w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-47kg	Elwyn Susan	US Virgin Islands	1947	46.30	**95.0**	13.11.2022	Viborg / Denmark	
-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	World Standard				**77.5**	01.01.2021		
-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