPF)
68.	600.0 (272.2)		SHW	Joe Zymewski (US) 11/30/91 (600.0 lb.) (Greenwood, Indiana) (NSM)
69.	600.0 (272.2)	*2.03X	308 (140)	Ryan Kennelly (US/74) 11/22/03 (600.0 lb. @ 295.0 lb.) (Coeur d'Alene, Idaho) (Pride)
70.	600.0 (272.2)	*1.49X	SHW	Mike Wolfe (US/75) 5/6/06 (600.0 lb. @ 404.0 lb.) (Amherst, Massachusetts) (Atlantis)
71.	600.0 (272.2)	*2.62X	242 (110)	Jauncey "Rock" Lewis (US) 10/28/06 (600.0 lb. @ 229.0 lb.) (Wilmington, North Carolina) (100% RAW)
72.	600.0 (272.2)	2.18X	275 (125)	Joey DeGiovine (US/75) 2/28/09 (600.0 lb.) (Orlando, Florida) (APF)
73.	600.0 (272.2)	*1.97X	308 (140)	Vincent Dizenzo (US/69) 3/26/11 (600.0 lb. @ 304.8 lb.) (Johnston, Rhode Island) (IPA)
74.	600.0 (272.2)	*1.68X	SHW	Scott Rhodes (US/82) 7/9/11 (600.0 lb. @ 357.2 lb.) (Cincinnati, Ohio) (SPF)

MEN'S TRIPLE BODYWEIGHT UNEQUIPPED BENCH PRESS HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Bench Press	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	556.7 (252.5)	*3.06X	181 (82.5)	Rick Weil (US/58) 6/29/86 (252.5 kg. @ 82.4 kg. Heaviest unequipped triple bodyweight bench press of all time.) (Dayton, Ohio) (APF/WPC)
2.	481.7 (218.5)	*3.23X	165 (75)	Istvan Juhasz (Hungary/74-12) 11/14/11 (218.5 kg. @ 67.6 kg.) (Riga, Latvia) (WPC)
3.	435.0 (197.3)	*3.02X	148 (67.5)	Alex Poku (US/68) 1/13/90 (435.0 lb. @ 144.25 lb.) (White River Junction, Vermont) (APA/WPA)
4.	410.0 (186.0)	*3.13X	132 (60)	Rick "Taz" Couch (US) 11/20/93 (410.0 lb. @ 131.0 lb.) (Thousand Oaks, California) (APA/WPA/UBPF)
5.	407.9 (185.0)	*3.03X	148 (67.5)	Anton Kraft (Denmark/64) 12/5/09 (185.0 kg. @ 61.0 kg.) (Herning, Denmark) (IPF)
6.	397.0 (180.1)	3.00X	132 (60)	Joe Bradley (US/56) 12/6/80 (180.0 kg., which later weighed out at 397.0 lb. First man to bench press triple bodyweight.) (Phoenix, Arizona) (USPF/IPF)
7.	391.3 (177.5)	*3.51X	114 (52)	Andrzej Stanaszek (Poland/71) 11/18/94 (177.5 kg. @ 50.6 kg.) (Johannesburg, South Africa) (IPF)
8.	391.3 (177.5)	*3.23X	123 (56)	Mike Booker (US/81) 6/21/03 (177.5 kg. @ 121.0 lb.) (Vista, California) (AAU)
9.	385.8 (175.0)	*3.31X	123 (56)	Andrzej Stanaszek (Poland/71) 5/20/00 (175.0 kg. @ 52.8 kg.) (Landshut, Germany) (IPF)
10.	377.5 (171.2)	*3.06X	123 (56)	Rick "Taz" Couch (US) 4/10/93 (377.5 lb. @ 123.25 lb.) (Fresno, California) (APA/WPA/UBPF)
11.	370.0 (167.8)	*3.19X	123 (56)	Christopher O' Neil (US) 11/21/92 (370.0 lb. @ 116.0 lb.) (Port Charlotte, Florida) (APA/WPA)
12.	360.5 (163.5)	3.14X	114 (52)	Mike Booker (US/81) 12/1/01 (163.5 kg.) (Laughlin, Nevada) (AAU)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

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MEN'S 900 POUND (408.2 KILOGRAM) DEADLIFT HALL OF FAME

Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

	Deadlift	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1015.0 (460.4)	*2.66X	SHW	Benedikt Magnusson (Iceland/84) 4/2/11 (1015.0 lb. @ 381.0 lb.) (Dallas, Texas) (HPL)
2.	1008.6 (457.5)	*2.90X	SHW	Andy Bolton (Great Britain/70) 4/5/09 (457.5 kg. @ 157.6 kg. First man to deadlift 1000 pounds.) (Eton, England) (WPC)
3.	948.0 (430.0)	*3.45X	275 (125)	Konstantin Konstantinovs (Latvia/79) 4/2/06 (430.0 kg. @ 124.8 kg.) (Riga, Latvia) (IPF)
4.	939.2 (426.0)	*3.33X	308 (140)	Konstantin Konstantinovs (Latvia/79) 7/4/09 (426.0 kg. @ 127.9 kg., without a belt.) (Dobele, Latvia) (AWPC)
5.	931.5 (422.5)	*2.54X	SHW	Garry Frank (US/64) 11/9/02 (422.5 kg. @ 166.05 kg.) (New Orleans, Louisiana) (WPO)
6.	927.0 (420.5)	*2.91X	SHW	Tibor Meszaros (Hungary/67) 11/27/04 (420.5 kg. @ 144.55 kg., without a belt) (Trnava, Slovakia) (GPC)
7.	925.0 (419.6)	*2.58X	SHW	Gary Heisey (US/57) 3/15/92 (925.0 lb. @ 358.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)
8.	925.0 (419.6)	*2.75X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (925.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)
9.	914.9 (415.0)	*2.62X	SHW	Mikhail Koklyaev (Russia/78) 6/26/10 (415.0 kg. @ 158.3 kg.) (Arkhangelsk, Russia) (WPC)
10.	909.4 (412.5)	*3.17X	308 (140)	Maxim Podtynny (Russia/72) 12/10/01 (412.5 kg. @ 130.0 kg. Heaviest sumo deadlift of all time.) (Nyagan, Russia) (IPF)
11.	906.1 (411.0)	*3.05X	308 (140)	Vincent Urbank (US/87) 10/22/11 (411.0 kg. @ 297.4 lb.) (Elizabethton, Tennessee) (NOTLD)
12.	904.0 (410.0)	3.28X	275 (125)	Dan Wohleber (US/61) 12/12/82 (900.0 lb. @ 268.0 lb., which later weighed out at 904.0 lb. First man to deadlift 900 pounds.) (Sandusky, Ohio) (NSM)
13.	903.9 (410.0)	*2.96X	308 (140)	Doyle Kenady (US/48-99) 4/6/86 (410.0 kg. @ 305.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
14.	903.9 (410.0)	*2.23X	SHW	Marc Henry (US/71) 7/16/95 (410.0 kg. @ 405.8 lb.) (Wilkes-Barre, Pennsylvania) (ADFPA/WDFPF)
15.	903.9 (410.0)	*3.15X	308 (140)	Andrey Malanichev (Russia/77) 5/24/08 (410.0 kg. @ 130.1 kg.) (Saint Petersburg, Russia) (IPF)
16.	901.7 (409.0)	*4.10X	220 (100)	Ed Coan (US/63) 7/28/91 (407.5 kg. @ 99.8 kg., with the actual value of the overweight plates being 409.0 kg.) (Dallas, Texas) (USPF)
17.	900.0 (408.2)	*2.96X	308 (140)	Chuck Fought (US/85) 1/18/09 (900.0 lb. @ 304.5 lb.) (Columbus, Ohio) (IPA)

MEN'S 12X BODYWEIGHT TOTAL HALL OF FAME

Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

	Total	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2715.0 (1231.5)	*12.57X	220 (100)	Shawn Frankl (US/77) 8/21/10 (1060.0+875.0+780.0=2715.0 lb. @ 216.0 lb. Heaviest 12X bodyweight male Total of all time.) (Cincinnati, Ohio) (SPF)
2.	2630.0 (1192.9)	* 13.27X	198 (90)	Shawn Frankl (US/77) 8/22/09 (1055.0+825.0+750.0=2630.0 lb. @ 198.2 lb. Heaviest 13X bodyweight male Total of all time.) (Sharonville, Ohio) (SPF)
3.	2460.0 (1115.8)	*12.42X	198 (90)	Sergiy Naleykin (Ukraine/81) 8/23/08 (970.0+730.0+760.0=2460.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA)
4.	2400.0 (1088.6)	*12.12X	198 (90)	Michael Cartinian (US/76) 3/6/11 (1005.0+725.0+670.0=2400.0 lb. @ 198.0 lb.) (Knoxville, Tennessee) (SPF)
5.	2300.0 (1043.3)	*12.66X	181 (82.5)	Michael Cartinian (US/76) 8/21/11 (920.0+720.0+660.0=2300.0 lb. @ 181.7 lb.) (Covington, Kentucky) (SPF)
6.	2230.0 (1011.5)	*12.42X	181 (82.5)	Brad Vargason (US/76) 4/29/06 (855.0+625.0+750.0=2230.0 lb. @ 179.5 lb.) (New Castle, Delaware) (APF)
7.	2171.6 (985.0)	*13.13X	165 (75)	Oleksandr Kutcher (Ukraine/80) 3/3/06 (375.0+250.0+360.0=985.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
8.	2149.5 (975.0)	*12.65X	181 (82.5)	Oleksandr Kutcher (Ukraine/80) 10/22/06 (390.0+240.0+345.0=975.0 kg. @ 77.1 kg.) (Stuttgart, Germany) (WPC)
9.	2099.9 (952.5)	*12.72X	165 (75)	Al Caslow (US/80) 6/13/09 (395.0+245.0+312.5=952.5 kg. @ 74.9 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
10.	2045.0 (927.6)	*12.80X	165 (75)	Brian Schwab (US/74) 8/23/08 (825.0+605.0+615.0=2045.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)
11.	2022.7 (917.5)	*12.26X	165 (75)	Tony Conyers (US/59) 9/24/05 (387.5+220.0+310.0=917.5 kg. @ 74.84 kg.) (New Port Richey, Florida) (APF)
12.	1990.8 (903.0)	*12.41X	165 (75)	Jaroslav Olech (Poland/74) 11/9/11 (365.5+217.5+320.0=903.0 kg. @ 72.78 kg.) (Pilsen, Czech Republic) (IPF)
13.	1951.1 (885.0)	*12.19X	165 (75)	Ron "Lionheart" Palmer (US/73) 2/28/03 (357.5+215.0+312.5=885.0 kg. @ 72.62 kg.) (Columbus, Ohio) (WPO)

