

Powerlifting Career Resume



Name: Kimberly C. Walford

Profession: Civil Servant

Age: 35

Years Competing: 13

Sponsor: SBD Apparel

Category: Open

Weight Class(es)-

International, National: 63kg, 72kg

Summary Accomplishments:

- 2x IPF Raw World Champion (63kg) (2012-2013)
- AAU World Equipped Champion
- 3 Current IPF Raw World Records (63kg-deadlift, 72kg- deadlift and total)
- 3 Current AAU Raw World Records (67.5kg- bench, deadlift and total)
- AAU Multi time American record holder (67.5kg, 75kg)

- 8x USAPL National Champion (equipped and raw)
- Multi time USAPL National and American Record Holder
- Multi time State Champion (Wyoming, Texas, New Jersey, Connecticut)
- Multi time State Record holder (Wyoming, Texas, New Jersey, Connecticut)

Best Lifts:

Squat:

63 kg class (138.8 lb)Class

Raw:

157.5kg (347.22lb) (BW: 62.25kg-137.23 lbs, 2013 IPF Raw Worlds)

72 kg class (158.73 lb)Class

Single ply equipped:

190kg (418 lbs) (BW: 63.27kg -139.5 lbs, 2012 USAPL NE Region

Raw:

167.5kg (369.27lb) (BW: 65.44kg -144.29 lbs, 2013

Oceania/Commonwealth Powerlifting & Bench Press Championships

Bench:

63 kg class (138.8 lb)Class

Raw:

105kg (231 lbs)(BW: 61.64kg -135.9 lbs, 2012 IPF Raw Worlds)

72 kg class (158.73 lb)Class

Single ply equipped:

112.5kg (248lbs) (BW: 146 lbs, 2006 AAU World Championships

Raw:

105kg (231 lbs)(BW: 65.09kg -143 lbs, 2012 USAPL Raw Nationals)

Deadlift:

63 kg class (138.8 lb)Class

Single ply equipped:

235kg(518lbs) (BW: 137.23 lbs, 2013 GNC Arnold Pro Deadlift

Raw:

221kg (487 lbs.) (BW: 62.25kg-137.3 lbs, 2013 IPF Raw World Championships)

72 kg class (158.73 lb)Class

Single ply equipped:

556.7 lbs (252.5kg) (BW:144.3 lbs, 2013 Arnold GNC Pro Deadlift)

Raw:

232.5kg (512.5lb) (BW: 65.44kg -144.29 lbs, 2013

Oceania/Commonwealth Powerlifting & Bench Press Championships

Total:

63 kg class (138.8 lb)Class

Raw:

476kg (1049 lbs.) (BW: 62.25kg-137.23 lbs, 2013 IPF Raw Worlds Championships)

72 kg class (158.73 lb)Class

Single ply equipped:

529.79kg (1168 lbs) (BW:63.27kg-139.5 lbs, 2012 USAPL NE Regionals)

Raw:

500kg (1102 lbs.) (BW: 65.44kg -144.29 lbs, 2013 Oceania/Commonwealth Powerlifting & Bench Press Championships)

Best Wilks Co-efficient:

63 kg class (138.8 lb)Class

Raw meet :

515.86 (Competition BW: 62.25kg-137.23 lbs, 2013 IPF Raw World Championships)

Single lift DL equipped meet :

254.52 (Competition BW: 62.27kg-137.3 lbs (2013 GNC Arnold Pro DL)

72 kg class (158.73 lb)Class

Single ply equipped:

548.49 (BW:63.27kg-139.5lbs, 2012 USAPL NE Regional Championships)

Single lift DL equipped meet :

261 (Competition BW: 65.45kg-144.3 lbs (2014 GNC Arnold Pro DL)

Videos:

- **2014 Arnold Sports Festival GNC Pro Deadlift**

<http://www.youtube.com/watch?v=zEXLRMwIrg&feature=share&list=PL33C917FCFB688426&index=1>

- **2013 Oceania_Commonwealth Powerlifting and Bench Press Championships- Auckland, New Zealand**

<http://www.youtube.com/watch?v=fWCaN5Xg4Eo&feature=share&list=PL33C917FCFB688426&index=2>

- **2013 USAPL National Powerlifting Championships - Orlando, Florida**

<http://www.youtube.com/watch?v=fOdK0yuGkQk&feature=share&list=PL33C917FCFB688426>

- **2013 IPF Raw World Powerlifting Championships - Suzdal, Russia**

<http://www.youtube.com/watch?v=5tHVy1zoz-c&feature=share&list=PL33C917FCFB688426>

- **2013 Arnold Pro GNC Deadlift Competition - Columbus, Ohio**

<http://www.youtube.com/watch?v=Z1WRUCgMPi4&feature=share&list=PL33C917FCFB688426>

- 2012 USAPL Raw National Championships, Killeen, Texas

<http://www.youtube.com/watch?v=EVLCy-Ltq44&feature=share&list=PL33C917FCFB688426>

-2012 IPF Raw World Powerlifting Championships – Stockholm, Sweden

<http://youtu.be/o3KOAYR2q5Y>

-2012 Arnold Pro GNC Deadlift Competition

<http://www.youtube.com/watch?v=BCTMxG0Gp2k&feature=share&list=PL33C917FCFB688426>

- 2012 USAPL Raw National Championships

<http://www.youtube.com/watch?v=EVLCy-Ltq44&feature=share&list=PL33C917FCFB688426>

