

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 44 KG

|            | SQUAT                            |      | BENCH                            |      | DEADLIFT                         |       | TOTAL                            |       |
|------------|----------------------------------|------|----------------------------------|------|----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Bulhac Valentina MOL (1/11/2014) | 67,5 | Bulhac Valentina MOL (1/11/2014) | 42,5 | Bulhac Valentina MOL (1/11/2014) | 75    | Bulhac Valentina MOL (1/11/2014) | 180   |
| <b>T2</b>  |                                  | 0    | Desmet Cindy BEL 1996            | 40,5 |                                  | 0     |                                  | 0     |
| <b>T3</b>  | Rutherford Haley ENG (28/3/15)   | 65   | Rutherford Haley ENG (28/3/15)   | 35   | Rutherford Haley ENG (28/3/15)   | 90    | Rutherford Haley ENG (28/3/15)   | 190   |
| <b>JR</b>  | ROAZZI Giulia ITA (26/10/2019)   | 70   | ROAZZI Giulia ITA (26/10/2019)   | 40   | ROAZZI Giulia ITA (26/10/2019)   | 110   | ROAZZI Giulia ITA (26/10/2019)   | 220   |
| <b>SR</b>  | Landridge Beth GBR (10/04/22)    | 85   | Cappai Denise SAR (27/11/21)     | 50   | Landridge Beth GBR (10/04/22)    | 117,5 | Landridge Beth GBR (10/04/22)    | 245   |
| <b>M1</b>  |                                  | 0    |                                  | 0    |                                  | 0     |                                  | 0     |
| <b>M2</b>  | FLANAGAN Imelda ENG 10           | 70   | Flanagan melda ENG 2009          | 37,5 | Flanagan Imelda ENG 2010         | 112,5 | Flanagan Imelda ENG 2010         | 217,5 |
| <b>M3</b>  | Flanagan Imelda ENG 2011         | 75   | Flanagan melda ENG 2011          | 40   | Flanagan Imelda ENG 2011         | 110   | Flanagan Imelda ENG 2011         | 222,5 |
| <b>M4</b>  | REEVES P ENG 05                  | 40   | Reeves Pat ENG 2005              | 32,5 | Reeves Pat ENG 2005              | 100   | Reeves Pat ENG 2005              | 172,5 |
| <b>M5</b>  | REEVES P ENG 06                  | 40   | Reeves Pat ENG 2006              | 32,5 | Reeves Pat ENG 2006              | 97,5  | Reeves Pat ENG 2006              | 167,5 |
| <b>M6</b>  |                                  | 0    |                                  | 0    |                                  | 0     |                                  | 0     |
| <b>M7</b>  |                                  | 0    |                                  | 0    |                                  | 0     |                                  | 0     |
| <b>M8</b>  |                                  | 0    |                                  | 0    |                                  | 0     |                                  | 0     |
| <b>M9</b>  |                                  | 0    |                                  | 0    |                                  | 0     |                                  | 0     |
| <b>M10</b> |                                  | 0    |                                  | 0    |                                  | 0     |                                  | 0     |

## WORLD RECORDS

## WOMEN - 44 KG

|            | SQUAT                            |      | BENCH                            |      | DEADLIFT                         |       | TOTAL                            |       |
|------------|----------------------------------|------|----------------------------------|------|----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Bulhac Valentina MOL (1/11/2014) | 67,5 | Bulhac Valentina MOL (1/11/2014) | 42,5 | Bulhac Valentina MOL (1/11/2014) | 75    | Bulhac Valentina MOL (1/11/2014) | 180   |
| <b>T2</b>  |                                  | 45   | Brost Shea USA 1996              | 42,5 |                                  | 52,5  |                                  | 122,5 |
| <b>T3</b>  | Rutherford Haley ENG (28/3/15)   | 65   | Rutherford Haley ENG (28/3/15)   | 35   | Anderson Cherish USA (5/8/23)    | 100   | Rutherford Haley ENG (28/3/15)   | 190   |
| <b>JR</b>  | ROAZZI Giulia ITA (26/10/2019)   | 70   | ROAZZI Giulia ITA (26/10/2019)   | 40   | ROAZZI Giulia ITA (26/10/2019)   | 110   | ROAZZI Giulia ITA (26/10/2019)   | 220   |
| <b>SR</b>  | GEDNEY J. USA 05                 | 92,5 | Gedney Judith USA 1991           | 70   | Landridge Beth GBR (10/04/22)    | 117,5 | Gedney Judith USA 2005           | 250   |
| <b>M1</b>  | LOOMES Julie (2009) AUS          | 65   | Loomes Julie AUS 2000            | 52,5 | LOOMES Julie AUS 2000            | 110   |                                  | 220   |
| <b>M2</b>  | FLANAGAN Imelda ENG 10           | 70   | Gedney Judith USA 1990           | 67,5 | Flanagan Imelda ENG 2010         | 112,5 | Flanagan Imelda ENG 2010         | 217,5 |
| <b>M3</b>  | Flanagan Imelda ENG 2011         | 75   | Gedney Judith USA 1991           | 70   | Flanagan Imelda ENG 2011         | 110   | Flanagan Imelda ENG 2011         | 222,5 |
| <b>M4</b>  |                                  | 50   | Gedney Judith USA 1996           | 55   | Reeves Pat ENG 2005              | 100   | Reeves Pat ENG 2005              | 172,5 |
| <b>M5</b>  |                                  | 47,5 | Reeves Pat ENG 2006              | 32,5 | Reeves Pat ENG 2006              | 97,5  | Reeves Pat ENG 2006              | 167,5 |
| <b>M6</b>  | GEDNEY J. USA 05                 | 92,5 | Gedney Judith USA 2005           | 47,5 | Gedney Judith USA 2008           | 113,5 | Gedney Judith USA 2005           | 250   |
| <b>M7</b>  | Gedney Judith 2010               | 70   | Gedney Judith USA (12/11/2011)   | 51   | Gedney Judith USA 2010           | 115   | Gedney Judith USA 2010           | 232,5 |
| <b>M8</b>  |                                  | 35   |                                  | 25   |                                  | 45    |                                  | 105   |
| <b>M9</b>  |                                  | 32,5 |                                  | 25   |                                  | 42,5  |                                  | 100   |
| <b>M10</b> |                                  | 30   |                                  | 25   |                                  | 35    |                                  | 90    |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 47,5 KG

|            | SQUAT                            |       | BENCH                            |      | DEADLIFT                           |       | TOTAL                            |       |
|------------|----------------------------------|-------|----------------------------------|------|------------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | MALEARCIUC VICTORIA MLD (20/04   | 82,5  | MALEARCIUC VICTORIA MLD (20/04   | 62,5 | MALEARCIUC VICTORIA MLD (20/04     | 117,5 | MALEARCIUC VICTORIA MLD (20/04   | 260   |
| <b>T2</b>  | Lambeth Chloe ENG 08             | 77,5  | THOMPSON Paula ENG 1990          | 40   | Lambeth Chloe ENG 2008             | 110   | Lambeth Chloe ENG 2008           | 225   |
| <b>T3</b>  | Van Casteren Hanne BEL 11/02/17  | 85    | Van Casteren Hanne BEL 11/02/17  | 50   | Rutherford Hayley SCT (31/10/2015) | 105   | Van Casteren Hanne BEL 11/02/17  | 235   |
| <b>JR</b>  | Monaghan Amanda GBR (3/11/2018)  | 100   | Monaghan Amanda GBR (3/11/2018)  | 53   | Monaghan Amanda GBR (3/11/2018)    | 125   | Monaghan Amanda GBR (3/11/2018)  | 270   |
| <b>SR</b>  | Debono Maria MAL (7/10/17)       | 106,5 | Smith Suzanne ENG 1992           | 82,5 | Tobias Lisa ENG (27/2/16)          | 145   | Priore Silvia ITA (29/04/2017)   | 302,5 |
| <b>M1</b>  |                                  | 0     |                                  | 0    |                                    | 0     |                                  | 0     |
| <b>M2</b>  |                                  | 0     | Cherbonnel Marie FRA 1992        | 76   |                                    | 0     |                                  | 0     |
| <b>M3</b>  |                                  | 0     | Boulle Lilliane FRA 1996         | 47,5 |                                    | 0     |                                  | 0     |
| <b>M4</b>  | GUILLAUME Sabine FRA (29/04/2023 | 70    | GUILLAUME Sabine FRA (29/04/2023 | 50   | GUILLAUME Sabine FRA (29/04/2023   | 130   | GUILLAUME Sabine FRA (29/04/2023 | 250   |
| <b>M5</b>  | Reeves Pat ENG 07                | 40    | Reeves Pat ENG 2007              | 35   | Reeves Pat ENG 2007                | 100   |                                  | 172,5 |
| <b>M6</b>  |                                  | 0     |                                  | 0    |                                    | 0     |                                  | 0     |
| <b>M7</b>  |                                  | 0     |                                  | 0    |                                    | 0     |                                  | 0     |
| <b>M8</b>  |                                  | 0     |                                  | 0    |                                    | 0     |                                  | 0     |
| <b>M9</b>  |                                  | 0     |                                  | 0    |                                    | 0     |                                  | 0     |
| <b>M10</b> |                                  | 0     |                                  | 0    |                                    | 0     |                                  | 0     |

## WORLD RECORDS

## WOMEN - 47,5 KG

|            | SQUAT                           |       | BENCH                           |      | DEADLIFT                           |       | TOTAL                           |       |
|------------|---------------------------------|-------|---------------------------------|------|------------------------------------|-------|---------------------------------|-------|
| <b>T1</b>  | MALEARCIUC VICTORIA MLD (20/04  | 82,5  | MALEARCIUC VICTORIA MLD (20/04  | 62,5 | MALEARCIUC VICTORIA MLD (20/04     | 117,5 | MALEARCIUC VICTORIA MLD (20/04  | 260   |
| <b>T2</b>  | Lambeth Chloe ENG 08            | 77,5  | Brost Shea USA 1997             | 47,5 | Lambeth Chloe ENG 2008             | 110   | Lambeth Chloe ENG 2008          | 225   |
| <b>T3</b>  | Van Casteren Hanne BEL 11/02/17 | 85    | Van Casteren Hanne BEL 11/02/17 | 50   | Rutherford Hayley SCT (31/10/2015) | 105   | Van Casteren Hanne BEL 11/02/17 | 235   |
| <b>JR</b>  | Monaghan Amanda GBR (3/11/2018) | 100   | Monaghan Amanda GBR (3/11/2018) | 53   | Monaghan Amanda GBR (3/11/2018)    | 125   | Monaghan Amanda GBR (3/11/2018) | 270   |
| <b>SR</b>  | Debono Maria MAL (7/10/17)      | 106,5 | Smith Suzanne ENG 1992          | 82,5 | Tobias Lisa ENG (27/2/16)          | 145   | Priore Silvia ITA (29/04/2017)  | 302,5 |
| <b>M1</b>  | Loomes July AUS 99              | 70    | Kovalchik Paula USA 1999        | 70   | LOOMES Julie AUS 1999              | 120   |                                 | 237,5 |
| <b>M2</b>  |                                 | 60    | Cherbonnel Marie FRA 1992       | 76   |                                    | 70    |                                 | 160   |
| <b>M3</b>  | LOOMES Julie AUS 09             | 65    | Gedney Judith USA 1992          | 67,5 | LOOMES Julie AUS 2009              | 110   | Loomes Julie AUS 2009           | 222,5 |
| <b>M4</b>  | Gedney Judith USA 99            | 85    | Gedney Judith USA 1997          | 57,5 | GUILLAUME Sabine FRA (29/04/2023   | 130   | Gedney Judith USA 1999          | 250   |
| <b>M5</b>  | Gedney Judith USA 04            | 95    | Gedney Judith USA 2002          | 50,5 | Gedney Judith USA 2004             | 115,5 | Gedney Judith USA 2004          | 257,5 |
| <b>M6</b>  | Gedney Judith USA 06            | 85    | Gedney Judith USA 2009          | 49   | Gedney Judith USA 2009             | 113   | Gedney Judith USA 2006          | 242,5 |
| <b>M7</b>  |                                 | 40    |                                 | 25   |                                    | 52,5  |                                 | 117,5 |
| <b>M8</b>  |                                 | 37,5  |                                 | 25   |                                    | 50    |                                 | 112,5 |
| <b>M9</b>  |                                 | 35    |                                 | 25   |                                    | 45    |                                 | 105   |
| <b>M10</b> |                                 | 32,5  |                                 | 25   |                                    | 37,5  |                                 | 95    |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 50,5 KG