MEN'S 12X BODYWEIGHT TOTAL HALL OF FAME CONTINUED ON THE NEXT PAGE

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MEN'S 12X BODYWEIGHT TOTAL HALL OF FAME CONTINUED

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

Total	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
14. 1930.0 (875.4)	*12.97X	148 (67.5)	Brian Schwab (US/74) 1/20/08 (765.0+565.0+600.0=1930.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)
15. 1835.3 (832.5)	*12.33X	148 (67.5)	Jaroslaw Olech (Poland/74) 11/11/04 (340.0+190.0+302.5=832.5 kg. @ 67.5 kg.) (Cape Town, South Africa) (IPF)
16. 1832.0 (831.0)	*12.35X	148 (67.5)	Alexei Sivokon (Kazakhstan/73) 11/17/00 (316.0+215.0+300.0=831.0 kg. @ 67.3 kg.) (Akita City, Japan) (IPF)
17. 1796.8 (815.0)	*12.46X	148 (67.5)	Sergey Gladkih (Russia/89) 2/25/12 (310.0+210.0+295.0=815.0 kg. @ 65.4 kg.) (Chelyabinsk, Russia) (IPF)
18. 1785.7 (810.0)	*12.00X	148 (67.5)	Nick Hatch (US/85) 3/4/05 (357.5+217.5+235.0=810.0 kg. @ 67.5 kg.) (Columbus, Ohio) (WPO)
19. 1785.7 (810.0)	*12.05X	148 (67.5)	Ravil Kazakov (Russia/82) 11/10/05 (325.0+232.5+252.5=810.0 kg. @ 67.2 kg.) (Miami, Florida) (IPF)
20. 1752.7 (795.0)	*12.14X	148 (67.5)	Konstantin Danilov (Russia/86) 5/8/12 (325.0+192.5+277.5=795.0 kg. @ 65.5 kg.) (Mariupol, Ukraine) (IPF)
21. 1730.6 (785.0)	*12.23X	148 (67.5)	Tsung-Ting Hsieh (Chinese Taipei/82) 5/3/12 (287.5+210.0+287.5=785.0 kg. @ 64.2 kg.) (Udaipur, India) (IPF)
22. 1653.5 (750.0)	*12.51X	132 (60)	Ayrat Zakiyev (Russia/81) 3/1/06 (310.0+220.0+220.0=750.0 kg. @ 59.95 kg.) (Ufa, Russia) (IPF)
23. 1653.5 (750.0)	*13.16X	132 (60)	Sergey Fedosienko (Russia/82) 2/25/12 (295.0+187.5+267.5=750.0 kg. @ 57.0 kg.) (Chelyabinsk, Russia) (IPF)
24. 1639.1 (743.5)	*12.42X	132 (60)	Darimin Sutrisno (Indonesia/75) 5/2/07 (286.0+190.0+267.5=743.5 kg. @ 59.85 kg.) (Kaohsiung, Chinese Taipei) (IPF)
25. 1631.4 (740.0)	*12.40X	132 (60)	Ravil Kazakov (Russia/82) 11/10/04 (300.0+207.5+232.5=740.0 kg. @ 59.7 kg.) (Cape Town, South Africa) (IPF)
26. 1625.9 (737.5)	*12.30X	132 (60)	Mikhail Andrushin (Russia/70) 8/25/05 (282.5+170.0+285.0=737.5 kg. @ 59.95 kg.) (Oriol, Russia) (IPF)
27. 1614.9 (732.5)	*12.34X	132 (60)	Konstantin Danilov (Russia/86) 8/23/08 (287.5+170.0+275.0=732.5 kg. @ 59.35 kg.) (Berdsk, Russia) (IPF)
28. 1614.9 (732.5)	*12.33X	132 (60)	Tsung-Ting Hsieh (Chinese Taipei/82) 5/3/10 (272.5+190.0+270.0=732.5 kg. @ 59.4 kg.) (Ulan Bator, Mongolia) (IPF)
29. 1598.4 (725.0)	*13.12X	123 (56)	Sergey Fedosienko (Russia/82) 1/26/08 (285.0+180.0+260.0=725.0 kg. @ 55.25 kg.) (Novosibirsk, Russia) (IPF)
30. 1598.4 (725.0)	*12.09X	132 (60)	Sergey Gladkih (Russia/89) 8/23/08 (280.0+180.0+265.0=725.0 kg. @ 59.95 kg.) (Berdsk, Russia) (IPF)
31. 1592.8 (722.5)	*12.02X	148 (67.5)	Darimin Sutrisno (Indonesia/75) 8/9/97 (285.0+157.5+280.0=722.5 kg. @ 60.1 kg.) (Lahti, Finland) (IPF)
32. 1587.3 (720.0)	12.00X	132 (60)	Lamar Gant (US/57) 4/8/88 (270.0+145.0+305.0=720.0 kg. First man to Total 12X bodyweight.) (Honolulu, Hawaii) (USPF/APF/WPC)
33. 1587.3 (720.0)	*12.04X	132 (60)	Gerry McNamara (Ireland/63) 9/9/00 (282.5+167.5+270.0=720.0 kg. @ 59.8 kg.) (Coppeen, Ireland) (IPF)
34. 1515.7 (687.5)	*13.25X	114 (52)	Sergey Fedosienko (Russia/82) 3/3/05 (270.0+160.0+257.5=687.5 kg. @ 51.9 kg. First man to Total 13X bodyweight.) (Kazan, Russia) (IPF)
35. 1515.7 (687.5)	*12.28X	123 (56)	Konstantin Pavlov (Russia/73) 8/25/05 (267.5+192.5+227.5=687.5 kg. @ 56.0 kg.) (Oriol, Russia) (IPF)
36. 1384.5 (628.0)	*12.56X	114 (52)	Andrzej Stanaszek (Poland/71) 11/5/03 (300.5+182.5+145.0=628.0 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF)

MEN'S 2700 POUND (1224.7 KILOGRAM) TOTAL HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Total	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	3000.0 (1360.8)	*7.78X	SHW	Donnie Thompson (US/64) 8/21/11 (1265.0+950.0+785.0=3000.0 lb. @ 385.4 lb. First man to Total 2900 pounds. First man to Total 3000 pounds.) (Covington, Kentucky) (SPF)
2.	2960.0 (1342.6)	*10.61X	308 (140)	Dave Hoff (US/88) 12/4/11 (1200.0+965.0+795.0=2960.0 lb. @ 279.0 lb. Heaviest 10X bodyweight male Total of all time.) (Cincinnati, Ohio) (SPF)
3.	2954.2 (1340.0)	*9.75X	308 (140)	Jonas Rantanen (Finland/82) 10/8/11 (575.0+390.0+375.0=1340.0 kg. @ 137.4 kg.) (Helsinki, Finland) (GPC)
4.	2921.1 (1325.0)	*10.62X	275 (125)	Dave Hoff (US/88) 6/3/12 (530.0+435.0+360.0=1325.0 kg. @ 124.8 kg.) (Myrtle Beach, South Carolina) (APF/WPC)
5.	2855.0 (1295.0)	*9.40X	308 (140)	Ashley "A.J." Roberts (US/Great Britain/85) 3/11/12 (1205.0+875.0+775.0=2855.0 lb. @ 303.6 lb.) (Knoxville, Tennessee) (SPF)
6.	2806.5 (1273.0)	*8.13X	SHW	Andy Bolton (Great Britain/70) 3/3/07 (550.5+305.0+417.5=1273.0 kg. @ 156.6 kg.) (Columbus, Ohio) (WPO)
7.	2805.4 (1272.5)	*7.46X	SHW	Garry Frank (US/64) 4/3/04 (492.5+380.0+400.0=1272.5 kg. @ 170.5 kg. First man to Total 2500 pounds. First man to Total 2600 pounds. First man to Total 2700 pounds. First man to Total 2800 pounds.) (Jacksonville, Florida) (APF)
8.	2805.0 (1272.3)	*8.33X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0+630.0+925.0=2805.0 lb. @ 152.7 kg.) (Columbus, Ohio)
9.	2799.9 (1270.0)	*5.29X	SHW	Jeff Lewis (US/70) 3/4/06 (550.0+370.0+350.0=1270.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)
10.	2799.9 (1270.0)	*10.33X	275 (125)	Yevgen Yarymbash (Ukraine/83) 10/11/08 (530.0+365.0+375.0=1270.0 kg. @ 123.0 kg.) (Mangush, Ukraine) (IPA)
11.	2755.0 (1249.6)	*9.13X	308 (140)	Jake Anderson (US/86) 8/21/11 (1130.0+780.0+845.0=2755.0 lb. @ 301.6 lb.) (Covington, Kentucky) (SPF)
12.	2733.7 (1240.0)	*7.45X	SHW	Chad Aichs (US/72) 3/3/07 (532.5+365.0+342.5=1240.0 kg. @ 166.55 kg.) (Columbus, Ohio) (WPO)
13.	2730.0 (1238.3)	*9.93X	275 (125)	Brian Carroll (US/81) 8/21/11 (1185.0+770.0+775.0=2730.0 lb. @ 275.0 lb.) (Covington, Kentucky) (SPF)
14.	2715.0 (1231.5)	* 12.57X	220 (100)	Shawn Frankl (US/77) 8/21/10 (1060.0+875.0+780.0=2715.0 lb. @ 216.0 lb. Heaviest 12X bodyweight male Total of all time.) (Cincinnati, Ohio) (SPF)
15.	2705.0 (1227.0)	*8.17X	SHW	Anthony Bolognone (US/76) 12/5/09 (1125.0+825.0+755.0=2705.0 lb. @ 331.0 lb.) (Nashville, Tennessee) (SPF)
16.	2700.0 (1224.7)	*8.25X	SHW	Paul Childress (US/71) 4/30/11 (1125.0+800.0+775.0=2700.0 lb. @ 327.2 lb.) (Columbus, Ohio) (SPF)

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MEN'S 2000 POUND (907.2 KILOGRAM) UNEQUIPPED TOTAL HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Total	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2391.5 (1084.8)	*6.70X	SHW	Don Reinholdt (US/45) 5/3/75 (2420.0 lb. @ 357.0 lb., which later weighed out at 2391.5 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 915.0+610.0+895.0=2420.0 lb.) (AW: 904.5+601.5+885.5=2391.5 lb.) (Chattanooga, Tennessee) (AAU/IPF)
2.	2364.0 (1072.3)	*8.35X	308 (140)	Jon Cole (US/43) 10/28/72 (2370.0 lb. @ 283.0 lb., which later weighed out at 2364.0 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 905.0+580.0+885.0=2370.0 lb.) (AW: 901.5+580.0+882.5=2364.0 lb.) (Phoenix, Arizona) (AAU)
3.	2358.9 (1070.0)	*8.05X	308 (140)	Andrey Malanichev (Russia/77) 10/22/11 (430.0+240.0+400.0=1070.0 kg. @ 133.0 kg. Lifts done without a squat suit or a bench press shirt.) (Hobart, Australia) (WPC/GPC)
4.	2350.0 (1065.9)	*7.29X	SHW	John Kuc (US/47) 11/11/72 (905.0+600.0+845.0=2350.0 lb. @ 322.25 lb. Lifts done without a squat suit or a bench press shirt.) (Harrisburg, Pennsylvania) (AAU/IPF)
5.	2336.9 (1060.0)	*5.77X	SHW	Marc Henry (US/71) 10/29/95 (432.5+235.0+392.5=1060.0 kg. @ 405.0 lb. Lifts done without a squat suit or a bench press shirt.) (Sussex, England) (ADFPA/WDFPF)
6.	2325.9 (1055.0)	*6.99X	SHW	Peter Petras (Czech Republic/84) 4/3/11 (420.0+255.0+380.0=1055.0 kg. @ 151.0 kg. Lifts done without a squat suit or a bench press shirt.) (Trutnov, Czech Republic) (WPC)
7.	2298.3 (1042.5)	*6.50X	SHW	Benedikt Magnusson (Iceland/84) 10/9/10 (380.0+220.0+442.5=1042.5 kg. @ 160.5 kg. Lifts done without a squat suit or a bench press shirt.) (Helsinki, Finland) (GPC)
8.	2282.5 (1035.3)	*7.48X	308 (140)	John Kuc (US/47) 5/21/72 (2290.0 lb. @ 305.0 lb., which later weighed out at 2282.5 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 865.0+585.0+840.0=2290.0 lb.) (AW: 861.5+585.0+836.0=2282.5 lb.) (Cincinnati, Ohio) (AAU)
9.	2259.0 (1024.7)	*8.34X	275 (125)	Jon Cole (US/43) 9/17/72 (2255.0 lb. @ 271.0 lb., which later weighed out at 2259.0 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 865.0+570.0+820.0=2255.0 lb.) (AW: 869.0+570.0+820.0=2259.0 lb.) (Denver, Colorado) (AAU)
10.	2240.0 (1016.0)		SHW	Jim Williams (US/41-07) 5/6/72 (2235.0 lb., which later weighed out at 2240.0 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 855.0+655.0+725.0=2235.0 lb.) (AW: 860.0+655.0+725.0=2240.0 lb.) (Bordertown, New Jersey) (AAU)
11.	2226.7 (1010.0)	*8.10X	275 (125)	Stanley Efferding (US/68) 5/15/11 (387.5+275.0+347.5=1010.0 kg. @ 275.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Sacramento, California) (SPF)
12.	2217.9 (1006.0)	*7.87X	308 (140)	Konstantin Konstantinovs (Latvia/79) 7/4/09 (330.0+250.0+426.0=1006.0 kg. @ 127.9 kg. Lifts done without a squat suit or a bench press shirt. Deadlift done without a belt.) (Dobele, Latvia) (AWPC)
13.	2215.6 (1005.0)	*6.79X	SHW	Scott Weech (US/85) 1/23/11 (387.5+252.5+365.0=1005.0 kg. @ 148.1 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (RUPC)
14.	2215.6 (1005.0)	*6.83X	SHW	Pall Logason (Iceland/86) 4/16/11 (400.0+245.0+360.0=1005.0 kg. @ 147.2 kg. Lifts done without a squat suit or a bench press shirt.) (Iceland Nationals) (WPF)
15.	2210.0 (1002.4)	*4.90X	SHW	Rob Wilkerson (US/81) 3/5/11 (1000.0+605.0+605.0=2210.0 lb. @ 451.0 lb. Lifts done without a squat suit or a bench press shirt.) (Knoxville, Tennessee) (SPF)
16.	2204.6 (1000.0)	*7.38X	308 (140)	Sergey Moser (Germany/76) 5/16/10 (402.5+252.5+345.0=1000.0 kg. @ 135.5 kg. Lifts done without a squat suit or a bench press shirt.) (Moscow, Russia) (GPA/BB)
17.	2204.6 (1000.0)	*8.05X	275 (125)	Eric Lilliebridge Jr. (US/90) 7/21/12 (387.5+240.0+372.5=1000.0 kg. @ 124.2 kg. Lifts done without a squat suit or a bench press shirt.) (Dubuque, Iowa) (UPA)
18.	2202.5 (999.0)	*7.15X	308 (140)	Dan Kovacs (US/70) 11/20/11 (760.0+637.5+805.0=2202.5 lb. @ 307.9 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (York, Pennsylvania) (IPA)
19.	2200.0 (997.9)	*6.49X	SHW	Brian Siders (US/78) 5/6/06 (785.0+605.0+810.0=2200.0 lb. @ 339.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Amherst, Massachusetts) (Atlantis)
20.	2171.6 (985.0)	*7.89X	275 (125)	Konstantin Konstantinovs (Latvia/79) 12/20/09 (320.0+265.0+400.0=985.0 kg. @ 124.9 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Dobele, Latvia) (AWPC)
21.	2170.0 (984.3)	*5.80X	SHW	Donnie Thompson (US/64) 5/6/06 (805.0+565.0+800.0=2170.0 lb. @ 374.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Amherst, Massachusetts) (Atlantis)
22.	2165.0 (982.0)	*7.04X	308 (140)	Chad Smith (US/86) 3/5/11 (865.0+515.0+785.0=2165.0 lb. @ 307.4 lb. Lifts done without a squat suit or a bench press shirt.) (Knoxville, Tennessee) (SPF)
23.	2160.5 (980.0)	*6.21X	SHW	Beau Moore (US/66) 1/31/10 (350.0+265.0+365.0=980.0 kg. @ 157.9 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (RUPC)
24.	2160.0 (979.8)	*7.30X	308 (140)	Hugh Cassidy (US) 11/6/71 (800.0+570.0+790.0=2160.0 lb. @ 296.0 lb. Lifts done without a squat suit, knee wraps, or bench press shirt.) (York, Pennsylvania) (AAU/IPF)
25.	2150.0 (975.2)		SHW	Ben Brand (US/80) 5/9/09 (820.0+630.0+700.0=2150.0 lb. Lifts done without a squat suit or a bench press shirt.) (New Castle, Delaware) (APA)
26.	2149.5 (975.0)	*7.12X	308 (140)	Sergey Moser (Germany/76) 12/20/08 (365.0+250.0+360.0=975.0 kg. @ 137.0 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Russelsheim, Germany) (Bembel)
27.	2149.5 (975.0)	6.96X	308 (140)	Mikhail Koklyayev (Russia/78) 12/20/08 (360.0+210.0+405.0=975.0 kg. Lifts done without a squat suit or a bench press shirt.) (Chelyabinsk, Russia) (IPF)

