

World Masters 4 Women's Equipped Records

Last update: 01 Jun 2024, 15:36 UTC

w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-47kg	Elwyn Susan	US Virgin Islands	1947	46.75	95.5	11.08.2023	Grand Cayman / Cayman Islands	
-52kg	Elwyn Susan	U.S.America	1947	47.30	100.0	02.10.2018	Ulaanbaatar / Mongolia	
-57kg	Omori Seiko	Japan	1951	56.40	127.5	13.10.2023	Ulaanbaatar / Mongolia	
-63kg	Fomina Tatyana	Russia	1946	60.35	115.5	02.10.2018	Ulaanbaatar / Mongolia	
-69kg	World Standard				112.5	01.01.2021		
-76kg	Moore Gail	U.S.America	1947	70.26	135.0	01.01.2021	Sundswall / Sweden	
-84kg	World Standard				130.0	01.01.2012		
84+kg	World Standard				140.0	01.01.2012		
BENCH PRESS								
-47kg	World Standard				55.0	01.01.2012		
-52kg	World Standard				60.0	01.01.2012		
-57kg	Fernstrom Britten	Sweden	1949	55.84	68.0	05.07.2023	Pilsen / Czechia	
-63kg	Hykova Adina	Czechia	1943	60.47	72.5	12.07.2016	Pilsen / Czechia	
-69kg	World Standard				72.5	01.01.2021		
-76kg	Moore Gail	U.S.America	1947	70.26	87.5	01.01.2021	Sunswall / Sweden	
-84kg	World Standard				90.0	01.01.2012		
84+kg	World Standard				95.0	01.01.2012		
DEADLIFT								
-47kg	Elwyn Susan	U.S.America	1947	46.85	125.0	08.08.2019	San Jose / Costa Rica	
-52kg	Elwyn Susan	US Virgin Islands	1947	48.14	130.5	13.10.2022	St. John's / Canada	
-57kg	Lin A Yan	Chinese Taipei	1945	54.55	132.5	22.07.2015	Hong Kong / China	
-63kg	Fomina Tatyana	Russia	1946	61.72	132.5	03.10.2016	Tallinn / Estonia	
-69kg	World Standard				117.5	01.01.2021		
-76kg	Moore Gail	U.S.America	1947	71.40	142.5	01.01.2021	Ulaanbaatar / Mongolia	
-84kg	World Standard				135.0	01.01.2012		
84+kg	World Standard				145.0	01.01.2012		
TOTAL								
-47kg	Elwyn Susan	U.S.America	1947	46.85	262.5	08.08.2019	San Jose / Costa Rica	
-52kg	Elwyn Susan	U.S.America	1947	47.30	275.0	02.10.2018	Ulaanbaatar / Mongolia	
-57kg	Lin A Yan	Chinese Taipei	1945	54.55	313.0	22.07.2015	Hong Kong / China	
-63kg	Fomina Tatyana	Russia	1946	61.72	300.0	03.10.2016	Tallinn / Estonia	
-69kg	World Standard				300.0	01.01.2021		
-76kg	Moore Gail	U.S.America	1947	70.26	362.5	01.01.2021	Sunswall / Sweden	
-84kg	World Standard				330.0	01.01.2012		
84+kg	World Standard				355.0	01.01.2012		
BENCH PRESS (SINGLE LIFT)								
-47kg	World Standard				55.0	01.01.2012		
-52kg	Heligon Francoise	France	1943	51.26	64.5	11.10.2017	La Manga / Spain	
-57kg	Nagao Yuko	Japan	1950	56.00	75.0	15.09.2023	Toyako-cho Abuta-gun / Japan	
-63kg	Hykova Adina	Czechia	1943	62.40	78.0	15.10.2015	Tallinn / Estonia	
-69kg	Williams Gale	U.S.America	1947	66.90	80.5	30.05.2024	Austin, TX / U.S.America	
-76kg	Sawa Chiyomi	Japan	1949	75.40	107.5	21.05.2022	Almaty / Kazakhstan	
-84kg	Sawa Chiyomi	Japan	1949	80.74	115.0	22.05.2019	Tokyo / Japan	
84+kg	World Standard				95.0	01.01.2012		

Abbreviation: * – Pending Approval