|            | SQUAT                             |       | BENCH                           |      | DEADLIFT                         |       | TOTAL                            |       |
|------------|-----------------------------------|-------|---------------------------------|------|----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Wyss Chloë SWI (31/10/2015)       | 62,5  | Wyss Chloë SWI (31/10/2015)     | 35   | Wyss Chloë SWI (31/10/2015)      | 72,5  | Wyss Chloë SWI (31/10/2015)      | 167,5 |
| <b>T2</b>  | De Fazio Asia ITA (5/11/2023)     | 87,5  | De Fazio Asia ITA (5/11/2023)   | 45   | De Fazio Asia ITA (5/11/2023)    | 125   | De Fazio Asia ITA (5/11/2023)    | 257,5 |
| <b>T3</b>  | Karrer Samia FRA (29/04/2023)     | 67,5  | Karrer Samia FRA (29/04/2023)   | 50   | Karrer Samia FRA (29/04/2023)    | 112,5 | Karrer Samia FRA (29/04/2023)    | 230   |
| <b>JR</b>  | Cassar Jen ENG (31/10/2015)       | 105,5 | Zarubina Natalia RUS 2006       | 65   | Hourihane Anna IRE (18/04/2015)  | 130,5 | Zaburina Natalia RUS 2006        | 300   |
| <b>SR</b>  | Tatman Leoni GBR (25/02/2017)     | 113,5 | Smith Suzanne ENG 1993          | 85   | Bertoli Maruska ITA (31/10/2015) | 155   | Bertoli Maruska ITA (31/10/2015) | 340   |
| <b>M1</b>  | Mc Aree Ciara IRE (4/11/2023)     | 108,5 | Mc Aree Ciara IRE (4/11/2023)   | 65,5 | Mc Aree Ciara IRE (4/11/2023)    | 133   | Mc Aree Ciara IRE (4/11/2023)    | 305   |
| <b>M2</b>  | Massidda Sere GBR (20/06/19)      | 85    | Cherbonnel Marie FRA 1993       | 77,5 | Nualart Jo GBR (11/10/21)        | 127,5 | Nualart Jo GBR (11/10/21)        | 260   |
| <b>M3</b>  | Ayonoadu Jasmine GBR (07/04/2024) | 95    | Guinard Marie FRA 1993          | 65   | Ayonoadu Jasmine GBR (14/7/2024) | 125,5 | Ayonoadu Jasmine GBR (14/7/2024) | 272,5 |
| <b>M4</b>  | Guillaume Sabine FRA (26/3/22)    | 90    | Guillaume Sabine FRA (26/3/22)  | 55   | Guillaume Sabine FRA (26/3/22)   | 137,5 | Guillaume Sabine FRA (26/3/22)   | 282,5 |
| <b>M5</b>  | Reeves Pat ENG 09                 | 25    |                                 | 32,5 | Reeves Pat ENG 2009              | 100   | Reeves Pat ENG 2009              | 157,5 |
| <b>M6</b>  | Tombs Patricia ENG 07/04/2013     | 72,5  | Tombs Patricia ENG (27/02/16)   | 45,5 | Tombs Patricia ENG (27/02/16)    | 105   | Tombs Patricia ENG (28/3/15)     | 212,5 |
| <b>M7</b>  | Tombs Patricia GBR (25/02/2017)   | 65    | Tombs Patricia GBR (25/02/2017) | 47,5 | Tombs Patricia GBR (25/02/2017)  | 105   | Tombs Patricia ENG (27/3/2017)   | 217,5 |
| <b>M8</b>  |                                   | 0     |                                 | 0    |                                  | 0     |                                  | 0     |
| <b>M9</b>  |                                   | 0     |                                 | 0    |                                  | 0     |                                  | 0     |
| <b>M10</b> |                                   | 0     |                                 | 0    |                                  | 0     |                                  | 0     |

## WORLD RECORDS

## WOMEN - 50,5 KG

|            | SQUAT                             |       | BENCH                           |      | DEADLIFT                         |       | TOTAL                            |       |
|------------|-----------------------------------|-------|---------------------------------|------|----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Wyss Chloë SWI (31/10/2015)       | 62,5  | Wyss Chloë SWI (31/10/2015)     | 35   | Wyss Chloë SWI (31/10/2015)      | 72,5  | Wyss Chloë SWI (31/10/2015)      | 167,5 |
| <b>T2</b>  | De Fazio Asia ITA (5/11/2023)     | 87,5  | Bodlak Melanie USA 1996         | 50   | De Fazio Asia ITA (5/11/2023)    | 125   | De Fazio Asia ITA (5/11/2023)    | 257,5 |
| <b>T3</b>  | Karrer Samia FRA (29/04/2023)     | 67,5  | Karrer Samia FRA (29/04/2023)   | 50   | Karrer Samia FRA (29/04/2023)    | 112,5 | Karrer Samia FRA (29/04/2023)    | 230   |
| <b>JR</b>  | Cassar Jen ENG (31/10/2015)       | 105,5 | Zarubina Natalia RUS 2006       | 65   | Hourihane Anna IRE (18/04/2015)  | 130,5 | Zaburina Natalia RUS 2006        | 300   |
| <b>SR</b>  | Tatman Leoni GBR (25/02/2017)     | 113,5 | Smith Suzanne ENG 1993          | 85   | Bertoli Maruska ITA (31/10/2015) | 155   | Bertoli Maruska ITA (31/10/2015) | 340   |
| <b>M1</b>  | Mc Aree Ciara IRE (4/11/2023)     | 108,5 | Mc Aree Ciara IRE (4/11/2023)   | 65,5 | Mc Aree Ciara IRE (4/11/2023)    | 133   | Mc Aree Ciara IRE (4/11/2023)    | 305   |
| <b>M2</b>  | Massidda Sere GBR (20/06/19)      | 85    | Cherbonnel Marie FRA 1993       | 77,5 | Nualart Jo GBR (11/10/21)        | 127,5 | Nualart Jo GBR (11/10/21)        | 260   |
| <b>M3</b>  | Ayonoadu Jasmine GBR (07/04/2024) | 95    | Guinard Marie FRA 1993          | 65   | Gow Rose AUS (6/9/14)            | 132,5 | Ayonoadu Jasmine GBR (14/7/2024) | 272,5 |
| <b>M4</b>  | Guillaume Sabine FRA (26/3/22)    | 90    | Gedney Judith USA 1998          | 65   | Guillaume Sabine FRA (26/3/22)   | 137,5 | Guillaume Sabine FRA (26/3/22)   | 282,5 |
| <b>M5</b>  | Gedney Judith USA 03              | 92,5  | Gedney Judith USA 2003          | 45   | Gedney Judith USA 2003           | 115   | Gedney Judith USA 2003           | 250   |
| <b>M6</b>  | Tombs Patricia ENG 07/04/2013     | 72,5  | LaFontaine Linda USA 17/8/19    | 50   | Tombs Patricia ENG (27/02/16)    | 105   | LaFontaine Linda USA 17/8/19     | 215   |
| <b>M7</b>  | Tombs Patricia GBR (25/02/2017)   | 65    | Tombs Patricia GBR (25/02/2017) | 47,5 | Tombs Patricia GBR (25/02/2017)  | 105   | Tombs Patricia ENG (27/3/2017)   | 217,5 |
| <b>M8</b>  |                                   | 40    |                                 | 25   |                                  | 55    |                                  | 120   |
| <b>M9</b>  |                                   | 37,5  |                                 | 25   |                                  | 47,5  |                                  | 110   |
| <b>M10</b> |                                   | 35    |                                 | 25   |                                  | 40    |                                  | 100   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 53 KG

|            | SQUAT                              |       | BENCH                            |      | DEADLIFT                         |       | TOTAL                            |       |
|------------|------------------------------------|-------|----------------------------------|------|----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Phillips Becky IRE (7/5/16)        | 80    | Jutla Rithika GBR (26/10/2019)   | 37,5 | Phillips Becky IRE (7/5/16)      | 105   | Phillips Becky IRE (7/5/16)      | 215   |
| <b>T2</b>  | Butter Bobbie ENG 07/04/2013       | 95    | Butters Bobbie ENG 07/04/2013    | 55   | Butters Bobbie ENG 07/04/2013    | 126,5 | Butters Bobbie ENG 07/04/2013    | 275   |
| <b>T3</b>  | Butters Bobbie ENG (2/11/2013)     | 120   | Butters Bobbie ENG (2/11/2013)   | 65   | Butters Bobbie ENG (2/11/2013)   | 140   | Butters Bobbie ENG (2/11/2013)   | 325   |
| <b>JR</b>  | Walker Sophie ENG ( 27/02/16)      | 117,5 | Smith Nichol GBR (20/06/19)      | 72,5 | Smith Nichol GBR (20/06/19)      | 140,5 | Smith Nichol GBR (20/06/19)      | 322,5 |
| <b>SR</b>  | Bertoli Maruska ITA (29/04/2017)   | 125   | Blindt Annette ENG 1991          | 87,5 | Bertoli Maruska ITA (29/04/2017) | 165   | Bertoli Maruska ITA (29/04/2017) | 365   |
| <b>M1</b>  | Vitale Barbara ITA (26/10/2019)    | 115   | Vitale Barbara ITA (26/10/2019)  | 80   | Holohan Angela IRE (12/11/2016)  | 147,5 | Vitale Barbara ITA (26/10/2019)  | 320   |
| <b>M2</b>  | Negodyuk Olga ukr (1/11/2014)      | 105   | Richards Suzanne GBR (20/06/19)  | 67,5 | Richards Suzanne GBR (20/06/19)  | 140,5 | Lozano Rose FRA 2006             | 305   |
| <b>M3</b>  | Tenerelli Gabriella ITA (27/11/21) | 86    | Soulard A. FRA 1992              | 60   | Bethell Sue WAL (18/04/2015)     | 150   | Bethell Sue WAL (28/3/2015)      | 280   |
| <b>M4</b>  | Bethell Sue WAL (27/02/16)         | 87,5  | MacDonald Fiona GBR (29/07/2018) | 55   | Bethell Sue WAL (27/02/16)       | 155   | Bethell Sue WAL (27/2/2016)      | 295   |
| <b>M5</b>  | Bethell Sue WAL (11/10/21)         | 75    | Bethell Sue WAL (11/10/21)       | 47,5 | Bethell Sue WAL (11/10/21)       | 130   | Bethell Sue WAL (11/10/21)       | 252,5 |
| <b>M6</b>  |                                    | 65    | LaFontaine Linda USA (4/11/2017) | 47,5 | LaFontaine Linda USA (4/11/2017) | 95    | LaFontaine Linda USA (4/11/2017) | 207,5 |
| <b>M7</b>  |                                    | 0     |                                  | 0    |                                  | 0     |                                  | 0     |
| <b>M8</b>  |                                    | 0     |                                  | 0    |                                  | 0     |                                  | 0     |
| <b>M9</b>  |                                    | 0     |                                  | 0    |                                  | 0     |                                  | 0     |
| <b>M10</b> |                                    | 0     |                                  | 0    |                                  | 0     |                                  | 0     |

## WORLD RECORDS

## WOMEN - 53 KG

|            | SQUAT                              |       | BENCH                            |      | DEADLIFT                          |       | TOTAL                            |       |
|------------|------------------------------------|-------|----------------------------------|------|-----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Phillips Becky IRE (7/5/16)        | 80    | Jutla Rithika GBR (26/10/2019)   | 37,5 | Phillips Becky IRE (7/5/16)       | 105   | Phillips Becky IRE (7/5/16)      | 215   |
| <b>T2</b>  | Butter Bobbie ENG 07/04/2013       | 95    | Butters Bobbie ENG 07/04/2013    | 55   | Butters Bobbie ENG 07/04/2013     | 126,5 | Butters Bobbie ENG 07/04/2013    | 275   |
| <b>T3</b>  | Butters Bobbie ENG (2/11/2013)     | 120   | Blisset Tanya USA 1997           | 82,5 | Butters Bobbie ENG (2/11/2013)    | 140   | Butters Bobbie ENG (2/11/2013)   | 325   |
| <b>JR</b>  | Walker Sophie ENG ( 27/02/16)      | 117,5 | Smith Nichol GBR (20/06/19)      | 72,5 | Smith Nichol GBR (20/06/19)       | 140,5 | Smith Nichol GBR (20/06/19)      | 322,5 |
| <b>SR</b>  | Bertoli Maruska ITA (29/04/2017)   | 125   | Blindt Annette ENG 1991          | 87,5 | Bertoli Maruska ITA (29/04/2017)  | 165   | Bertoli Maruska ITA (29/04/2017) | 365   |
| <b>M1</b>  | Vitale Barbara ITA (26/10/2019)    | 115   | Vitale Barbara ITA (26/10/2019)  | 80   | Holohan Angela IRE (12/11/2016)   | 147,5 | Vitale Barbara ITA (26/10/2019)  | 320   |
| <b>M2</b>  | Negodyuk Olga ukr (1/11/2014)      | 105   | Frazier Shellaine USA 24/6/17    | 76   | Richards Suzanne GBR (26/10/2019) | 140,5 | Lozano Rose FRA 2006             | 305   |
| <b>M3</b>  | Tenerelli Gabriella ITA (27/11/21) | 86    | Sullivan Sue USA 1996            | 67,5 | Bethell Sue WAL (18/04/2015)      | 150   | Bethell Sue WAL (28/3/2015)      | 280   |
| <b>M4</b>  | Bethell Sue WAL (27/02/16)         | 87,5  | MacDonald Fiona GBR (29/07/2018) | 55   | Bethell Sue WAL (27/02/16)        | 155   | Bethell Sue WAL (27/2/2016)      | 295   |
| <b>M5</b>  | Bethell Sue WAL (11/10/21)         | 75    | Bethell Sue WAL (11/10/21)       | 47,5 | Bethell Sue WAL (11/10/21)        | 130   | Bethell Sue WAL (11/10/21)       | 252,5 |
| <b>M6</b>  | LaFontaine Linda USA (4/11/2017)   | 65    | LaFontaine Linda USA (4/11/2017) | 47,5 | LaFontaine Linda USA (4/11/2017)  | 95    | LaFontaine Linda USA (4/11/2017) | 207,5 |
| <b>M7</b>  |                                    | 47,5  |                                  | 27,5 |                                   | 62,5  |                                  | 137,5 |
| <b>M8</b>  |                                    | 42,5  |                                  | 25   |                                   | 57,5  |                                  | 125   |
| <b>M9</b>  |                                    | 40    |                                  | 25   |                                   | 50    |                                  | 115   |
| <b>M10</b> |                                    | 37,5  |                                  | 25   |                                   | 42,5  |                                  | 105   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 55,5 KG