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MEN'S 2000 POUND (907.2 KILOGRAM) UNEQUIPPED TOTAL HALL OF FAME CONTINUED

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28.	2135.0	(968.4)	*8.90X	242 (110)	Jon Cole (US/43) 3/14/71 (2140.0 lb. @ 240.0 lb., which later weighed out at 2135.0 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 800.0+525.0+815.0=2140.0 lb.) (AW: 797.0+525.0+813.0=2135.0 lb.) (Tolleson, Arizona) (AAU)
29.	2130.0	(966.2)	7.73X	275 (125)	Greg "Beetle" Lowe (US/55) 6/14/01 (850.0+480.0+800.0=2130.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Bellefonte, Pennsylvania) (ADAU)
30.	2127.5	(965.0)	*7.19X	308 (140)	Holger Kuttroff (Germany/69-10) 5/16/10 (400.0+225.0+340.0=965.0 kg. @ 134.2 kg. Lifts done without a squat suit or a bench press shirt.) (Moscow, Russia) (GPA/BB)
31.	2121.9	(962.5)	*8.95X	242 (110)	Zafir Hudoyarov (Azerbaijan/83) 5/28/11 (390.0+242.5+330.0=962.5 kg. @ 107.6 kg. Lifts done without a squat suit or a bench press shirt.) (Moscow, Russia) (BB)
32.	2120.0	(961.6)	*6.65X	SHW	Paul Wrenn (US/47) 9/1/74 (860.0+485.0+775.0=2120.0 lb. @ 319 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Fort Worth, Texas) (AAU)
33.	2113.0	(958.4)	*8.71X	242 (110)	George Frenn (US/41-06) 12/12/70 (2100.0 lb. @ 110.0 kg., which later weighed out at 2113.0 lb. First man to Total 2100 pounds. Lifts done without a squat suit or a bench press shirt.) (FV: 840.0+520.0+740.0=2100.0 lb.) (AW: 853.0+520.0+740.0=2113.0 lb.) (Los Angeles, California) (AAU)
34.	2107.6	(956.0)	*7.93X	275 (125)	Mauro Spinardi (Argentina/80) 12/4/11 (395.0+220.0+341.0=956.0 kg. @ 120.6 kg. Lifts done without a squat suit or a bench press shirt.) (Atlanta, Georgia) (GPA)
35.	2105.4	(955.0)	*6.88X	308 (140)	Scott Weech (US/85) 12/9/06 (375.0+235.0+345.0 kg. @ 306.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Burlington, Vermont) (100% Raw)
36.	2105.4	(955.0)	*6.24X	SHW	Scott "Hoss" Cartwright (US/69) 6/9/12 (385.0+227.5+342.5=955.0 kg. @ 153.0 kg. Lifts done without a squat suit or a bench press shirt.) (Indianapolis, Indiana) (UPA)
37.	2105.0	(954.8)	*7.75X	275 (125)	John Kuc (US/47) 11/6/71 (755.0+530.0+820.0=2105.0 lb. @ 271.5 lb. Lifts done without a squat suit, knee wraps, or bench press shirt.) (York, Pennsylvania) (AAU/IPF)
38.	2105.0	(954.8)	*6.82X	308 (140)	Brandon Lilly (US/82) 6/23/12 (800.0+540.0+765.0=2105.0 lb. @ 308.5 lb. Lifts done without a squat suit or a bench press shirt.) (Columbus, Ohio) (XPC/RPS)
39.	2100.0	(952.5)	*6.09X	SHW	Nick Minneti (US/70) 2/11/06 (800.0+510.0+790.0=2100.0 lb. @ ~345 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Raleigh, North Carolina) (100% RAW)
40.	2099.9	(952.5)	*5.84X	SHW	Randall Harris (US/79) 8/5/12 (345.0+235.0+372.5=952.5 kg. @ 163.0 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Killeen, Texas) (USAPL/IPF)
41.	2094.4	(950.0)		SHW	Doyle Kenady (US/48-99) 11/10/74 (365.0+235.0+350.0=950.0 kg. Lifts done without a squat suit or a bench press shirt.) (York, Pennsylvania) (AAU/IPF)
42.	2094.4	(950.0)	*6.39X	SHW	Sergey Alexeev (Russia) 9/18/94 (400.0+220.0+330.0=950.0 kg. @ 148.78 kg., without a squat suit or a bench press shirt.) (Moore Lake, Minnesota) (WDFPF)
43.	2094.4	(950.0)	*9.93X	220 (100)	Andrey Belyaev (Russia/83) 12/19/10 (345.0+250.0+355.0=950.0 kg. @ 95.7 kg. Lifts done without a squat suit or a bench press shirt.) (Moscow, Russia) (BB)
44.	2085.0	(945.7)	*7.84X	275 (125)	Scott Smith (US/72) 5/6/06 (770.0+565.0+750.0=2085.0 lb. @ 266.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Amherst, Massachusetts) (Atlantis)
45.	2082.0	(944.4)	*8.75X	242 (110)	Larry Pacifico (US/46) 7/29/73 (2080.0 lb. @ 238.0 lb., which later weighed out at 2082.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (FV: 750.0+590.0+740.0=2080.0 lb.) (AW: 750.0+592.0+740.0=2082.0 lb.) (Ashtabula, Ohio) (AAU)
46.	2078.8	(942.9)	*6.68X	SHW	Talmadge "Russ" Fletcher (US/44) 5/23/70 (2070.0 kg. @ 311.0 lb., which later weighed out at 2078.75 lb.) (FV: 790.0+480.0+800.0=2070.0 lb.) (AW: 794.5+480.0+804.25=2078.75 lb.) (Chattanooga, Tennessee) (AAU)
47.	2072.3	(940.0)	*7.83X	275 (125)	Mikhail Brylin (Russia/84) 5/28/11 (390.0+210.0+340.0=940.0 kg. @ 120.0 kg. Lifts done without a squat suit or a bench press shirt.) (Moscow, Russia) (BB)
48.	2066.8	(937.5)	*6.25X	SHW	Brad Gillingham (US/66) 3/17/12 (325.0+232.5+380.0=937.5 kg. @ 150.0 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Saint Louis, Missouri) (USAPL)
49.	2061.3	(935.0)	*8.54X	242 (110)	Kirk Karwoski (US/66) 12/5/04 (375.0+210.0+350.0=935.0 kg. @ 241.5 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Laughlin, Nevada) (AAU)
50.	2060.0	(934.4)	*7.63X	275 (125)	Perry Ellis (US/82) 11/12/11 (785.0+490.0+785.0=2060.0 lb. @ 270.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Kenner, Louisiana) (PRPA)
51.	2055.8	(932.5)	8.48X	242 (110)	John Kuc (US/47) 11/10/74 (325.0+222.5+385.0=932.5 kg. Lifts done without a squat suit or a bench press shirt.) (York, Pennsylvania) (AAU/IPF)
52.	2055.8	(932.5)	*7.76X	275 (125)	Michael Tuchscherer (US/85) 8/21/11 (347.5+207.5+377.5=932.5 kg. @ 120.2 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Scranton, Pennsylvania) (USAPL)
53.	2055.8	(932.5)	*6.70X	308 (140)	Ben Seath (US/90) 12/10/11 (397.5+227.5+307.5=932.5 kg. @ 307.0 lb. Lifts done without a squat suit or a bench press shirt.) (Newport, Oregon) (APA)

