

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.) (Malmö, 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)	870.8 (395.0)	*5.27X	Oleksandr Kutcher (Ukraine/80) 11/3/06 (395.0 kg. @ 75.0 kg.) (Lake George, New York) (WPO)
181 (82.5)	905.0 (410.5)	*4.99X	Phil Harrington (US/73) 7/29/06 (905.0 lb. @ 181.5 lb.) (Middletown, Ohio) (APF)
198 (90)	1050.0 (476.3)	*5.30X	Sam Byrd (US/81) 8/19/07 (1050.0 lb. @ 198.2 lb.) (Franklin, Ohio) (IPA)
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)	1107.8 (502.5)	*4.86X	Sam Byrd (US/81) 6/14/08 (502.5 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF)
275 (125)	1150.0 (521.6)	*4.36X	Chuck Vogelpohl (US/65) 4/1/07 (1150.0 lb. @ 264.0 lb.) (Newark, Ohio) (IPA)
308 (140)	1147.5 (520.5)	*3.75X	Paul Childress (US/71) 3/3/07 (520.5 kg. @ 138.7 kg.) (Columbus, Ohio) (WPO)
SHW	1250.0 (567.0)	*3.71X	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)

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)	424.4 (192.5)	*3.44X	Konstantin Pavlov (Russia/73) 8/25/05 (192.5 kg. @ 56.0 kg.) (Oriol, Russia) (IPF)
132 (60)	490.5 (222.5)	*3.73X	Ayrat Zakiyev (Russia/81) 5/25/06 (222.5 kg. @ 59.6 kg.) (Miskolc, Hungary) (IPF)
148 (67.5)	600.0 (272.2)	4.03X	Joe Ceklovsky (US/74) 1/20/08 (600.0 lb.) (Carteret, New Jersey) (IPA)
165 (75)	655.0 (297.1)	*3.98X	Joe Mazza (US/66) 10/13/07 (655.0 lb. @ 164.5 lb.) (Leesport, Pennsylvania) (IPA)
181 (82.5)	725.0 (328.9)	*3.99X	Jason Fry (US/79) 6/7/08 (725.0 lb. @ 181.5 lb.) (Bowling Green, Ohio) (APA)
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)	832.2 (377.5)	*3.78X	Rob Luyando (US/70) 1/20/07 (377.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (APF)
242 (110)	905.0 (410.5)	*3.78X	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA)
275 (125)	948.0 (430.0)	*3.69X	Rob Luyando (US/70) 7/13/08 (430.0 kg. @ 116.6 kg.) (Dubuque, Iowa) (UPA)
308 (140)	942.5 (427.5)	*3.06X	Paul "Tiny" Meeker (US/71) 2/18/06 (427.5 kg. @ 307.5 lb.) (Pasadena, California) (APF)
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)	909.4 (412.5)	*3.17X	Maxim Podtynny (Russia/72) 12/10/01 (412.5 kg. @ 130.0 kg.) (Nyagan, Russia) (IPF)
SHW	1003.1 (455.0)	*2.84X	Andy Bolton (Great Britain/70) 11/4/06 (455.0 kg. @ 160.0 kg.) (Lake George, New York) (WPO)

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)	1543.2 (700.0)	*12.70X	Sergey Fedosienko (Russia/82) 10/15/07 (700.0 kg. @ 55.1 kg.) (Soelden, Austria) (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)	2235.0 (1013.8)	*12.31X	Michael Cartinian (US/76) 8/23/08 (2235.0 lb. @ 181.5 lb.) (Sharonville, Ohio) (IPA)
198 (90)	2470.0 (1120.4)	*12.46X	Shawn Frankl (US/77) 1/20/08 (940.0+800.0+730.0=2470.0 lb. @ 89.9 kg.) (Columbus, Ohio) (IPA)
220 (100)	2535.3 (1150.0)	*11.69X	Shawn Frankl (US/77) 6/28/08 (1150.0 kg. @ 98.4 kg.) (Willowbrook, Illinois) (APF)
242 (110)	2625.0 (1190.7)	*10.85X	Greg Panora (US/80) 8/24/08 (1055.0+770.0+800.0=2625.0 lb. @ 242.0 lb.) (Sharonville, Ohio) (IPA)
275 (125)	2667.6 (1210.0)	*9.70X	Yevgen Yarymbash (Ukraine/83) 3/3/07 (510.0+330.0+370.0=1210.0 kg. @ 124.7 kg.) (Columbus, Ohio) (WPO)
308 (140)	2670.0 (1211.1)	*8.75X	Chuck Fought (US/85) 8/24/08 (1080.0+715.0+875.0=2670.0 lb. @ 305.0 lb.) (Sharonville, Ohio) (IPA)
SHW	2850.0 (1292.7)	*7.61X	Donnie Thompson (US/64) 1/20/08 (1155.0+900.0+795.0=2850.0 lb. @ 169.9 kg.) (Columbus, Ohio) (IPA)

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Records accurate (as to my knowledge) as of **8/31/08**.

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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 #2	*660.24 #1	#3	—#1—
123	644.9 *5.61X	Andrzej Stanaszek (Poland/71) 3/22/03 (IPF)	*631.50 #8	*612.22 #4	=12	=5
132	705.5 5.33X	Magnus Karlsson (Sweden/67) 10/2/99 (IPF)	601.70 #12	573.41 #11	=23	=11
148	804.7 *5.50X	Thomas James "T.J." Hoerner (US/77) 4/1/06 (APF)	*629.31 #9	*593.52 #8	#17	#9
165	870.8 *5.27X	Oleksandr Kutcher (Ukraine/80) 11/3/06 (WPO)	*620.55 #10	*578.66 #10	#20	#10
181	905.0 *4.99X	Phil Harrington (US/73) 7/29/06 (APF)	*607.03 #11	*561.28 #12	=23	=11
198	1050.0 *5.30X	Sam Byrd (US/81) 8/19/07 (IPA)	*670.70 #4	*615.03 #2	#6	#3
220	1100.0 *5.02X	Sam Byrd (US/81) 6/7/08 (SPF)	*671.22 #3	*611.16 #5	#8	#4
242	1107.8 *4.86X	Sam Byrd (US/81) 6/14/08 (APF)	*665.58 #5	*605.65 #7	=12	=5
275	1150.0 *4.36X	Chuck Vogelpohl (US/65) 4/1/07 (IPA)	*661.48 #6	*606.40 #6	=12	=5
308	1147.5 *3.75X	Paul Childress (US/71) 3/3/07 (WPO)	*642.14 #7	*579.26 #9	#16	#8
SHW	1250.0 *3.71X	Vladislav Alhazov (Israel/77) 1/20/08 (IPA)	*689.88 #1	*612.75 #3	#4	#2

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 #11	*400.98 #11	#22	#11
123	424.4 *3.44X	Konstantin Pavlov (Russia/73) 8/25/05 (IPF)	*386.32 #12	*371.26 #12	#24	#12
132	490.5 *3.73X	Ayrat Zakiyev (Russia/81) 5/25/06 (IPF)	*420.92 #10	*401.50 #10	#20	#10
148	600.0 4.03X	Joe Ceklovsky (US/74) 1/20/08 (IPA)	462.60 #9	435.48 #9	#18	#9
165	655.0 *3.98X	Joe Mazza (US/66) 10/13/07 (IPA)	*468.42 #8	*437.02 #8	=15	=7
181	725.0 *3.99X	Jason Fry (US/79) 6/7/08 (APA)	*486.33 #7	*449.65 #7	=15	=7
198	850.0 *4.29X	Shawn Frankl (US/77) 8/23/08 (IPA)	*543.24 #3	*498.19 #3	#6	#3
220	832.2 *3.78X	Rob Luyando (US/70) 1/20/07 (APF)	*506.50 #6	*461.06 #6	#12	#6
242	905.0 *3.78X	Rob Luyando (US/70) 9/1/07 (UPA)	*534.76 #4	*487.07 #4	#8	#4
275	948.0 *3.69X	Rob Luyando (US/70) 7/13/08 (UPA)	*548.88 #2	*502.43 #2	#4	#2
308	942.5 *3.06X	Paul "Tiny" Meeker (US/71) 2/18/06 (APF)	*526.94 #5	*475.01 #5	#10	#5
SHW	1074.8 *3.21X	Ryan Kennelly (US/74) 7/13/08 (UPA)	*593.59 #1	*527.60 #1	#2	—#1—

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	#9
198	859.8 *4.35X	Ed Coan (US/63) 7/7/85 (USPF)	*549.84 #6	*504.27 #6	#12	#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 #11	*479.47 #11	#22	#11
275	948.0 *3.45X	Konstantin Konstantinovs (Latvia/79) 4/2/06 (IPF)	*540.35 #9	*494.19 #10	#19	#10
308	909.4 *3.17X	Maxim Podtynny (Russia/72) 12/10/01 (IPF)	*514.36 #12	*468.34 #12	#24	#12
SHW	1003.1 *2.84X	Andy Bolton (Great Britain/70) 11/4/06 (WPO)	*549.90 #5	*484.90 #9	=14	=7