|            | SQUAT                            |       | BENCH                          |      | DEADLIFT                       |       | TOTAL                            |       |
|------------|----------------------------------|-------|--------------------------------|------|--------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Rayner Lucy ENG 07/04/13         | 85    | Rayner Lucy ENG 07/04/2013     | 55   | Rayner Lucy ENG 07/04/2013     | 105   | Rayner Lucy ENG 07/04/2013       | 245   |
| <b>T2</b>  | Adabasi Tola IRE (7/5/16)        | 87,5  | Cardoso Joanna FRA (5/11/2023) | 57,5 | Cardoso Joanna FRA (5/11/2023) | 135   | Cardoso Joanna FRA (5/11/2023)   | 282,5 |
| <b>T3</b>  | Duffy Lucy IRE (27/11/21)        | 100   | Cerba Ina MOL (1/11/2014)      | 57,5 | Donohue Amy IRE (15/08/2015)   | 125   | Duffy Lucy IRE (27/11/21)        | 270   |
| <b>JR</b>  | O'Riordan Laura IRE (31/10/2015) | 112,5 | Walker Sophie ENG (28/3/15)    | 62,5 | Downey Rachel IRE ( 7/5/16)    | 140,5 | O'Riordan Laura IRE (31/10/2015) | 305   |
| <b>SR</b>  | James Aillicia GBR(04/11/2017)   | 120   | Blindt Annette ENG 1992        | 87,5 | Fox Louise ENG 2011            | 170   | Fox Louise GBR(7/4/12)           | 345   |
| <b>M1</b>  | Gilbert Lisa GBR (13/11/2022)    | 107,5 | Lozano Rose FRA 2005           | 64   | SALZA SARA SAR (13/11/2022)    | 152,5 | Lozano Rose FRA 2001             | 307,5 |
| <b>M2</b>  | Evans Wendy GBR (25/02/2017)     | 112,5 | Evans Wendy GBR (25/02/2017)   | 66   | Evans Wendy GBR (25/02/2017)   | 141   | Evans Wendy GBR (27/02/2017)     | 317,5 |
| <b>M3</b>  | Lozano Rose FRA (28/3/15)        | 105,5 | Lozano Rose FRA (12/11/2011)   | 60   | Lozano Rose FRA (12/11/2011)   | 137,5 | Lozano Rose FRA (12/11/2011)     | 297,5 |
| <b>M4</b>  | Lozano Rose FRA (19/3/16)        | 105   | Lozano Rose FRA (19/3/16)      | 57,5 | Lozano Rose FRA (25/3/17)      | 130   | Lozano Rose FRA (19/3/16)        | 282,5 |
| <b>M5</b>  | Lozano Rose FRA (15/11/2025)     | 95,5  | Lozano Rose FRA (23/3/2024)    | 53,5 | Lozano Rose FRA (26/3/22)      | 130   | Lozano Rose FRA (26/3/22)        | 277,5 |
| <b>M6</b>  |                                  | 0     |                                | 0    |                                | 0     |                                  | 0     |
| <b>M7</b>  |                                  | 0     |                                | 0    |                                | 0     |                                  | 0     |
| <b>M8</b>  |                                  | 0     |                                | 0    |                                | 0     |                                  | 0     |
| <b>M9</b>  |                                  | 0     |                                | 0    |                                | 0     |                                  | 0     |
| <b>M10</b> |                                  | 0     |                                | 0    |                                | 0     |                                  | 0     |

## WORLD RECORDS

## WOMEN - 55,5 KG

|            | SQUAT                             |       | BENCH                             |      | DEADLIFT                       |       | TOTAL                             |       |
|------------|-----------------------------------|-------|-----------------------------------|------|--------------------------------|-------|-----------------------------------|-------|
| <b>T1</b>  | Rayner Lucy ENG 07/04/13          | 85    | Rayner Lucy ENG 07/04/2013        | 55   | Steed Mary AUS 2007            | 110   | Rayner Lucy ENG 07/04/2013        | 245   |
| <b>T2</b>  | Adabasi Tola IRE (7/5/16)         | 87,5  | Bodlak Melanie USA 1997           | 60   | Cardoso Joanna FRA (5/11/2023) | 135   | Cardoso Joanna FRA (5/11/2023)    | 282,5 |
| <b>T3</b>  | Duffy Lucy IRE (27/11/21)         | 100   | Blisset Tanya USA 1997            | 82,5 | Donohue Amy IRE (15/08/2015)   | 125   | Duffy Lucy IRE (27/11/21)         | 270   |
| <b>JR</b>  | O'Riordan Laura IRE (31/10/2015)  | 112,5 | Fansler Juliet USA (2/11/2024)    | 68,5 | Downey Rachel IRE ( 7/5/16)    | 140,5 | Baum Laura USA 24/6/17            | 307,5 |
| <b>SR</b>  | de Berrie Isabel GBR (15/11/2025) | 90    | Blindt Annette ENG 1992           | 87,5 | Fox Louise ENG 2011            | 170   | TEAGOR Iulia MLD (15/11/2025)     | 242,5 |
| <b>M1</b>  | Mattingly Carmella USA 13/07/13   | 132,5 | Mattingly Carmella USA 13/07/2013 | 72,5 | SALZA SARA SAR (13/11/2022)    | 152,5 | Mattingly Carmella USA 13/07/2013 | 347,5 |
| <b>M2</b>  | Evans Wendy GBR (25/02/2017)      | 112,5 | Frazier Shellaine USA 11/06/16    | 72,5 | Evans Wendy GBR (25/02/2017)   | 141   | Evans Wendy GBR (27/02/2017)      | 317,5 |
| <b>M3</b>  | Lozano Rose FRA (28/3/15)         | 105,5 | Elwyn Susan USA 1997              | 65   | Lozano Rose FRA (12/11/2011)   | 137,5 | Lozano Rose FRA (12/11/2011)      | 297,5 |
| <b>M4</b>  | Lozano Rose FRA (19/3/16)         | 105   | Lozano Rose FRA (19/3/16)         | 57,5 | Lozano Rose FRA (25/3/17)      | 130   | Lozano Rose FRA (19/3/16)         | 282,5 |
| <b>M5</b>  | Lozano Rose FRA (15/11/2025)      | 95,5  | Lozano Rose FRA (23/3/2024)       | 53,5 | Lozano Rose FRA (26/3/22)      | 130   | Lozano Rose FRA (15/11/2025)      | 260   |
| <b>M6</b>  |                                   | 60    |                                   | 30   |                                | 70    |                                   | 160   |
| <b>M7</b>  |                                   | 50    |                                   | 27,5 |                                | 65    |                                   | 142,5 |
| <b>M8</b>  |                                   | 45    |                                   | 25   | Rodda Jonnie AUS 2007          | 62,5  |                                   | 132,5 |
| <b>M9</b>  | Rodda Jonnie AUS 2007             | 55,5  |                                   | 25   |                                | 55    | Rodda Jonnie AUS 2007             | 170   |
| <b>M10</b> |                                   | 40    |                                   | 25   |                                | 45    |                                   | 110   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 58,5 KG

|            | SQUAT                                |       | BENCH                               |      | DEADLIFT                             |       | TOTAL                                |       |
|------------|--------------------------------------|-------|-------------------------------------|------|--------------------------------------|-------|--------------------------------------|-------|
| <b>T1</b>  | Crane Ellie GBR (5/11/2023)          | 90    | Crane Ellie GBR (5/11/2023)         | 70   | Crane Ellie GBR (5/11/2023)          | 110   | Crane Ellie GBR (5/11/2023)          | 270   |
| <b>T2</b>  | McCann Briget GBR (20/06/19)         | 100   | Derigon Christelle FRA (23/3/2024)  | 57,5 | CARDOSO Joanna FRA (29/04/2023)      | 125,5 | Lowe Heidi USA (2/11/2024)           | 312,5 |
| <b>T3</b>  | Harrison Georgina GBR (13/11/2022)   | 115   | Harrison Georgina GBR (13/11/2022)  | 82,5 | Harrison Georgina GBR (10/4/22)      | 142,5 | Harrison Georgina GBR (13/11/2022)   | 335   |
| <b>JR</b>  | Puricelli Lucia GBR (25/02/2017)     | 130,5 | Hannant Amber GBR (4/11/2017)       | 80   | Wuyts Helen BEL (12/11/2011)         | 180   | Wuyts Helen BEL (12/11/2011)         | 375   |
| <b>SR</b>  | Raja Sunita GBR (26/10/2019)         | 140   | Raja Sunita GBR (26/10/2019)        | 87,5 | Wuyts Helen BEL (12/11/2011)         | 180   | Raja Sunita GBR (26/10/2019)         | 400   |
| <b>M1</b>  | Wyrill Tina GBR (22/07/23)           | 112,5 | Wyrill Tina GBR (22/07/23)          | 75   | Wyrill Tina GBR (22/07/23)           | 150   | Wyrill Tina GBR (22/07/23)           | 337,5 |
| <b>M2</b>  | Evans Wendy WAL (27/02/16)           | 115   | Richards Suzanne GBR (11/10/21)     | 73   | Richards Suzanne GBR (11/10/21)      | 135,5 | Richards Suzanne GBR (11/10/21)      | 312,5 |
| <b>M3</b>  | Mccurdy Zoe IRE (27/04/2025)         | 110   | Richards Suzanne GBR (22/07/23)     | 72,5 | Mccurdy Zoe IRE (27/04/2025)         | 147,5 | Mccurdy Zoe IRE (27/04/2025)         | 320   |
| <b>M4</b>  | Saunders Karen GBR (13/11/2022)      | 90    | Saunders Karen GBR (10/4/22)        | 50   | Wood Jackie GBR (5/11/2023)          | 140   | Saunders Karen GBR 11/10/21)         | 272,5 |
| <b>M5</b>  | Gough Kim GBR (13/11/2022)           | 92,5  | Gough Kim GBR (13/11/2022)          | 50   | Gough Kim GBR (13/11/2022)           | 135   | Gough Kim GBR (13/11/2022)           | 277,5 |
| <b>M6</b>  | Walker Chaterine ENG (28/3/15)       | 90    | Baron Marie Frances FRA 25/3/17     | 55   | Baron Marie Frances FRA 25/3/17      | 140   | Baron Marie Frances FRA 25/3/17      | 280   |
| <b>M7</b>  | Walter Helen Catherine GBR (12/11/2) | 95    | Baron Marie Frances FRA (18/04/202) | 45   | Baron Marie Frances FRA (18/04/202)  | 115   | Baron Marie Frances FRA (18/04/202)  | 227,5 |
| <b>M8</b>  | Walter Helen Catherine GBR (15/11/2) | 67,5  | Walter Helen Catherine GBR 14/7/202 | 35   | Walter Helen Catherine GBR (15/11/2) | 80,5  | Walter Helen Catherine GBR (15/11/2) | 180   |
| <b>M9</b>  |                                      | 0     |                                     | 0    |                                      | 0     |                                      | 0     |
| <b>M10</b> |                                      | 0     |                                     | 0    |                                      | 0     |                                      | 0     |

