

# SINGLE PLY AWPC POLICE & FIRE MEN'S OPEN RECORDS

|                | Weight | Name         | DOB | NAT      | Date of Record | Location       | Lifts to achieve total |
|----------------|--------|--------------|-----|----------|----------------|----------------|------------------------|
| 52 KG. CLASS   |        |              |     |          |                |                |                        |
| S              |        |              |     |          |                |                |                        |
| B              |        |              |     |          |                |                |                        |
| D              |        |              |     |          |                |                |                        |
| T              |        |              |     |          |                |                |                        |
| 56 KG. CLASS   |        |              |     |          |                |                |                        |
| S              |        |              |     |          |                |                |                        |
| B              |        |              |     |          |                |                |                        |
| D              |        |              |     |          |                |                |                        |
| T              |        |              |     |          |                |                |                        |
| 60 KG. CLASS   |        |              |     |          |                |                |                        |
| S              |        |              |     |          |                |                |                        |
| B              |        |              |     |          |                |                |                        |
| D              |        |              |     |          |                |                |                        |
| T              |        |              |     |          |                |                |                        |
| 67.5 KG. CLASS |        |              |     |          |                |                |                        |
| S              |        |              |     |          |                |                |                        |
| B              |        |              |     |          |                |                |                        |
| D              |        |              |     |          |                |                |                        |
| T              |        |              |     |          |                |                |                        |
| 75 KG. CLASS   |        |              |     |          |                |                |                        |
| S              |        |              |     |          |                |                |                        |
| B              |        |              |     |          |                |                |                        |
| D              |        |              |     |          |                |                |                        |
| T              |        |              |     |          |                |                |                        |
| 82.5 KG. CLASS |        |              |     |          |                |                |                        |
| S              | 162.5  | Martin Tyler | 87  | USA      | 9/1/2016       | Idaho Falls ID |                        |
| B              | 112.5  | Martin Tyler | 87  | USA      | 9/1/2016       | Idaho Falls ID |                        |
| D              | 182.5  | Martin Tyler | 87  | USA      | 9/1/2016       | Idaho Falls ID |                        |
| T              | 457.5  | Martin Tyler | 87  | USA      | 9/1/2016       | Idaho Falls ID | 162.5-112.5-182.5      |
| 90 KG. CLASS   |        |              |     |          |                |                |                        |
| S              |        |              |     |          |                |                |                        |
| B              |        |              |     |          |                |                |                        |
| D              |        |              |     |          |                |                |                        |
| T              |        |              |     |          |                |                |                        |
| 100 KG. CLASS  |        |              |     |          |                |                |                        |
| S              | 165    | Birch Ray    | 57  | 9/3/2022 | Idaho Falls ID |                |                        |
| B              | 115    | Birch Ray    | 57  | 9/3/2022 | Idaho Falls ID |                |                        |

|   |     |           |    |          |                |             |
|---|-----|-----------|----|----------|----------------|-------------|
| D | 175 | Birch Ray | 57 | 9/3/2022 | Idaho Falls ID |             |
| T | 455 | Birch Ray | 57 | 9/3/2022 | Idaho Falls ID | 165-115-175 |

#### 110 KG. CLASS

S  
B  
D  
T

#### 125 KG. CLASS

S  
B  
D  
T

#### 140 KG. CLASS

S  
B  
D  
T

#### 140+ KG. CLASS

S  
B  
D  
T

### SINGLE PLY AWPC POLICE & FIRE MEN'S Master 65-69 RECORDS

#### 100 KG. CLASS

|   |     |           |    |          |                |             |
|---|-----|-----------|----|----------|----------------|-------------|
| S | 165 | Birch Ray | 57 | 9/3/2022 | Idaho Falls ID |             |
| B | 115 | Birch Ray | 57 | 9/3/2022 | Idaho Falls ID |             |
| D | 175 | Birch Ray | 57 | 9/3/2022 | Idaho Falls ID |             |
| T | 455 | Birch Ray | 57 | 9/3/2022 | Idaho Falls ID | 165-115-175 |