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 #2	#11	#5
123	1543.2 *12.70X	Sergey Fedosienko (Russia/82) 10/15/07 (IPF)	*1427.5 #11	*1374.4 #9	#20	#11
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 #6	#16	#9
165	2171.6 *13.13X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (WPO)	*1547.4 #4	*1443.0 #3	#7	#3
181	2235.0 *12.31X	Michael Cartinian (US/76) 8/23/08 (IPA)	*1499.2 #7	*1386.1 #8	#15	#8
198	2470.0 *12.46X	Shawn Frankl (US/77) 1/20/08 (IPA)	*1577.8 #1	*1446.7 #1	#2	—#1—
220	2535.3 *11.69X	Shawn Frankl (US/77) 6/28/08 (APF)	*1553.1 #2	*1415.0 #4	#6	#2
242	2625.0 *10.85X	Greg Panora (US/80) 8/24/08 (IPA)	*1545.9 #5	*1408.8 #5	#10	#4
275	2667.6 *9.70X	Yevgen Yarymbash (Ukraine/83) 3/3/07 (WPO)	*1520.8 #6	*1390.9 #7	=13	=6
308	2670.0 *8.75X	Chuck Fought (US/85) 8/24/08 (IPA)	*1494.7 #8	*1349.2 #11	#19	#10
SHW	2850.0 *7.61X	Donnie Thompson (US/64) 1/20/08 (IPA)	*1548.1 #3	*1352.6 #10	=13	=6

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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.*

	<b>Squat</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1250.0 (567.0)</b>	*3.71X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)
2.	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)
3.	1213.6 (550.5)	*3.52X	SHW	Andy Bolton (Great Britain/70) 3/3/07 (550.5 kg. @ 156.6 kg.) (Columbus, Ohio) (WPO)
4.	1212.5 (550.0)	*2.29X	SHW	Jeff Lewis (US/70) 3/4/06 (550.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)
----- <b>Over 1200 Pound (544.3 Kilogram) Men's Squat</b> -----				
5.	1174.0 (532.5)	*3.20X	SHW	Chad Aichs (US/72) 3/3/07 (532.5 kg. @ 166.55 kg.) (Columbus, Ohio) (WPO)
6.	1160.0 (526.2)	*3.07X	SHW	Matt Smith (US/74) 8/19/07 (1160.0 lb. @ 378.0 lb.) (Franklin, Ohio) (IPA)
7.	1155.0 (523.9)	*3.08X	SHW	Donnie Thompson (US/64) 1/20/08 (1155.0 lb. @ 169.9 kg.) (Columbus, Ohio) (IPA)
8.	1150.0 (521.6)	*4.36X	275 (125)	Chuck Vogelpohl (US/65) 4/1/07 (1150.0 lb. @ 264.0 lb.) (Newark, Ohio) (IPA)
----- <b>Over 1150 Pound (521.6 Kilogram) Men's Squat</b> -----				
9.	1147.5 (520.5)	*3.75X	308 (140)	Paul Childress (US/71) 3/3/07 (520.5 kg. @ 138.7 kg.) (Columbus, Ohio) (WPO)
10.	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)
11.	1125.5 (510.5)	*3.38X	SHW	Beau Moore (US/66) 3/5/05 (510.5 kg. @ 151.1 kg.) (Columbus, Ohio) (WPO)
----- <b>Over 1125 Pound (510.3 Kilogram) Men's Squat</b> -----				
12.	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)
13.	1124.4 (510.0)	*4.09X	275 (125)	Yevgen Yarymbash (Ukraine/83) 3/3/07 (510.0 kg. @ 124.7 kg.) (Columbus, Ohio) (WPO)
14.	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)
15.	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)
16.	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)
17.	1107.8 (502.5)	*4.86X	242 (110)	Sam Byrd (US/81) 6/14/08 (502.5 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF)
18.	1103.4 (500.5)	*3.84X	308 (140)	Jonas Rantanen (Finland/82) 4/5/08 (500.5 kg. @ 130.3 kg.) (Juva, Finland) (WPC)
19.	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)
20.	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)
21.	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)
22.	1102.3 (500.0)	*3.24X	SHW	Jonathan Bernor (US/75) 10/30/05 (500.0 kg. @ 154.5 kg.) (Chicago, Illinois) (WPO)
23.	1102.3 (500.0)	*3.63X	308 (140)	Scott Weech (US/85) 12/4/05 (500.0 kg. @ 137.85 kg.) (Jacksonville, Florida) (APF)
24.	1102.3 (500.0)	*4.01X	275 (125)	Ano Turtiainen (Finland/67) 3/25/07 (500.0 kg. @ 124.8 kg.) (Juva, Finland) (WPC)
25.	1102.3 (500.0)	4.00X	275 (125)	Charles Bailey (US/63) 6/24/07 (500.0 kg.) (Marietta, Georgia) (APC/GPC)
26.	1102.3 (500.0)	4.00X	275 (125)	Al Mehan (Canada/74) 9/22/07 (500.0 kg.) (Saint Francisville, Louisiana) (APF)
27.	1102.3 (500.0)	*3.75X	308 (140)	Ano Turtiainen (Finland/67) 11/4/07 (500.0 kg. @ 133.3 kg.) (Togliatty, Russia) (WPO)
28.	1102.3 (500.0)	*3.58X	308 (140)	Scott Cartwright (US/69) 6/1/08 (500.0 kg. @ 308.0 lb.) (Omaha, Nebraska) (APF/WPC)
29.	1102.3 (500.0)	*3.31X	SHW	Matt Court (Canada/84) 6/21/08 (500.0 kg. @ 151.0 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)
30.	1100.0 (499.0)	*3.37X	SHW	Matt Wilson (US/79) 11/12/06 (1100.0 lb. @ 326.3 lb.) (York, Pennsylvania) (IPA)
31.	1100.0 (499.0)	<b>*5.02X</b>	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)
----- <b>Over 1100 Pound (499.0 Kilogram) Men's Squat</b> -----				

## 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.*

	<b>Squat</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>948.0 (430.0)</b>	*2.34X	SHW	Marc Henry (US/71) 7/16/95 (430.0 kg. @ 405.8 lb., without a squat suit) (Wilkes-Barre, Pennsylvania) (ADFPA/WDFPF)
2.	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)
3.	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)
----- <b>Over 925 Pound (419.6 Kilogram) Men's Unequipped Squat</b> -----				
4.	920.4 (417.5)	*2.70X	SHW	Jo-Jo White (US/47) 8/31/75 (417.5 kg. @ 341.0 lb., without a squat suit) (York, Pennsylvania) (AAU)
5.	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)
6.	909.4 (412.5)	*2.42X	SHW	Robert Vick (US/74) 5/17/08 (412.5 kg. @ 375.2 lb.) (Wisconsin Dells, Wisconsin) (WABDL)
7.	905.0 (410.5)	*2.81X	SHW	John Kuc (US/47) 11/11/72 (905.0 lb. @ 322.25 lb., without a squat suit. First man to squat 900 pounds.) (Harrisburg, Pennsylvania) (AAU)
8.	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)
9.	901.5 (408.9)	<b>*3.19X</b>	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.) (Phoenix, Arizona) (AAU)
----- <b>Over 900 Pound (408.2 Kilogram) Men's Unequipped Squat</b> -----				

## MEN'S QUINTUPLE BODYWEIGHT SQUAT HALL OF FAME

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

	<b>Squat</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1100.0 (499.0)</b>	*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.	1050.0 (476.3)	*5.298X	198 (90)	Sam Byrd (US/81) 8/19/07 (1050.0 lb. @ 198.2 lb.) (Franklin, Ohio) (IPA)
3.	990.0 (449.1)	*5.017X	198 (90)	Sergiy Naleykin (Ukraine/81) 1/20/08 (990.0 lb. @ 89.5 kg.) (Columbus, Ohio) (IPA)
4.	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)
5.	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)
6.	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)
7.	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)
8.	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)
9.	825.0 (374.2)	*5.163X	165 (75)	Brian Schwab (US/74) 8/23/08 (825.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)
10.	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)
11.	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)
12.	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)
13.	749.6 (340.0)	*5.037X	148 (67.5)	Jaroslaw Olech (Poland/74) 11/11/04 (340.0 kg. @ 67.5 kg.) (Cape Town, South Africa) (IPF)
14.	705.5 (320.0)	5.333X	132 (60)	Magnus Karlsson (Sweden/67) 10/2/99 (320.0 kg.) (Malmo, Sweden) (IPF)
15.	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)
16.	683.4 (310.0)	*5.171X	132 (60)	Ayrat Zakiyev (Russia/81) 3/1/06 (310.0 kg. @ 59.95 kg.) (Ufa, Russia) (IPF)
17.	662.5 (300.5)	<b>*6.010X</b>	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)
18.	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)
19.	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)
20.	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)
21.	633.8 (287.5)	*5.162X	123 (56)	Magnus Karlsson (Sweden/67) 11/14/96 (287.5 kg. @ 55.7 kg.) (Salzburg, Austria) (IPF)
22.	617.3 (280.0)	*5.082X	123 (56)	Sergey Fedosienko (Russia/82) 10/15/07 (280.0 kg. @ 55.1 kg.) (Soelden, Austria) (IPF)
23.	595.2 (270.0)	*5.202X	114 (52)	Sergey Fedosienko (Russia/82) 3/3/05 (270.0 kg. @ 51.9 kg.) (Kazan, Russia) (IPF)

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

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Records accurate (as to my knowledge) as of **8/31/08**.