## WORLD RECORDS

## WOMEN - 58,5 KG

|            | SQUAT                                |       | BENCH                               |       | DEADLIFT                             |       | TOTAL                                |       |
|------------|--------------------------------------|-------|-------------------------------------|-------|--------------------------------------|-------|--------------------------------------|-------|
| <b>T1</b>  | Crane Ellie GBR (5/11/2023)          | 90    | Crane Ellie GBR (5/11/2023)         | 70    | Crane Ellie GBR (5/11/2023)          | 110   | Crane Ellie GBR (5/11/2023)          | 270   |
| <b>T2</b>  | Lowe Heidi USA (2/11/2024)           | 122,5 | Lowe Heidi USA (2/11/2024)          | 63    | Lowe Heidi USA (2/11/2024)           | 128   | Lowe Heidi USA (2/11/2024)           | 312,5 |
| <b>T3</b>  | Harrison Georgina GBR (13/11/2022)   | 115   | Harrison Georgina GBR (13/11/2022)  | 82,5  | Harrison Georgina GBR (10/4/22)      | 142,5 | Harrison Georgina GBR (13/11/2022)   | 335   |
| <b>JR</b>  | Puricelli Lucia GBR (25/02/2017)     | 130,5 | Schultz Rea USA 1999                | 87,5  | Wuyts Helen BEL (12/11/2011)         | 180   | Wuyts Helen BEL (12/11/2011)         | 375   |
| <b>SR</b>  | Raja Sunita GBR (26/10/2019)         | 140   | Altizer Betina USA 1991             | 102,5 | Wuyts Helen BEL (12/11/2011)         | 180   | Raja Sunita GBR (26/10/2019)         | 400   |
| <b>M1</b>  | Wyrill Tina GBR (22/07/23)           | 112,5 | Wyrill Tina GBR (22/07/23)          | 75    | Wyrill Tina GBR (22/07/23)           | 150   | Wyrill Tina GBR (22/07/23)           | 337,5 |
| <b>M2</b>  | Evans Wendy WAL (27/02/16)           | 115   | Davis Pamela USA 1994               | 75    | Richards Suzanne GBR (11/10/21)      | 135,5 | Richards Suzanne GBR (11/10/21)      | 312,5 |
| <b>M3</b>  | Mccurdy Zoe IRE (27/04/2025)         | 110   | Richards Suzanne GBR (22/07/23)     | 72,5  | Mccurdy Zoe IRE (27/04/2025)         | 147,5 | Mccurdy Zoe IRE (27/04/2025)         | 320   |
| <b>M4</b>  | Saunders Karen GBR (13/11/2022)      | 90    | Hayes Nancy USA 1997                | 65    | Wood Jackie GBR (5/11/2023)          | 140   | Saunders Karen GBR (11/10/2022)      | 267,5 |
| <b>M5</b>  | Gough Kim GBR (13/11/2022)           | 92,5  | Morgan-Jones Alice USA (4/11/2017)  | 60,5  | Gough Kim GBR (13/11/2022)           | 135   | Gough Kim GBR (13/11/2022)           | 277,5 |
| <b>M6</b>  | Walker Chaterine ENG (28/3/15)       | 90    | Baron Marie Frances FRA 25/3/17     | 55    | Baron Marie Frances FRA 25/3/17      | 140   | Baron Marie Frances FRA 25/3/17      | 280   |
| <b>M7</b>  | Walter Helen Catherine GBR (12/11/2) | 95    | Baron Marie Frances FRA (18/04/202) | 45    | Baron Marie Frances FRA (18/04/202)  | 115   | Baron Marie Frances FRA (18/04/202)  | 227,5 |
| <b>M8</b>  | Walter Helen Catherine GBR (15/11/2) | 67,5  | Walter Helen Catherine GBR 14/7/202 | 35    | Walter Helen Catherine GBR (15/11/2) | 80,5  | Walter Helen Catherine GBR (15/11/2) | 180   |
| <b>M9</b>  |                                      | 45    | Rodda Margaret AUS 2006             | 30    | Rodda Margaret AUS 2006              | 70    | Rodda Margaret AUS 20006             | 152,5 |
| <b>M10</b> |                                      | 42,5  |                                     | 25    |                                      | 47,5  |                                      | 115   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 63 KG

|            | SQUAT                                |       | BENCH                                |      | DEADLIFT                           |       | TOTAL                                |       |
|------------|--------------------------------------|-------|--------------------------------------|------|------------------------------------|-------|--------------------------------------|-------|
| <b>T1</b>  | Bobbio Jessica ITA 2005              | 95    | Rickwood Frankie ENG (28/3/15)       | 56   |                                    | 105   | Bobbio Jesica ITA 2005               | 242,5 |
| <b>T2</b>  | Wright Gabby GBR (22/07/23)          | 105   | Crane Ellie GBR (2/11/2024)          | 73   | Rickwood Frankie ENG (28/3/15)     | 125   | Crane Ellie GBR (2/11/2024)          | 285   |
| <b>T3</b>  | CASAGRANDA FEDERICA ITA (26/1        | 135   | Wuyts Helen BEL 2009                 | 70   | Wuyts Helen BEL 2009               | 165   | Wuyts Helen BEL 2009                 | 350   |
| <b>JR</b>  | Wuyts Helen BEL (7/4/12)             | 125   | Wuyts Helen BEL (27/10/2012)         | 75,5 | Wuyts Helen BEL (7/4/2012)         | 182,5 | Wuyts Helen BEL (7/4/12)             | 382,5 |
| <b>SR</b>  | Jones Rebecca GBR (3/11/2018)        | 155   | Hannant Amber GBR (20/06/19)         | 90   | Folami Habee GBR (3/11/2018)       | 192,5 | Folami Habee GBR (3/11/2018)         | 400   |
| <b>M1</b>  | Lapustea Simona ITA (3/11/2018)      | 130   | Dalziel Karen GBR (5/11/2023)        | 83   | Dalziel Karen GBR (23/07/23)       | 171   | Dalziel Karen GBR (13/11/2022)       | 372,5 |
| <b>M2</b>  | Dalziel Karen GBR (2/11/2024)        | 125   | Dalziel Karen GBR (2/11/2024)        | 85   | Dalziel Karen GBR (2/11/2024)      | 173   | Dalziel Karen GBR (14/7/2024)        | 377,5 |
| <b>M3</b>  | Guillaume Sabine FRA (26/3/22)       | 110   | Bourdon Veronique FRA (31/3/2012)    | 76   | Guillaume Sabine FRA (26/3/22)     | 157,5 | Guillaume Sabine FRA (26/3/22)       | 322,5 |
| <b>M4</b>  | Bourdon Veronique FRA (23/3/2013)    | 102,5 | Bourdon Veronique FRA (2/11/2013)    | 72,5 | Bourdon Veronique FRA (23/3/2013)  | 150   | Bourdon Veronique FRA (23/03/2013)   | 322,5 |
| <b>M5</b>  | BOURDON Véronique FRA (30/03/19      | 97,5  | Bourdon Veronique FRA (31/3/18)      | 70   | BOURDON Véronique FRA (30/03/19    | 132,5 | BOURDON Véronique FRA (30/03/19      | 295   |
| <b>M6</b>  | Liege Marie-Christine FRA (22/03/202 | 82,5  | Liege Marie-Christine FRA (22/03/202 | 57,5 | Walker Suzan GBR (20/06/19)        | 110   | Liege Marie-Christine FRA (22/03/202 | 142,5 |
| <b>M7</b>  | LIEGE Marie Christine FRA (18/04/20  | 88    | LIEGE Marie Christine FRA (15/11/20  | 62,5 | Koolhaas Revers Ina NED (22/4/2022 | 125   | Koolhaas Revers Ina NED (22/4/2022   | 260   |
| <b>M8</b>  | Koolhaas Revers Ina NED (15/11/202   | 87,5  | Koolhaas Revers Ina NED (5/11/2023   | 60,5 | Koolhaas Revers Ina NED (15/11/202 | 131   | Koolhaas Revers Ina NED (5/11/2023   | 275   |
| <b>M9</b>  |                                      | 0     |                                      | 0    |                                    | 0     |                                      | 0     |
| <b>M10</b> |                                      | 0     |                                      | 0    |                                    | 0     |                                      | 0     |

## WORLD RECORDS

## WOMEN - 63 KG

|            | SQUAT                               |       | BENCH                               |      | DEADLIFT                           |       | TOTAL                              |       |
|------------|-------------------------------------|-------|-------------------------------------|------|------------------------------------|-------|------------------------------------|-------|
| <b>T1</b>  | Bobbio Jessica ITA 2005             | 95    | Chapman Crystal USA 1995            | 57,5 | Steed Mary AUS 2008                | 130   | Bobbio Jesica ITA 2005             | 242,5 |
| <b>T2</b>  | Wright Gabby GBR (22/07/23)         | 105   | Crane Ellie GBR (2/11/2024)         | 73   | Rickwood Frankie ENG (28/3/15)     | 125   | Crane Ellie GBR (2/11/2024)        | 285   |
| <b>T3</b>  | CASAGRANDA FEDERICA ITA (26/1       | 135   | Collar Sarah USA 1992               | 77,5 | Wuyts Helen BEL 2009               | 165   | Wuyts Helen BEL 2009               | 350   |
| <b>JR</b>  | Goodson Natalie USA 2000            | 125   | Taka Rae Lee NZL 2000               | 80   | Wuyts Helen BEL (7/4/2012)         | 182,5 | Wuyts Helen BEL (7/4/12)           | 382,5 |
| <b>SR</b>  | Jones Rebecca GBR (3/11/2018)       | 155   | Hannant Amber GBR (20/06/19)        | 90   | Folami Habee GBR (3/11/2018)       | 192,5 | Folami Habee GBR (3/11/2018)       | 400   |
| <b>M1</b>  | Lapustea Simona ITA (3/11/2018)     | 130   | Dalziel Karen GBR (5/11/2023)       | 83   | Dalziel Karen GBR (23/07/23)       | 171   | Dalziel Karen GBR (13/11/2022)     | 372,5 |
| <b>M2</b>  | Dalziel Karen GBR (2/11/2024)       | 125   | Dalziel Karen GBR (2/11/2024)       | 85   | Dalziel Karen GBR (2/11/2024)      | 173   | Dalziel Karen GBR (14/7/2024)      | 377,5 |
| <b>M3</b>  | Guillaume Sabine FRA (26/3/22)      | 110   | Bourdon Veronique FRA (31/3/2012)   | 76   | Guillaume Sabine FRA (26/3/22)     | 157,5 | Guillaume Sabine FRA (26/3/22)     | 322,5 |
| <b>M4</b>  | Kostadinov Helen AUS 2003           | 115,5 | Bourdon Veronique FRA (2/11/2013)   | 72,5 | Bourdon Veronique FRA (23/3/2013)  | 150   | Kostadinov Helen AUS 2000          | 325   |
| <b>M5</b>  | Kostadinov Helen AUS 2007           | 110   | Bourdon Veronique FRA (31/3/18)     | 70   | Kostadinov Helen AUS 2007          | 140   | Kostadinov Helen AUS 2007          | 315   |
| <b>M6</b>  | Kostadinov Helen AUS 2008           | 102,5 | KOSTADINOS Helen AUS 2008           | 62,5 | Kostadinov Helen AUS 2008          | 135   | Kostadinov Helen AUS 2008          | 300   |
| <b>M7</b>  | LIEGE Marie Christine FRA (18/04/20 | 88    | LIEGE Marie Christine FRA (15/11/20 | 62,5 | Kostadinov Helen AUS (31/10/2015)  | 130   | Kostadinov Helen AUS (31/10/2015)  | 270   |
| <b>M8</b>  | Koolhaas Revers Ina NED (15/11/202  | 87,5  | Koolhaas Revers Ina NED (5/11/2023  | 60,5 | Koolhaas Revers Ina NED (15/11/202 | 131   | Koolhaas Revers Ina NED (5/11/2023 | 275   |
| <b>M9</b>  |                                     | 47,5  |                                     | 27,5 |                                    | 62,5  |                                    | 137,5 |
| <b>M10</b> |                                     | 45    |                                     | 25   |                                    | 50    |                                    | 120   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 70 KG