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54.	2055.8	(932.5)	*5.84X	SHW	Blaine Sumner (US/88) 4/1/12 (400.0+210.0+322.5=932.5 kg. @ 159.74 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Melbourne, Australia) (USAPL/IPF)
55.	2050.3	(930.0)		SHW	Jo-Jo White (US/52) 11/10/74 (362.5+240.0+327.5=930.0 kg. Lifts done without a squat suit or a bench press shirt.) (York, Pennsylvania) (AAU/IPF)
56.	2050.3	(930.0)	*8.02X	275 (125)	Kamo Simonyan (Russia/71) 3/18/10 (360.0+230.0+340.0=930.0 kg. @ 115.95 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Kursk, Russia) (WPC)
57.	2044.8	(927.5)	*9.78X	220 (100)	Konstantin Pozdeev (Russia/84) 12/19/10 (370.0+197.5+360.0=927.5 kg. @ 94.8 kg. Lifts done without a squat suit or a bench press shirt.) (Moscow, Russia) (BB)
58.	2044.8	(927.5)	*5.90X	SHW	Dan Harrison (US/81) 3/24/12 (360.0+227.5+340.0=927.5 kg. @ 346.6 lb. Lifts done without a squat suit or a bench press shirt.) (Corona, California) (USPA)
59.	2040.0	(925.3)	*7.21X	308 (140)	Don Cundy (US/40) 8/23/70 (755.0+500.0+785.0=2040.0 lb @ 283.0 lb. Lifts done without a squat suit or a bench press shirt.) (New Orleans, Louisiana) (AAU)
60.	2039.3	(925.0)		SHW	James "Pit Bull" Searcy (US/66) 4/19/08 (372.5+175.0+377.5=925.0 kg. Lifts done without a squat suit or a bench press shirt.) (Kennesaw, Georgia) (APF)
61.	2039.3	(925.0)	*6.98X	308 (140)	Ettore Ewen (US/86) 8/21/11 (322.5+240.0+362.5=925.0 kg. @ 132.5 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Scranton, Pennsylvania) (USAPL)
62.	2035.0	(923.1)		SHW	Pat Casey (US/39-05) 1966 (805.0+580.0+650.0=2035.0 lb. Lifts done without a squat suit or a bench press shirt. First man to Total 1900 pounds. First man to Total 2000 pounds.) (???, California) (AAU)
63.	2033.8	(922.5)	*6.16X	SHW	Warrick Brant (Australia/79) 8/28/11 (355.0+212.5+355.0=922.5 kg. @ 149.8 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Albury, Australia) (WPC)
64.	2030.0	(920.8)	*6.69X	308 (140)	Brendan Stote (US/86) 3/31/12 (830.0+500.0+700.0=2030.0 lb. @ 303.6 lb. Lifts done without a squat suit or a bench press shirt.) (Johnston, Rhode Island) (RPS)
65.	2029.4	(920.5)	*6.10X	SHW	Zsolt Szabo (Hungary/75) 6/14/11 (380.5+200.0+340.0=920.5 kg. @ 150.8 kg. Lifts done without a squat suit or a bench press shirt.) (Eger, Hungary) (GPA)
66.	2028.3	(920.0)	*8.87X	242 (110)	Zakhir Khudoyarov (Azerbaijan/79) 12/19/10 (355.0+225.0+340.0=920.0 kg. @ 103.7 kg. Lifts done without a squat suit or a bench press shirt.) (Moscow, Russia) (BB)
67.	2026.5	(919.2)	*7.36X	275 (125)	Don Cundy (US/40) 8/30/69 (2025.0 lb. @ 275.5 lb., which later weighed out at 2026.5 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 735.0+490.0+800.0=2025.0 lb.) (AW: 735.0+490.0+801.5=2026.5 lb.) (York, Pennsylvania) (AAU)
68.	2018.3	(915.5)	*7.64X	275 (125)	Mohamed Bouafia (Algeria/76) 6/17/12 (350.0+210.0+355.5=915.5 kg. @ 119.85 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Stockholm, Sweden) (IPF)
69.	2017.2	(915.0)	*8.47X	242 (110)	Dondell Blue (US/75) 12/4/10 (365.0+245.0+305.0=915.0 kg. @ 108.0 kg. Lifts done without a squat suit or a bench press shirt.) (Jacksonville, Florida) (APF)
70.	2017.2	(915.0)	*7.41X	275 (125)	Sergey Daragin (Russia/78) 5/28/11 (350.0+215.0+350.0=915.0 kg. @ 123.5 kg. Lifts done without a squat suit or a bench press shirt.) (Moscow, Russia) (BB)
71.	2012.8	(913.0)	*6.48X	SHW	Dwon Johnson (US/77) 12/4/11 (403.0+205.0+305.0=913.0 kg. @ 141.0 kg. Lifts done without a squat suit or a bench press shirt.) (Atlanta, Georgia) (APC/GPA)
72.	2006.2	(910.0)	7.28X	275 (125)	Touni Salin (Finland/72) 11/21/09 (330.0+260.0+320.0=910.0 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Ylojarvi, Finland) (RAW Power)
73.	2006.2	(910.0)	*8.11X	275 (125)	Stanislav Shvetsov (Russia/88) 12/11/10 (360.0+220.0+330.0=910.0 kg. @ 112.2 kg. Lifts done without a squat suit or a bench press shirt.) (Kursk, Russia) (WPC)
74.	2006.2	(910.0)	*8.27X	242 (110)	Stanislav Shvetsov (Russia/88) 4/20/12 (310.0+250.0+350.0=910.0 kg. @ 110.0 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Rostov, Russia) (WPC)
75.	2006.2	(910.0)	*7.43X	275 (125)	Nerijus Cekas (Ireland/80) 11/14/11 (350.0+225.0+335.0=910.0 kg. @ 122.55 kg. Lifts done without a squat suit or a bench press shirt.) (Limerick, Ireland) (GPC)
76.	2005.0	(909.5)	*6.58X	308 (140)	Michael Schultz (US) 11/12/11 (730.0+525.0+750.0=2005.0 lb. @ 304.8 lb. Lifts done without a squat suit or a bench press shirt.) (Gatlinburg, Tennessee) (SPF)
77.	2003.8	(908.9)	*9.12X	220 (100)	Larry Pacifico (US/46) 4/27/74 (2005.0 lb. @ 219.75 lb., which later weighed out at 2003.75 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 730.0+545.0+730.0=2005.0 lb.) (AW: 728.75+545.0+730.0=2003.75 lb.) (Chattanooga, Tennessee) (AAU)
78.	2000.7	(907.5)	*5.44X	SHW	Dave Damminga (US/86) 3/19/11 (342.5+200.0+365.0=907.5 kg. @ 368.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Rosemount, Minnesota) (APF)
79.	2000.7	(907.5)	*6.59X	308 (140)	Brent Willis (US/90) 3/27/11 (320.0+210.0+377.5=907.5 kg. @ 303.6 lb. Lifts done without a squat suit or a bench press shirt.) (Rancho Cucamonga, California) (USPA)
80.	2000.7	(907.5)	*6.63X	308 (140)	Ernie Lilliebridge Sr. (US/71) 4/21/12 (340.0+215.0+352.5=907.5 kg. @ 301.6 lb. Lifts done without a squat suit or a bench press shirt.) (Dubuque, Iowa) (UPA)
81.	2000.0	(907.2)	*7.41X	275 (125)	Ron "Scott" Yard (US/82) 11/14/10 (765.0+485.0+750.0=2000.0 lb. @ 269.8 lb. Lifts done without a squat suit or a bench press shirt.) (Glenolden, Pennsylvania) (APA)

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ALL TIME HISTORICAL WOMEN'S POWERLIFTING WORLD RECORDS IN POUNDS/KILOGRAMS

Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

Women	Squat	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	378.1 (171.5)	*3.92X	Wei-Ling Chen (Chinese Taipei/82) 5/27/05 (171.5 kg. @ 43.8 kg.) (Ylitoriolla, Finland) (IPF)
105 (48)	463.0 (210.0)	*4.40X	Margaret Kirkland (US/63) 8/4/07 (210.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
114 (52)	518.1 (235.0)	*4.52X	Margaret Kirkland (US/63) 12/5/09 (235.0 @ 52.0 kg.) (Jacksonville, Florida) (APF)
123 (56)	530.0 (240.4)	*4.31X	Natalie Carr-Harrington (US/83) 4/14/12 (530.0 lb. @ 123.0 lb.) (Cincinnati, Ohio) (SPF)
132 (60)	556.7 (252.5)	*4.24X	Nance Greenspan-Avigliano (US/56) 8/25/02 (252.5 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC)
148 (67.5)	611.8 (277.5)	*4.17X	Shannon Hartnett (US/65) 3/22/09 (272.5 kg. @ 66.6 kg., which was accidentally misloaded to 277.5 kg.) (Omaha, Nebraska) (APF)
165 (75)	775.0 (351.5)	*4.70X	Laura Phelps-Sweatt (US/80) 3/11/12 (775.0 lb. @ 164.8 lb.) (Knoxville, Tennessee) (SPF)
181 (82.5)	770.0 (349.3)	*4.56X	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
198 (90)	804.7 (365.0)	*4.08X	Becca Swanson (US/73) 3/3/06 (365.0 kg. @ 89.45 kg. Heaviest female quadruple bodyweight squat of all time.) (Columbus, Ohio) (WPO)
SHW	854.3 (387.5)	*3.46X	Becca Swanson (US/73) 10/29/05 (387.5 kg. @ 112.1 kg. First woman to squat 700 pounds. Only woman to squat over 800 pounds.) (Chicago, Illinois) (WPO)

Women	Bench Press	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	264.6 (120.0)	*2.76X	Justyna Kozdryk (Poland/80) 3/5/11 (120.0 kg. @ 43.4 kg.) (Cleveland, Ohio) (IPF)
105 (48)	288.8 (131.0)	*2.81X	Yukako Fukushima (Japan/70) 11/3/08 (131.0 kg. @ 46.6 kg.) (Saint John's, Canada) (IPF)
114 (52)	319.7 (145.0)	*2.82X	Janet Faraone (US/67) 12/1/07 (145.0 kg. @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC)
123 (56)	347.0 (157.4)	*2.84X	Janet Faraone (US/67) 12/15/07 (347.0 lb. @ 122.0 lb.) (Lake George, New York) (APF)
132 (60)	402.3 (182.5)	*3.04X	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. First woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO)
148 (67.5)	413.4 (187.5)	*2.78X	Kara Bohigian-Smith (US/75) 3/18/07 (187.5 kg. @ 67.5 kg.) (Attalla, Alabama) (APF)
165 (75)	530.0 (240.4)	*3.25X	Laura Phelps-Sweatt (US/80) 8/21/11 (530.0 lb. @ 163.2 lb.) (Covington, Kentucky) (SPF)
181 (82.5)	540.0 (244.9)	*3.13X	Laura Phelps-Sweatt (US/80) 2/4/12 (540.0 lb. @ 172.6 lb.) (Cincinnati, Ohio) (SPF)
198 (90)	479.5 (217.5)	*2.43X	Becca Swanson (US/73) 3/3/06 (217.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO)
SHW	600.8 (272.5)	*2.50X	Becca Swanson (US/73) 3/8/08 (272.5 kg. @ 240.0 lb.) (Omaha, Nebraska) (APF)

Women	Deadlift	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	385.8 (175.0)	*4.00X	Wei-Ling Chen (Chinese Taipei/82) 5/23/03 (175.0 kg. @ 43.7 kg.) (Chicago, Illinois) (IPF)
105 (48)	429.9 (195.0)	*4.17X	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (195.0 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF)
114 (52)	446.4 (202.5)	*4.01X	Yi-Ju Chou (Chinese Taipei/80) 7/25/09 (202.5 kg. @ 50.45 kg.) (Kaohsiung, Chinese Taipei) (IPF)
123 (56)	490.5 (222.5)	*4.05X	Carrie Boudreau (US/67) 7/21/95 (222.5 kg. @ 54.9 kg. First woman to deadlift quadruple bodyweight.) (Baton Rouge, Louisiana) (USPF/IPF)
132 (60)	518.1 (235.0)	*3.94X	Maria Revva (Russia/77) 8/25/04 (235.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)
148 (67.5)	556.7 (252.5)	*3.75X	Priscilla Ribic (US/72) 8/8/07 (252.5 kg. @ 67.3 kg.) (Sao Paulo, Brazil) (USAPL/IPF)
165 (75)	584.2 (265.0)	*3.64X	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (265.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF)
181 (82.5)	590.8 (268.0)	*3.25X	Coral Blair (Austria/64) 11/19/99 (268.0 kg. @ 82.5 kg.) (Calgary, Alberta, Canada) (WPC)
198 (90)	604.0 (274.0)	*3.16X	Dawn Reshel-Sharon (US/55-00) 5/15/88 (604.0 lb. @ 191.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
SHW	683.4 (310.0)	*2.80X	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO)

Women	Total	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	937.0 (425.0)	*9.84X	Svetlana Tesleva (Russia/75) 5/25/00 (162.5+95.0+167.5=425.0 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
105 (48)	1091.3 (495.0)	*10.59X	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (207.5+92.5+195.0=495.0 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF)
114 (52)	1157.4 (525.0)	*10.31X	Olesia Lafina (Russia/79) 3/1/06 (232.5+137.5+155.0=525.0 kg. @ 50.9 kg. First woman to Total 10X bodyweight.) (Ufa, Russia) (IPF)
123 (56)	1265.0 (573.8)	*10.28X	Natalie Carr-Harrington (US/83) 4/14/12 (530.0+315.0+420.0=1265.0 lb. @ 123.0 lb.) (Cincinnati, Ohio) (SPF)
132 (60)	1333.8 (605.0)	*10.19X	Amy Weisberger (US/65) 3/2/07 (240.0+152.5+212.5=605.0 kg. @ 59.4 kg.) (Columbus, Ohio) (WPO)
148 (67.5)	1440.0 (653.2)	*9.77X	Amy Weisberger (US/65) 8/18/07 (590.0+350.0+500.0=1440.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA)
165 (75)	1800.0 (816.5)	*11.03X	Laura Phelps-Sweatt (US/80) 8/21/11 (745.0+530.0+525.0=1800.0 lb. @ 163.2 lb. Only woman to Total 11X bodyweight.) (Covington, Kentucky) (SPF)
181 (82.5)	1770.0 (802.9)	9.73X	Laura Phelps-Sweatt (US/80) 5/23/09 (745.0+500.0+525.0=1770.0 lb.) (Nashville, Tennessee) (SPF)
198 (90)	1885.0 (855.0)	*9.56X	Becca Swanson (US/73) 3/3/06 (365.0+217.5+272.5=855.0 kg. @ 89.45 kg. Heaviest 9X bodyweight female Total of all time.) (Columbus, Ohio) (WPO)
SHW	2050.3 (930.0)	*8.30X	Becca Swanson (US/73) 10/29/05 (387.5+237.5+305.0=930.0 kg. @ 112.1 kg. First woman to Total 1600 pounds. First woman to Total 1700 pounds. First woman to Total 1800 pounds. Only woman to Total 1900 pounds.) (Chicago, Illinois) (WPO)

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ALL TIME HISTORICAL WOMEN'S POWERLIFTING WORLD RANKINGS IN POUNDS

Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

Wom	Squat	Female Lifter/ Nationality/ Date/ Federation	Wilks	Malone	Sum	Rank
97	378.1 *3.92X	Wei-Ling Chen (Chinese Taipei/82) 5/27/05 (IPF)	*533.98 #10	*420.40 #10	#20	#10
105	463.0 *4.40X	Margaret Kirkland (US/63) 8/4/07 (AAPF/AWPC)	*615.98 #9	*480.93 #9	#18	#9
114	518.1 *4.52X	Margaret Kirkland (US/63) 12/5/09 (APF)	*645.85 #5	*501.82 #4	=9	=4
123	530.0 *4.31X	Natalie Carr-Harrington (US/83) 4/14/12 (SPF)	*625.45 #7	*482.83 #6	#13	#6
132	556.7 *4.24X	Nance Greenspan-Avigliano (US/56) 8/25/02 (APF/WPC)	*624.64 #8	*482.13 #7	#15	#8
148	611.8 *4.17X	Shannon Hartnett (US/65) 3/22/09 (APF)	*630.50 #6	*481.90 #8	#14	#7
165	775.0 *4.70X	Laura Phelps-Sweatt (US/80) 3/11/12 (SPF)	*738.30 #1	*560.76 #1	#2	—#1—
181	770.0 *4.56X	Laura Phelps-Sweatt (US/80) 1/27/07 (APF)	*722.18 #2	*547.24 #2	#4	#2
198	804.7 *4.08X	Becca Swanson (US/73) 3/3/06 (WPO)	*697.10 #3	*509.85 #3	#6	#3
SHW	854.3 *3.46X	Becca Swanson (US/73) 10/29/05 (WPO)	*691.89 #4	*484.22 #5	=9	=4

