

World Powerlifting Federation

WPF

World Powerlifting

Womens Records

Last Updated: 12 APRIL 2008



Order Of Records

Teenage 15-19

Junior 20-23

Open

Master 40-44

Master 45-49

Master 50-54

Master 55-59

Master 60-64

Master 65-69

Master 70-74

Master 75-79

Master 80+

WPF World Powerlifting Records - Women's

Teenage 15-19

Class	Discipline	Kg	Name	Country	Date
48kg	Squat	52	Hsian, M.		17.12.99
	Benchpress	25	Hsian, M.		17.12.99
	Deadlift	60	Hsian, M.		17.12.99
	Total	137	Hsian, M.		17.12.99
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat	117.5	Bartek, D.	USA	17.12.99
	Benchpress	60	Bartek, D.	USA	17.12.99
	Deadlift	140	Bartek, D.	USA	17.12.99
	Total	317.5	Bartek, D.	USA	17.12.99
60kg	Squat	67.5	Hamilton, A.	USA	17.12.99
	Benchpress	44.5	Frauerfelder, J.		17.12.99
	Deadlift	67.5	Frauerfelder, J.		17.12.99
	Total	175	Hamilton, A.	USA	17.12.99
67.5kg	Squat	137.5	Huizen, Van Tanya	Ned	29.04.07
	Benchpress	70	Huizen, Van Tanya	Ned	22.06.07
	Deadlift	125	Huizen, Van Tanya	Ned	29.04.07
	Total	330	Huizen, Van Tanya	Ned	29.04.07
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat	131	Reuser, Evelien	Ned	26.06.05
	Benchpress	70	Reuser, Evelien	Ned	26.06.05
	Deadlift	130	Reuser, Evelien	Ned	26.06.05
	Total	325	Reuser, Evelien	Ned	26.06.05
90kg	Squat	82.5	Seygried, J.		17.12.99
	Benchpress	60	Seygried, J.		17.12.99
	Deadlift	105	Seygried, J.		17.12.99
	Total	247.5	Seygried, J.		17.12.99
90kg+	Squat	70	Walthen, E.	USA	17.12.99
	Benchpress	42	Farell, K.	USA	17.12.99
	Deadlift	100	Walthen, E.	USA	17.12.99
	Total	212.5	Walthen, E.	USA	17.12.99

WPF World Powerlifting Records - Women's						
Junior 20-23						
Class	Lift	Kg	Name	Country	Date	
48kg	Squat	75	Rödl, Katja	Ger		
	Benchpress	42.5	Rödl, Katja	Ger		
	Deadlift	70	Rödl, Katja	Ger		
	Total	187.5	Rödl, Katja	Ger		
52kg	Squat	115	Laura Palacios	Mex	25.11.04	
	Benchpress	55	Aguirre, Brenda	Mex		
	Deadlift	115	Aguirre, Brenda	Mex		
	Total	280	Laura Palacios	Mex	25.11.04	
56kg	Squat	105	Chaparro, Haidi	Mex	24.11.04	
	Benchpress	45	Chaparro, Haidi	Mex	24.11.04	
	Deadlift	115	Chaparro, Haidi	Mex	24.11.04	
	Total	265	Chaparro, Haidi	Mex	24.11.04	
60kg	Squat	97.5	Rodriguez, Clara	Mex	22.11.07	
	Benchpress	40	Rodriguez, Clara	Mex	22.11.07	
	Deadlift	115	Rodriguez, Clara	Mex	22.11.07	
	Total	252.5	Rodriguez, Clara	Mex	22.11.07	
67.5kg	Squat	140	Van Huizen, Tanja	Hol	01.03.08	
	Benchpress	70	Van Huizen, Tanja	Hol	01.03.08	
	Deadlift	135	Van Huizen, Tanja	Hol	01.03.08	
	Total	340	Van Huizen, Tanja	Hol	01.03.08	
75kg	Squat	140	Espinoza, Margarita	Mex	25.11.07	
	Benchpress	60	Van Giesbergen, Kelly	Ned	10.03.07	
	Deadlift	130	Espinoza, Margarita	Mex	25.11.07	
	Total	320	Van Giesbergen, Kelly	Ned	10.03.07	
82.5kg	Squat	85	Brown, Beth	GB	22.04.06	
	Benchpress	62.5	Brown, Beth	GB	22.04.06	
	Deadlift	115	Brown, Beth	GB	22.04.06	
	Total	262.5	Brown, Beth	GB	22.04.06	
90kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg+	Squat	125	Kruk, Karolina	Pol	20.06.03	
	Benchpress	85	Kruk, Karolina	Pol	20.06.03	
	Deadlift	140	Kruk, Karolina	Pol	20.06.03	
	Total	350	Kruk, Karolina	Pol	20.06.03	