|            | SQUAT                               |       | BENCH                                 |      | DEADLIFT                            |       | TOTAL                               |       |
|------------|-------------------------------------|-------|---------------------------------------|------|-------------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Duncan Esther USA (4/11/2017)       | 105,5 | Duncan Esther USA (4/11/2017)         | 52,5 | Lindow Heidi GBR (10/04/22)         | 135   | Lindow Heidi GBR (10/04/22)         | 287,5 |
| <b>T2</b>  | Camilli Clémence FRA (23/3/2024)    | 110   | Willan Emma ENG 1993                  | 70   | Camilli Clémence FRA (23/03/2024)   | 160   | Camilli Clémence FRA (23/03/2024)   | 325   |
| <b>T3</b>  | VERNON Manon FRA (15/11/2025)       | 123   | VERNON Manon FRA (15/11/2025)         | 75,5 | Muir Jeniffer GBR (20/06/19)        | 157,5 | Muir Jeniffer GBR (20/06/19)        | 347,5 |
| <b>JR</b>  | Jones Rebecca GBR (25/02/2017)      | 145   | Jäggi Nora SWI 18/2/17                | 77,5 | Joshi Poppy GBR (03/11/2018)        | 171,5 | Jäggi Nora SWI 18/2/17              | 382,5 |
| <b>SR</b>  | MacPherson Charlotte GBR (26/10/20) | 160   | MacPherson Charlotte GBR (26/10/20)   | 95   | Haslam* Melanie GBR (25/02/2017)    | 187,5 | MacPherson Charlotte GBR (26/10/20) | 437,5 |
| <b>M1</b>  | Wilson Alexia GBR (5/11/2023)       | 152,5 | Wilson Alexia GBR (14/7/2024)         | 90   | Wilson Alexia GBR (14/7/2024)       | 180,5 | Wilson Alexia GBR (14/7/2024)       | 435   |
| <b>M2</b>  | Barry Karen IRL (31/10/2015)        | 135   | Meunier Sarah FRA (23/3/2024)         | 72,5 | Twomey Helen IRE (7/5/16)           | 175   | Twomey Helen IRE (7/5/16)           | 352,5 |
| <b>M3</b>  | Estel Sophie FRA (31/3/18)          | 123   | Perrone Susana ITA (12/11/2016)       | 75   | Estel Sophie FRA (19/3/16)          | 150   | Loi Teresa MPF ITA (12/11/2016)     | 332,5 |
| <b>M4</b>  | Estel Sophie FRA(22/03/2025)        | 115   | Müller Daniela GER (29/04/2023)       | 63   | Estel Sophie FRA(22/03/2025)        | 145   | Estel Sophie FRA(22/03/2025)        | 310   |
| <b>M5</b>  | Dreyer Gibney Katrin IRE (27/11/21) | 98    | Liege M-Christine FRA (30/03/19)      | 65   | Dreyer Gibney Katrin IRE (27/11/21) | 135   | Liege M-Christine FRA (30/03/19)    | 290   |
| <b>M6</b>  | Liege Marie-Christine FRA (26/3/22) | 95,5  | Liege Marie-Christine FRA (23/3/2024) | 65   | Liege Marie-Christine FRA (26/3/22) | 120   | Liege Marie-Christine FRA (26/3/22) | 277,5 |
| <b>M7</b>  |                                     | 0     |                                       | 0    |                                     | 0     |                                     | 0     |
| <b>M8</b>  |                                     | 0     |                                       | 0    |                                     | 0     |                                     | 0     |
| <b>M9</b>  |                                     | 0     |                                       | 0    |                                     | 0     |                                     | 0     |
| <b>M10</b> |                                     | 0     |                                       | 0    |                                     | 0     |                                     | 0     |

## WORLD RECORDS

## WOMEN - 70 KG

|            | SQUAT                               |       | BENCH                                 |      | DEADLIFT                          |       | TOTAL                               |       |
|------------|-------------------------------------|-------|---------------------------------------|------|-----------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Duncan Esther USA (4/11/2017)       | 105,5 | Houser Alexia USA 1995                | 55   | Lindow Heidi GBR (10/04/22)       | 135   | Lindow Heidi GBR (10/04/22)         | 287,5 |
| <b>T2</b>  | Camilli Clémence FRA (23/3/2024)    | 110   | Willan Emma ENG 1993                  | 70   | Camilli Clémence FRA (23/03/2024) | 160   | Camilli Clémence FRA (23/03/2024)   | 325   |
| <b>T3</b>  | VERNON Manon FRA (15/11/2025)       | 123   | VERNON Manon FRA (15/11/2025)         | 75,5 | Muir Jeniffer GBR (20/06/19)      | 157,5 | Muir Jeniffer GBR (20/06/19)        | 347,5 |
| <b>JR</b>  | Jones Rebecca GBR (25/02/2017)      | 145   | Jäggi Nora SWI 18/2/17                | 77,5 | Joshi Poppy GBR (03/11/2018)      | 171,5 | Jäggi Nora SWI 18/2/17              | 382,5 |
| <b>SR</b>  | MacPherson Charlotte GBR (26/10/20) | 160   | Pierce Jackie USA 1998                | 105  | Haslam* Melanie GBR (25/02/2017)  | 187,5 | MacPherson Charlotte GBR (26/10/20) | 437,5 |
| <b>M1</b>  | Wilson Alexia GBR (5/11/2023)       | 152,5 | Wilson Alexia GBR (14/7/2024)         | 90   | Wilson Alexia GBR (14/7/2024)     | 180,5 | Wilson Alexia GBR (14/7/2024)       | 435   |
| <b>M2</b>  | Barry Karen IRL (31/10/2015)        | 135   | Meunier Sarah FRA (23/3/2024)         | 72,5 | Twomey Helen IRE (7/5/16)         | 175   | Twomey Helen IRE (7/5/16)           | 352,5 |
| <b>M3</b>  | Estel Sophie FRA (31/3/18)          | 123   | Burr Carol USA 2008                   | 77,5 | Burr Carol USA 2008               | 165   | Burr Carol USA 2008                 | 340   |
| <b>M4</b>  | Kostadinov Helen AUS 2002           | 117,5 | KOSTADINOV Helen AUS 2002             | 72,5 | Kostadinov Helen AUS 2002         | 150   | Kostadinov Helen AUS 2002           | 335   |
| <b>M5</b>  | Kostadinov Helen AUS 2008           | 107,5 | KOSTADINOV Helen AUS 2008             | 65,5 | Kostadinov Helen AUS 2008         | 140   | Kostadinov Helen AUS 2008           | 312,5 |
| <b>M6</b>  | Liege Marie-Christine FRA (26/3/22) | 95,5  | Liege Marie-Christine FRA (23/3/2024) | 65   | Kostadinov Helen AUS 2009         | 127,5 | Kostadinov Helen AUS 2009           | 282,5 |
| <b>M7</b>  | Walker Kate USA 17/8/19             | 60    | Walker Kate USA 17/8/19               | 40   | Walker Kate USA 17/8/19           | 85    | Walker Kate USA 17/8/19             | 185   |
| <b>M8</b>  |                                     | 52,5  |                                       | 32,5 |                                   | 70    |                                     | 155   |
| <b>M9</b>  |                                     | 50    |                                       | 30   |                                   | 65    |                                     | 145   |
| <b>M10</b> |                                     | 47,5  |                                       | 27,5 |                                   | 52,5  |                                     | 127,5 |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 80 KG

|            | SQUAT                               |       | BENCH                               |      | DEADLIFT                            |       | TOTAL                               |       |
|------------|-------------------------------------|-------|-------------------------------------|------|-------------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Head Shachar ENG (12/11/2011)       | 125,5 | Dechamps Nadege BEL (7/4/12)        | 86,5 | Dechamps Nadege BEL (7/4/12)        | 160   | Bell Alicia GBR (29/07/2018)        | 260   |
| <b>T2</b>  | Head Shachar ENG (2/11/2013)        | 145   | Head Shachar ENG (2/11/2013)        | 75   | Ellington Danielle GBR (25/02/2017) | 182,5 | Head Shachar ENG (2/11/2013)        | 390   |
| <b>T3</b>  | Campbell Emma GBR (2/11/2024)       | 151   | Head Shachar ENG (28/3/15)          | 82,5 | Jäggi Nora SWI 1/10/2014)           | 207,5 | Jäggi Nora SWI 1/10/2014)           | 422,5 |
| <b>JR</b>  | Swankie Kara GBR (20/06/19)         | 150   | Marsh Natalie GBR (4/11/2017)       | 95   | Swankie Kara GBR (20/06/19)         | 200   | Swankie Kara GBR (20/06/19)         | 430   |
| <b>SR</b>  | Halfaoui Imam GBR (22/7/23)         | 170   | Berther Gina SWI (15/11/2025)       | 100  | Berther Gina SWI (15/11/2025)       | 212,5 | Berther Gina SWI (15/11/2025)       | 467,5 |
| <b>M1</b>  | Anderson Mary SCT 2008              | 160   | Anderson Mary SCT 2009              | 95   | Anderson Mary SCT (12/11/2011)      | 196   | ANDERSON Mary SCO 2009              | 432,5 |
| <b>M2</b>  | Anderson Mary GBR (28/03/15)        | 150   | Allen Amelia GBR (20/06/19)         | 90   | Anderson Mary GBR (12/11/2016)      | 185,5 | Anderson Mary SCT (28/3/15)         | 422,5 |
| <b>M3</b>  | Bush Mandy J GBR (27/04/2019)       | 125   | Perrone Susana ITA (31/10/2015)     | 75   | Bush Mandy J GBR (27/04/2019)       | 185   | Bush Mandy J GBR (27/04/2019)       | 377,5 |
| <b>M4</b>  | Ishchenko Liudmyla UKR (12/11/2016) | 115   | Ishchenko Liudmyla UKR (26/10/2019) | 70,5 | Ishchenko Liudmyla UKR (12/11/2016) | 130,5 | Ishchenko Liudmyla UKR (12/11/2016) | 310   |
| <b>M5</b>  | Giles Susan GBR (13/11/2022)        | 107,5 | Giles Susan GBR (13/11/2022)        | 63   | Giles Susan GBR (13/11/2022)        | 130,5 | Giles Susan GBR (13/11/2022)        | 300   |
| <b>M6</b>  |                                     | 0     | Farrell Imelda IRE (1/11/2014)      | 47,5 |                                     | 0     |                                     | 0     |
| <b>M7</b>  |                                     | 0     |                                     | 0    |                                     | 0     |                                     | 0     |
| <b>M8</b>  |                                     | 0     |                                     | 0    |                                     | 0     |                                     | 0     |
| <b>M9</b>  |                                     | 0     |                                     | 0    |                                     | 0     |                                     | 0     |
| <b>M10</b> |                                     | 0     |                                     | 0    |                                     | 0     |                                     | 0     |

## WORLD RECORDS

## WOMEN - 80 KG

|            | SQUAT                               |       | BENCH                               |      | DEADLIFT                            |       | TOTAL                               |       |
|------------|-------------------------------------|-------|-------------------------------------|------|-------------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Head Shachar ENG (12/11/2011)       | 125,5 | Dechamps Nadege BEL (7/4/12)        | 86,5 | Dechamps Nadege BEL (7/4/12)        | 160   | Dechamps Nadege BEL (7/4/12)        | 357,5 |
| <b>T2</b>  | Head Shachar ENG (2/11/2013)        | 145   | Eisenberg Erin USA 1995             | 77,5 | Ellington Danielle GBR (25/02/2017) | 182,5 | Head Shachar ENG (2/11/2013)        | 390   |
| <b>T3</b>  | Campbell Emma GBR (2/11/2024)       | 151   | Head Shachar ENG (28/3/15)          | 82,5 | Jäggi Nora SWI 1/10/2014)           | 207,5 | Jäggi Nora SWI 1/10/2014)           | 422,5 |
| <b>JR</b>  | Swankie Kara GBR (20/06/19)         | 150   | Marsh Natalie GBR (4/11/2017)       | 95   | Swankie Kara GBR (20/06/19)         | 200   | Swankie Kara GBR (20/06/19)         | 430   |
| <b>SR</b>  | Halfaoui Imam GBR (22/7/23)         | 170   | Oajen Betsy USA 1996                | 115  | Berther Gina SWI (15/11/2025)       | 212,5 | Berther Gina SWI (15/11/2025)       | 467,5 |
| <b>M1</b>  | Anderson Mary SCT 2008              | 160   | Anderson Mary SCT 2009              | 95   | Anderson Mary SCT (12/11/2011)      | 196   | ANDERSON Mary SCO 2009              | 432,5 |
| <b>M2</b>  | Anderson Mary GBR (28/03/15)        | 150   | Allen Amelia GBR (20/06/19)         | 90   | Anderson Mary GBR (12/11/2016)      | 185,5 | Anderson Mary SCT (28/3/15)         | 422,5 |
| <b>M3</b>  | Bush Mandy J GBR (27/04/2019)       | 125   | Duncan Karen USA 1995               | 82,5 | Bush Mandy J GBR (27/04/2019)       | 185   | Bush Mandy J GBR (27/04/2019)       | 377,5 |
| <b>M4</b>  | Ishchenko Liudmyla UKR (12/11/2016) | 115   | Ishchenko Liudmyla UKR (26/10/2019) | 70,5 | Burr Carol USA (4/11/2017)          | 140   | Ishchenko Liudmyla UKR (12/11/2016) | 310   |
| <b>M5</b>  | Giles Susan GBR (13/11/2022)        | 107,5 | Giles Susan GBR (13/11/2022)        | 63   | Giles Susan GBR (13/11/2022)        | 130,5 | Giles Susan GBR (13/11/2022)        | 300   |
| <b>M6</b>  | Clonninger Grace USA 2001           | 90    | Clonninger Dianne AUS 2001          | 55   | Clonninger Grace USA 2001           | 112,5 | Clonninger Grace USA 2001           | 257,5 |
| <b>M7</b>  |                                     | 60    |                                     | 37,5 |                                     | 77,5  |                                     | 175   |
| <b>M8</b>  |                                     | 55    |                                     | 35   |                                     | 75    |                                     | 165   |
| <b>M9</b>  |                                     | 52,5  |                                     | 32,5 |                                     | 70    |                                     | 155   |
| <b>M10</b> |                                     | 50    |                                     | 27,5 |                                     | 52,5  |                                     | 130   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 90 KG

