

<b>Noi Phumchaona: July 1943</b>	<b>Sister and fellow USAWA lifter Suree Hughes</b>
Hall of Fame	2x Hall of Fame: USAWA in 1993 and USAWL in1994
State represented	Ohio; born in Thailand
Years in USAWA	18 years: 1988 - 2005
USAWA women's Century Club	265 records or more (published in the <i>2012 USAWA Year in Review</i> and <i>2013 USAWA Year in Review</i> by Al Myers)
Number of different lifts contested	57 lifts (published in the <i>2016 USAWA Year in Review</i> by Al Myers)
Lift named after Noi	Phumchaona Lift
Age divisions	4 divisions: 45-49, 50-54, 55-59, and 60-64
IAWA World records	147 or more World records (2021 IAWA World records list): (4) Arthur lift, (3) C&J lh, (3) C&J rh, (3) C&J bhn, (1) Jerk bhn-fr rack, (2)Jerk fr rack, (3) anyhow, (2) C&press,(3) C&P on knees, (2) C&Sp bhn, (3)C&Ppress,(3) lh snatch, (5) rh snatch, (4) FIA, (3) cont clean, (4) cont C&J, (2) cont clean to belt, (4) cont snatch, (2) dl ciav, dl ciav rh, (3) dl, (5) lh dl, (5) rh dl, (4) dl (3) stiff DL, (1) DL dbs, (1) C&J dbs, (2) C&J db rh, (4) C&P dbs, (2) Snatch db LH, (2) Snatch db RH, (1) swing dbs, (2) db swing lh, (3) db swing rh, (1) Fulton dbs, (1) 1/2 Gardner, (6) hack lift, (2) lh hack, (3) rh hack, (5) Hand & Thigh, (6) Hip lift, (2) POPress, (3) PO&Push. (1) PO arms length, (3) squat, (2) front squat, (5) Steinborn, (5) Straddle DL, (1) Trap DL, (5) Zercher, (1) rh Zercher
IAWA World wins	12x world's best-lifter with 5x being the overall world championship best-lifter
IAWA World championships	Competed in 13 World Championships: 1988, 1990-2000, and 2002. Noi placed in the top 10 [actually top 3] more than any other lifter (published in the <i>2015 USAWA Year in Review</i> by Al Myers) 1988 England (Masters best lifter), 1990-Scotland (Masters best lifter), 1991 (Masters best lifter), 1992-England (Masters best lifter), 1993 (Masters best lifter), 1994-England (Masters best lifter), 1995 (Overall & Masters best lifter), 1996-Scotland (Overall & Masters best lifter), 1997 (Overall & Masters best lifter), 1998-England (3rd Pl.), 1999-Australia (Overall & Masters best lifter), 2000 (Masters best lifter), 2002 (Overall & Masters best lifter).
IAWA gold cup	Competed in 9 Gold Cup competitions: 1991, 1992, 1994, 1995 (England), 1996, 1998, 2000 (England), 2001, 2003. Information based off USAWA records list 2021 and 2011-2019 <i>USAWA Year in Review</i> by Al Myers
USAWA National championships	Competed in 14 National meets from 1989 to 2002. Four overall best lifter (published in <i>2013 USAWA Year in Review</i> by Al Myers). Best lifter: 1989 (Masters), 1990 (2nd Pl.), 1991 (2nd Pl.), 1992 (Masters), 1993 (Masters), 1994 (Masters), 1995 (Masters), 1996 (Masters), 1997 (Overall & Masters), 1998 (Overall & Masters), 1999 (Overall & Masters), 2000 (Masters), 2001 (Masters), 2002 (Overall & Masters)
USAWA National records	53 National records (based on the 2021 USAWA National records list and <i>2012 USAWA Year in Review</i> by Al Myers)
IAWA meets overseas	11 total: 9 trips (published in <i>2018 Year in Review</i> by Al Myers) + 2x Gold Cup in England. 1x World in Australia, 2x World in Scotland, 4x World in England, and 2x Gold Cup in England.
Officer and certified official	17 years: 1988 - 2005
USAWA Awards	One award: Ciavattone Award was the only USAWA award. Noi was noted to be "The most celebrated female USAWA lifter in history" ( <i>2013 Year in Review</i> ). She was also named "Women's Grand Best Lifter" in the <i>2012 USAWA Year in Review</i> by Al Myers for being the "best of the best".
Meets	75 meets or more (2021 USAWA records list)
<b>USA Masters Weightlifting:</b>	
	USA Masters Weightlifting Hall of Fame 1994, 11 titles
	Ohio Weightlifting Hall of Fame 1994.
	1998 to 2017 Weightlifting Pan Am Masters records: snatch and clean & jerk
	1998 to 2017 Ohio Master records: snatch and clean & jerk

	Lifter of the year: 1998 for Ohio
	14 years in USAWL: 1987-2001
	39 competitions: <a href="http://www.olystats.com/individual_profile.php?AID=20930">http://www.olystats.com/individual_profile.php?AID=20930</a>
Outside magazine	Aug. 2000: "Tendon training is pushing (and pulling) athletes to bold new heights" by Alisa Smith. "Noi Phumchaona weighs 116-pounds but she can lift 911. At last year's U.S. All-Round Weightlifting National Championships, the flyweight from Thailand (by way of Cleveland, Ohio) lifted eight times her body weight, clinching her 12th consecutive gold-medal in the women's Hip Lift by hoisting almost a thousand pounds suspended on a waist belt, outclassing many male competitors. So, what does Phumchaona have that her competitors - and most likely you-don't? Read her hips: tendons of steel."
Web article	Dec. 31, 2011. <i>History of Women's Weightlifting</i> This paper talks about the first women who started entering men's contests. On page 110, it lists: "1988: the first (and only) woman participant in the World Masters Champion (Noi Phumchaona)"
Crain's Cleveland Business	" <i>Fit for Competition</i> ", September 23, 2013 by Laura Straub. Photo of Noi with a caption of "Seamstress for Silverman's Discount Department Stores for 31 years in Cleveland OH."