Wom	Bench Press	Female Lifter/ Nationality/ YOB/ Date/ Federation	Wilks	Malone	Sum	Rank
97	264.6 *2.76X	Justyna Kozdryk (Poland/80) 3/5/11 (IPF)	*375.91 #10	*296.30 #10	#20	#10
105	288.8 *2.81X	Yukako Fukushima (Japan/70) 11/3/08 (IPF)	*390.81 #9	*305.67 #8	#17	#9
114	319.7 *2.82X	Janet Faraone (US/67) 12/1/07 (APF/WPC)	*401.51 #8	*312.06 #7	=15	=7
123	347.0 *2.84X	Janet Faraone (US/67) 12/15/07 (APF)	*412.10 #7	*319.52 #6	#13	#6
132	402.3 *3.04X	Tina Rinehart (US/68) 3/6/04 (WPO)	*448.57 #4	*346.14 #3	=7	=3
148	413.4 *2.78X	Kara Bohigian-Smith (US/75) 3/18/07 (APF)	*421.88 #5	*321.48 #5	#10	#5
165	530.0 *3.25X	Laura Phelps-Sweatt (US/80) 8/21/11 (SPF)	*507.99 #1	*386.16 #1	#2	—#1—
181	540.0 *3.13X	Laura Phelps-Sweatt (US/80) 2/4/12 (SPF)	*500.22 #2	*377.69 #2	#4	#2
198	479.5 *2.43X	Becca Swanson (US/73) 3/3/06 (WPO)	*415.40 #6	*303.81 #9	=15	=7
SHW	600.8 *2.50X	Becca Swanson (US/73) 3/8/08 (APF)	*489.56 #3	*343.93 #4	=7	=3

Wom	Deadlift	Female Lifter/ Nationality/ YOB/ Date/ Federation	Wilks	Malone	Sum	Rank
97	385.8 *4.00X	Wei-Ling Chen (Chinese Taipei/82) 5/23/03 (IPF)	*545.73 #8	*429.75 #7	#15	#7
105	429.9 *4.17X	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (IPF)	*580.39 #3	*453.85 #2	=5	=2
114	446.4 *4.01X	Yi-Ju Chou (Chinese Taipei/80) 7/25/09 (IPF)	*569.63 #4	*443.18 #4	#8	#4
123	490.5 *4.05X	Carrie Boudreau (US/67) 7/21/95 (USPF/IPF)	*586.18 #1	*454.29 #1	#2	—#1—
132	518.1 *3.94X	Maria Revva (Russia/77) 8/25/04 (IPF)	*580.62 #2	*448.25 #3	=5	=2
148	556.7 *3.75X	Priscilla Ribic (US/72) 8/8/07 (USAPL/IPF)	*569.36 #5	*434.59 #5	#10	#5
165	584.2 *3.64X	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (IPF)	*566.05 #6	*430.69 #6	#12	#6
181	590.8 *3.25X	Coral Blair (Austria/64) 11/19/99 (WPC)	*531.75 #9	*397.69 #8	=17	=8
198	604.0 *3.16X	Dawn Reshel-Sharon (US/55-00) 5/15/88 (APF/WPC)	*530.67 #10	*392.12 #9	#19	#10
SHW	683.4 *2.80X	Becca Swanson (US/73) 11/5/05 (WPO)	*554.81 #7	*388.53 #10	=17	=8

Wom	Total	Female Lifter/ Nationality/ YOB/ Date/ Federation	Wilks	Malone	Sum	Rank
97	937.0 *9.84X	Svetlana Tesleva (Russia/75) 5/25/00 (IPF)	*1335.4 #10	*1053.2 #10	#20	#10
105	1091.3 *10.59X	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (IPF)	*1473.3 #8	*1152.1 #7	#15	#7
114	1157.4 *10.31X	Olesia Lafina (Russia/79) 3/1/06 (IPF)	*1466.8 #9	*1140.8 #8	#17	#9
123	1265.0 *10.28X	Natalie Carr-Harrington (US/83) 4/14/12 (SPF)	*1492.8 #6	*1152.4 #6	#12	#6
132	1333.8 *10.19X	Amy Weisberger (US/65) 3/2/07 (WPO)	*1498.7 #5	*1157.2 #5	#10	#5
148	1440.0 *9.77X	Amy Weisberger (US/65) 8/18/07 (IPA)	*1479.8 #7	*1130.5 #9	#16	#8
165	1800.0 *11.03X	Laura Phelps-Sweatt (US/80) 8/21/11 (SPF)	*1725.3 #1	*1311.5 #1	#2	—#1—
181	1770.0 9.73X	Laura Phelps-Sweatt (US/80) 5/23/09 (SPF)	1593.0 #4	1191.4 #3	#7	#4
198	1885.0 *9.56X	Becca Swanson (US/73) 3/3/06 (WPO)	*1632.9 #3	*1194.3 #2	#5	#2
SHW	2050.3 *8.30X	Becca Swanson (US/73) 10/29/05 (WPO)	*1660.5 #2	*1162.1 #4	#6	#3

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ALL TIME HISTORICAL WOMEN'S UNEQUIPPED POWERLIFTING WORLD RECORDS IN POUNDS/KILOGRAMS

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

Women	RAW SQ	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	215.0 (97.5)	*2.32X	Naomi Kutin (US/02) 1/22/12 (97.5 kg. @ 42.0 kg., without a squat suit, belt or knee wraps.) (Corpus Christi, Texas) (RUPC)
105 (48)	319.7 (145.0)	*3.10X	Wei-Ling Chen (Chinese Taipei/82) 6/12/12 (145.0 kg. @ 46.7 kg., without a squat suit or knee wraps. Highest female unequipped Squat bodyweight coefficient of all time. Only woman to squat triple bodyweight unequipped.) (Stockholm, Sweden) (IPF)
114 (52)	320.8 (145.5)	*2.80X	Suzanne "Sioux-Z" Hartwig-Gary (US/68) 8/3/12 (145.5 kg. @ 52.0 kg., without a squat suit or knee wraps.) (Killeen, Texas) (USAPL/IPF)
123 (56)	330.7 (150.0)	*2.68X	Glendy Randall (Canada/87) 1/29/11 (150.0 kg. @ 56.0 kg., without a squat suit.) (Montreal, Canada) (WPC)
132 (60)	385.8 (175.0)	*2.92X	Marilia Coutinho (Brazil/63) 12/2/11 (175.0 kg. @ 59.9 kg., without a squat suit.) (Atlanta, Georgia) (GPA)
148 (67.5)	402.3 (182.5)	*2.72X	Callarina Key (US/90) 6/2/12 (182.5 kg. @ 67.1 kg., without a squat suit.) (Jonesboro, Georgia) (APC/GPA)
165 (75)	490.5 (222.5)	*2.98X	Jill Brown-Mills (US/71) 3/24/01 (222.5 kg. @ 164.7 lb., without a squat suit.) (Fort Hood, Texas) (USPF)
181 (82.5)	518.1 (235.0)	2.85X	Jill Brown-Mills (US/71) 11/3/01 (235.0 kg., without a squat suit.) (Seguin, Texas) (USPF)
198 (90)	451.9 (205.0)	*2.46X	Ielja Strik (Netherlands/73) 6/15/12 (205.0 kg. @ 83.35 kg., without a squat suit or knee wraps.) (Stockholm, Sweden) (IPF)
SHW	615.0 (279.0)	*2.42X	April Mathis (US/87) 10/29/11 (615.0 lb. @ 254.0 lb., without a squat suit or knee wraps. Heaviest female squat of all time without a squat suit.) (Orlando, Florida) (APF)
Women	RAW BP	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	181.9 (82.5)	*1.88X	Irina Krylova (Russia/78) 6/5/93 (82.5 kg. @ 44.0 kg.) (Darmstadt, Germany) (IPF)
105 (48)	209.4 (95.0)	*2.00X	April Delmore-Shumaker (US/66) 3/31/12 (95.0 kg. @ 104.5 lb.) (Callahan, Florida) (USPA)
114 (52)	231.5 (105.0)	2.02X	Mary Ryan-Jeffrey (US/60) 7/26/91 (105.0 kg.) (Dallas, Texas) (USPF)
123 (56)	248.0 (112.5)	*2.01X	Vicki Steenrod (US/49) 7/7/84 (112.5 kg. @ 55.9 kg. First woman to bench press double bodyweight.) (Dayton, Ohio) (USPF)
132 (60)	300.9 (136.5)	*2.28X	Jennifer Thompson (US/73) 3/2/12 (136.5 kg. @ 59.8 kg. Highest female unequipped bench press bodyweight coefficient of all time.) (Columbus, Ohio) (USAPL/IPF)
148 (67.5)	292.1 (132.5)	*2.15X	Jennifer Thompson (US/73) 6/13/12 (132.5 kg. @ 61.6 kg.) (Stockholm, Sweden) (USAPL/IPF)
165 (75)	314.2 (142.5)	*1.98X	Liz Odendaal (Netherlands/54-98) 7/21/89 (142.5 kg. @ 72.1 kg.) (Karlsruhe, West Germany) (IPF)
181 (82.5)	330.7 (150.0)	1.82X	Beverly Francis (Australia/55) 5/12/81 (150.0 kg. First woman to bench press 300 pounds.) (Honolulu, Hawaii) (IPF)
198 (90)	360.0 (163.3)	*1.96X	Shannon Sanders-Nash (US/72) 11/12/11 (360.0 lb. @ 183.6 lb.) (Gatlinburg, Tennessee) (SPF)
SHW	415.0 (188.2)	*1.63X	April Mathis (US/87) 10/29/11 (415.0 lb. @ 254.0 lb. Heaviest female bench press of all time without a bench press shirt.) (Orlando, Florida) (APF)
Women	RAW TOT	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	622.8 (282.5)	*6.62X	Ana Santiago-Ordenez-Geitner (Guatemala/Germany/67) 9/3/11 (95.0+45.0+142.5=282.5 kg. @ 42.7 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Lauchhammer, Germany) (IPF)
105 (48)	870.8 (395.0)	*8.46X	Wei-Ling Chen (Chinese Taipei/82) 6/12/12 (145.0+77.5+172.5=395.0 kg. @ 46.7 kg. Lifts done without a squat suit, knee wraps or a bench press shirt. Highest female unequipped Total bodyweight coefficient of all time.) (Stockholm, Sweden) (IPF)
114 (52)	843.3 (382.5)	*7.41X	Anna Komlaeva (Russia/79) 6/12/12 (132.5+90.0+160.0=382.5 kg. @ 51.65 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Stockholm, Sweden) (IPF)
123 (56)	865.3 (392.5)	*7.01X	Glendy Randall (Canada/87) 1/29/11 (145.0+82.5+165.0=392.5 kg. @ 56.0 kg. Lifts done without a squat suit or a bench press shirt.) (Montreal, Canada) (WPC)
132 (60)	1045.0 (474.0)	*7.93X	Jennifer Thompson (US/73) 3/2/12 (142.5+136.5+195.0=474.0 kg. @ 59.8 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Columbus, Ohio) (USAPL/IPF)
148 (67.5)	1110.0 (503.5)	*7.50X	Stephanie Rogers (US/83) 4/28/12 (380.0+240.0+490.0=1110.0 lb. @ 148.0 lb. Lifts done without a squat suit or a bench press shirt.) (Rogers, Arkansas) (SPF)
165 (75)	1267.7 (575.0)	*7.70X	Jill Brown-Mills (US/71) 3/24/01 (222.5+125.0+227.5=575.0 kg. @ 164.7 lb. Lifts done without a squat suit or a bench press shirt.) (Fort Hood, Texas) (USPF)
181 (82.5)	1344.8 (610.0)	7.39X	Jill Brown-Mills (US/71) 11/3/01 (235.0+137.5+237.5=610.0 kg. Lifts done without a squat suit or a bench press shirt.) (Seguin, Texas) (USPF)
198 (90)	1225.0 (555.7)	*6.23X	Kristy Scott (US/82) 2/25/12 (410.0+290.0+525.0=1225.0 lb. @ 196.5 lb. Lifts done without a squat suit or a bench press shirt.) (Kennewick, Washington) (UPA)
SHW	1610.0 (730.3)	*6.34X	April Mathis (US/87) 10/29/11 (615.0+415.0+580.0=1610.0 lb. @ 254.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt. Heaviest unequipped female Total of all time.) (Orlando, Florida) (APF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

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ALL TIME HISTORICAL WOMEN'S UNEQUIPPED POWERLIFTING WORLD RANKINGS IN POUNDS

Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

Wom	Squat	Female Lifter/ Nationality/ Date/ Federation	Wilks	Malone	Sum	Rank
97	215.0 *2.32X	Naomi Kutin (US/02) 1/22/12 (RUPC)	*311.89 #10	*247.02 #10	#20	#10
105	319.7 * 3.10X	Wei-Ling Chen (Chinese Taipei/82) 6/12/12 (IPF)	*431.91 #4	*337.76 #4	#8	#4
114	320.8 *2.80X	Suzanne "Sioux-Z" Hartwig-Gary (US/68) 8/3/12 (USAPL/IPF)	*399.88 #8	*310.70 #7	=15	=7
123	330.7 *2.68X	Glendy Randall (Canada/87) 1/29/11 (WPC)	*389.09 #9	*301.33 #9	#18	#9
132	385.8 *2.92X	Marilia Coutinho (Brazil/63) 12/2/11 (GPA)	*430.68 #5	*332.37 #5	#10	#5
148	402.3 *2.72X	Callerina Key (US/90) 6/2/12 (APC/GPA)	*412.40 #6	*314.91 #6	#12	#6
165	490.5 *2.98X	Jill Brown-Mills (US/71) 3/24/01 (USPF)	*467.48 #2	*355.06 #1	#3	#1
181	518.1 2.85X	Jill Brown-Mills (US/71) 11/3/01 (USPF)	466.28 #3	348.72 #2	#5	#3
198	451.9 *2.46X	Ielja Strik (Netherlands/73) 6/15/12 (IPF)	*404.61 #7	*301.90 #8	=15	=7
SHW	615.0 *2.42X	April Mathis (US/87) 10/29/11 (APF)	*495.44 #1	*345.92 #3	#4	#2

Wom	Bench Press	Female Lifter/ Nationality/ YOB/ Date/ Federation	Wilks	Malone	Sum	Rank
97	181.9 *1.88X	Irina Krylova (Russia/78) 6/5/93 (IPF)	*256.11 #10	*201.51 #10	#20	#10
105	209.4 *2.00X	April Delmore-Shumaker (US/66) 3/31/12 (USPA)	*279.96 #9	*218.85 #9	#18	#9
114	231.5 2.02X	Mary Ryan-Jeffrey (US/60) 7/26/91 (USPF)	288.57 #8	224.22 #7	#15	#8
123	248.0 *2.01X	Vicki Steenrod (US) 7/7/84 (USPF)	*292.24 #7	*226.34 #6	#13	#6
132	300.9 * 2.28X	Jennifer Thompson (US/73) 3/2/12 (USAPL/IPF)	*336.38 #1	*259.64 #1	#2	#1
148	292.1 *2.15X	Jennifer Thompson (US/73) 6/13/12 (USAPL/IPF)	*319.13 #4	*245.81 #2	=6	=2
165	314.2 *1.98X	Liz Odendaal (Netherlands/54-98) 7/21/89 (IPF)	*306.34 #5	*233.20 #5	#10	#5
181	330.7 1.82X	Beverly Francis (Australia/55) 5/12/81 (IPF)	297.62 #6	222.59 #8	#14	#7
198	360.0 *1.96X	Shannon Sanders-Nash (US/72) 11/12/11 (SPF)	*322.42 #3	*240.59 #3	=6	=2
SHW	415.0 *1.63X	April Mathis (US/87) 10/29/11 (APF)	*334.32 #2	*233.43 #4	=6	=2

Wom	Total	Female Lifter/ Nationality/ YOB/ Date/ Federation	Wilks	Malone	Sum	Rank
97	622.8 *6.62X	Ana Santiago-Ordonez-Geitner 9/3/11 (IPF)	*894.3 #10	*706.5 #10	#20	#10
105	870.8 * 8.46X	Wei-Ling Chen (Chinese Taipei/82) 6/12/12 (IPF)	*1176.6 #4	*920.1 #1	=5	=2
114	843.3 *7.41X	Anna Komlaeva (Russia/79) 6/12/12 (IPF)	*1056.7 #7	*821.3 #7	=14	=6
123	865.3 *7.01X	Glendy Randall (Canada/87) 1/29/11 (WPC)	*1018.1 #9	*788.5 #8	#17	#9
132	1045.0 *7.93X	Jennifer Thompson (US/73) 3/2/12 (USAPL/IPF)	*1168.1 #5	*901.6 #5	#10	#5
148	1110.0 *7.50X	Stephanie Rogers (US/83) 4/28/12 (SPF)	*1137.4 #8	*868.8 #6	=14	=6
165	1267.7 *7.70X	Jill Brown-Mills (US/71) 3/24/01 (USPF)	*1208.1 #3	*917.6 #2	=5	=2
181	1344.8 7.39X	Jill Brown-Mills (US/71) 11/3/01 (USPF)	1210.3 #2	905.2 #4	#6	#4
198	1225.0 *6.23X	Kristy Scott (US/82) 2/25/12 (UPA)	*1062.8 #6	*778.2 #9	#15	#8
SHW	1610.0 *6.34X	April Mathis (US/87) 10/29/11 (APF)	*1297.0 #1	*905.6 #3	#4	#1

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WOMEN'S 600 POUND (272.2 KILOGRAM) SQUAT HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Squat	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	854.3 (387.5)	*3.46X	SHW	Becca Swanson (US/73) 10/29/05 (387.5 kg. @ 112.1 kg. First woman to squat 700 pounds. Only woman to squat over 800 pounds.) (Chicago, Illinois) (WPO)
2.	804.7 (365.0)	*4.08X	198 (90)	Becca Swanson (US/73) 3/3/06 (365.0 kg. @ 89.45 kg. Heaviest female quadruple bodyweight squat of all time.) (Columbus, Ohio) (WPO)
3.	775.0 (351.5)	*4.70X	165 (75)	Laura Phelps-Sweatt (US/80) 3/11/12 (775.0 lb. @ 164.8 lb.) (Knoxville, Tennessee) (SPF)
4.	770.0 (349.3)	*4.56X	181 (82.5)	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
5.	738.5 (335.0)	*2.57X	SHW	Galina Karpova (Russia/68) 2/26/12 (335.0 kg. @ 130.2 kg.) (Chelyabinsk, Russia) (IPF)
6.	700.0 (317.5)	*2.02X	SHW	Melissa Garrett (US/78) 12/5/10 (700.0 lb. @ 347.0 lb.) (Cincinnati, Ohio) (SPF)
7.	683.4 (310.0)	*2.57X	SHW	Olga Gemaletdinova (Russia/86) 5/5/11 (310.0 kg. @ 120.62 kg.) (Pilsen, Czech Republic) (IPF)
8.	661.4 (300.0)		SHW	Liz Willett (US/72) 7/9/04 (300.0 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
9.	661.4 (300.0)	*2.02X	SHW	Ashton Chatelain (US/93) 5/28/11 (300.0 kg. @ 327.8 lb.) (New Port Richey, Florida) (APF)
10.	661.4 (300.0)	*2.79X	SHW	Dorothy Shaw (Great Britain/63) 7/3/11 (300.0 kg. @ 107.4 kg.) (Alperton, England) (GPC)
11.	655.9 (297.5)	*2.59X	SHW	Irina Lugovaya (Russia/74) 2/19/11 (297.5 kg. @ 114.7 kg.) (Berdsk, Russia) (IPF)
12.	650.4 (295.0)	*2.31X	SHW	Machia Dudley (US/86) 11/3/06 (295.0 kg. @ 127.7 kg.) (Lake George, New York) (APF/WPC)
13.	650.4 (295.0)	*3.77X	181 (82.5)	Jill Brown-Mills (US/71) 7/22/06 (295.0 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)
14.	650.4 (295.0)	*2.68X	SHW	Tatyana Grigor (Russia/70) 5/29/11 (295.0 kg. @ 109.9 kg.) (Neryungri, Russia) (IPF)
15.	644.9 (292.5)	*3.90X	165 (75)	Stephanie VanDeWeghe (US/55) 6/13/09 (292.5 kg. @ 75.0 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
16.	639.3 (290.0)	*2.41X	SHW	Anastasia Pavlova (Russia/68) 3/3/05 (290.0 kg. @ 120.1 kg.) (Kazan, Russia) (IPF)
17.	633.8 (287.5)	*3.34X	198 (90)	Krystal Cary (US/84) 7/22/12 (287.5 kg. @ 86.2 kg.) (Dubuque, Iowa) (UPA)
18.	633.0 (287.1)	*3.31X	198 (90)	Dawn Reshel-Sharon (US/55-00) 5/15/88 (655.0 lb. @ 191.0 lb., which later weighed out at 633.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
19.	630.0 (285.8)	*3.06X	SHW	Sandi "Candyazz" McCaslin (US/64) 12/2/06 (630.0 lb. @ 206.0 lb.) (Riverhead, New York) (APF)
20.	630.0 (285.8)	*3.60X	181 (82.5)	Shany Gilbert (Canada/90) 4/14/12 (630.0 lb. @ 174.8 lb.) (Cincinnati, Ohio) (SPF)
21.	628.3 (285.0)	*2.88X	SHW	Lorraine Costanzo (US/54) 11/22/87 (285.0 kg. @ 218 lb. First woman to squat 600 pounds.) (Dayton, Ohio) (APF/WPC)
22.	628.3 (285.0)	*3.49X	181 (82.5)	Krista Ford (US/66) 6/11/11 (285.0 kg. @ 81.7 kg.) (Sun Prairie, Wisconsin) (APF/WPC)
23.	625.0 (283.5)	*2.62X	SHW	Karen Sizemore (US/64) 4/12/03 (625.0 lb. @ 238.5 lb.) (Newark, Ohio) (IPA)
24.	625.0 (283.5)	*3.54X	181 (82.5)	Brooke Fineis-Curry (US/77) 4/14/12 (625.0 lb. @ 176.6 lb.) (Cincinnati, Ohio) (SPF)
25.	623.9 (283.0)	*3.56X	181 (82.5)	Deb Widdis (US/60) 6/2/06 (283.0 kg. @ 79.6 kg.) (Las Vegas, Nevada) (APF/WPC)
26.	622.8 (282.5)	*3.14X	198 (90)	Valeria Scheglova (Russia/83) 8/24/08 (282.5 kg. @ 90.0 kg.) (Berdsk, Russia) (IPF)
27.	622.8 (282.5)	*3.45X	181 (82.5)	Krystal Cary (US/84) 6/13/09 (282.5 kg. @ 81.8 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
28.	622.8 (282.5)	*3.05X	SHW	Lazara Janet Loveall (US/70) 7/24/11 (282.5 kg. @ 204.0 lb.) (Pleasanton, California) (SPF)
29.	620.0 (281.2)	*3.46X	181 (82.5)	Tamara Rainwater-Grimwood (US/64-00) 4/15/95 (620.0 lb. @ 179.0 lb.) (Lebanon, Pennsylvania) (IPA)
30.	620.0 (281.2)	3.12X	198 (90)	Lynn Boshoven (US) 4/27/96 (620.0 lb.) (Grand Rapids, Michigan) (NSM)
31.	617.3 (280.0)	*2.58X	SHW	Chia-Sui Lee (Chinese Taipei/77) 11/7/99 (280.0 kg. @ 108.7 kg.) (Nymburk, Czech Republic) (IPF)
32.	617.3 (280.0)	*2.56X	SHW	Elena Avilkina (Russia/77) 2/27/03 (280.0 kg. @ 109.3 kg.) (Kazan, Russia) (IPF)
33.	617.3 (280.0)	*3.36X	198 (90)	Yevgeniya Mazaylova (Russia/82) 3/5/06 (280.0 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)
34.	617.3 (280.0)	*3.25X	198 (90)	Yulya Pozdeeva (Russia/81) 3/5/06 (280.0 kg. @ 86.1 kg.) (Ufa, Russia) (IPF)
35.	617.3 (280.0)	*3.95X	165 (75)	Yulia Zaugolova (Russia/81) 3/16/08 (280.0 kg. @ 70.9 kg.) (Ufa, Russia) (IPF)
36.	617.3 (280.0)	*3.69X	181 (82.5)	Stephanie VanDeWeghe (US/55) 6/5/10 (280.0 kg. @ 75.9 kg.) (Chicago, Illinois) (APF/WPC)
37.	615.0 (279.0)	*2.42X	SHW	April Mathis (US/87) 10/29/11 (615.0 lb. @ 254.0 lb., without a squat suit or knee wraps. Heaviest female squat of all time without a squat suit.) (Orlando, Florida) (APF)
38.	611.8 (277.5)		SHW	Juanita Trujillo (US/64) 7/31/94 (277.5 kg.) (Houston, Texas) (USPF/IPF)
39.	611.8 (277.5)	*3.28X	198 (90)	Yulia Kurina (Russia/81) 4/15/04 (277.5 kg. @ 84.65 kg.) (Priozersk, Russia) (IPF)
40.	611.8 (277.5)	*4.17X	148 (67.5)	Shannon Hartnett (US/65) 3/22/09 (272.5 kg. @ 66.6 kg., which was accidentally misloaded to 277.5 kg.) (Omaha, Nebraska) (APF)