|            | SQUAT                             |       | BENCH                             |       | DEADLIFT                          |       | TOTAL                             |       |
|------------|-----------------------------------|-------|-----------------------------------|-------|-----------------------------------|-------|-----------------------------------|-------|
| <b>T1</b>  | Bell Alicia GBR (27/04/2019)      | 115   | Bell Alicia GBR (20/06/19)        | 70    | Bell Alicia GBR (20/06/19)        | 140   | Bell Alicia GBR (20/06/19)        | 312,5 |
| <b>T2</b>  | Winfield Lauren GBR (20/06/19)    | 125   | Bennett Gabriella ENG 2010        | 62,5  | Bennett Gabrielle ENG 10          | 142,5 | Winfield Lauren GBR (20/06/19)    | 315   |
| <b>T3</b>  | Bennett Gabrielle ENG (7/4/12)    | 126   | Kom Alice FRA (20/04/2024)        | 75    | Kom Alice FRA (20/04/2024)        | 167,5 | Bennett Gabrielle ENG (7/4/12 )   | 342,5 |
| <b>JR</b>  | DI PERNA MICOL ITA (26/10/2019)   | 140,5 | DI PERNA MICOL ITA (26/10/2019)   | 78    | Lane Olivia IRE (31/10/2015)      | 190   | Lane Olivia IRE (31/10/2015)      | 390   |
| <b>SR</b>  | Hawtorn-Smith Takara GBR(5/11/202 | 168   | Cunninghame Bernie SCT (31/10/15) | 107,5 | Hawtorn-Smith Takara GBR(5/11/202 | 212,5 | Hawtorn-Smith Takara GBR(23/7/23  | 462,5 |
| <b>M1</b>  | Anderson Mary SCO 210             | 147,5 | Anderson Mary                     | 90    | Anderson Mary SCT 2010            | 192,5 | Anderson Mary SCO 2010            | 420   |
| <b>M2</b>  | Anderson Mary SCO 8/4/16          | 141   | Anderson Mary SCO 8/4/16          | 90    | Anderson Mary SCO 8/4/16          | 170   | Anderson Mary SCO 8/4/16          | 400   |
| <b>M3</b>  | Weetman Christine GBR (5/11/2023) | 110   | Heary Diana GBR (5/11/2023)       | 60    | Heary Diana GBR (5/11/2023)       | 147,5 | Weetman Christine GBR (5/11/2023) | 307,5 |
| <b>M4</b>  | Towersey Karen GBR (10/4/22)      | 85    | Towersey Karen GBR (10/4/22)      | 62,5  | Towersey Karen GBR (10/4/22)      | 137,5 | Towersey Karen GBR (10/4/22)      | 285   |
| <b>M5</b>  | Brown Rachel USA (4/11/2017)      | 92,5  | Brown Rachel USA (4/11/2017)      | 63    | Brown Rachel USA (4/11/2017)      | 135   | Brown Rachel USA (4/11/2017)      | 287,5 |
| <b>M6</b>  |                                   | 0     |                                   | 0     |                                   | 0     |                                   | 0     |
| <b>M7</b>  |                                   | 0     |                                   | 0     |                                   | 0     |                                   | 0     |
| <b>M8</b>  |                                   | 0     |                                   | 0     |                                   | 0     |                                   | 0     |
| <b>M9</b>  |                                   | 0     |                                   | 0     |                                   | 0     |                                   | 0     |
| <b>M10</b> |                                   | 0     |                                   | 0     |                                   | 0     |                                   | 0     |

## WORLD RECORDS

## WOMEN - 90 KG

|            | SQUAT                             |       | BENCH                             |       | DEADLIFT                          |       | TOTAL                            |       |
|------------|-----------------------------------|-------|-----------------------------------|-------|-----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Bell Alicia GBR (27/04/2019)      | 115   | Bell Alicia GBR (20/06/19)        | 70    | Bell Alicia GBR (20/06/19)        | 140   | Bell Alicia GBR (20/06/19)       | 312,5 |
| <b>T2</b>  | Winfield Lauren GBR (20/06/19)    | 125   | Beachler Lisa USA 1999            | 90    | Bennett Gabrielle ENG 10          | 142,5 | Beacher Lisa USA 99              | 332,5 |
| <b>T3</b>  | Bennett Gabrielle ENG (7/4/12)    | 126   | Eisenberg Erin USA 1996           | 80    | Kom Alice FRA (20/04/2024)        | 167,5 | Bennett Gabrielle ENG (7/4/12 )  | 342,5 |
| <b>JR</b>  | DI PERNA MICOL ITA (26/10/2019)   | 140,5 | DI PERNA MICOL ITA (26/10/2019)   | 78    | Lane Olivia IRE (31/10/2015)      | 190   | Lane Olivia IRE (31/10/2015)     | 390   |
| <b>SR</b>  | Hawtorn-Smith Takara GBR(5/11/202 | 168   | Cunninghame Bernie SCT (31/10/15) | 107,5 | Hawtorn-Smith Takara GBR(5/11/202 | 212,5 | Hawtorn-Smith Takara GBR(23/7/23 | 462,5 |
| <b>M1</b>  | Anderson Mary SCO 210             | 147,5 | Anderson Mary                     | 90    | Anderson Mary SCT 2010            | 192,5 | Anderson Mary SCO 2010           | 420   |
| <b>M2</b>  | Anderson Mary SCO 8/4/16          | 141   | Anderson Mary SCO 8/4/16          | 90    | Anderson Mary SCO 8/4/16          | 170   | Anderson Mary SCO 8/4/16         | 400   |
| <b>M3</b>  | Wright Judith AUS 2001            | 117,5 | Wright Judy AUS 2001              | 60    | Heary Diana GBR (5/11/2023)       | 147,5 | Wright Judy AUS 2001             | 322,5 |
| <b>M4</b>  | Towersey Karen GBR (10/4/22)      | 85    | Trevorah Ellen USA 1993           | 75    | Towersey Karen GBR (10/4/22)      | 137,5 | Towersey Karen GBR (10/4/22)     | 285   |
| <b>M5</b>  | Brown Rachel USA (4/11/2017)      | 92,5  | Brown Rachel USA (4/11/2017)      | 63    | Brown Rachel USA (4/11/2017)      | 135   | Brown Rachel USA (4/11/2017)     | 287,5 |
| <b>M6</b>  |                                   | 75    |                                   | 42,5  |                                   | 95    |                                  | 212,5 |
| <b>M7</b>  |                                   | 67,5  |                                   | 40    |                                   | 85    |                                  | 192,5 |
| <b>M8</b>  |                                   | 60    |                                   | 37,5  |                                   | 80    |                                  | 177,5 |
| <b>M9</b>  |                                   | 55    |                                   | 35    |                                   | 75    |                                  | 165   |
| <b>M10</b> |                                   | 52,5  |                                   | 27,5  |                                   | 70    |                                  | 135   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN - 110 KG

|            | SQUAT                           |       | BENCH                         |       | DEADLIFT                           |       | TOTAL                            |       |
|------------|---------------------------------|-------|-------------------------------|-------|------------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  |                                 | 0     |                               | 0     |                                    | 0     | 0                                |       |
| <b>T2</b>  | O'Donnel Amelia GBR (20/06/19)  | 145   | Lungu Ionela IRE (27/04/2025) | 72,5  | O'Donnel Amelia GBR (20/06/19)     | 180   | O'Donnel Amelia GBR (20/06/19)   | 385   |
| <b>T3</b>  |                                 | 0     |                               | 0     |                                    | 0     | 0                                |       |
| <b>JR</b>  | Hynes Pippa GBR (20/06/19)      | 107,5 | Hynes Pippa GBR (20/06/19)    | 65    | Mc Morrow Ruth IRE (27/04/2019)    | 125   | Myers Corinna USA (2/11/2024)    | 405   |
| <b>SR</b>  | Greene Deidre USA (4/11/2017)   | 181   | Saussois Gladys FRA 2007      | 112,5 | Rawsthorne Melanie GBR (14/7/2024) | 210,5 | Greene Deidre USA (4/11/2017)    | 492,5 |
| <b>M1</b>  | Thompson Polly GBR (25/02/2017) | 165   | Samson Leigh GBR (29/07/2018) | 95    | Thompson Polly GBR (12/11/2016)    | 190   | Thompson Polly GBR (12/11/2016)  | 412,5 |
| <b>M2</b>  | Thompson Polly GBR (20/6/19)    | 170   | Laird Joanne GBR (11/10/21)   | 90    | Thompson Polly GBR (3/11/2018)     | 200   | Thompson Polly GBR (27/11/21)    | 440   |
| <b>M3</b>  | Polly Thompson GBR (14/7/2024)  | 165   | Sarah Marsden GBR (23/7/23)   | 82,5  | Thompson Polly GBR (2/11/2024)     | 201   | Polly Thompson GBR (14/7/2024)   | 432,5 |
| <b>M4</b>  |                                 | 0     |                               | 0     |                                    | 0     | Margraves Sharri USA (4/11/2017) | 365   |
| <b>M5</b>  |                                 | 0     |                               | 0     |                                    | 0     | Margraves Sharri USA (2/11/2024) | 330   |
| <b>M6</b>  |                                 | 0     |                               | 0     |                                    | 0     |                                  | 0     |
| <b>M7</b>  |                                 | 0     |                               | 0     |                                    | 0     |                                  | 0     |
| <b>M8</b>  |                                 | 0     |                               | 0     |                                    | 0     |                                  | 0     |
| <b>M9</b>  |                                 | 0     |                               | 0     |                                    | 0     |                                  | 0     |
| <b>M10</b> |                                 | 0     |                               | 0     |                                    | 0     |                                  | 0     |

## WORLD RECORDS

## WOMEN - 110 KG

|            | SQUAT                            |       | BENCH                            |      | DEADLIFT                           |       | TOTAL                            |       |
|------------|----------------------------------|-------|----------------------------------|------|------------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  |                                  | 77,5  |                                  | 45   |                                    | 52,5  | 215                              |       |
| <b>T2</b>  | O'Donnel Amelia GBR (20/06/19)   | 145   | Lungu Ionela IRE (27/04/2025)    | 72,5 | O'Donnel Amelia GBR (20/06/19)     | 180   | O'Donnel Amelia GBR (20/06/19)   | 385   |
| <b>T3</b>  | DeVolder Keri USA 17/8/19        | 107,5 | Kiriaki Lisa usa 1996            | 80   | DeVolder Keri USA 17/8/19          | 125   | DeVolder Keri USA 17/8/19        | 302,5 |
| <b>JR</b>  | Myers Corinna USA (2/11/2024)    | 152,5 | Sullivan Stacey AUS 2001         | 82,5 | Myers Corinna USA(20/07/2024)      | 187,5 | Myers Corinna USA(20/07/2024)    | 410   |
| <b>SR</b>  | Greene Deidre USA (4/11/2017)    | 181   | Regan Cyndi USA 1992             | 130  | Rawsthorne Melanie GBR (14/7/2024) | 210,5 | Greene Deidre USA (4/11/2017)    | 492,5 |
| <b>M1</b>  | Thompson Polly GBR (25/02/2017)  | 165   | Regan Cyndi USA 1992             | 130  | Thompson Polly GBR (12/11/2016)    | 190   | Thompson Polly GBR (12/11/2016)  | 412,5 |
| <b>M2</b>  | Thompson Polly GBR (20/6/19)     | 170   | Regan Cyndi USA 1995             | 115  | Thompson Polly GBR (3/11/2018)     | 200   | Thompson Polly GBR (27/11/21)    | 440   |
| <b>M3</b>  | Polly Thompson GBR (14/7/2024)   | 165   | Sarah Marsden GBR (23/7/23)      | 82,5 | Thompson Polly GBR (2/11/2024)     | 201   | Polly Thompson GBR (14/7/2024)   | 432,5 |
| <b>M4</b>  | Margraves Sharri USA (4/11/2017) | 128   | Margraves Sharri USA (4/11/2017) | 80,5 | Margraves Sharri USA (4/11/2017)   | 165   | Margraves Sharri USA (4/11/2017) | 365   |
| <b>M5</b>  | Margraves Sharri USA (2/11/2024) | 105   | Margraves Sharri USA (2/11/2024) | 80   | Margraves Sharri USA (2/11/2024)   | 145   | Margraves Sharri USA (2/11/2024) | 330   |
| <b>M6</b>  |                                  | 82,5  |                                  | 50   |                                    | 100   |                                  | 232,5 |
| <b>M7</b>  |                                  | 75    |                                  | 45   |                                    | 90    |                                  | 210   |
| <b>M8</b>  |                                  | 67,5  |                                  | 40   |                                    | 85    |                                  | 192,5 |
| <b>M9</b>  |                                  | 60    |                                  | 37,5 |                                    | 80    |                                  | 177,5 |
| <b>M10</b> |                                  | 55    |                                  | 30   |                                    | 55    |                                  | 140   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## WOMEN + 110 KG

