

WDFPF M/P/F POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

M/P/F WOMEN ER UNEQUIPPED POWER

WGT	Squat		Bench Press		Deadlift		Total	
44								
47,5								
50,5	Hallam Lyndsey ENG 2015	90	Hallam Lyndsey ENG 2015	52,5	Hallam Lyndsey ENG 2015	110	Hallam Lyndsey ENG 2015	250
53								
55,5	Brajshori Leonara ENG 2015	100	Brajshori Leonara ENG 2015	62,5	Mallia Tasmassin ENG (27/02/16)	132,5	Brajshori Leonara ENG 2015	292,5
58,5	Daziel Karen SCT (27/02/16)	102,5	Daziel Karen SCT (27/02/16)	72,5	Daziel Karen SCT (27/02/16)	140	Daziel Karen SCT (27/02/16)	315
63	Crawley Regina ENG 2015	100	LOI Teresa (2010) ITA	67,5	Crawley Regina ENG 2015	150	Crawley Regina ENG 2015	315
70	Jones Rebecca WAL (27/02/16)	142,5	Loi Teresa ITA 12/11/16	70	Jones Rebecca WAL (27/02/16)	167,5	Jones Rebecca WAL (27/02/16)	375
80	Cunningham Rachel ENG 7/4/13	117,5	Sharp Tasmin ENG (27/02/16)	70	Cunningham Rachel ENG 7/4/13	145	Cunningham Rachel ENG 7/4/13	325
90	Cunningham Bernie SCT 2015	140	Cunningham Bernie SCT 2015	95	Cunningham Bernie SCT 2015	160	Cunningham Bernie SCT 2015	395
90+								

WORLD RECORDS

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44								
47,5								
50,5	Hallam Lyndsey ENG 2015	90	Hallam Lyndsey ENG 2015	52,5	Hallam Lyndsey ENG 2015	110	Hallam Lyndsey ENG 2015	250
53								
55,5	Brajshori Leonara ENG 2015	100	Brajshori Leonara ENG 2015	62,5	Mallia Tasmassin ENG (27/02/16)	132,5	Brajshori Leonara ENG 2015	292,5
58,5	Daziel Karen SCT (27/02/16)	102,5	Daziel Karen SCT (27/02/16)	72,5	Daziel Karen SCT (27/02/16)	140	Daziel Karen SCT (27/02/16)	315
63	Crawley Regina ENG 2015	100	LOI Teresa (2010) ITA	67,5	Crawley Regina ENG 2015	150	Crawley Regina ENG 2015	315
70	Jones Rebecca WAL (27/02/16)	142,5	Loi Teresa (2011) ITA	68	Jones Rebecca WAL (27/02/16)	167,5	Jones Rebecca WAL (27/02/16)	375
80	MARTIN Cathy (2003) USA	122,5	MARTIN Cathy (2003) USA	80	Cunningham Rachel ENG 7/4/13	145	MARTIN Cathy (2003) USA	342,5
90	Cunningham Bernie SCT 2015	140	Cunningham Bernie SCT 2015	95	Cunningham Bernie SCT 2015	160	Cunningham Bernie SCT 2015	395
90+								

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WGT	Squat		Bench Press		Deadlift		Total	
44								
47,5								
50,5								
53								
55,5	MacDonald Debbie ENG 7/2/16	90	MacDonald Debbie ENG 7/2/16	55	MacDonald Debbie ENG 7/2/16	135	MacDonald Debbie ENG 7/2/16	277,5
58,5								
63								
70								
80								
90	MC KINLEY Bernie (2011) SCO	195	MC KINLEY Bernie (2011) SCO	125	MC KINLEY Bernadette (2010) SC	185	MC KINLEY Bernie (2011) SCO	505
90+								

WORLD RECORDS

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WGT	Squat		Bench Press		Deadlift		Total	
44								
47,5								
50,5								
53								
55,5	MacDonald Debbie ENG 7/2/16	90	MacDonald Debbie ENG 7/2/16	55	MacDonald Debbie ENG 7/2/16	135	MacDonald Debbie ENG 7/2/16	277,5
58,5	Schultz Rea C (1999) USA	137,5	Schultz Rea C* (1999) USA	87,5	Schultz Rea C (1999) USA	132,5	Schultz Rea C (1999) USA	352,5
63								
70								
80	MARTIN Cathy (1999) USA	175	MARTIN Cathy (2003) USA	92,5	MARTIN Cathy (1999) USA	172,5	MARTIN Cathy (1999) USA	435
90	MC KINLEY Bernie (2011) SCO	195	MC KINLEY Bernie (2011) SCO	125	MC KINLEY Bernadette (2010) SC	185	MC KINLEY Bernie (2011) SCO	505
90+								