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

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## **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.*

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1074.8 (487.5)</b>	*3.21X	SHW	Ryan Kennelly (US/74) 7/13/08 (487.5 kg. @ 152.0 kg. Heaviest male triple bodyweight bench press of all time.) (Dubuque, Iowa) (UPA)
2.	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)
3.	1008.6 (457.5)	*3.05X	SHW	Scot Mendelson (US/69) 2/18/06 (457.5 kg. @ 331.0 lb.) (Pasadena, California) (APF)
<b>----- Over 1000 Pound (453.6 Kilogram) Men's Bench Press -----</b>				
4.	948.0 (430.0)	*3.69X	275 (125)	Rob Luyando (US/70) 7/13/08 (430.0 kg. @ 116.6 kg.) (Dubuque, Iowa) (UPA)
5.	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)
6.	931.5 (422.5)	*2.33X	SHW	Harlan "Clay" Brandenburg (US/74) 10/27/07 (422.5 kg. @ 181.7 kg.) (Kamamazoo, Michigan) (APF)
7.	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)
8.	925.9 (420.0)	*2.47X	SHW	Garry Frank (US/64) 11/18/06 (420.0 kg. @ 170.2 kg.) (Lake City, Florida) (APF)
<b>----- Over 925 Pound (419.6 Kilogram) Men's Bench Press -----</b>				
9.	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)
10.	914.9 (415.0)	*3.31X	308 (140)	Rob Luyando (US/70) 11/10/07 (415.0 kg. @ 276.0 lb.) (Omaha, Nebraska) (APF)
11.	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)
12.	905.0 (410.5)	*3.01X	308 (140)	Ryan Kennelly (US/74) 9/16/06 (905.0 lb. @ 301.0 lb.) (Spokane Valley, Washington) (APF)
13.	905.0 (410.5)	<b>*3.78X</b>	242 (110)	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA)
14.	900.6 (408.5)	*2.90X	SHW	Paul "Tiny" Meeker (US/71) 11/17/07 (408.5 kg. @ 311.0 lb.) (Anaheim, California) (WABDL)
15.	900.0 (408.2)	*2.40X	SHW	Donnie Thompson (US/64) 1/20/08 (900.0 lb. @ 169.9 kg.) (Columbus, Ohio) (IPA)
16.	900.0 (408.2)	*2.42X	SHW	Robert "Tee" McCray (US/72) 6/29/08 (900.0 lb. @ 371.5 lb.) (York, Pennsylvania) (IPA)
<b>----- Over 900 Pound (408.2 Kilogram) Men's Bench Press -----</b>				

# 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.*

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>715.0 (324.3)</b>	*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)
<b>----- Over 700 Pound (317.5 Kilogram) Men's Unequipped Bench Press -----</b>				
4.	675.0 (306.2)	*1.97X	SHW	Jim Williams (US/41-07) 11/9/72 (675.0 lb. @ 343.25 lb.) (Harrisburg, Pennsylvania) (AAU)
<b>----- Over 675 Pound (306.2 Kilogram) Men's Unequipped Bench Press -----</b>				
5.	666.9 (302.5)	*2.33X	308 (140)	Ted Arcidi (US/59) 4/1/84 (302.5 kg. @ 286.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
6.	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)
7.	661.4 (300.0)	*2.00X	SHW	Bill Kazmaier (US/53) 1/31/81 (300.0 kg. @ 330.0 lb.) (Columbus, Georgia) (USPF/IPF)
8.	650.4 (295.0)	*2.36X	275 (125)	Ted Arcidi (US/59) 11/13/83 (295.0 kg. @ 125.0 kg.) (Westminster, Maryland) (NSM)
9.	650.4 (295.0)	*1.96X	SHW	Andrew Collura (US/76) 8/17/02 (295.0 kg. @ 331.0 lb.) (Lantana, Florida) (NSM)
10.	650.0 (294.8)	2.11X	308 (140)	Bob Hickey (US) 11/20/99 (650.0 lb.) (York, Pennsylvania) (IPA)
11.	650.0 (294.8)	*1.91X	SHW	Brian Siders (US/78) 5/22/05 (650.0 lb. @ 341.0 lb.) (Worcester, Massachusetts) (Atlantis)
12.	650.0 (294.8)	*1.86X	SHW	Nick Winters (US/82) 5/6/06 (650.0 lb. @ 350.0 lb.) (Amherst, Massachusetts) (Atlantis)
<b>----- Over 650 Pound (294.8 Kilogram) Men's Unequipped Bench Press -----</b>				
13.	639.3 (290.0)	*2.00X	SHW	Riku Kiri (Finland/63) 9/27/91 (290.0 kg. @ ~145.0 kg.) (Birmingham, England) (WPC)
14.	639.3 (290.0)	*2.16X	308 (140)	Vladimir Kravtsov (Russia/72) 4/29/01 (290.0 kg. @ 134.0 kg.) (Saratov, Russia) (IPF)
15.	633.8 (287.5)	*2.11X	308 (140)	Steve Wong (US/68) 11/18/02 (287.5 kg. @ ~301.0 lb.) (Reno, Nevada) (WABDL)
16.	628.3 (285.0)		SHW	Lars Hedlund (Sweden/49) 3/4/80 (285.0 kg.) (Copenhagen, Denmark) (IPF)
17.	628.3 (285.0)	2.04X	308 (140)	Lee Moran (US/55-99) 12/17/83 (285.0 kg.) (Santa Cruz, California) (USPF)
18.	628.3 (285.0)	2.28X	275 (125)	Jari Sjoman (Finland) 10/4/97 (285.0 kg.) (Helsinki, Finland) (WPC)
<b>----- Over 625 Pound (283.5 Kilogram) Men's Unequipped Bench Press -----</b>				
19.	620.0 (281.2)	*1.97X	SHW	Josh Bryant (US/81) 5/22/05 (620.0 lb. @ 315.0 lb.) (Worcester, Massachusetts) (Atlantis)
20.	617.3 (280.0)	*1.93X	SHW	Wayne Bouvier (US) 3/19/80 (280.0 kg. @ ~320.0 lb.) (Honolulu, Hawaii) (USPF/IPF)
21.	617.3 (280.0)	*1.95X	SHW	Lee Moran (US/55-99) 7/8/84 (280.0 kg. @ 143.6 kg.) (Dayton, Ohio) (USPF)
22.	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)
23.	615.0 (279.0)	*2.56X	242 (110)	Jeremy Hoonstra (US/81) 9/29/06 (615.0 lb. @ 240.0 lb.) (Las Vegas, Nevada) (WPO)
24.	615.0 (279.0)	*1.50X	SHW	Andy Shaffer (US/77) 12/8/07 (615.0 lb. @ 410.0 lb.) (Leesport, Pennsylvania) (IPA)
25.	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)
26.	611.8 (277.5)	2.22X	275 (125)	Doug Young (US/44-05) 4/3/78 (277.5 kg.) (El Dorado, Arkansas) (AAU)
27.	611.8 (277.5)	*1.68X	SHW	Richard Schoenberger (US) 4/29/96 (277.5 kg. @ 364.0 lb.) (Moreno Valley, California) (AAU)
28.	610.0 (276.7)	*1.86X	SHW	John Dolan (US/70) 9/8/07 (610.0 lb. @ 328.0 lb.) (Bloomington, Illinois) (100% Raw)
29.	607.4 (275.5)	*1.71X	SHW	Don Reinholdt (US/45) 8/31/75 (275.5 kg. @ 356.0 lb) (York, Pennsylvania) (AAU/IPF)
30.	605.0 (274.4)	2.20X	275 (125)	Ben White (US/76) 7/26/03 (605.0 lb.) (Glens Falls, New York) (IPA)
31.	605.0 (274.4)	*2.08X	308 (140)	Al Davis (US) 8/11/07 (605.0 lb. @ 291.0 lb.) (Dallas, Texas) (HPL)
32.	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)
33.	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)
34.	600.8 (272.5)	*1.76X	SHW	Telford Hagan (US) 7/8/84 (272.5 kg. @ 154.7 kg.) (Dayton, Ohio) (USPF)
35.	600.8 (272.5)	*2.04X	308 (140)	Yuri Chelobitchikov (Russia/64) 3/25/87 (272.5 kg. @ 133.7 kg.) (Siauliai, Russia) (IPF)
36.	600.8 (272.5)	*1.84X	SHW	Beau Moore (US/66) 11/6/99 (272.5 kg. @ 326.0 lb.) (Daytona Beach, Florida) (AAPF)
37.	600.8 (272.5)	*1.84X	SHW	Andy Bolton (Great Britain/70) 3/1/03 (272.5 kg. @ 148.0 kg.) (Columbus, Ohio) (WPO)
38.	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)
39.	600.0 (272.2)	*1.86X	SHW	John Kuc (US/47) 11/11/72 (600.0 lb. @ 322.25 lb.) (Harrisburg, Pennsylvania) (AAU)
40.	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)
41.	600.0 (272.2)	2.47X	242 (110)	Sam Samaniego (US) 1/29/83 (600.0 lb.) (Bakersfield, California) (NSM)
42.	600.0 (272.2)		SHW	Freddie Moore (US) 9/3/83 (600.0 lb.) (Clovis, California) (USPF)
43.	600.0 (272.2)		SHW	Joe Zymewski (US) 11/30/91 (600.0 lb.) (Greenwood, Indiana) (NSM)
44.	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)
45.	600.0 (272.2)	*1.49X	SHW	Mike Wolfe (US/75) 5/6/06 (600.0 lb. @ 404.0 lb.) (Amherst, Massachusetts) (Atlantis)
46.	600.0 (272.2)	<b>*2.62X</b>	242 (110)	Jauncey "Rock" Lewis (US) 10/28/06 (600.0 lb. @ 229.0 lb.) (Wilmington, North Carolina) (100% RAW)
47.	600.0 (272.2)	*1.83X	SHW	Vincent Dizenzo (US/69) 6/24/07 (600.0 lb. @ 328.4 lb.) (York, Pennsylvania) (IPA)
48.	600.0 (272.2)	*1.67X	SHW	Rob Wilkerson (US) 6/30/07 (600 lb. @ 360.0 lb.) (Chattanooga, Tennessee) (APF)
49.	600.0 (272.2)	*2.11X	308 (140)	Ben Graves (US/78) 4/26/08 (600.0 lb. @ 285.0 lb.) (Juliet, Tennessee) (APA)
<b>----- Over 600 Pound (272.2 Kilogram) Men's Unequipped Bench Press -----</b>				