|           | SQUAT                             |     | BENCH                             |     | DEADLIFT                          |     | TOTAL                                       |
|-----------|-----------------------------------|-----|-----------------------------------|-----|-----------------------------------|-----|---|
| T1        |                                   | 0   |                                   | 0   |                                   | 0   | 0   |
| T2        |                                   | 0   |                                   | 0   |                                   | 0   | 0   |
| T3        |                                   | 0   |                                   | 0   |                                   | 0   | 0   |
| JR        |                                   | 0   |                                   | 0   |                                   | 0   | 0   |
| <b>SR</b> | Fortune Dominique GBR (14/7/2024) | 200 | Fortune Dominique GBR (14/7/2024) | 105 | Fortune Dominique GBR (14/7/2024) | 240 | Fortune Dominique GBR (14/7/2024) 545       |
| M1        |                                   | 0   |                                   | 0   |                                   | 0   | Cachia-Garrett Angela AUS (2/11/2024) 392,5 |
| M2        | Mcbride Amanda GBR (14/7/2024)    | 115 | Mcbride Amanda GBR (14/7/2024)    | 65  | Mcbride Amanda GBR (14/7/2024)    | 145 | Mcbride Amanda GBR (14/7/2024) 325          |
| M3        |                                   | 0   |                                   | 0   |                                   | 0   | 0   |
| M4        |                                   | 0   |                                   | 0   |                                   | 0   | Mils Diane AUS (2/11/2024) 335              |
| M5        |                                   | 0   |                                   | 0   |                                   | 0   | Mayes Rachel USA (2/11/2024) 117,5          |
| M6        |                                   | 0   |                                   | 0   |                                   | 0   | 0   |
| M7        |                                   | 0   |                                   | 0   |                                   | 0   | 0   |
| M8        |                                   | 0   |                                   | 0   |                                   | 0   | 0   |
| M9        |                                   | 0   |                                   | 0   |                                   | 0   | 0   |
| M10       |                                   | 0   |                                   | 0   |                                   | 0   | 0   |

## WORLD RECORDS

## WOMEN + 110 KG

|           | SQUAT                                 |       | BENCH                                 |      | DEADLIFT                              |     | TOTAL                                       |
|-----------|---------------------------------------|-------|---------------------------------------|------|---------------------------------------|-----|---|
| T1        |                                       | 87,5  |                                       | 55   |                                       | 100 | 242,5                                       |
| T2        |                                       | 95    |                                       | 60   |                                       | 110 | 265   |
| T3        |                                       | 105   |                                       | 65   |                                       | 120 | 290   |
| JR        |                                       | 115   |                                       | 70   |                                       | 130 | 315   |
| <b>SR</b> | Fortune Dominique GBR (14/7/2024)     | 200   | Fortune Dominique GBR (14/7/2024)     | 105  | Fortune Dominique GBR (14/7/2024)     | 240 | Fortune Dominique GBR (14/7/2024) 545       |
| M1        | Cachia-Garrett Angela AUS (2/11/2024) | 142,5 | Cachia-Garrett Angela AUS (2/11/2024) | 85   | Cachia-Garrett Angela AUS (2/11/2024) | 165 | Cachia-Garrett Angela AUS (2/11/2024) 392,5 |
| M2        | Mcbride Amanda GBR (14/7/2024)        | 115   | Mcbride Amanda GBR (14/7/2024)        | 65   | Mcbride Amanda GBR (14/7/2024)        | 145 | Mcbride Amanda GBR (14/7/2024) 325          |
| M3        |                                       | 112,5 |                                       | 70   |                                       | 130 | 312,5                                       |
| M4        | Mils Diane AUS (2/11/2024)            | 122,5 | Mils Diane AUS (2/11/2024)            | 77,5 | Mils Diane AUS (2/11/2024)            | 135 | Mils Diane AUS (2/11/2024) 335              |
| M5        |                                       | 97,5  |                                       | 62,5 |                                       | 115 | 275   |
| M6        |                                       | 92,5  |                                       | 60   |                                       | 110 | 262,5                                       |
| M7        |                                       | 85    |                                       | 55   |                                       | 100 | 240   |
| M8        |                                       | 77,5  |                                       | 45   |                                       | 90  | 212,5                                       |
| M9        |                                       | 70    |                                       | 42,5 |                                       | 85  | 197,5                                       |
| M10       |                                       | 65    |                                       | 37,5 |                                       | 60  | 162,5                                       |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## MEN 52 KG

|            | SQUAT                            |       | BENCH                           |      | DEADLIFT                         |       | TOTAL                            |       |
|------------|----------------------------------|-------|---------------------------------|------|----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Prepelita Vladimir MOL 2007      | 107,5 | Prepelita Vladimir MOL 2007     | 70   | Prepelita Vladimir MOL 2007      | 140   | Prepelita Vladimir MOL 2007      | 312,5 |
| <b>T2</b>  | Hons Matthew BEL 11/2/17         | 112,5 | Miraglia Mattia ITA (5/05/2012) | 82,5 | Hons Matthew BEL (29/04/2017)    | 165   | Hons Matthew BEL 11/2/17         | 350   |
| <b>T3</b>  | Oger Oleksii UKR (1/11/2014)     | 90    | Musik M POL 1993                | 77,5 | Oger Oleksii UKR (1/11/2014)     | 107,5 | Oger Oleksii UKR (1/11/2014)     | 267,5 |
| <b>JR</b>  | Merriman Owen GBR (21/06/19)     | 107,5 | Merriman Owen GBR (21/06/19)    | 65   | Bailey Joseph GBR (25/02/2017)   | 140   | Bailey Joseph SCT (27/02/2017)   | 300   |
| <b>SR</b>  | Nurnazarov Vepa TKM (12/11/2011) | 125   | Forbes Brian IRE 1997           | 97,5 | Nurnazarov Vepa TKM (12/11/2011) | 176   | Nurnazarov Vepa TKM (12/11/2011) | 392,5 |
| <b>M1</b>  |                                  |       | Forbes Brian IRE 1997           | 97,5 |                                  | 0     |                                  | 0     |
| <b>M2</b>  |                                  | 0     |                                 | 0    |                                  | 0     |                                  | 0     |
| <b>M3</b>  | Forbes Brian IRE 2010            | 120,5 | Forbes Brian IRE 2010           | 82,5 | Forbes Brian IRE 2010            | 160,5 | Forbes Brian IRE 2010            | 357,5 |
| <b>M4</b>  |                                  | 0     | Andrieu Prospere FRA 1992       | 70   |                                  | 0     |                                  | 0     |
| <b>M5</b>  |                                  | 0     |                                 | 0    |                                  | 0     |                                  | 0     |
| <b>M6</b>  |                                  | 0     |                                 | 0    |                                  | 0     |                                  | 0     |
| <b>M7</b>  |                                  | 0     |                                 | 0    |                                  | 0     |                                  | 0     |
| <b>M8</b>  |                                  | 0     |                                 | 0    |                                  | 0     |                                  | 0     |
| <b>M9</b>  |                                  | 0     |                                 | 0    |                                  | 0     |                                  | 0     |
| <b>M10</b> |                                  | 0     |                                 | 0    |                                  | 0     |                                  | 0     |

## WORLD RECORDS

## MEN 52 KG

|            | SQUAT                            |       | BENCH                            |      | DEADLIFT                         |       | TOTAL                            |       |
|------------|----------------------------------|-------|----------------------------------|------|----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Jaranowski John USA (2/11/2024)  | 108   | Jaranowski John USA (2/11/2024)  | 70,5 | Prepelita Vladimir MOL 2007      | 140   | Prepelita Vladimir MOL 2007      | 312,5 |
| <b>T2</b>  | Seng Evan USA (10/10/20)         | 117,5 | Miraglia Mattia ITA (5/05/2012)  | 82,5 | Hons Matthew BEL (29/04/2017)    | 165   | Hons Matthew BEL 11/2/17         | 350   |
| <b>T3</b>  | Wrenn Johnathan USA (12/11/2011) | 142,5 | Wrenn Johnathan USA (12/11/2011) | 90   | Wrenn Johnathan USA (12/11/2011) | 160   | Wrenn Johnathan USA (12/11/2011) | 392,5 |
| <b>JR</b>  | Wrenn Johnathon USA (27/10/2012) | 150   | Wrenn Johnathon USA (27/10/2012) | 95   | Wrenn Johnathon USA (27/10/2012) | 172,5 | Wrenn Johnathon USA (27/10/2012) | 417,5 |
| <b>SR</b>  | Wrenn Johnathon USA (27/10/2012) | 150   | Nguyen Doan USA 1993             | 110  | Nurnazarov Vepa TKM (12/11/2011) | 176   | Wrenn Johnathon USA (27/10/2012) | 417,5 |
| <b>M1</b>  |                                  | 107,5 | Forbes Brian IRE 1997            | 97,5 |                                  | 120   |                                  | 305   |
| <b>M2</b>  |                                  | 102,5 |                                  | 72,5 |                                  | 115   |                                  | 290   |
| <b>M3</b>  | Forbes Brian IRE 2010            | 120,5 | Forbes Brian IRE 2010            | 82,5 | Forbes Brian IRE 2010            | 160,5 | Forbes Brian IRE 2010            | 357,5 |
| <b>M4</b>  |                                  | 92,5  | Andrieu Prospere FRA 1992        | 70   |                                  | 105   |                                  | 265   |
| <b>M5</b>  |                                  | 87,5  |                                  | 65   |                                  | 100   |                                  | 252,5 |
| <b>M6</b>  |                                  | 85    |                                  | 60   |                                  | 92,5  |                                  | 237,5 |
| <b>M7</b>  |                                  | 72,5  |                                  | 52,5 |                                  | 80    |                                  | 205   |
| <b>M8</b>  |                                  | 65    |                                  | 47,5 |                                  | 72,5  |                                  | 185   |
| <b>M9</b>  |                                  | 57,5  |                                  | 42,5 |                                  | 65    |                                  | 165   |
| <b>M10</b> |                                  | 52,5  |                                  | 37,5 |                                  | 57,5  |                                  | 147,5 |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## MEN 56 KG

|            | SQUAT                               |       | BENCH                               |      | DEADLIFT                            |       | TOTAL                               |       |
|------------|-------------------------------------|-------|-------------------------------------|------|-------------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Chirica Viktor MLD (20/04/2024)     | 120,5 | DE BONIS DAVIDE ITA (29/04/2017)    | 75   | DE BONIS DAVIDE ITA (29/04/2017)    | 157,5 | DE BONIS DAVIDE ITA (29/04/2017)    | 352,5 |
| <b>T2</b>  | PREPELITA Vladimir (2008) MOL       | 135   | Prepelita Vladimir MOL 2008         | 87,5 | AIKMAN JNR David (2009) SCO         | 163   | Prepelita Vladimir MOL 2008         | 377,5 |
| <b>T3</b>  | Croitoru Iulian MOL (1/11/2014)     | 140   | Miraglia Mattia ITA (27/10/2012)    | 93   | Croitoru Iulian MOL (1/11/2014)     | 175   | Croitoru Iulian MOL (1/11/2014)     | 392,5 |
| <b>JR</b>  | Miraglia Mattia ITA (31/10/2015)    | 125   | Miraglia Mattia ITA (31/10/2015)    | 110  | Baily Joseph GBR 8/4/16             | 176   | Miraglia Mattia ITA (31/10/2015)    | 395   |
| <b>SR</b>  | Mouhoubi Yacine BEL (15/11/2025)    | 105   | Forbes Brian IRE 1998               | 103  | Gavigan Justin IRE 2007             | 185   | Anderson Brandon USA (4/11/2017)    | 447,5 |
| <b>M1</b>  |                                     | 117,5 | Forbes Brian IRE 1998               | 103  |                                     | 127,5 |                                     | 330   |
| <b>M2</b>  | Walsh Gareth IRE (26/10/2019)       | 135   | Forbes Brian IRE 2006               | 92,5 | Walsh Gareth IRE (26/10/2019)       | 170   | Walsh Gareth IRE (26/10/2019)       | 397,5 |
| <b>M3</b>  | Forbes Brian IRE 2008               | 130,5 | Forbes Brian IRE 2008               | 97,5 | Forbes Brian IRE 2008               | 175   | Forbes Brian IRE 2008               | 400   |
| <b>M4</b>  |                                     | 0     |                                     | 0    |                                     | 0     |                                     | 0     |
| <b>M5</b>  |                                     | 0     |                                     | 0    |                                     | 0     |                                     | 0     |
| <b>M6</b>  |                                     | 0     |                                     | 0    |                                     | 0     |                                     | 0     |
| <b>M7</b>  |                                     | 0     |                                     | 0    |                                     | 0     |                                     | 0     |
| <b>M8</b>  | Catricala Domenico ITA (12/11/2016) | 90    | Catricala Domenico ITA (12/11/2016) | 35   | Catricala Domenico ITA (12/11/2016) | 135   | Catricala Domenico ITA (12/11/2016) | 260   |
| <b>M9</b>  |                                     | 65    |                                     | 47,5 |                                     | 0     |                                     | 182,5 |
| <b>M10</b> |                                     | 0     |                                     | 0    |                                     | 0     |                                     | 0     |