WDFPF M/P/F POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

M/P/F MEN ER UNEQUIPPED POWER

WGT	Squat		Bench Press		Deadlift		Total	
52								
56	Spicer Craig ENG (27/02/16)	122,5	KHAN Mo* (1991) ENG	90	Spicer Craig ENG (27/02/16)	160	Spicer Craig ENG (27/02/16)	360
60	Cook Neil (ENG 7/4/12)	142,5	Cook Neil (ENG 7/4/13)	105	Cook Neil (ENG 7/4/13)	202,5	Cook Neil (ENG 7/4/13)	447,5
67,5	COLE Sean (2009) ENG	170	McCONNELL Scott (2007) IRE	142,5	COLE Sean (2009) ENG	240	COLE Sean (2009) ENG	527,5
75	Degiorgio Charles MAL 1/11/14	200	Dew Sam (WAL 2011)	145	Degiorgio Charles MAL 1/11/14	255	Dew Sam (WAL 2011)	570
82,5	Dew Sam ENG 2/11/13	240	Dew Sam WAL(09/04/16)	165	MOCHALOV Andrey (2006) RUS	283	Dew Sam ENG (27/02/16)	660
90	Robertson Phil (SCO 7/4/12)	245	FLETCHER Mark (2009) ENG	170	Harrison Colin ENG 7/4/13	285	Robertson Phil (SCO 7/4/12)	680
100	Hull Aaron ENG 07/04/2013	245	Hull Aaron (2011) ENG	190	VOWLES Jules (2006) ENG	292,5	Hull Aaron ENG 7/4/13	685
110	Hooker Paul (2011) ENG	255	Haswell Steve ENG (28/02/16)	192,5	Haswell Steve ENG (28/02/16)	300	Haswell Steve ENG (28/02/16)	727,5
125	Hollingsworth Jay ENG 7/4/13	285	Hollingsworth Jay (ENG 7/4/12)	200	Hollingsworth Jay ENG 7/4/13	330	Hollingsworth Jay ENG 7/4/13	805
145	Cuddy Sean IRE (8/5/16)	245	PEARSON Alan (2008) ENG	195	PEARSON Alan (2008) ENG	285	PEARSON Alan (2008) ENG	705
145+								

WORLD RECORDS

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52								
56	Spicer Craig ENG (27/02/16)	122,5	KHAN Mo* (1991) ENG	90	Spicer Craig ENG (27/02/16)	160	Spicer Craig ENG (27/02/16)	360
60	Cook Neil ENG 7/4/13	142,5	Cook Neil (ENG 7/4/13)	105	Cook Neil (ENG 7/4/13)	202,5	Cook Neil (ENG 7/4/13)	447,5
67,5	COLE Sean (2009) ENG	170	McCONNELL Scott (2007) IRE	142,5	COLE Sean (2009) ENG	240	COLE Sean (2009) ENG	527,5
75	Degiorgio Charles MAL 1/11/14	200	Dew Sam (WAL 2011)	145	Degiorgio Charles MAL 1/11/14	255	Dew Sam (WAL 2011)	570
82,5	Dew Sam ENG 2/11/13	240	Dew Sam WAL(09/04/16)	165	MOCHALOV Andrey (2006) RUS	283	Dew Sam ENG (27/02/16)	660
90	Robertson Phil (SCO 7/4/12)	245	FLETCHER Mark (2009) ENG	170	Harrison Colin ENG 7/4/13	285	Robertson Phil (SCO 7/4/12)	680
100	WALLACE Derek (2008) USA	260	Hull Aaron (2011) ENG	190	VOWLES Jules (2006) ENG	292,5	Hull Aaron ENG 7/4/13	685
110	Hooker Paul (2011) ENG	255	Haswell Steve ENG (28/02/16)	192,5	Haswell Steve ENG (28/02/16)	300	Haswell Steve ENG (28/02/16)	727,5
125	Hollingsworth Jay ENG 7/4/13	285	Hollingsworth Jay (ENG 7/4/12)	200	Hollingsworth Jay ENG 7/4/13	330	Hollingsworth Jay ENG 7/4/13	805
145	Cuddy Sean IRE (8/5/16)	245	PEARSON Alan (2008) ENG	195	PEARSON Alan (2008) ENG	285	PEARSON Alan (2008) ENG	705
145+	EDWARDS Sterling (2004) USA	205	EDWARDS Sterling (2004) USA	137,5	EDWARDS Sterling (2004) USA	180	EDWARDS Sterling (2004) USA	522,5