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WOMEN'S 600 POUND (272.2 KILOGRAM) SQUAT HALL OF FAME CONTINUED

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

Squat	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
41. 611.8 (277.5)	*2.64X	SHW	Irina Yarochenko (Russia/86) 5/22/11 (277.5 kg. @ 105.3 kg.) (Saint Petersburg, Russia) (IPF)
42. 610.0 (276.7)	*2.84X	SHW	Jessica Watkins-O'Donnell (US/80) 8/9/08 (610.0 lb. @ 215.0 lb.) (Dayton, Ohio) (USAPL)
43. 606.3 (275.0)	*2.36X	SHW	Chen-Yen Chao (Chinese Taipei/71) 5/25/98 (275.0 kg. @ 116.4 kg.) (Mo I Rana, Norway) (IPF)
44. 606.3 (275.0)	*3.74X	165 (75)	Marina Kudinova (Russia/77) 3/3/05 (275.0 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)
45. 606.3 (275.0)	*2.26X	SHW	Victoria Olenitsa (Ukraine/84) 3/4/05 (275.0 kg. @ 121.9 kg.) (Mariupol, Ukraine) (IPF)
46. 600.8 (272.5)	*3.65X	165 (75)	Julie Scanlon (US/76) 3/5/04 (272.5 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)
47. 600.8 (272.5)		SHW	Harriet Hall (US/50) 3/11/06 (272.5 kg.) (Anchorage, Alaska) (USAPL)
48. 600.8 (272.5)	*3.78X	165 (75)	Shannon Hartnett (US/65) 5/30/08 (272.5 kg. @ 159.0 lb.) (Omaha, Nebraska) (APF/WPC)
49. 600.8 (272.5)	*3.22X	198 (90)	Krista Ford (US/66) 6/8/08 (272.5 kg. @ 84.5 kg.) (Norfolk, Virginia) (APC/WUAP)
50. 600.8 (272.5)	*2.11X	SHW	Hildeborg Juvet Hugdal (Norway/83) 9/19/09 (272.5 kg. @ 129.4 kg.) (Sandnes, Norway) (IPF)
51. 600.0 (272.2)	3.63X	165 (75)	Lynne Boshoven (US/58) 5/8/09 (600.0 lb.) (Wyoming, Michigan) (APA)
52. 600.0 (272.2)	*3.74X	165 (75)	Brooke Fineis-Curry (US/77) 10/16/10 (600.0 lb. @ 160.6 lb.) (Tribes Hill, New York) (SSA)

WOMEN'S 400 POUND (181.4 KILOGRAM) BENCH PRESS HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Bench Press	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	600.8 (272.5)	*2.50X	SHW	Becca Swanson (US/73) 3/8/08 (272.5 kg. @ 240.0 lb. First woman to bench press 500 pounds. First woman to bench press 550 pounds. Only woman to bench press 600 pounds. Heaviest female double bodyweight bench press of all time.) (Omaha, Nebraska) (APF)
2.	540.0 (244.9)	*3.13X	181 (82.5)	Laura Phelps-Sweatt (US/80) 2/4/12 (540.0 lb. @ 172.6 lb.) (Cincinnati, Ohio) (SPF)
3.	535.0 (242.7)	*1.54X	SHW	Melissa Garrett (US/78) 12/5/10 (535.0 lb. @ 347.0 lb.) (Cincinnati, Ohio) (SPF)
4.	531.0 (240.9)	*1.98X	SHW	Shannon Pole-Summers (US/84) 3/18/06 (531.0 lb. @ 268.6 lb.) (Piedmont, South Carolina) (APA)
5.	530.0 (240.4)	*3.25X	165 (75)	Laura Phelps-Sweatt (US/80) 8/21/11 (530.0 lb. @ 163.2 lb.) (Covington, Kentucky) (SPF)
6.	479.5 (217.5)	*2.43X	198 (90)	Becca Swanson (US/73) 3/3/06 (217.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO)
7.	468.5 (212.5)	*1.90X	SHW	Irina Lugovaya (Russia/74) 2/19/10 (212.5 kg. @ 111.75 kg.) (Chelyabinsk, Russia) (IPF)
8.	468.5 (212.5)	2.36X	198 (90)	Karen Campbell (US/63) 5/15/10 (212.5 kg.) (Wisconsin Dells, Wisconsin) (WABDL)
9.	468.5 (212.5)	*2.45X	198 (90)	Viktoriya Sheludko (Russia/73) 11/15/11 (212.5 kg. @ 86.9 kg.) (Riga, Latvia) (WPC)
10.	463.0 (210.0)	*2.60X	181 (82.5)	Svetlana Dedulia-Miklasevich (Russia/75) 8/24/05 (210.0 kg. @ 80.85 kg.) (Oriol, Russia) (IPF)
11.	463.0 (210.0)	*1.74X	SHW	Natalia Payousova-Zotova (Russia/75) 3/12/11 (210.0 kg. @ 120.65 kg.) (Bolshevik, Russia) (IPF)
12.	454.2 (206.0)	*1.61X	SHW	Hildeborg Juvet Hugdal (Norway/83) 8/10/12 (206.0 kg. @ 128.14 kg.) (Terni, Italy) (IPF)
13.	451.9 (205.0)	*2.93X	165 (75)	Kara Bohigian-Smith (US/75) 3/18/06 (205.0 kg. @ 70.0 kg.) (Attalla, Alabama) (APF)
14.	451.9 (205.0)	*2.12X	SHW	Ludmilla Gaiduchenko (Ukraine/56) 2/4/07 (205.0 kg. @ 96.6 kg.) (Melitopol, Ukraine) (IPA)
15.	451.9 (205.0)	*1.63X	SHW	Lisa Miller (US/76) 6/30/07 (205.0 kg. @ 126.0 kg.) (Willowbrook, Illinois) (APF)
16.	451.9 (205.0)	*1.55X	SHW	Galina Karpova (Russia/68) 2/19/11 (205.0 kg. @ 132.25 kg.) (Berdsk, Russia) (IPF)
17.	450.0 (204.1)	*1.79X	SHW	Karen Sizemore (US/64) 3/30/02 (450.0 lb. @ 252.0 lb.) (Charleston, West Virginia) (IPA)
18.	450.0 (204.1)	*1.50X	SHW	Rachel Nutter (US/71) 4/14/12 (450.0 lb. @ 300.4 lb.) (Cincinnati, Ohio) (SPF)
19.	446.4 (202.5)	*1.89X	SHW	Joanne Smith-Williams-Schaeffer (Great Britain/Netherlands/67) 5/28/10 (202.5 kg. @ 107.1 kg.) (Killeen, Texas) (IPF)
20.	446.4 (202.5)	*1.98X	SHW	Sandra Lonn (Sweden/74) 8/13/10 (202.5 kg. @ 102.1 kg.) (Bratislava, Slovakia) (IPF)
21.	440.9 (200.0)	*2.40X	198 (90)	Svetlana Dedulia-Miklasevich (Russia/75) 5/27/11 (200.0 kg. @ 83.3 kg.) (Soelden, Austria) (IPF)
22.	429.9 (195.0)	*2.61X	165 (75)	Julie Scanlon (US/76) 3/5/04 (195.0 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)
23.	425.0 (192.8)	*2.00X	SHW	Sandi "Candyazz" McCaslin (US/64) 7/12/08 (425.0 lb. @ 213.0 lb.) (Bradford, Pennsylvania) (SSA)
24.	425.0 (192.8)	*2.43X	181 (82.5)	Shany Gilbert (Canada/90) 4/14/12 (425.0 lb. @ 174.8 lb.) (Cincinnati, Ohio) (SPF)
25.	424.4 (192.5)		SHW	Machia Dudley (US/86) 2/04 (192.5 kg.) (Omaha, Nebraska) (APF)
26.	420.0 (190.5)	*1.57X	SHW	Deborah Ferrell (US/64) 5/27/06 (190.5 kg. @ 121.25 kg.) (Miskolc, Hungary) (USAPL/IPF)
27.	420.0 (190.5)	*2.37X	181 (82.5)	Yulia Medvedeva (Russia/79) 9/28/11 (190.5 kg. @ 80.4 kg.) (Yekaterinburg, Russia) (WPC)
28.	418.9 (190.0)	*1.61X	SHW	Chen-Yen Chao (Chinese Taipei/71) 5/2/03 (190.0 kg. @ 118.2 kg.) (Almaty, Kazakhstan) (IPF)
29.	418.9 (190.0)	*2.12X	198 (90)	Ludmilla Gaiduchenko (Ukraine/56) 11/7/04 (190.0 kg. @ 89.6 kg.) (Helsinki, Finland) (WPO)
30.	418.9 (190.0)	*2.55X	165 (75)	Svetlana Dedulia-Miklasevich (Russia/75) 3/3/05 (190.0 kg. @ 74.65 kg.) (Kazan, Russia) (IPF)
31.	418.9 (190.0)	*1.73X	SHW	Tatyana Grigor (Russia/70) 5/29/11 (190.0 kg. @ 109.9 kg.) (Neryungri, Russia) (IPF)
32.	418.9 (190.0)	*2.31X	181 (82.5)	Viktoriya Sheludko (Russia/73) 7/2/11 (190.0 kg. @ 82.2 kg.) (Prague, Czech Republic) (WPC)
33.	415.0 (188.2)	*1.63X	SHW	April Mathis (US/87) 10/29/11 (415.0 lb. @ 254.0 lb., without a bench press shirt. Heaviest female bench press of all time without a bench press shirt.) (Orlando, Florida) (APF)
34.	413.4 (187.5)	*2.78X	148 (67.5)	Kara Bohigian-Smith (US/75) 3/18/07 (187.5 kg. @ 67.5 kg.) (Attalla, Alabama) (APF)
35.	413.4 (187.5)	*2.46X	181 (82.5)	Sarah Keller (US/83) 10/27/07 (187.5 kg. @ 168.2 lb.) (Plano, Texas) (APF)
36.	413.4 (187.5)	*1.85X	SHW	Inna Orobets (Ukraine/71) 11/7/08 (187.5 kg. @ 101.12 kg.) (Saint John's, Canada) (IPF)
37.	413.4 (187.5)	*2.08X	198 (90)	Valeria Scheglova (Russia/83) 2/19/10 (187.5 kg. @ 90.0 kg.) (Chelyabinsk, Russia) (IPF)
38.	413.4 (187.5)	*1.25X	SHW	Ashton Chatelain (US/93) 6/2/12 (187.5 kg. @ 150.6 kg.) (Myrtle Beach, South Carolina) (APF/WPC)
39.	412.3 (187.0)	*1.25X	SHW	Liz Willett (US/72) 5/1/04 (187.0 kg. @ 330.6 lb.) (Villa Park, Illinois) (Bench America2)
40.	407.9 (185.0)	*1.51X	SHW	Jean Putnam (US) 2/15/04 (185.0 kg. @ 270.5 lb.) (Manchester, New Hampshire) (USPF)