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

Records accurate (as to my knowledge) as of **8/31/08**.

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## ALL TIME HISTORICAL MEN'S UNEQUIPPED BENCH PRESS WORLD RECORDS IN POUNDS/KILOGRAMS

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

Men	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
<b>114 (52)</b>	391.3 (177.5)	<b>*3.51X</b>	Andrzej Stanaszek (Poland/71) 11/18/94 (177.5 kg. @ 50.6 kg.) (Johannesburg, South Africa) (IPF)
<b>123 (56)</b>	391.3 (177.5)	*3.23X	Mike Booker (US/81) 6/21/03 (177.5 kg. @ 121.0 lb.) (Vista, California) (AAU)
<b>132 (60)</b>	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)
<b>148 (67.5)</b>	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)
<b>165 (75)</b>	485.0 (220.0)	*2.94X	Rick Weil (US/58) 7/23/83 (220.0 kg. @ 74.9 kg.) (Austin, Texas) (USPF)
<b>181 (82.5)</b>	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)
<b>198 (90)</b>	565.0 (256.3)	*2.96X	Larry Danaher (US) 10/4/86 (565.0 lb. @ 191 lb.) (Indianapolis, Indiana) (USPF/APF)
<b>220 (100)</b>	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)
<b>242 (110)</b>	615.0 (279.0)	*2.56X	Jeremy Hoornstra (US/81) 9/29/06 (615.0 lb. @ 240.0 lb.) (Las Vegas, Nevada) (WPO)
<b>275 (125)</b>	650.4 (295.0)	*2.36X	Ted Arcidi (US/59) 11/13/83 (295.0 kg. @ 125.0 kg.) (Westminster, Maryland) (NSM)
<b>308 (140)</b>	701.1 (318.0)	*2.28X	Scot Mendelson (US/69) 10/12/02 (318.0 kg. @ 308.0 lb.) (San Francisco, California) (APF)
<b>SHW</b>	<b>715.0 (324.3)</b>	*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)

## 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.	<b>556.7 (252.5)</b>	*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.	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)
3.	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)
4.	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)
5.	391.3 (177.5)	<b>*3.51X</b>	114 (52)	Andrzej Stanaszek (Poland/71) 11/18/94 (177.5 kg. @ 50.6 kg.) (Johannesburg, South Africa) (IPF)
6.	391.3 (177.5)	*3.23X	123 (56)	Mike Booker (US/81) 6/21/03 (177.5 kg. @ 121.0 lb.) (Vista, California) (AAU)
7.	385.8 (175.0)	*3.31X	123 (56)	Andrzej Stanaszek (Poland/71) 5/20/00 (175.0 kg. @ 52.8 kg.) (Landshut, Germany) (IPF)
8.	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)
9.	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)
10.	360.5 (163.5)	3.14X	114 (52)	Mike Booker (US/81) 12/1/01 (163.5 kg.) (Laughlin, Nevada) (AAU)

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

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

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1003.1 (455.0)</b>	*2.84X	SHW	Andy Bolton (Great Britain/70) 11/4/06 (455.0 kg. @ 160.0 kg. Only man to deadlift over 1000 pounds.) (Lake George, New York) (WPO) ----- <b>Over 1000 Pound (453.6 Kilogram) Men's Deadlift</b> -----
2.	970.0 (440.0)	*2.78X	SHW	Benedikt Magnusson (Iceland/84) 11/6/05 (440.0 kg. @ 158.5 kg.) (Helsinki, Finland) (WPO) ----- <b>Over 950 Pound (430.9 Kilogram) Men's Deadlift</b> -----
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.	931.5 (422.5)	*2.54X	SHW	Garry Frank (US/64) 11/9/02 (422.5 kg. @ 166.05 kg.) (New Orleans, Louisiana) (WPO)
5.	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)
6.	925.0 (419.6)	*2.58X	SHW	Gary Heisey (US/57) 3/15/92 (925.0 lb. @ 358.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)
7.	925.0 (419.6)	*2.75X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (925.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA) ----- <b>Over 925 Pound (419.6 Kilogram) Men's Deadlift</b> -----
8.	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)
9.	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)
10.	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)
11.	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)
12.	901.7 (409.0)	<b>*4.10X</b>	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) ----- <b>Over 900 Pound (408.2 Kilogram) Men's Deadlift</b> -----

## MEN'S 12X BODYWEIGHT TOTAL HALL OF FAME

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>2470.0 (1120.4)</b>	*12.46X	198 (90)	Shawn Frankl (US/77) 1/20/08 (940.0+800.0+730.0=2470.0 lb. @ 89.9 kg. Heaviest 12X bodyweight male total of all time.) (Columbus, Ohio) (IPA)
2.	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)
3.	2235.0 (1013.8)	*12.31X	181 (82.5)	Michael Cartinian (US/76) 8/23/08 (890.0+700.0+645.0=2235.0 lb. @ 181.5 lb.) (Sharonville, Ohio) (IPA)
4.	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)
5.	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. Heaviest 13X bodyweight male total of all time.) (Columbus, Ohio) (WPO)
6.	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)
7.	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)
8.	2045.0 (927.6)	*12.39X	165 (75)	Al Caslow (US/80) 8/23/08 (820.0+540.0+685.0=2045.0 lb. @ 165.0 lb.) (Sharonville, Ohio) (IPA)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	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)
19.	1625.9 (737.5)	*12.30X	132 (60)	Mikhail Andruchin (Russia/70) 8/25/05 (282.5+170.0+285.0=737.5 kg. @ 59.95 kg.) (Oriol, Russia) (IPF)
20.	1609.4 (730.0)	*12.34X	132 (60)	Tsung-Ting Hsieh (Chinese Taipei/82) 11/7/06 (260.0+185.0+285.0=730.0 kg. @ 59.15 kg.) (Stavanger, Norway) (IPF)
21.	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)
22.	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)
23.	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)
24.	1543.2 (700.0)	*12.70X	123 (56)	Sergey Fedosienko (Russia/82) 10/15/07 (700.0 kg. @ 55.1 kg.) (Soelden, Austria) (IPF)
25.	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)
26.	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)
27.	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)

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

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Records accurate (as to my knowledge) as of **8/31/08**.