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WGT	Squat		Bench Press		Deadlift		Total	
52								
56	KHAN Mo (1990) ENG	180	KHAN Mo* (1991) ENG	90	KHAN Mo (1994) ENG	213	KHAN Mo (1991) ENG	475
60	KHAN Mo (1995) ENG	185	KHAN Mo (1995) ENG	80	KHAN Mo (1995) ENG	210	KHAN Mo (1995) ENG	475
67,5								
75					OAKLEY Dave (1990) ENG	270		
82,5	MOCHALOV Andrey (2006) RUS	292,5	MOCHALOV Andrey (2005) RUS	155	OAKLEY Dave (1991) ENG	300	MOCHALOV Andrey (2006) RUS	722,5
90	Zapirovin Rinat RUS 2/11/14	285	Zapirovin Rinat RUS 2/11/14	200	Zapirovin Rinat RUS 2/11/14	290	Zapirovin Rinat RUS 2/11/14	770
100	SAUNDERS Matt (2007) ENG	317,5	SAUNDERS Matt (2007) ENG	230	SAUNDERS Matt (2007) ENG	335	SAUNDERS Matt (2007) ENG	880
110	Smith Bradley ENG (10/04/16)	210	Smith Bradley ENG (10/04/16)	135	McGALLIE Barry (2006) IRE	270	Smith Bradley ENG (10/04/16)	700
125	Stone Andrew (2011) WAL	290	Stone Andrew (2011) WAL	245	LAING Phil (2005) ENG	310	Stone Andrew (2011) WAL	805
145	PEARSON Alan (2007) ENG	270	PEARSON Alan (2007) ENG	212,5	PEARSON Alan (2007) ENG	295	PEARSON Alan (2007) ENG	777,5
145+								

WORLD RECORDS

M/P/F MEN WR EQUIPPED POWER

WGT	Squat		Bench Press		Deadlift		Total	
52								
56	KHAN Mo (1990) ENG	180	KHAN Mo* (1991) ENG	90	KHAN Mo (1994) ENG	213	KHAN Mo (1991) ENG	475
60	KHAN Mo (1995) ENG	185	KHAN Mo (1995) ENG	80	KHAN Mo (1995) ENG	210	KHAN Mo (1995) ENG	475
67,5								
75					OAKLEY Dave (1990) ENG	270		
82,5	MOCHALOV Andrey (2006) RUS	292,5	MOCHALOV Andrey (2005) RUS	155	OAKLEY Dave (1991) ENG	300	MOCHALOV Andrey (2006) RUS	722,5
90	Zapirovin Rinat RUS 2/11/14	285	Zapirovin Rinat RUS 2/11/14	200	Zapirovin Rinat RUS 2/11/14	290	Zapirovin Rinat RUS 2/11/14	770
100	SAUNDERS Matt (2007) ENG	317,5	SAUNDERS Matt (2007) ENG	230	SAUNDERS Matt (2007) ENG	335	SAUNDERS Matt (2007) ENG	880
110	Smith Bradley ENG (10/04/16)	280	BROWN Ralph_Jnr (1999) USA	187,5	McGALLIE Barry (2006) IRE	270	Smith Bradley ENG (10/04/16)	700
125	FERREL Corey (2001) USA	330	Stone Andrew (2011) WAL	245	FERREL Corey (2001) USA	340	FERREL Corey (2000) USA	852,5
145	PEARSON Alan (2007) ENG	270	PEARSON Alan (2007) ENG	212,5	PEARSON Alan (2007) ENG	295	PEARSON Alan (2007) ENG	777,5
145+								