WOMEN'S 400 POUND (181.4 KILOGRAM) BENCH PRESS HALL OF FAME CONTINUED ON THE NEXT PAGE

WOMEN'S 400 POUND (181.4 KILOGRAM) BENCH PRESS HALL OF FAME CONTINUED

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

41.	407.9 (185.0)	*1.65X	SHW	Brenda van der Meulen (Netherlands/78) 8/10/12 (185.0 kg. @ 111.97 kg.) (Terni, Italy) (IPF)
42.	407.9 (185.0)	*1.50X	SHW	Victoria Olenitsa (Ukraine/84) 11/27/05 (185.0 kg. @ 123.3 kg.) (Oroshaza, Hungary) (IPF)
43.	407.9 (185.0)	*1.54X	SHW	Kate Radon (US/81) 11/5/06 (185.0 kg. @ 120.3 kg.) (Lake George, New York) (APF/WPC)
44.	407.9 (185.0)	*2.39X	181 (82.5)	Stephanie VanDeWeghe (US/55) 6/11/11 (185.0 kg. @ 77.31 kg.) (Sun Prairie, Wisconsin) (APF/WPC)
45.	407.9 (185.0)	*2.13X	198 (90)	Rebecca Roberts-Gorshe (US/77) 6/11/11 (185.0 kg. @ 86.7 kg.) (Sun Prairie, Wisconsin) (APF/WPC)
46.	407.9 (185.0)	*2.28X	181 (82.5)	Krystal Cary (US/84) 6/26/11 (185.0 kg. @ 81.0 kg.) (Park Forest, Illinois) (APF)
47.	407.9 (185.0)	*1.74X	SHW	Dana Shealey (US/79) 11/6/11 (185.0 kg. @ 235.0 lb.) (Sacramento, California) (SPF)
48.	407.9 (185.0)	*2.52X	165 (75)	Darilyn Doddy (US/90) 7/21/12 (185.0 kg. @ 161.6 lb.) (Romulus, Michigan) (APF/WPC)
49.	405.0 (183.7)	*2.25X	181 (82.5)	Kathy Goliszek (US/73) 7/15/06 (405.0 lb. @ 180.0 lb.) (Riverhead, New York) (APF)
50.	404.5 (183.5)	*2.45X	165 (75)	Yulia Medvedeva (Russia/79) 5/21/11 (183.5 kg. @ 74.8 kg.) (Novosibirsk, Russia) (WPC)
51.	403.4 (183.0)	*2.51X	165 (75)	Paula Suzuki (US/68) 6/10/00 (183.0 kg. @ 161.0 lb.) (Warren, Michigan) (APF/WPC/WBC)
52.	403.4 (183.0)	*2.07X	198 (90)	Ielja Strik (Netherlands/73) 5/7/10 (183.0 kg. @ 88.55 kg.) (Koping, Sweden) (IPF)
53.	402.3 (182.5)	*2.21X	181 (82.5)	Tamara Rainwater-Grimwood (US/64-00) 5/29/94 (182.5 kg. @ 82.5 kg. First woman to bench press 400 pounds.) (Oceanside, New York) (APF/WPC)
54.	402.3 (182.5)	*3.04X	132 (60)	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. First woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO)
55.	402.3 (182.5)	*2.07X	198 (90)	Tazzie Colomb (US/66) 12/4/05 (182.5 kg. @ 88.35 kg.) (Jacksonville, Florida) (APF)
56.	402.3 (182.5)	*2.44X	165 (75)	Sarah Keller (US/83) 5/30/08 (182.5 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)
57.	402.3 (182.5)	*2.56X	165 (75)	Sonji "Shorty" Baldwin (US/69) 6/8/08 (182.5 kg. @ 71.4 kg.) (Norfolk, Virginia) (APC/WUAP)
58.	402.3 (182.5)	*1.79X	SHW	Agnes Szabo (Hungary/89) 8/5/11 (182.5 kg. @ 102.07 kg.) (Pilsen, Czech Republic) (IPF)
59.	402.3 (182.5)	*2.44X	165 (75)	Elena Sheverdina (Russia/69) 6/6/12 (182.5 kg. @ 74.8 kg.) (Moscow, Russia) (WPC)
60.	402.3 (182.5)	*2.12X	198 (90)	Krystal Cary (US/84) 7/22/12 (182.5 kg. @ 86.2 kg.) (Dubuque, Iowa) (UPA)
61.	400.0 (181.4)	*1.85X	SHW	JoLynn Arvin (US/67) 2/8/98 (400.0 lb. @ 98.0 kg.) (Columbus, Ohio) (APF)
62.	400.0 (181.4)	*1.86X	SHW	Jessica Watkins-O'Donnell (US/80) 8/9/08 (400.0 lb. @ 215.0 lb.) (Dayton, Ohio) (USAPL)

WOMEN'S 300 POUND (136.1 KILOGRAM) UNEQUIPPED BENCH PRESS HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Bench Press	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	415.0 (188.2)	*1.63X	SHW	April Mathis (US/87) 10/29/11 (415.0 lb. @ 254.0 lb. Heaviest female bench press of all time without a bench press shirt.) (Orlando, Florida) (APF)
2.	391.3 (177.5)	*1.11X	SHW	Roberta Collins (US) 1/11/03 (177.5 kg. @ 353.0 lb.) (West Liberty, Ohio) (NASA)
3.	360.0 (163.3)	*1.96X	198 (90)	Shannon Sanders-Nash (US/72) 11/12/11 (360.0 lb. @ 183.6 lb.) (Gatlinburg, Tennessee) (SPF)
4.	352.7 (160.0)	*1.86X	198 (90)	Viktoriya Sheludko (Russia/73) 4/18/12 (160.0 kg. @ 86.2 kg.) (Rostov, Russia) (WPC)
5.	350.0 (158.8)	*1.40X	SHW	Artelia Watson (US/67) 8/7/04 (350.0 lb. @ 250.0 lb.) (Waukegan, Illinois) (APA)
6.	330.7 (150.0)	1.82X	181 (82.5)	Beverly Francis (Australia/55) 5/12/81 (150.0 kg. First woman to bench press 300 pounds.) (Honolulu, Hawaii) (IPF)
7.	325.2 (147.5)	1.79X	181 (82.5)	Jill Brown-Mills (US/71) 3/20/99 (147.5 kg.) (Austin, Texas) (USPF)
8.	325.2 (147.5)	*1.81X	181 (82.5)	Shannon Sanders-Nash (US/72) 9/11/10 (147.5 kg. @ 81.6 kg.) (Rock Hill, South Carolina) (APF)
9.	325.0 (147.4)	*1.73X	198 (90)	Kym Allen (US/69) 6/21/97 (325.0 lb. @ 188.0 lb.) (Macon, Georgia) (APA)
10.	314.2 (142.5)	*1.98X	165 (75)	Liz Odendaal (Netherlands/54-98) 7/21/89 (142.5 kg. @ 72.1 kg.) (Karlsruhe, West Germany) (IPF)
11.	310.9 (141.0)	*1.89X	165 (75)	Elena Sheverdina (Russia/69) 11/14/11 (141.0 kg. @ 74.6 kg.) (Riga, Latvia) (WPC)
12.	308.6 (140.0)	1.87X	165 (75)	Beverly Francis (Australia/55) 10/18/81 (140.0 kg.) (Melbourne, Australia) (IPF)
13.	305.0 (138.3)	*1.92X	165 (75)	Julie Scanlon (US/76) 5/6/06 (305.0 lb. @ 159.0 lb.) (Amherst, Massachusetts) (Atlantis)
14.	305.0 (138.3)	*1.72X	181 (82.5)	Stella Krupinski (US/62) 9/5/09 (305.0 lb. @ 177.0 lb.) (Salem, Virginia) (SPF)
15.	310.0 (140.6)	*1.57X	198 (90)	Barb Page (US/70) 12/4/11 (310.0 lb. @ 198.0 lb. @ 198.0 lb.) (Cincinnati, Ohio) (SPF)
16.	305.0 (138.3)	*1.55X	198 (90)	Kristy Scott (US/82) 2/25/12 (305.0 lb. @ 196.5 lb.) (Kennewick, Washington) (UPA)
17.	303.1 (137.5)	*1.49X	SHW	Myrtle Augee (Great Britain/65) 5/21/89 (137.5 kg. @ 92.2 kg.) (Comines, Belgium) (IPF)
18.	303.1 (137.5)	*1.84X	165 (75)	Shannon Culbertson (US/71) 9/12/09 (137.5 kg. @ 164.6 lb.) (Rock Hill, South Carolina) (APF)
19.	303.1 (137.5)	1.83X	165 (75)	Sonji "Shorty" Baldwin (US/69) 9/10/11 (137.5 kg.) (Hiram, Georgia) (APF)
20.	303.1 (137.5)	*1.26X	SHW	Brittany Pryor (US/86) 8/27/11 (137.5 kg. @ 241.4 lb.) (Honolulu, Hawaii) (USPA)
21.	301.6 (136.8)		SHW	Victoria Gagne-Hembree (US/61) 8/26/01 (136.8 kg.) (San Bernardino, California) (AAU)
22.	300.9 (136.5)	*2.28X	132 (60)	Jennifer Thompson (US/73) 3/2/12 (136.5 kg. @ 59.8 kg. Highest female unequipped bench press bodyweight coefficient of all time.) (Columbus, Ohio) (USAPL/IPF)
23.	300.9 (136.5)	*1.65X	181 (82.5)	Anna Turavaeva (Russia/78) 4/18/12 (136.5 kg. @ 82.5 kg.) (Rostov, Russia) (WPC)
24.	300.0 (136.1)	*1.50X	SHW	Barb Page (US/70) 3/27/10 (300.0 lb. @ 200.0 lb.) (Richmond, Kentucky) (SPF)

WOMEN'S DOUBLE BODYWEIGHT UNEQUIPPED BENCH PRESS HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Bench Press	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	300.9 (136.5)	*2.28X	132 (60)	Jennifer Thompson (US/73) 3/2/12 (136.5 kg. @ 59.8 kg. Highest female unequipped bench press bodyweight coefficient of all time.) (Columbus, Ohio) (USAPL/IPF)
2.	292.1 (132.5)	*2.15X	148 (67.5)	Jennifer Thompson (US/73) 6/13/12 (132.5 kg. @ 61.6 kg.) (Stockholm, Sweden) (USAPL/IPF)
3.	286.6 (130.0)	*2.17X	132 (60)	Amalia Perez (Mexico/80) 10/10/09 (130.0 kg. @ 59.8 kg.) (Acapulco, Mexico) (IPF)
4.	248.0 (112.5)	*2.01X	123 (56)	Vicki Steenrod (US/49) 7/7/84 (112.5 kg. @ 55.9 kg. First woman to bench press double bodyweight.) (Dayton, Ohio) (USPF)
5.	242.5 (110.0)	*2.10X	123 (56)	Natalya Konovalova (Russia/88) 5/7/11 (110.0 kg. @ 52.5 kg.) (Sochi, Russia) (IPA)
6.	231.5 (105.0)	2.02X	114 (52)	Mary Ryan-Jeffrey (US/60) 7/26/91 (105.0 kg.) (Dallas, Texas) (USPF)
7.	209.4 (95.0)	*2.00X	105 (48)	April Delmore-Shumaker (US/66) 3/31/12 (95.0 kg. @ 104.5 lb.) (Callahan, Florida) (USPA)

WOMEN'S 600 POUND (272.2 KILOGRAM) DEADLIFT HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Deadlift	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	683.4 (310.0)	*2.80X	SHW	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO)
2.	604.0 (274.0)	*3.16X	198 (90)	Dawn Reshel-Sharon (US/55-00) 5/15/88 (604.0 lb. @ 191.0 lb. First woman to deadlift 600 pounds.) (Milwaukee, Wisconsin) (APF/WPC)
3.	600.8 (272.5)	*3.05X	198 (90)	Becca Swanson (US/73) 3/3/06 (272.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

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<http://www.powerliftingwatch.com/records>

<http://www.thepowermagazine.com/>

Records accurate (as to my knowledge) as of **8/26/12**.

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WOMEN'S 1600 POUND (725.7 KILOGRAM) TOTAL HALL OF FAME

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

	Total	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2050.3 (930.0)	*8.30X	SHW	Becca Swanson (US/73) 10/29/05 (387.5+237.5+305.0=930.0 kg. @ 112.1 kg. First woman to Total 1600 pounds. First woman to Total 1700 pounds. First woman to Total 1800 pounds. Only woman to Total 1900 pounds.) (Chicago, Illinois) (WPO)
2.	1885.0 (855.0)	*9.56X	198 (90)	Becca Swanson (US/73) 3/3/06 (365.0+217.5+272.5=855.0 kg. @ 89.45 kg. Heaviest 9X bodyweight female Total of all time.) (Columbus, Ohio) (WPO)
3.	1800.0 (816.5)	*11.03X	165 (75)	Laura Phelps-Sweatt (US/80) 8/21/11 (745.0+530.0+525.0=1800.0 lb. @ 163.2 lb. Only woman to Total 11X bodyweight.) (Covington, Kentucky) (SPF)
4.	1770.0 (802.9)	9.73X	181 (82.5)	Laura Phelps-Sweatt (US/80) 5/23/09 (745.0+500.0+525.0=1770.0 lb.) (Nashville, Tennessee) (SPF)
5.	1708.6 (775.0)	*5.95X	SHW	Galina Karpova (Russia/68) 2/26/12 (335.0+200.0+240.0=775.0 kg. @ 130.2 kg.) (Chelyabinsk, Russia) (IPF)
6.	1700.0 (771.1)	*4.90X	SHW	Melissa Garrett (US/78) 12/5/10 (700.0+535.0+465.0=1700.0 lb. @ 347.0 lb.) (Cincinnati, Ohio) (SPF)
7.	1675.5 (760.0)	*6.63X	SHW	Irina Lugovaya (Russia/74) 2/19/11 (297.5+212.5+250.0=760.0 kg. @ 114.7 kg.) (Berdsk, Russia) (IPF)
8.	1659.0 (752.5)	*6.24X	SHW	Olga Gemaletdinova (Russia/86) 5/5/11 (310.0+172.5+270.0=752.5 kg. @ 120.62 kg.) (Pilsen, Czech Republic) (IPF)
9.	1610.0 (730.3)	*6.34X	SHW	April Mathis (US/87) 10/29/11 (615.0+415.0+580.0=1610.0 lb. @ 254.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt. Heaviest unequipped female Total of all time.) (Orlando, Florida) (APF)
10.	1609.4 (730.0)	*6.64X	SHW	Tatyana Grigor (Russia/70) 5/29/11 (295.0+190.0+245.0=730.0 kg. @ 109.9 kg.) (Neryungri, Russia) (IPF)
11.	1603.9 (727.5)	*9.31X	181 (82.5)	Jill Brown-Mills (US/71) 7/22/06 (295.0+177.5+255.0=727.5 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)