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

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## MEN'S 2600 POUND (1179.3 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. 2850.0 (1292.7)	*7.61X	SHW	Donnie Thompson (US/64) 1/20/08 (1155.0+900.0+795.0=2850.0 lb. @ 169.9 kg.) (Columbus, Ohio) (IPA)
2. 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)
3. 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)
4. 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)
----- Over 2800 Pound (1270.1 Kilogram) Men's Total -----			
5. 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)
----- Over 2775 Pound (1258.7 Kilogram) Men's Total -----			
6. 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)
----- Over 2700 Pound (1224.7 Kilogram) Men's Total -----			
7. 2673.1 (1212.5)	*7.23X	SHW	Matt Smith (US/74) 6/4/06 (517.5+330.0+365.0=1212.5 kg. @ 167.6 kg.) (Las Vegas, Nevada) (APF/WPC)
8. 2670.0 (1211.1)	*8.75X	308 (140)	Chuck Fought (US/85) 8/24/08 (1080.0+715.0+875.0=2670.0 lb. @ 305.0 lb.) (Sharonville, Ohio) (IPA)
9. 2667.6 (1210.0)	*9.70X	275 (125)	Yevgen Yarymbash (Ukraine/83) 3/3/07 (510.0+330.0+370.0=1210.0 kg. @ 124.7 kg.) (Columbus, Ohio) (WPO)
10. 2665.0 (1208.8)	*8.77X	308 (140)	Matt Wenning (US/79) 8/24/08 (1085.0+815.0+765.0=2665.0 lb. @ 304.0 lb.) (Sharonville, Ohio) (IPA)
11. 2662.1 (1207.5)	*8.66X	308 (140)	Paul Childress (US/71) 10/30/05 (520.0+315.0+372.5=1207.5 kg. @ 139.5 kg.) (Chicago, Illinois) (WPO)
----- Over 2650 Pound (1202.0 Kilogram) Men's Total -----			
12. 2625.0 (1190.7)	*7.15X	SHW	Mike "Mule" Miller (US/68) 4/9/06 (1220.0+700.0+705.0=2625.0 lb. @ 367.0 lb.) (Leesport, Pennsylvania) (IPA)
13. 2625.0 (1190.7)	*10.85X	242 (110)	Greg Panora (US/80) 8/24/08 (1055.0+770.0+800.0=2625.0 lb. @ 242.0 lb.) (Sharonville, Ohio) (IPA)
----- Over 2625 Pound (1190.7 Kilogram) Men's Total -----			
14. 2620.0 (1188.4)	*9.98X	275 (125)	Greg Panora (US/80) 1/20/08 (1040.0+775.0+805.0=2620.0 lb. @ 119.1 kg.) (Columbus, Ohio) (IPA)
15. 2613.6 (1185.5)	*9.10X	308 (140)	Jonas Rantanen (Finland/82) 4/5/08 (500.5+340.0+345.0=1185.5 kg. @ 130.3 kg.) (Juva, Finland) (WPC)
16. 2612.5 (1185.0)	*9.50X	275 (125)	Ano Turtiainen (Finland/67) 3/25/07 (500.0+285.0+400.0=1185.0 kg. @ 124.8 kg.) (Juva, Finland) (WPC)
17. 2605.0 (1181.6)	*9.49X	275 (125)	Ron "Scott" Yard (US/82) 9/30/06 (1050.0+840.0+715.0=2605.0 lb. @ 274.5 lb.) (New Castle, Delaware) (APF)
18. 2605.0 (1181.6)	*9.87X	275 (125)	Chuck Vogelpohl (US/65) 4/1/07 (1150.0+635.0+820.0=2605.0 lb. @ 264.0 lb.) (Newark, Ohio) (IPA)
19. 2601.5 (1180.0)	*7.74X	SHW	Brian Siders (US/78) 12/1/07 (435.0+352.5+392.5=1180.0 kg. @ 152.5 kg.) (Scranton, Pennsylvania) (USAPL/IPF)
20. 2600.0 (1179.3)	*8.44X	308 (140)	Aaron Lawrence (US/70) 6/10/06 (1030.0+730.0+840.0=2600.0 lb. @ 308.0 lb.) (Stevensville, Maryland) (NPA)
21. 2600.0 (1179.3)	*9.64X	275 (125)	James Grandick (US/68) 7/23/06 (1050.0+800.0+750.0=2600.0 lb. @ 122.4 kg.) (York, Pennsylvania) (IPA)
22. 2600.0 (1179.3)	*8.46X	308 (140)	Jonathan Bernor (US/75) 2/17/07 (1110.0+780.0+710.0=2600.0 lb. @ 307.5 lb.) (Tribes Hill, New York) (APF)
----- Over 2600 Pound (1179.3 Kilogram) Men's Total -----			

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

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

<b>Women</b>	<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
<b>97 (44)</b>	378.1 (171.5)	*3.92X	Wei-Ling Chen (Chinese Taipei/82) 5/27/05 (171.5 kg. @ 43.8 kg.) (Ylitoriolla, Finland) (IPF)
<b>105 (48)</b>	463.0 (210.0)	*4.40X	Margaret Kirkland (US/63) 8/4/07 (210.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
<b>114 (52)</b>	512.6 (232.5)	*4.57X	Olesia Lafina (Russia/79) 3/1/06 (232.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF)
<b>123 (56)</b>	529.1 (240.0)	*4.29X	Inna Filimonova (Russia/76) 3/1/06 (240.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)
<b>132 (60)</b>	556.7 (252.5)	*4.24X	Nance Avigliano (US/56) 8/25/02 (252.5 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC)
<b>148 (67.5)</b>	590.0 (267.6)	*4.00X	Amy Weisberger (US/65) 8/18/07 (590.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA)
<b>165 (75)</b>	730.0 (331.1)	*4.44X	Laura Phelps-Sweatt (US/80) 4/12/08 (730.0 lb. @ 164.5 lb.) (Columbus, Ohio) (IPA)
<b>181 (82.5)</b>	770.0 (349.3)	*4.56X	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
<b>198 (90)</b>	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)
<b>SHW</b>	<b>854.3 (387.5)</b>	*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)
<b>Women</b>	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
<b>97 (44)</b>	248.0 (112.5)	*2.61X	Justyna Kozdryk (Poland/80) 5/31/07 (112.5 kg. @ 43.13 kg.) (Thisted, Denmark) (IPF)
<b>105 (48)</b>	286.6 (130.0)	*2.76X	Yukako Fukushima (Japan/70) 7/14/02 (130.0 kg. @ 47.1 kg.) (Matsuda City, Kanagawa, Japan) (IPF)
<b>114 (52)</b>	319.7 (145.0)	*2.82X	Janet Faraone (US/67) 12/1/07 (145.0 kg. @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC)
<b>123 (56)</b>	347.0 (157.4)	*2.84X	Janet Faraone (US/67) 12/15/07 (347.0 lb. @ 122.0 lb.) (Lake George, New York) (APF)
<b>132 (60)</b>	402.3 (182.5)	*3.04X	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. Only woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO)
<b>148 (67.5)</b>	413.4 (187.5)	*2.78X	Kara Bohigian-Smith (US/75) 3/18/07 (187.5 kg. @ 67.5 kg.) (Attalla, Alabama) (APF)
<b>165 (75)</b>	455.0 (206.4)	*2.78X	Laura Phelps-Sweatt (US/80) 8/23/08 (455.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)
<b>181 (82.5)</b>	465.0 (210.9)	*2.61X	Laura Phelps-Sweatt (US/80) 9/16/06 (465.0 lb. @ 178.3 lb.) (Fremont, Ohio) (APF)
<b>198 (90)</b>	479.5 (217.5)	*2.43X	Becca Swanson (US/73) 3/3/06 (217.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO)
<b>SHW</b>	<b>600.8 (272.5)</b>	*2.50X	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)
<b>Women</b>	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
<b>97 (44)</b>	385.8 (175.0)	*4.00X	Wei-Ling Chen (Chinese Taipei/82) 5/23/03 (175.0 kg. @ 43.7 kg.) (Chicago, Illinois) (IPF)
<b>105 (48)</b>	407.9 (185.0)	*3.96X	Wei-Ling Chen (Chinese Taipei/82) 10/15/07 (185.0 kg. @ 46.7 kg.) (Soelden, Austria) (IPF)
<b>114 (52)</b>	440.9 (200.0)	*3.88X	Oksana Belova (Russia/75) 11/26/99 (200.0 kg. @ 51.6 kg.) (Paris, France) (IPF)
<b>123 (56)</b>	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)
<b>132 (60)</b>	518.1 (235.0)	*3.94X	Maria Revva (Russia/77) 8/25/04 (235.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)
<b>148 (67.5)</b>	552.3 (250.5)	*3.80X	Shannon Hartnett (US/65) 3/2/07 (250.5 kg. @ 66.0 kg.) (Columbus, Ohio) (WPO)
<b>165 (75)</b>	584.2 (265.0)	*3.64X	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (265.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF)
<b>181 (82.5)</b>	590.8 (268.0)	*3.25X	Coral Blair (Austria/64) 11/19/99 (268.0 kg. @ 82.5 kg.) (Calgary, Alberta, Canada) (WPC)
<b>198 (90)</b>	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)
<b>SHW</b>	<b>683.4 (310.0)</b>	*2.80X	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO)
<b>Women</b>	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
<b>97 (44)</b>	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)
<b>105 (48)</b>	1052.7 (477.5)	*10.01X	Margaret Kirkland (US/63) 8/4/07 (210.0+95.0+172.5=477.5 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
<b>114 (52)</b>	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)
<b>123 (56)</b>	1223.6 (555.0)	*9.93X	Inna Filimonova (Russia/76) 3/1/06 (240.0+120.0+195.0=555.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)
<b>132 (60)</b>	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)
<b>148 (67.5)</b>	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)
<b>165 (75)</b>	1715.0 (777.9)	*10.50X	Laura Phelps-Sweatt (US/80) 8/23/08 (700.0+455.0+560.0=1715.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)
<b>181 (82.5)</b>	1725.0 (782.4)	*10.21X	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0+435.0+520.0=1725.0 lb. @ 169.0 lb. Heaviest female 10X bodyweight total of all time.) (Columbus, Ohio) (APF)
<b>198 (90)</b>	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)
<b>SHW</b>	<b>2050.3 (930.0)</b>	*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. Only woman to total over 1700 pounds.) (Chicago, Illinois) (WPO)

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

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Records accurate (as to my knowledge) as of **8/31/08**.