WPF World Powerlifting Records - Women's					
Open					
Class	Lift	Kg	Name	Country	Date
48kg	Squat	135	Ana Maria Gonzalez	Mex	22.11.07
	Benchpress	82.5	Leverett, Ann	USA	17.12.99
	Deadlift	155	Leverett, Ann	USA	17.12.99
	Total	368.5	Leverett, Ann	USA	17.12.99
52kg	Squat	130	Cezia de Jesus Fonseca	Mex	25.11.04
	Benchpress	80	Raquel Porras Franco	Mex	11.11.05
	Deadlift	130	Cezia de Jesus Fonseca	Mex	25.11.04
	Total	322.5	Cezia de Jesus Fonseca	Mex	25.11.04
56kg	Squat	152.5	Tyree, V.	USA	17.12.99
	Benchpress	82.5	Seabright, Allison	GB	26.06.05
	Deadlift	187.5	Tyree, V.	USA	17.12.99
	Total	417.5	Tyree, V.	USA	17.12.99
60kg	Squat	185	Brenda Aguirre Terrazas	Mex	24.11.06
	Benchpress	105	Brenda Aguirre Terrazas	Mex	24.11.06
	Deadlift	190	Brenda Aguirre Terrazas	Mex	24.11.06
	Total	480	Brenda Aguirre Terrazas	Mex	24.11.06
67.5kg	Squat	165	Velasquez, Patricia	Mex	22.11.07
	Benchpress	85	Velasquez, Patricia	Mex	22.11.07
	Deadlift	200	Imelda Zamora Andujo	Mex	25.11.04
	Total	415	Velasquez, Patricia	Mex	22.11.07
75kg	Squat	205	Matus, Alexandra	Mex	24.11.06
	Benchpress	112.5	James, Emma	GB	
	Deadlift	200	Alejandra Matus	Mex	25.11.04
	Total	500	James, Emma	GB	
82.5kg	Squat	195	Matus, Alejandra	Mex	22.11.07
	Benchpress	125	Gulder, Nicole	Ger	26.06.05
	Deadlift	205	Matus, Alejandra	Mex	11.11.05
	Total	470	Matus, Alejandra	Mex	22.11.07
90kg	Squat	192.5	Herchenhein, Ula	Ger	
	Benchpress	137.5	Herchenhein, Ula	Ger	
	Deadlift	225	Herchenhein, Ula	Ger	
	Total	555	Herchenhein, Ula	Ger	
90kg+	Squat	170	I'Anson, Nicki	USA	11.08.07
	Benchpress	115	I'Anson, Nicki	USA	11.08.07
	Deadlift	170	I'Anson, Nicki	USA	11.08.07
	Total	455	I'Anson, Nicki	USA	11.08.07

WPF World Powerlifting Records - Women's					
Master 40-44					
Class	Lift	Kg	Name	Country	Date
48kg	Squat	122.5	Gonzalez, Ana	Mex	24.11.06
	Benchpress	65	Gonzalez, Ana	Mex	24.11.06
	Deadlift	150	Gonzalez, Ana	Mex	24.11.06
	Total	337.5	Gonzalez, Ana	Mex	24.11.06
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat	127.5	Seabright, Allison	GB	22.06.07
	Benchpress	80	Seabright, Allison	GB	22.06.07
	Deadlift	137.5	Seabright, Allison	GB	22.06.07
	Total	345	Seabright, Allison	GB	22.06.07
60kg	Squat	145	Challacombe Linda	GB	17.04.05
	Benchpress	72.5	Challacombe Linda	GB	17.04.05
	Deadlift	170	Challacombe Linda	GB	17.04.05
	Total	387.5	Challacombe Linda	GB	17.04.05
67.5kg	Squat	140	V.D. Stoep, Yvonne	Ned	28.02.04
	Benchpress	110	V.D. Stoep, Yvonne	Ned	28.02.04
	Deadlift	170	V.D. Stoep, Yvonne	Ned	28.02.04
	Total	410	V.D. Stoep, Yvonne	Ned	28.02.04
75kg	Squat	170	Kruger, Lucy-Aileen	Ger	24.11.06
	Benchpress	115	Kruger, Lucy-Aileen	Ger	24.11.06
	Deadlift	182.5	Kruger, Lucy-Aileen	Ger	24.11.06
	Total	467.5	Kruger, Lucy-Aileen	Ger	24.11.06
82.5kg	Squat	180	Lucy-Aileen Krüger	Ger	29.04.07
	Benchpress	117.5	Lucy-Aileen Krüger	Ger	29.04.07
	Deadlift	200	Morgan, Jacqui	GB	27.04.03
	Total	467.5	Lucy-Aileen Krüger	Ger	29.04.07
90kg	Squat	155	Barbee, S.	USA	17.12.99
	Benchpress	112.5	Barbee, S.	USA	17.12.99
	Deadlift	170	Barbee, S.	USA	17.12.99
	Total	437.5	Barbee, S.	USA	17.12.99
90kg+	Squat	170	I'Anson, Nicki	USA	11.08.07
	Benchpress	115	I'Anson, Nicki	USA	11.08.07
	Deadlift	190.5	Bates, Jackie	GB	
	Total	455	I'Anson, Nicki	USA	11.08.07

