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	Viitasaari Vuokko	Finland	1954	51.99	**115.5**	06.06.2018	Calgary / Canada	
-57kg	Jokitalo Leena	Finland	1961	55.08	**120.0**	12.02.2024	Malaga / Spain	
-63kg	Hayashi Hisako	Japan	1951	61.69	**120.0**	12.06.2015	Salo / Finland	
-69kg	Loken Kirsti	Norway	1954	68.10	**116.0**	28.02.2023	Budapest / Hungary	
-76kg	Palsdottir Elsa	Iceland	1960	74.62	**145.0**	12.02.2024	Malaga / Spain	
-84kg	Takacova Hana	Czechia	1954	83.82	**142.0**	09.03.2020	Albi / France	
84+kg	Day Peta	Australia	1959	90.30	**141.0**	12.12.2023	Johor Bahru / Malaysia	
BENCH PRESS								
-47kg	Muldrock Patricia	New Zealand	1954	45.85	**63.0**	09.12.2014	Melbourn / Australia	
-52kg	Hunter Jennifer	Great Britain	1958	51.80	**67.5**	06.03.2018	Helsingborg / Sweden	
-57kg	Justice Dora	U.S.America	1957	55.92	**77.5**	08.10.2022	St. John's / Canada	
-63kg	Kosztin Flora	Hungary	1955	60.20	**90.0**	05.03.2019	Gyor / Hungary	
-69kg	Gustafsson Carin	Sweden	1963	66.70	**82.5**	28.02.2023	Budapest / Hungary	
-76kg	Del Duca Sara	Italy	1954	71.48	**76.0**	09.03.2020	Albi / France	
-84kg	Blikra Inger	Norway	1961	82.42	**102.5**	23.09.2021	Halmstad / Sweden	
84+kg	Takacova Hana	Czechia	1954	91.60	**92.5**	12.02.2024	Malaga / Spain	
DEADLIFT								
-47kg	Pascoe Pranee	Thailand	1958	46.80	**125.5**	12.12.2023	Johor Bahru / Malaysia	
-52kg	Girardi Marzia	Italy	1963	48.92	**150.5**	28.02.2023	Budapest / Hungary	
-57kg	Guennec Edith	France	1956	56.06	**155.5**	15.06.2017	Minsk / Belarus	
-63kg	LaForge Suzanne	U.S.America	1959	61.98	**167.5**	08.10.2022	St. John's / Canada	
-69kg	Jensen Ulla Nancy	Denmark	1964	68.38	**153.5**	12.02.2024	Malaga / Spain	
-76kg	Nurmilaukas Outi	Finland	1964	74.00	**178.5**	12.02.2024	Malaga / Spain	
-84kg	Chipping Tracy	New Zealand	1961	83.55	**160.5**	08.10.2023	Ulaanbaatar / Mongolia	
84+kg	Beremark Katarina	Sweden	1964	103.24	**173.5**	12.02.2024	Malaga / Spain	
TOTAL								
-47kg	Pascoe Pranee	Thailand	1958	46.80	**261.0**	12.12.2023	Johor Bahru / Malaysia	
-52kg	Viitasaari Vuokko	Finland	1954	51.37	**322.5**	15.06.2017	Minsk / Belarus	
-57kg	Presutti Glenda	Australia	1956	56.54	**322.5**	19.06.2016	Killeen / U.S.America	
-63kg	LaForge Suzanne	U.S.America	1959	61.98	**352.5**	08.10.2022	St. John's / Canada	
-69kg	Gustafsson Carin	Sweden	1963	66.70	**337.5**	28.02.2023	Budapest / Hungary	
-76kg	Palsdottir Elsa	Iceland	1960	73.94	**375.5**	28.02.2023	Budapest / Hungary	
-84kg	Blikra Inger	Norway	1961	82.30	**390.0**	08.10.2022	St. John's / Canada	
84+kg	Beremark Katarina	Sweden	1964	103.24	**394.0**	12.02.2024	Malaga / Spain	
BENCH PRESS (SINGLE LIFT)								
-47kg	Arai Hiroko	Japan	1963	46.60	**73.5**	12.09.2023	Toyako-cho Abuta-gun / Japan	
-52kg	Kiba Emiko	Japan	1962	48.60	**80.0**	12.09.2023	Toyako-cho Abuta-gun / Japan	
-57kg	Yamasaki Yoriko	Japan	1959	55.95	**82.5**	18.05.2019	Tokyo / Japan	
-63kg	Kosztin Flora	Hungary	1955	60.20	**90.0**	05.03.2019	Gyor / Hungary	
-69kg	Maciejewski Patricia	France	1961	68.40	**83.0**	21.05.2023	Sun City / South Africa	
-76kg	Haas Regina	Germany	1962	73.75	**95.5**	21.05.2023	Sun City / South Africa	
-84kg	Blikra Inger	Norway	1961	82.42	**102.5**	23.09.2021	Halmstad / Sweden	
84+kg	Speth Eva	Germany	1954	92.30	**94.0**	07.08.2019	Hamm / Luxembourg	

Abbreviation: * − Pending Approval