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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 #8	*480.93 #8	#16	#8
114	512.6 *4.57X	Olesia Lafina (Russia/79) 3/1/06 (IPF)	*649.59 #5	*505.19 #4	=9	=4
123	529.1 *4.29X	Inna Filimonova (Russia/76) 3/1/06 (IPF)	*623.45 #7	*482.87 #6	=13	=6
132	556.7 *4.24X	Nance Avigliano (US/56) 8/25/02 (APF/WPC)	*624.64 #6	*482.13 #7	=13	=6
148	590.0 *4.00X	Amy Weisberger (US/65) 8/18/07 (IPA)	*606.31 #9	*463.21 #9	#18	#9
165	730.0 *4.44X	Laura Phelps-Sweatt (US/80) 4/12/08 (IPA)	*696.24 #3	*528.81 #2	=5	=2
181	770.0 *4.56X	Laura Phelps-Sweatt (US/80) 1/27/07 (APF)	*722.18 #1	*547.24 #1	#2	—#1—
198	804.7 *4.08X	Becca Swanson (US/73) 3/3/06 (WPO)	*697.10 #2	*509.85 #3	=5	=2
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	248.0 *2.61X	Justyna Kozdryk (Poland/80) 5/31/07 (IPF)	*353.84 #10	*279.15 #10	#20	#10
105	286.6 *2.76X	Yukako Fukushima (Japan/70) 7/14/02 (IPF)	*384.85 #9	*300.76 #9	#18	#9
114	319.7 *2.82X	Janet Faraone (US/67) 12/1/07 (APF/WPC)	*401.51 #8	*312.06 #7	#15	#8
123	347.0 *2.84X	Janet Faraone (US/67) 12/15/07 (APF)	*412.10 #7	*319.52 #5	#12	#6
132	402.3 *3.04X	Tina Rinehart (US/68) 3/6/04 (WPO)	*448.57 #2	*346.14 #1	=3	—#1—
148	413.4 *2.78X	Kara Bohigian-Smith (US/75) 3/18/07 (APF)	*421.88 #5	*321.48 #4	#9	#4
165	455.0 *2.78X	Laura Phelps-Sweatt (US/80) 8/23/08 (IPA)	*435.78 #3	*331.19 #3	#6	#3
181	465.0 *2.61X	Laura Phelps-Sweatt (US/80) 9/16/06 (APF)	*422.96 #4	*316.70 #6	#10	#5
198	479.5 *2.43X	Becca Swanson (US/73) 3/3/06 (WPO)	*415.40 #6	*303.81 #8	#14	#7
SHW	600.8 *2.50X	Becca Swanson (US/73) 3/8/08 (APF)	*489.56 #1	*343.93 #2	=3	—#1—

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	407.9 *3.96X	Wei-Ling Chen (Chinese Taipei/82) 10/15/07 (IPF)	*551.05 #7	*430.94 #4	#11	#5
114	440.9 *3.88X	Oksana Belova (Russia/75) 12/26/99 (IPF)	*552.96 #6	*429.77 #6	#12	#6
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 #2	#4	#2
148	552.3 *3.80X	Shannon Hartnett (US/65) 3/2/07 (WPO)	*572.91 #3	*438.38 #3	#6	#3
165	584.2 *3.64X	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (IPF)	*566.05 #4	*430.69 #5	#9	#4
181	590.8 *3.25X	Coral Blair (Austria/64) 11/19/99 (WPC)	*531.75 #9	*397.69 #8	#17	#9
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 #5	*388.53 #10	=15	=7

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	1052.7 *10.01X	Margaret Kirkland (US/63) 8/4/07 (AAPF/AWPC)	*1400.6 #9	*1093.6 #9	#18	#9
114	1157.4 *10.31X	Olesia Lafina (Russia/79) 3/1/06 (IPF)	*1466.8 #7	*1140.8 #6	#13	#7
123	1223.6 *9.93X	Inna Filimonova (Russia/76) 3/1/06 (IPF)	*1441.7 #8	*1116.6 #8	#16	#8
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 #6	*1130.5 #6	#12	#6
165	1715.0 *10.50X	Laura Phelps-Sweatt (US/80) 8/23/08 (IPA)	*1642.6 #2	*1248.3 #1	#3	—#1—
181	1725.0 *10.21X	Laura Phelps-Sweatt (US/80) 1/27/07 (APF)	*1617.9 #4	*1226.0 #2	=6	=3
198	1885.0 *9.56X	Becca Swanson (US/73) 3/3/06 (WPO)	*1632.9 #3	*1194.3 #3	=6	=3
SHW	2050.3 *8.30X	Becca Swanson (US/73) 10/29/05 (WPO)	*1660.5 #1	*1162.1 #4	#5	#2

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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.*

	<b>Squat</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>854.3 (387.5)</b>	*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) ----- <b>Over 850 Pound (385.6 Kilogram) Women's Squat</b> -----
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) ----- <b>Over 800 Pound (362.9 Kilogram) Women's Squat</b> -----
3.	730.0 (331.1)	<b>*4.44X</b>	165 (75)	Laura Phelps-Sweatt (US/80) 4/12/08 (730.0 lb. @ 164.5 lb.) (Columbus, Ohio) (IPA)
4.	725.0 (328.9)	*4.12X	181 (82.5)	Laura Phelps-Sweatt (US/80) 2/4/06 (725.0 lb. @ 176.0 lb.) (Fremont, Ohio) (APF) ----- <b>Over 725 Pound (328.9 Kilogram) Women's Squat</b> -----
5.	673.5 (305.5)	*2.53X	SHW	Galina Karpova (Russia/68) 3/5/06 (305.5 kg. @ 120.9 kg.) (Ufa, Russia) (IPF)
6.	661.4 (300.0)		SHW	Liz Willett (US/72) 7/9/04 (300.0 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
7.	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)
8.	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) ----- <b>Over 650 Pound (294.8 Kilogram) Women's Squat</b> -----
9.	639.3 (290.0)	*2.41X	SHW	Anastasia Pavlova (Russia/68) 3/3/05 (290.0 kg. @ 120.1 kg.) (Kazan, Russia) (IPF)
10.	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)
11.	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)
12.	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)
13.	625.0 (283.5)	*2.62X	SHW	Karen Sizemore (US/64) 4/12/03 (625.0 lb. @ 238.5 lb.) (Newark, Ohio) (IPA) ----- <b>Over 625 Pound (283.5 Kilogram) Women's Squat</b> -----
14.	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)
15.	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)
16.	620.0 (281.2)	3.12X	198 (90)	Lynn Boshoven (US) 4/27/96 (620.0 lb.) (Grand Rapids, Michigan) (NSM)
17.	618.4 (280.5)	*3.18X	198 (90)	Valeria Scheglova (Russia/83) 9/22/06 (280.5 kg. @ 88.2 kg.) (Syktyfkar, Russia) (IPF)
18.	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)
19.	617.3 (280.0)	*2.56X	SHW	Elena Avilkina (Russia/77) 2/27/03 (280.0 kg. @ 109.3 kg.) (Kazan, Russia) (IPF)
20.	617.3 (280.0)	*3.36X	198 (90)	Yevgeniya Mazaylova (Russia/82) 3/5/06 (280.0 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)
21.	617.3 (280.0)	*3.25X	198 (90)	Yulya Pozdeeva (Russia/81) 3/5/06 (280.0 kg. @ 86.1 kg.) (Ufa, Russia) (IPF)
22.	611.8 (277.5)		SHW	Juanita Trujillo (US/64) 7/31/94 (277.5 kg.) (Houston, Texas) (USPF/IPF)
23.	611.8 (277.5)	*3.83X	165 (75)	Yulia Zaugolova (Russia/81) 8/24/05 (277.5 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)
24.	611.8 (277.5)	*3.28X	198 (90)	Yulia Kurina (Russia/81) 4/15/04 (277.5 kg. @ 84.65 kg.) (Priozersk, Russia) (IPF)
25.	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)
26.	606.3 (275.0)	*2.66X	SHW	Dorothy Shaw (Great Britain/63) 6/00 (275.0 kg. @ 103.5 kg.) (Port Talbot, Wales) (WPC)
27.	606.3 (275.0)	*3.74X	165 (75)	Marina Kudinova (Russia/77) 3/3/05 (275.0 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)
28.	606.3 (275.0)	*2.26X	SHW	Victoria Olenitsa (Ukraine/84) 3/4/05 (275.0 kg. @ 121.9 kg.) (Mariupol, Ukraine) (IPF)
29.	606.3 (275.0)	*2.80X	SHW	Tatyana Grigor (Russia/70) 3/5/06 (275.0 kg. @ 98.3 kg.) (Ufa, Russia) (IPF)
30.	600.8 (272.5)	*3.65X	165 (75)	Julie Scanlon (US/76) 3/5/04 (272.5 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)
31.	600.8 (272.5)		SHW	Harriet Hall (US/50) 3/11/06 (272.5 kg.) (Anchorage, Alaska) (USAPL)
32.	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)
33.	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)
34.	606.3 (275.0)	*1.67X	SHW	Melissa Garrett (US/78) 5/30/08 (272.5 kg. @ 359.0 lb.) (Omaha, Nebraska) (APF/WPC) ----- <b>Over 600 Pound (272.2 Kilogram) Women's Squat</b> -----

