

w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-47kg	Tsai Shu-Min	Chinese Taipei	1967	45.70	103.0	12.12.2023	Johor Bahru / Malaysia	
-52kg	Koykka Anita	Philippines	1960	50.65	125.0	09.12.2014	Melbourne / Australia	
-57kg	Koykka Anita	Philippines	1960	56.32	130.0	05.12.2018	Ulaanbaatar / Mongolia	
-63kg	Hayashi Hisako	Japan	1951	61.69	120.0	05.06.2015	Salo / Finland	
-69kg	Yu Yi-Chen	Chinese Taipei	1973	65.45	125.0	12.12.2023	Johor Bahru / Malaysia	
-76kg	Dwyer Kylie	Australia	1970	72.75	115.0	10.10.2023	Ulaanbaatar / Mongolia	
-84kg	Mishra Ranjita	India	1969	83.60	140.0	10.10.2023	Ulaanbaatar / Mongolia	
84+kg	Tendulkar Anuja	India	1958	99.70	95.0	07.12.2018	Ulaanbaatar / Mongolia	
BENCH PRESS								
-47kg	Tsuji Noriko	Japan	1964	45.95	62.5	01.06.2014	Johannesburg / South Africa	
-52kg	Koykka Anita	Philippines	1960	50.65	70.0	09.12.2014	Melbourne / Australia	
-57kg	Koykka Anita	Philippines	1960	56.35	72.5	14.03.2019	Gold Coast / Australia	
-63kg	Soto Guzman Sara	Thailand	1966	61.25	70.5	12.12.2023	Johor Bahru / Malaysia	
-69kg	Gitanjali Dastoor	India	1971	65.50	67.5	12.12.2023	Johor Bahru / Malaysia	
-76kg	Dwyer Kylie	Australia	1970	72.75	67.5	10.10.2023	Ulaanbaatar / Mongolia	
-84kg	Mishra Ranjita	India	1969	83.60	75.0	10.10.2023	Ulaanbaatar / Mongolia	
84+kg	Tendulkar Anuja	India	1958	99.70	60.0	07.12.2018	Ulaanbaatar / Mongolia	
DEADLIFT								
-47kg	Pascoe Pranee	Thailand	1958	46.80	125.5	12.12.2023	Johor Bahru / Malaysia	
-52kg	Koykka Anita	Philippines	1960	50.65	142.5	09.12.2014	Melbourne / Australia	
-57kg	Koykka Anita	Philippines	1960	56.35	152.5	14.03.2019	Gold Coast / Australia	
-63kg	Soto Guzman Sara	Thailand	1966	60.78	176.0	04.12.2022	Dubai / United Arab Emirates	
-69kg	Yu Yi-Chen	Chinese Taipei	1973	65.45	135.0	12.12.2023	Johor Bahru / Malaysia	
-76kg	Dwyer Kylie	Australia	1970	72.75	155.0	10.10.2023	Ulaanbaatar / Mongolia	
-84kg	Mishra Ranjita	India	1969	83.60	167.5	10.10.2023	Ulaanbaatar / Mongolia	
84+kg	Tendulkar Anuja	India	1958	99.70	112.5	07.12.2018	Ulaanbaatar / Mongolia	
TOTAL								
-47kg	Tsuji Noriko	Japan	1964	45.90	282.5	05.06.2015	Salo / Finland	
-52kg	Koykka Anita	Philippines	1960	50.65	337.5	09.12.2014	Melbourne / Australia	
-57kg	Koykka Anita	Philippines	1960	56.35	352.5	14.03.2019	Gold Coast / Australia	
-63kg	Soto Guzman Sara	Thailand	1966	60.78	353.5	04.12.2022	Dubai / United Arab Emirates	
-69kg	Yu Yi-Chen	Chinese Taipei	1973	65.45	317.5	12.12.2023	Johor Bahru / Malaysia	
-76kg	Dwyer Kylie	Australia	1970	72.75	337.5	10.10.2023	Ulaanbaatar / Mongolia	
-84kg	Mishra Ranjita	India	1969	83.60	382.5	10.10.2023	Ulaanbaatar / Mongolia	
84+kg	Tendulkar Anuja	India	1958	99.70	267.5	07.12.2018	Ulaanbaatar / Mongolia	
BENCH PRESS (SINGLE LIFT)								
-47kg	Miyamoto Tomoko	Japan	1967	46.36	85.5	18.05.2019	Tokyo / Japan	
-52kg	Kiba Emiko	Japan	1962	50.26	85.5	18.05.2019	Tokyo / Japan	
-57kg	Iwamoto Sachiko	Japan	1973	54.10	105.0	20.05.2023	Sun City / South Africa	
-63kg	Ishida Midori	Japan	1963	58.24	85.0	18.05.2019	Tokyo / Japan	
-69kg	Tsugane Noriko	Japan	1971	67.40	90.5	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	Tendulkar Anuja	India	1958	99.70	60.0	07.12.2018	Ulaanbaatar / Mongolia	

Abbreviation: * – Pending Approval