Next competition: IPF Raw World Championships, Johannesburg, South Africa
06/01/2014 - 06/09/2014

Titles Won:

- 2014 Arnold GNC Pro Deadlift "lb for lb champion" and best Deadlift overall
- 2013 IPF 1st Classic World Women's Championships (63 kg)
- 2012 IPF Raw Classic Powerlifting World Champion (63kg)
- 2013 Arnold GNC Pro Deadlift "lb for lb champion" and best Deadlift overall
- 2012 Arnold GNC Pro Deadlift "lb for lb champion" and best Deadlift overall
- 2013 USAPL Raw Nationals 72kg Open Class Champion
- 2012 USAPL Raw Nationals 67.5kg (148) Open Class Champion
- 2011 USAPL Raw Nationals 148 Open Class Champion
- 2011 USAPL Deadlift Nationals 67.5kg (148lb) Open Class Champion,
- 2008 USAPL NJ State 148 Open Class Champion,
- 2006 AAU Open 148 lb World Championship,
- 2005 IPF North American Powerlifting Championship 148 lb Open Class,
- 2005 AAU Fourth Annual Triple Crown 148 Open Class Champion and Best female lifter
- 2005 APF/ AAPF New York State Championships 148 Open Class Champion and Best Female lifter
- 2005 USAPL NJ State 148lb Open Champion,
- 2004 USAPL Nationals 148lb Open Class runner up,
- 2003 USAPL Longhorn Open Champion, Best lifter,
- 2003 USAPL Lifetime Drug free National Champion,
- 2003 USAPL Lifetime Drug free Nationals Champion & Best female lifter lightweight division
- 2003 USPF Bench Press National Champion,

- 2003 USAPL Texas State Powerlifting Champion
- 2003 USAPL Texas State Powerlifting Champion & Best female heavyweight lifter
- 2003 USAPL SWT Invitational 148lb Open class champion,
- 2003 USAPL SWT Invitational Champion & Best female lifter
- 2003 USAPL 2nd Annual Summer Powerfest Champion
- 2002 USAPL Junior Women's National Champion,
- 2002 USAPL Military Nationals Junior, Open Champion,
- 2002 USAPL Military National Champion & best female lifter
- 2001, 2002 USAPL Wyoming State Powerlifting Junior, Open Champion
- 2001, 2002 USAPL Wyoming State Powerlifting Champion & Best lifter

Current Records:

- IPF Raw World Deadlift World Record Holder 72 kg Class
- IPF Raw World Total World Record Holder 72 kg Class
- IPF Raw World Deadlift World Record Holder 63 kg Class
- USAPL Deadlift Only American Record – 148lb class
- USAPL Deadlift National Record 148lb Class
- USAPL Raw 148lb class American records (Squat, Deadlift, Total)
- USAPL Junior American Deadlift record 148lb Class
- USAPL Junior American Deadlift only record 148lb Class
- USAPL Raw 148lb class National records (Squat, Bench, Deadlift and total)
- USAPL Military National Women's Equipped 148lb class (National bench and total record holder)
- USAPL Military Junior National Women's Equipped 148lb class (Squat, Bench, Deadlift & total record holder)
- USAPL New Jersey State Women's Equipped Open 148lb class (all three records and total)
- USAPL New Jersey State Women's Equipped Open 165lb class (all three records and total)
- USAPL Texas State Women's Equipped Open 148lb class (deadlift and total)
- USAPL Texas State Women's Equipped Open 165lb class (deadlift and total)
- USAPL Wyoming State Women's Equipped Open 148lb class (all three records and total)

Articles

- <http://ironauthority.com/february-athlete-kim-walford/>
- <http://jtsstrength.com/articles/logs/kim-walford-world-champion-interview/>

Radio Interviews

- <http://www.blogtalkradio.com/vegas-power-hour/2013/07/02/kim-walford>

- [11/16/13 interview http://www.strengthtalk.net/The_Round_Table.html](http://www.strengthtalk.net/The_Round_Table.html)

Recognition

- # 1 63kg IPF World Champion (2012-2013)
- #1 IPF Wilks Coefficient Champion at the IPF Raw World Championships (2013)
- #1 IPF Wilks Coefficient Ranking deadlifter (2012-2013)
- #3 IPF Wilks Coefficient Ranking powerlifter (2012)
- #1 67.5kg Raw Powerlifter in the World (www.powerliftingwatch.com) (2012)
- # 1 67.5kg Raw Powerlifter in the Nation (www.powerliftingwatch.com) (2012)
- # 1 Raw deadlifter in the Nation (Raw & Gear) (currently) www.powerliftingwatch.com
- # 1 Single Ply Deadlift in USAPL federation
- #1 Raw Deadlift (148lb class) USAPL federation
- # 1 USAPL 148lb class RAW (including Squat, Deadlift, and Total)
- Michael Soong's list - All time historical top 148lb (67.5kg) 20 raw totals by a female in powerlifting (#4)
- Michael Soong's list - All time historical greatest 148lb(67.5kg) raw female powerlifters by formula (#12)
- Michael Soong's list - All time historical top 20 equipped female deadlifters in powerlifting(#3)
- Michael Soong's list - All time historical top 20 raw female squatters in powerlifting (#11)
- Michael Soong's list - All time historical greatest equipped female deadlifters by formula (#6-pending based off [556lb@146.3](http://www.powerliftingwatch.com) 2014 Arnold Pro DL), currently #12)