## 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.*

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>600.8 (272.5)</b>	*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) ----- <b>Over 600 Pound (272.2 Kilogram) Women's Bench Press</b> -----
2.	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) ----- <b>Over 525 Pound (238.1 Kilogram) Women's Bench Press</b> -----
3.	479.5 (217.5)	*2.43X	198 (90)	Becca Swanson (US/73) 3/3/06 (217.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO) ----- <b>Over 475 Pound (215.5 Kilogram) Women's Bench Press</b> -----
4.	465.0 (210.9)	*2.61X	181 (82.5)	Laura Phelps-Sweatt (US/80) 9/16/06 (465.0 lb. @ 178.3 lb.) (Fremont, Ohio) (APF)
5.	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)
6.	455.0 (206.4)	*2.78X	165 (75)	Laura Phelps-Sweatt (US/80) 8/23/08 (455.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)
7.	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)
8.	451.9 (205.0)	*2.12X	SHW	Ludmilla Gaiduchenko (Ukraine/56) 2/4/07 (205.0 kg. @ 96.6 kg.) (Melitopol, Ukraine) (IPF)
9.	451.9 (205.0)	*1.63X	SHW	Lisa Miller (US/76) 6/30/07 (205.0 kg. @ 126.0 kg.) (Willowbrook, Illinois) (APF)
10.	451.9 (205.0)	*1.26X	SHW	Melissa Garrett (US/78) 5/30/08 (205.0 kg. @ 359.0 lb.) (Omaha, Nebraska) (APF/WPC)
11.	450.0 (204.1)	*1.79X	SHW	Karen Sizemore (US/64) 3/30/02 (450.0 lb. @ 252.0 lb.) (Charleston, West Virginia) (IPA) ----- <b>Over 450 Pound (204.1 Kilogram) Women's Bench Press</b> -----
12.	429.9 (195.0)	*2.61X	165 (75)	Julie Scanlon (US/76) 3/5/04 (195.0 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)
13.	429.9 (195.0)	*1.61X	SHW	Galina Karpova (Russia/68) 3/5/06 (195.0 kg. @ 120.9 kg.) (Ufa, Russia) (IPF)
14.	425.5 (193.0)	*1.59X	SHW	Hildeborg J. Hugdal (Norway/83) 11/10/06 (193.0 kg. @ 121.75 kg.) (Stavanger, Norway) (IPF)
15.	425.0 (192.8)	*2.00X	SHW	Sandi "Candyazz" McCaslin (US/64) 7/12/08 (425.0 lb. @ 213.0 lb.) (Bradford, Pennsylvania) (SSA) ----- <b>Over 425 Pound (192.8 Kilogram) Women's Bench Press</b> -----
16.	420.0 (190.5)	*1.57X	SHW	Deborah Ferrell (US/64) 5/27/06 (190.5 kg. @ 121.25 kg.) (Miskolc, Hungary) (USAPL/IPF)
17.	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)
18.	418.9 (190.0)	*2.12X	198 (90)	Ludmilla Gaiduchenko (Ukraine/56) 11/7/04 (190.0 kg. @ 89.6 kg.) (Helsinki, Finland) (WPO)
19.	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)
20.	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)
21.	413.4 (187.5)	*1.79X	SHW	Joanne Smith-Williams Schaeffer (Great Britain/Netherlands/67) 5/10/07 (187.5 kg. @ 104.8 kg.) (Koscian, Poland) (IPF)
22.	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)
23.	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)
24.	407.9 (185.0)	*1.51X	SHW	Jean Putnam (US) 2/15/04 (185.0 kg. @ 270.5 lb.) (Manchester, New Hampshire) (USPF)
25.	407.9 (185.0)	*1.50X	SHW	Victoria Olenitsa (Ukraine/84) 11/27/05 (185.0 kg. @ 123.3 kg.) (Oroshaza, Hungary) (IPF)
26.	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)
27.	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)
28.	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)
29.	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)
30.	402.3 (182.5)	<b>*3.04X</b>	132 (60)	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. Only woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO)
31.	402.3 (182.5)	*2.07X	198 (90)	Tazzie Colomb (US/66) 12/4/05 (182.5 kg. @ 88.35 kg.) (Jacksonville, Florida) (APF)
32.	402.3 (182.5)	*2.08X	198 (90)	Ielja Strik (Netherlands/73) 7/22/06 (182.5 kg. @ 87.77 kg.) (Hamm, Luxembourg) (IPF)
33.	402.3 (182.5)	*1.42X	SHW	Machia Dudley (US/86) 1/20/07 (182.5 kg. @ 128.8 kg.) (Dubuque, Iowa) (APF)
34.	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)
35.	402.3 (182.5)	*2.56X	165 (75)	Sonji Baldwin (US/69) 6/8/08 (182.5 kg. @ 71.4 kg.) (Norfolk, Virginia) (APC/WUAP)
36.	400.1 (181.5)	*2.12X	198 (90)	Karen Campbell (US/63) 11/18/07 (181.5 kg. @ 188.6 lb.) (Anaheim, California) (WABDL)
37.	400.0 (181.4)	*1.85X	SHW	JoLynn Arvin (US/67) 2/8/98 (400.0 lb. @ 98.0 kg.) (Columbus, Ohio) (APF) ----- <b>Over 400 Pound (181.4 Kilogram) Women's Bench Press</b> -----



## ALL TIME HISTORICAL WOMEN'S UNEQUIPPED BENCH PRESS WORLD RECORDS IN POUNDS/KILOGRAMS

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

Women	Bench Press	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
<b>97 (44)</b>	181.9 (82.5)	*1.88X	Irina Krylova (Russia/78) 6/5/93 (82.5 kg. @ 44.0 kg.) (Darmstadt, Germany) (IPF)
<b>105 (48)</b>	203.9 (92.5)	*1.96X	Svetlana Stepanova (Russia/75) 6/5/93 (92.5 kg. @ 47.2 kg.) (Darmstadt, Germany) (IPF)
<b>114 (52)</b>	231.5 (105.0)	2.02X	Mary Ryan-Jeffrey (US/60) 7/26/91 (105.0 kg.) (Dallas, Texas) (USPF)
<b>123 (56)</b>	248.0 (112.5)	*2.01X	Vicki Steenrod (US) 7/7/84 (112.5 kg. @ 55.9 kg. First woman to bench press double bodyweight.) (Dayton, Ohio) (USPF)
<b>132 (60)</b>	280.0 (127.0)	* <b>2.14X</b>	Jennifer Thompson (US/73) 8/11/06 (280.0 lb. @ 130.7 lb. Heaviest female unequipped double bodyweight bench press of all time.) (Orlando, Florida) (100% RAW)
<b>148 (67.5)</b>	275.0 (124.7)	*1.87X	Vicky Steenrod (US/49) 5/6/89 (275.0 lb. @ 147.0 lb.) (Santa Fe, New Mexico) (NSM)
<b>165 (75)</b>	314.2 (142.5)	*1.98X	Liz Odendaal (Netherlands/54-98) 7/21/89 (142.5 kg. @ 72.1 kg.) (Karlsruhe, West Germany) (IPF)
<b>181 (82.5)</b>	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)
<b>198 (90)</b>	292.1 (132.5)	*1.60X	Cathy Millen (New Zealand/67) 5/31/92 (132.5 kg. @ 82.7 kg.) (Ghent, Belgium) (IPF)
<b>SHW</b>	<b>391.3 (177.5)</b>	*1.11X	Roberta Collins (US) 1/11/03 (177.5 kg. @ 353.0 lb. Heaviest female bench press of all time without a bench press shirt.) (West Liberty, Ohio) (NASA)

