

w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-47kg	Kokuzawa Shizue	Japan	1961	46.50	95.0	15.12.2023	Johor Bahru / Malaysia	
-52kg	Ishibashi Aiko	Japan	1953	48.51	87.5	06.06.2018	Calgary / Canada	
-57kg	Ochir Oyun	Mongolia	1958	54.80	90.0	08.10.2023	Ulaanbaatar / Mongolia	
-63kg	Hayashi Hisako	Japan	1951	61.69	120.0	05.06.2015	Salo / Finland	
-69kg	Lee Tsai-Wei	Chinese Taipei	1961	66.91	100.5	27.06.2023	Hong Kong / Hong Kong	
-76kg	Hsu Mei-Yun	Chinese Taipei	1960	73.65	92.5	12.12.2023	Johor Bahru / Malaysia	
84+kg	Tendulkar Anuja	India	1958	99.70	95.0	07.12.2018	Ulaanbaatar / Mongolia	
BENCH PRESS								
-47kg	Kokuzawa Shizue	Japan	1961	46.50	60.0	15.12.2023	Johor Bahru / Malaysia	
-52kg	Lee Lai Ling	Hong Kong	1963	50.71	60.5	20.05.2023	Sun City / South Africa	
-57kg	Fujinaga Hitomi	Japan	1956	56.35	69.0	21.07.2018	Hong Kong / Hong Kong	
-63kg	Hayashi Hisako	Japan	1951	61.69	70.0	05.06.2015	Salo / Finland	
-69kg	Lee Tsai-Wei	Chinese Taipei	1961	66.91	50.5	27.06.2023	Hong Kong / Hong Kong	
-76kg	Vasant Bharde Dr Purna	India	1958	70.05	40.0	08.10.2023	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	Lynn Meyer Patricia	Singapore	1955	50.45	122.5	16.09.2022	Johor Bahru / Malaysia	
-57kg	Ochir Oyun	Mongolia	1958	54.80	137.5	08.10.2023	Ulaanbaatar / Mongolia	
-63kg	Hayashi Hisako	Japan	1951	61.69	135.0	05.06.2015	Salo / Finland	
-69kg	Lee Tsai-Wei	Chinese Taipei	1961	66.95	116.5	12.12.2023	Johor Bahru / Malaysia	
-76kg	Hsu Mei-Yun	Chinese Taipei	1960	73.65	117.5	12.12.2023	Johor Bahru / Malaysia	
84+kg	Tendulkar Anuja	India	1958	99.70	112.5	07.12.2018	Ulaanbaatar / Mongolia	
TOTAL								
-47kg	Pascoe Pranee	Thailand	1958	46.80	261.0	12.12.2023	Johor Bahru / Malaysia	
-52kg	Ishibashi Aiko	Japan	1953	48.51	252.5	06.06.2018	Calgary / Canada	
-57kg	Ochir Oyun	Mongolia	1958	54.80	270.0	08.10.2023	Ulaanbaatar / Mongolia	
-63kg	Hayashi Hisako	Japan	1951	61.69	325.0	05.06.2015	Salo / Finland	
-69kg	Lee Tsai-Wei	Chinese Taipei	1961	66.91	267.5	27.06.2023	Hong Kong / Hong Kong	
-76kg	Hsu Mei-Yun	Chinese Taipei	1960	73.65	250.0	12.12.2023	Johor Bahru / Malaysia	
84+kg	Tendulkar Anuja	India	1958	99.70	267.5	07.12.2018	Ulaanbaatar / Mongolia	
BENCH PRESS (SINGLE LIFT)								
-47kg	Arai Hiroko	Japan	1963	46.60	73.5	12.09.2023	Hokkaido / Japan	
-52kg	Kiba Emiko	Japan	1962	48.60	80.0	12.09.2023	Hokkaido / Japan	
-57kg	Yamasaki Yoriko	Japan	1959	55.95	82.5	18.05.2019	Tokyo / Japan	
-63kg	Hayashi Hisako	Japan	1951	61.69	75.0	18.05.2019	Tokyo / Japan	
-69kg	Ichikawa Ryuko	Japan	1958	68.40	60.0	12.09.2023	Hokkaido / Japan	
-76kg	Sawa Chiyomi	Japan	1949	75.10	80.0	12.09.2023	Hokkaido / Japan	
-84kg	Sawa Chiyomi	Japan	1949	78.90	80.0	18.05.2019	Tokyo / Japan	
84+kg	Tendulkar Anuja	India	1958	99.70	60.0	07.12.2018	Ulaanbaatar / Mongolia	

Abbreviation: * – Pending Approval