WPF World Powerlifting Records - Women's					
Master 45-49					
Class	Lift	Kg	Name	Country	Date
48kg	Squat				
	Benchpress				
	Deadlift				
	Total				
52kg	Squat	102.5	Puente, Dora	Mex	24.11.06
	Benchpress	70	Puente, Dora	Mex	25.11.04
	Deadlift	130	Puente, Dora	Mex	16.11.03
	Total	300	Puente, Dora	Mex	25.11.06
56kg	Squat				
	Benchpress	52.5	Eschenasy, Ursula	Ger	11.11.05
	Deadlift	100	Eschenasy, Ursula	Ger	11.11.05
	Total	242.5	Eschenasy, Ursula	Ger	11.11.05
60kg	Squat	140	Challacombe, Linda	GB	11.11.05
	Benchpress	75	Challacombe, Linda	GB	11.11.05
	Deadlift	160	Challacombe, Linda	GB	11.11.05
	Total	370	Challacombe, Linda	GB	11.11.05
67.5kg	Squat	100	Perez, Maria	Mex	22.11.07
	Benchpress	90	Perez, Maria	Mex	22.11.07
	Deadlift	120	Perez, Maria	Mex	22.11.07
	Total	310	Perez, Maria	Mex	22.11.07
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

WPF World Powerlifting Records - Women's					
Master 50-54					
Class	Lift	Kg	Name	Country	Date
48kg	Squat				
	Benchpress				
	Deadlift				
	Total				
52kg	Squat	100	Puente, Dora	Mex	22.11.07
	Benchpress	72.5	Puente, Dora	Mex	22.11.07
	Deadlift	115	Puente, Dora	Mex	22.11.07
	Total	287.5	Puente, Dora	Mex	22.11.07
56kg	Squat	110	Callahan, Sabra	USA	11.08.07
	Benchpress	92.5	Callahan, Sabra	USA	11.08.07
	Deadlift	130	Callahan, Sabra	USA	11.08.07
	Total	332.5	Callahan, Sabra	USA	11.08.07
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

WPF World Powerlifting Records - Women's					
Master 55-59					
Class	Lift	Kg	Name	Country	Date
48kg	Squat				
	Benchpress				
	Deadlift				
	Total				
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat	90	McCalmon, Helen	GB	16.11.03
	Benchpress	55	McCalmon, Helen	GB	16.11.03
	Deadlift	130	McCalmon, Helen	GB	16.11.03
	Total	275	McCalmon, Helen	GB	16.11.03
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

WPF World Powerlifting Records - Women's					
Master 60-64					
Class	Lift	Kg	Name	Country	Date
48kg	Squat				
	Benchpress				
	Deadlift				
	Total				
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat	100	McCalmon, Helen	GB	22.04.06
	Benchpress	55	McCalmon, Helen	GB	22.04.06
	Deadlift	145	McCalmon, Helen	GB	22.04.06
	Total	300	McCalmon, Helen	GB	22.04.06
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

WPF World Powerlifting Records - Women's					
Master 65-69					
Class	Lift	Kg	Name	Country	Date
48kg	Squat				
	Benchpress				
	Deadlift				
	Total				
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

WPF World Powerlifting Records - Women's					
Master 70-74					
Class	Lift	Kg	Name	Country	Date
48kg	Squat				
	Benchpress				
	Deadlift				
	Total				
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

WPF World Powerlifting Records - Women's					
Master 75-79					
Class	Lift	Kg	Name	Country	Date
48kg	Squat				
	Benchpress				
	Deadlift				
	Total				
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

WPF World Powerlifting Records - Women's					
Master 80+					
Class	Lift	Kg	Name	Country	Date
48kg	Squat				
	Benchpress				
	Deadlift				
	Total				
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				