## 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.	<b>391.3 (177.5)</b>	*1.11X	SHW	Roberta Collins (US) 1/11/03 (177.5 kg. @ 353.0 lb. Heaviest female bench press of all time without a bench press shirt.) (West Liberty, Ohio) (NASA) ----- <b>Over 375 Pound (170.1 Kilogram) Women's Unequipped Bench Press</b> -----
2.	350.0 (158.8)	*1.40X	SHW	Artelia Watson (US/67) 8/7/04 (350.0 lb. @ 250.0 lb.) (Waukegan, Illinois) (APA) ----- <b>Over 350 Pound (158.8 Kilogram) Women's Unequipped Bench Press</b> -----
3.	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)
4.	325.2 (147.5)	1.79X	181 (82.5)	Jill Brown-Mills (US/71) 3/20/99 (147.5 kg.) (Austin, Texas) (USPF) ----- <b>Over 325 Pound (147.4 Kilogram) Women's Unequipped Bench Press</b> -----
5.	314.2 (142.5)	* <b>1.98X</b>	165 (75)	Liz Odendaal (Netherlands/54-98) 7/21/89 (142.5 kg. @ 72.1 kg.) (Karlsruhe, West Germany) (IPF)
6.	308.6 (140.0)	1.87X	165 (75)	Beverly Francis (Australia/55) 10/18/81 (140.0 kg.) (Melbourne, Australia) (IPF)
7.	305.0 (138.3)	*1.92X	165 (75)	Julie Scanlon (US/76) 5/6/06 (305.0 lb. @ 159.0 lb.) (Amherst, Massachusetts) (Atlantis)
8.	303.1 (137.5)	*1.49X	SHW	Myrtle Augee (Great Britain/65) 5/21/89 (137.5 kg. @ 92.2 kg.) (Comines, Belgium) (IPF)
9.	301.6 (136.8)		SHW	Victoria Gagne-Hembree (US/61) 8/26/01 (136.8 kg.) (San Bernardino, California) (AAU) ----- <b>Over 300 Pound (136.1 Kilogram) Women's Unequipped Bench Press</b> -----

## 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.	<b>280.0 (127.0)</b>	* <b>2.14X</b>	132 (60)	Jennifer Thompson (US/73) 8/11/06 (280.0 lb. @ 130.7 lb. Heaviest female unequipped double bodyweight bench press of all time.) (Orlando, Florida) (100% RAW)
2.	248.0 (112.5)	*2.01X	123 (56)	Vicki Steenrod (US) 7/7/84 (112.5 kg. @ 55.9 kg. First woman to bench press double bodyweight.) (Dayton, Ohio) (USPF)
3.	231.5 (105.0)	2.02X	114 (52)	Mary Ryan-Jeffrey (US/60) 7/26/91 (105.0 kg.) (Dallas, Texas) (USPF)

## 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.	<b>683.4 (310.0)</b>	*2.80X	SHW	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO) ----- <b>Over 675 Pound (306.2 Kilogram) Women's Deadlift</b> -----
2.	604.0 (274.0)	* <b>3.16X</b>	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) ----- <b>Over 600 Pound (272.2 Kilogram) Women's Deadlift</b> -----

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

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Records accurate (as to my knowledge) as of **8/31/08**.

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## **WOMEN'S 1500 POUND (680.4 KILOGRAM) TOTAL HALL OF FAME**

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

<b>Total</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1. <b>2050.3 (930.0)</b>	<b>*8.30X</b>	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. Only woman to total over 1700 pounds.) (Chicago, Illinois) (WPO) ----- <b>Over 2050 Pound (929.9 Kilogram) Women's Total</b> -----
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) ----- <b>Over 1875 Pound (850.5 Kilogram) Women's Total</b> -----
3. 1725.0 (782.4)	*10.21X	181 (82.5)	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0+435.0+520.0=1725.0 lb. @ 169.0 lb. Heaviest female 10X bodyweight total of all time.) (Columbus, Ohio) (APF) ----- <b>Over 1725 Pound (782.4 Kilogram) Women's Total</b> -----
4. 1715.0 (777.9)	<b>*10.50X</b>	165 (75)	Laura Phelps-Sweatt (US/80) 8/23/08 (700.0+455.0+560.0=1715.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA) ----- <b>Over 1700 Pound (771.1 Kilogram) Women's Total</b> -----
5. 1632.5 (740.5)	*6.12X	SHW	Galina Karpova (Russia/68) 3/5/06 (305.5+195.0+240.0=740.5 kg. @ 120.9 kg.) (Ufa, Russia) (IPF) ----- <b>Over 1625 Pound (737.1 Kilogram) Women's Total</b> -----
6. 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) ----- <b>Over 1600 Pound (725.7 Kilogram) Women's Total</b> -----
7. 1592.8 (722.5)	*8.85X	181 (82.5)	Svetlana Dedulia-Miklasevich (Russia/75) 3/5/06 (270.0+202.5+250.0=722.5 kg. @ 81.6 kg.) (Ufa, Russia) (IPF) ----- <b>Over 1575 Pound (714.4 Kilogram) Women's Total</b> -----
8. 1566.4 (710.5)	*8.06X	198 (90)	Valeria Scheglova (Russia/83) 9/22/06 (280.5+170.0+260.0=710.5 kg. @ 88.2 kg.) (Syktyfkar, Russia) (IPF)
9. 1564.0 (709.4)	*8.19X	198 (90)	Dawn Reshel-Sharon (US/55-00) 5/15/88 (1586.0 lb. @ 191.0 lb., which later weighed out at 1564.0 lb.) (FV: 655.0+327.0+604.0=1586.0 lb.) (AW: 633.0+327.0+604.0=1564.0 lb. First woman to total 1500 pounds.) (Milwaukee, Wisconsin) (APF/WPC)
10. 1559.8 (707.5)	*5.80X	SHW	Victoria Olenitsa (Ukraine/84) 3/4/05 (275.0+180.0+252.5=707.5 kg. @ 121.9 kg.) (Mariupol, Ukraine) (IPF) ----- <b>Over 1550 Pound (703.1 Kilogram) Women's Total</b> -----
11. 1548.7 (702.5)	*8.43X	198 (90)	Yevgeniya Mazaylova (Russia/82) 3/5/06 (280.0+167.5+255.0=702.5 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)
12. 1543.2 (700.0)	*5.83X	SHW	Anastasia Pavlova (Russia/68) 3/3/05 (290.0+170.0+240.0=700.0 kg. @ 120.1 kg.) (Kazan, Russia) (IPF)
13. 1543.2 (700.0)	*9.66X	165 (75)	Yulia Zaugolova (Russia/81) 8/24/05 (277.5+170.0+252.5=700.0 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)
14. 1540.0 (698.5)	*8.60X	181 (82.5)	Tamara Rainwater-Grimwood (US/64-00) 4/15/95 (620.0+400.0+520.0=1540.0 lb. @ 179.0 lb.) (Lebanon, Pennsylvania) (IPA)
15. 1532.2 (695.0)	*6.71X	SHW	Dorothy Shaw (Great Britain/63) 6/00 (275.0+160.0+260.0=695.0 kg. @ 103.5 kg.) (Port Talbot, Wales) (WPC)
16. 1532.2 (695.0)	*5.93X	SHW	Chen-Yen Chao (Chinese Taipei/71) 5/25/03 (272.5+190.0+232.5=695.0 kg. @ 117.2 kg.) (Chicago, Illinois) (IPF)
17. 1526.7 (692.5)	*5.42X	SHW	Machia Dudley (US/86) 11/3/06 (295.0+172.5+225.0=692.5 kg. @ 127.7 kg.) (Lake George, New York) (APF/WPC) ----- <b>Over 1525 Pound (691.7 Kilogram) Women's Total</b> -----
18. 1521.2 (690.0)	*4.72X	SHW	Liz Willett (US/72) 9/21/03 (280.0+182.5+227.5=690.0 kg. @ 146.05 kg.) (Irving, Texas) (USAPL)
19. 1521.2 (690.0)	*7.68X	198 (90)	Irina Lugovaya (Russia/74) 3/11/04 (260.0+180.0+250.0=690.0 kg. @ 89.8 kg.) (Krasnoyarsk, Russia) (IPF)
20. 1516.8 (688.0)	*9.19X	165 (75)	Sarah Keller (US/83) 5/30/08 (260.0+182.5+245.5=688.0 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)
21. 1515.7 (687.5)	*4.22X	SHW	Melissa Garrett (US/78) 5/30/08 (272.5+205.0+210.0=687.5 kg. @ 359.0 lb.) (Omaha, Nebraska) (APF/WPC)
22. 1504.7 (682.5)	*7.72X	198 (90)	Cathy Millen (New Zealand/67) 5/28/94 (260.0+162.5+260.0=682.5 kg. @ 88.4 kg.) (Rotorua, New Zealand) (IPF)
23. 1504.7 (682.5)	*7.18X	SHW	Jessica Watkins-O'Donnell (US/80) 2/17/08 (265.0+172.5+245.0=682.5 kg. @ 95.1 kg.) (Killeen, Texas) (USAPL/IPF)
24. 1500.0 (680.4)	*5.95X	SHW	Karen Sizemore (US/64) 3/30/02 (600.0+450.0+450.0=1500.0 lb. @ 252.0 lb.) (Charleston, West Virginia) (IPA) ----- <b>Over 1500 Pound (680.4 Kilogram) Women's Total</b> -----

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Records accurate (as to my knowledge) as of **8/31/08**.

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