

w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-47kg	Liu Mei-Xiang	Chinese Taipei	1983	46.65	122.5	11.06.2023	St.Julians / Malta	
-52kg	Koykka Anita	Philippines	1960	50.65	125.0	09.12.2014	Melbourne / Australia	
-57kg	Inamdar Dr Sharvari	India	1983	54.80	134.0	12.12.2023	Johor Bahru / Malaysia	
-63kg	Namkhaidorj Bayarmaa	Mongolia	1978	62.10	142.5	11.10.2023	Ulaanbaatar / Mongolia	
-69kg	Chang Ching-Fang	Chinese Taipei	1977	68.35	152.5	11.07.2024	Potchefstroom / South Africa	
-76kg	Tan Sze Yin Saudi	Singapore	1980	73.90	150.0	16.09.2022	Johor Bahru / Malaysia	
-84kg	Wang Lu	China	1983	81.70	146.5	12.12.2023	Johor Bahru / Malaysia	
84+kg	Sampa Guha	India	1967	88.30	157.5	13.12.2012	Coimbatore / India	
BENCH PRESS								
-47kg	Nakada Yoshimi	Japan	1971	46.67	65.0	06.06.2015	Salo / Finland	
-52kg	Furuya Noriko	Japan	1971	51.42	100.0	06.06.2015	Salo / Finland	
-57kg	McCombie Jenifer	Hong Kong	1982	55.55	80.5	12.12.2023	Johor Bahru / Malaysia	
-63kg	Nazarenko Svetlana	Kazakhstan	1965	61.95	87.5	14.06.2013	Suzdal / Russia	
-69kg	Chang Ching-Fang	Chinese Taipei	1977	68.35	92.5	11.07.2024	Potchefstroom / South Africa	
-76kg	Wheal Sarah	Australia	1977	74.75	87.5	12.10.2023	Ulaanbaatar / Mongolia	
-84kg	Yang Yunie	Singapore	1981	83.09	82.5	28.06.2023	Hong Kong / Hong Kong	
84+kg	Shtrosherer Alla	Kazakhstan	1970	118.20	88.0	06.12.2019	Almaty / Kazakhstan	
DEADLIFT								
-47kg	Liu Mei-Xiang	Chinese Taipei	1983	46.65	147.5	11.06.2023	St.Julians / Malta	
-52kg	Sritao Kingthong	Thailand	1979	51.65	143.5	12.12.2023	Johor Bahru / Malaysia	
-57kg	McCombie Jenifer	Hong Kong	1982	55.55	168.0	12.12.2023	Johor Bahru / Malaysia	
-63kg	Soto Guzman Sara	Thailand	1966	60.78	176.0	04.12.2022	Dubai / United Arab Emirates	
-69kg	Green Melanie	Australia	1980	66.80	197.5	12.10.2023	Ulaanbaatar / Mongolia	
-76kg	Sodnomdorj Munkhzul	Mongolia	1981	75.31	170.0	27.06.2023	Hong Kong / Hong Kong	
-84kg	Kazi Gulshan Banu	United Arab Emirates	1978	83.75	191.0	21.07.2023	Beirut / Lebanon	
84+kg	Abdul Razak Rozana	Singapore	1981	95.05	180.0	12.12.2023	Johor Bahru / Malaysia	
TOTAL								
-47kg	Liu Mei-Xiang	Chinese Taipei	1983	46.50	327.5	15.12.2023	Johor Bahru / Malaysia	
-52kg	Furuya Noriko	Japan	1971	51.42	362.5	06.06.2015	Salo / Finland	
-57kg	Dr. Sharvari Imandar	India	1983	54.74	363.5	25.06.2023	Hohg Kong / Hong Kong	
-63kg	Nazarenko Svetlana	Kazakhstan	1965	61.95	377.5	14.06.2013	Suzdal / Russia	
-69kg	Green Melanie	Australia	1980	66.80	420.0	12.10.2023	Ulaanbaatar / Mongolia	
-76kg	Tan Sze Yin Saudi	Singapore	1980	73.90	402.5	16.09.2022	Johor Bahru / Malaysia	
-84kg	Kazi Gulshan Banu	United Arab Emirates	1978	83.75	407.0	21.07.2023	Beirut / Lebanon	
84+kg	Sampa Guha	India	1967	88.30	397.5	13.12.2012	Coimbatore / India	
BENCH PRESS (SINGLE LIFT)								
-47kg	Kobayashi Naoko	Japan	1970	46.32	103.0	20.05.2019	Tokyo / Japan	
-52kg	Iwamoto Sachiko	Japan	1973	51.55	105.0	23.05.2024	Austin, TX / U.S.America	
-57kg	Iwamoto Sachiko	Japan	1973	54.10	105.0	20.05.2023	Sun City / South Africa	
-63kg	Nazarenko Svetlana	Kazakhstan	1965	61.95	87.5	14.06.2012	Suzdal / Russia	
-69kg	Tsugane Noriko	Japan	1971	67.40	110.0	12.09.2023	Hokkaido / Japan	
-76kg	Kalinina Alexandra	Kazakhstan	1968	72.50	108.0	25.05.2022	Almaty / Kazakhstan	
-84kg	Tokutake Megumi	Japan	1964	76.16	110.0	22.09.2018	Dubai / United Arab Emirates	
84+kg	Ancheta Adeline	Philippines	1973	109.10	120.0	13.12.2012	Coimbatore / India	

Abbreviation: * – Pending Approval