### SINGLE PLY AWPC POLICE & FIRE WOMEN'S OPEN RECORDS

|              | Weight | Name | DOB | NAT | Date of Record | Location | Lifts to achieve total |
|--------------|--------|------|-----|-----|----------------|----------|------------------------|
| 52 KG. CLASS |        |      |     |     |                |          |                        |
| S            |        |      |     |     |                |          |                        |
| B            |        |      |     |     |                |          |                        |
| D            |        |      |     |     |                |          |                        |
| T            |        |      |     |     |                |          |                        |

#### 56 KG. CLASS

S  
B  
D  
T

60 KG. CLASS

|   |     |             |    |     |          |                |            |
|---|-----|-------------|----|-----|----------|----------------|------------|
| S | 125 | Oker Rhonda | 66 | USA | 8/6/2023 | Baton Rouge LA |            |
| B | 60  | Oker Rhonda | 66 | USA | 8/6/2023 | Baton Rouge LA |            |
| D | 110 | Oker Rhonda | 66 | USA | 8/6/2023 | Baton Rouge LA |            |
| T | 295 | Oker Rhonda | 66 | USA | 8/6/2023 | Baton Rouge LA | 125-60-110 |

67.5 KG. CLASS

S  
B  
D  
T

75 KG. CLASS

S  
B  
D  
T

82.5 KG. CLASS

S  
B  
D  
T

90 KG. CLASS

S  
B  
D  
T

100 KG. CLASS

S  
B  
D  
T

110 KG. CLASS

S  
B  
D  
T

110 + KG. CLASS

S  
B  
D  
T

**SINGLE PLY AWPC POLICE & FIRE WOMEN'S MASTER 55-59 RECORDS**

|                | Weight | Name        | DOB | NAT | Date of Record | Location       | Lifts to achieve total |
|----------------|--------|-------------|-----|-----|----------------|----------------|------------------------|
| 52 KG. CLASS   |        |             |     |     |                |                |                        |
| S              |        |             |     |     |                |                |                        |
| B              |        |             |     |     |                |                |                        |
| D              |        |             |     |     |                |                |                        |
| T              |        |             |     |     |                |                |                        |
| 56 KG. CLASS   |        |             |     |     |                |                |                        |
| S              |        |             |     |     |                |                |                        |
| B              |        |             |     |     |                |                |                        |
| D              |        |             |     |     |                |                |                        |
| T              |        |             |     |     |                |                |                        |
| 60 KG. CLASS   |        |             |     |     |                |                |                        |
| S              | 125    | Oker Rhonda | 66  | USA | 8/6/2023       | Baton Rouge LA |                        |
| B              | 60     | Oker Rhonda | 66  | USA | 8/6/2023       | Baton Rouge LA |                        |
| D              | 110    | Oker Rhonda | 66  | USA | 8/6/2023       | Baton Rouge LA |                        |
| T              | 295    | Oker Rhonda | 66  | USA | 8/6/2023       | Baton Rouge LA | 125-60-110             |
| 67.5 KG. CLASS |        |             |     |     |                |                |                        |
| S              |        |             |     |     |                |                |                        |
| B              |        |             |     |     |                |                |                        |
| D              |        |             |     |     |                |                |                        |
| T              |        |             |     |     |                |                |                        |
| 75 KG. CLASS   |        |             |     |     |                |                |                        |
| S              |        |             |     |     |                |                |                        |
| B              |        |             |     |     |                |                |                        |
| D              |        |             |     |     |                |                |                        |
| T              |        |             |     |     |                |                |                        |
| 82.5 KG. CLASS |        |             |     |     |                |                |                        |
| S              |        |             |     |     |                |                |                        |
| B              |        |             |     |     |                |                |                        |
| D              |        |             |     |     |                |                |                        |
| T              |        |             |     |     |                |                |                        |
| 90 KG. CLASS   |        |             |     |     |                |                |                        |
| S              |        |             |     |     |                |                |                        |
| B              |        |             |     |     |                |                |                        |
| D              |        |             |     |     |                |                |                        |
| T              |        |             |     |     |                |                |                        |

100 KG. CLASS

S

B

D

T

110 KG. CLASS

S

B

D

T

110 + KG. CLASS

S

B

D

T