## WORLD RECORDS

## MEN 56 KG

|            | SQUAT                               |       | BENCH                            |       | DEADLIFT                            |       | TOTAL                               |       |
|------------|-------------------------------------|-------|----------------------------------|-------|-------------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Chirica Viktor MLD (20/04/2024)     | 120,5 | Zielinski Logan USA 2008         | 87,5  | DE BONIS DAVIDE ITA (29/04/2017)    | 157,5 | DE BONIS DAVIDE ITA (29/04/2017)    | 352,5 |
| <b>T2</b>  | PREPELITA Vladimir (2008) MOL       | 135   | Curatolo Dominic USA 1997        | 107,5 | Ross Cole USA 17/8/19               | 164   | Prepelita Vladimir MOL 2008         | 377,5 |
| <b>T3</b>  | Croitoru Iulian MOL (1/11/2014)     | 140   | Miraglia Mattia ITA (27/10/2012) | 93    | Croitoru Iulian MOL (1/11/2014)     | 175   | Croitoru Iulian MOL (1/11/2014)     | 392,5 |
| <b>JR</b>  | Wrenn Johnathon USA (2/11/2013)     | 160   | Miraglia Mattia ITA (31/10/2015) | 110   | Baily Joseph GBR 8/4/16             | 176   | Wrenn Johnathon USA (2/11/2013)     | 420   |
| <b>SR</b>  | Wrenn Jonathan USA (27/7/2018)      | 172,5 | Higgins Fred USA 1992            | 132,5 | Anderson Brandon USA (4/11/2017)    | 195   | Anderson Brandon USA (4/11/2017)    | 447,5 |
| <b>M1</b>  |                                     | 117,5 | Higgins Fred USA 1992            | 132,5 |                                     | 127,5 |                                     | 330   |
| <b>M2</b>  | Walsh Gareth IRE (26/10/2019)       | 135   | Forbes Brian IRE 2006            | 92,5  | Walsh Gareth IRE (26/10/2019)       | 170   | Walsh Gareth IRE (26/10/2019)       | 397,5 |
| <b>M3</b>  | Forbes Brian IRE 2008               | 130,5 | Forbes Brian IRE 2008            | 97,5  | Forbes Brian IRE 2008               | 175   | Forbes Brian IRE 2008               | 400   |
| <b>M4</b>  |                                     | 102,5 |                                  | 72,5  |                                     | 110   |                                     | 285   |
| <b>M5</b>  |                                     | 97,5  |                                  | 70    |                                     | 105   |                                     | 272,5 |
| <b>M6</b>  |                                     | 92,5  | Smith Dennis USA 1997            | 77,5  |                                     | 97,5  |                                     | 255   |
| <b>M7</b>  |                                     | 80    |                                  | 57,5  |                                     | 85    |                                     | 222,5 |
| <b>M8</b>  | Catricala Domenico ITA (12/11/2016) | 90    | Lotherington Bill AUS (13/7/13)  | 55    | Catricala Domenico ITA (12/11/2016) | 135   | Catricala Domenico ITA (12/11/2016) | 260   |
| <b>M9</b>  |                                     | 65    |                                  | 47,5  |                                     | 70    |                                     | 182,5 |
| <b>M10</b> |                                     | 57,5  |                                  | 42,5  |                                     | 62,5  |                                     | 162,5 |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## MEN 60 KG

|            | SQUAT                              |       | BENCH                          |       | DEADLIFT                           |       | TOTAL                              |       |
|------------|------------------------------------|-------|--------------------------------|-------|------------------------------------|-------|------------------------------------|-------|
| <b>T1</b>  | Green Mark ENG 2010                | 137,5 | Mazur Kamil POL 1999           | 105   | Denilson Manicaro MAL 2014         | 160,5 | Green Mark ENG 2010                | 392,5 |
| <b>T2</b>  | Schmitz Kyle BEL (15/11/2025)      | 152,5 | Schmitz Kyle BEL (15/11/2025)  | 108   | Calmic Viktor MLD (20/04/2024)     | 180,5 | Schmitz Kyle BEL (15/11/2025)      | 417,5 |
| <b>T3</b>  | DEBONIS DAVIDE ITA (26/10/2019)    | 152,5 | Strech Adrian MDA (12/11/2016) | 108   | Boughlama Yanis FRA (28/04/2019)   | 185,5 | DEBONIS DAVIDE ITA (26/10/2019)    | 430   |
| <b>JR</b>  | Sheikh Faaris GBR (4/11/2017)      | 170   | Peacock Tian ENG (28/3/15)     | 107,5 | Donelon Sean IRE 2010              | 215   | Sheikh Faaris GBR (4/11/2017)      | 477,5 |
| <b>SR</b>  | Hampson Ben GBR (29/07/2018)       | 177,5 | Gutteridge Alan ENG 1991       | 145   | Donelon Sean IRE 2010              | 215   | Hampson Ben GBR (29/07/2018)       | 477,5 |
| <b>M1</b>  | Forbes Brian IRE 2000              | 145   | Gutteridge Alan ENG 1991       | 136,5 | Forbes Brian IRE 2002              | 192,5 | Forbes Brian IRE 2002              | 437,5 |
| <b>M2</b>  | Brown Stephen 2008 ENG             | 150   | Walsh Garreth IRE (27/11/21)   | 100   | Brown Stephen ENG 2008             | 207,5 | Brown Stephen ENG 2008             | 447,5 |
| <b>M3</b>  | Grünberg Michael GER ( 13/10/18)   | 80    | Durdey Graham ENG 1995         | 86    | Grünberg Michael GER ( 13/10/18)   | 142,5 | Grünberg Michael GER ( 13/10/18)   | 295   |
| <b>M4</b>  | Grünberg Michael GER (20/04/2024)  | 110   | Tidona Vincenzo FRA 1990       | 100   | Grünberg Michael GER (20/04/2024)  | 165   | Grünberg Michael GER (20/04/2024)  | 350   |
| <b>M5</b>  |                                    | 0     | Tidona Vincenzo FRA 1992       | 107,5 |                                    | 0     |                                    | 0     |
| <b>M6</b>  | Colella Antonio ITA (31/10/2015)   | 145   | Duffield Jack ENG 1995         | 70    | Colella Antonio ITA (31/10/2015)   | 160   | Colella Antonio ITA (31/10/2015)   | 370   |
| <b>M7</b>  | Lilley Barry GBR (12/11/2022)      | 107,5 | Lilley Barry GBR (12/11/2022)  | 70    | Lilley Barry GBR (12/11/2022)      | 145,5 | Lilley Barry GBR (12/11/2022)      | 322,5 |
| <b>M8</b>  | Catricala Domenico ITA (5/05/2012) | 80    | Cluer Ron ENG 1995             | 60,5  | Catricala Domenico ITA (5/05/2012) | 145   | Catricala Domenico ITA (5/05/2012) | 285   |
| <b>M9</b>  | Brown Ted ENG (2/11/2013)          | 90    | Brown Ted ENG (2/11/2013)      | 78    | Brown Ted ENG (2/11/2013)          | 130   | Brown Ted ENG (2/11/2013)          | 297,5 |
| <b>M10</b> |                                    | 0     |                                | 0     |                                    | 0     |                                    | 0     |

## WORLD RECORDS

## MEN 60 KG

|            | SQUAT                              |       | BENCH                          |       | DEADLIFT                           |       | TOTAL                              |       |
|------------|------------------------------------|-------|--------------------------------|-------|------------------------------------|-------|------------------------------------|-------|
| <b>T1</b>  | Green Mark ENG 2010                | 137,5 | Mazur Kamil POL 1999           | 105   | Denilson Manicaro MAL 2014         | 160,5 | Green Mark ENG 2010                | 392,5 |
| <b>T2</b>  | Schmitz Kyle BEL (15/11/2025)      | 152,5 | Kempf Jesse USA 1997           | 110   | Calmic Viktor MLD (20/04/2024)     | 180,5 | Schmitz Kyle BEL (15/11/2025)      | 417,5 |
| <b>T3</b>  | DEBONIS DAVIDE ITA (26/10/2019)    | 152,5 | Strech Adrian MDA (12/11/2016) | 108   | Boughlama Yanis FRA (28/04/2019)   | 185,5 | DEBONIS DAVIDE ITA (26/10/2019)    | 430   |
| <b>JR</b>  | Sheikh Faaris GBR (4/11/2017)      | 170   | Peacock Tian ENG (28/3/15)     | 107,5 | Donelon Sean IRE 2010              | 215   | Sheikh Faaris GBR (4/11/2017)      | 477,5 |
| <b>SR</b>  | Hampson Ben GBR (29/07/2018)       | 177,5 | Gutteridge Alan ENG 1991       | 145   | Donelon Sean IRE 2010              | 215   | Hampson Ben GBR (29/07/2018)       | 477,5 |
| <b>M1</b>  | Forbes Brian IRE 2000              | 145   | Gutteridge Alan ENG 1991       | 136,5 | Forbes Brian IRE 2002              | 192,5 | Forbes Brian IRE 2002              | 437,5 |
| <b>M2</b>  | Brown Stephen 2008 ENG             | 150   | Litchfield Fred AUS 1996       | 112,5 | Brown Stephen ENG 2008             | 207,5 | Brown Stephen ENG 2008             | 447,5 |
| <b>M3</b>  |                                    | 115   | Griffith Paul USA 1996         | 100   | Grünberg Michael GER ( 13/10/18)   | 142,5 |                                    | 322,5 |
| <b>M4</b>  |                                    | 110   | Tidona Vincenzo FRA 1990       | 100   | Grünberg Michael GER (20/04/2024)  | 165   | Grünberg Michael GER (20/04/2024)  | 350   |
| <b>M5</b>  |                                    | 105   | Tidona Vincenzo FRA 1992       | 107,5 | Morrison Gary USA 2009             | 145   | Morrison Gary USA 2009             | 302,5 |
| <b>M6</b>  | Colella Antonio ITA (31/10/2015)   | 145   | Kawasaki Non USA 1997          | 97,5  | Colella Antonio ITA (31/10/2015)   | 160   | Colella Antonio ITA (31/10/2015)   | 370   |
| <b>M7</b>  | Lilley Barry GBR (12/11/2022)      | 107,5 | Lilley Barry GBR (12/11/2022)  | 70    | Lilley Barry GBR (12/11/2022)      | 145,5 | Lilley Barry GBR (12/11/2022)      | 322,5 |
| <b>M8</b>  | Catricala Domenico ITA (5/05/2012) | 80    | Smith Steve USA 2008           | 75    | Catricala Domenico ITA (5/05/2012) | 145   | Catricala Domenico ITA (5/05/2012) | 285   |
| <b>M9</b>  | Brown Ted ENG (2/11/2013)          | 90    | Brown Ted ENG (2/11/2013)      | 78    | Brown Ted ENG (2/11/2013)          | 130   | Brown Ted ENG (2/11/2013)          | 297,5 |
| <b>M10</b> |                                    | 62,5  |                                | 45    |                                    | 67,5  |                                    | 175   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED

## EUROPEAN RECORDS

### MEN 67,5 KG

|            | SQUAT                              |       | BENCH                                |       | DEADLIFT                           |       | TOTAL                              |       |
|------------|------------------------------------|-------|--------------------------------------|-------|------------------------------------|-------|------------------------------------|-------|
| <b>T1</b>  | Bell Daren SCT 2007                | 145   | Bell Darren SCT 2007                 | 86    | Bell Darren SCO 2007               | 187,5 | Bell Darren SCO 2007               | 415   |
| <b>T2</b>  | Holland Jordan IRE (3/11/2018)     | 170,5 | Green Mark ENG 07/04/2013            | 130   | Motora Tymofii GER (15/11/2025)    | 201,5 | Green Mark ENG 07/04/2013          | 480   |
| <b>T3</b>  | Veacelav Cristov MDA 2003          | 202,5 | Kuczera Mariusz POL 1993             | 150   | Veacelav Cristov MOL 2003          | 215   | Veacelav Cristov MOL 2003          | 505   |
| <b>JR</b>  | Moynihan Kelvin IRE ( 16/8/15)     | 185   | Calmic Dumitru MLD (26/10/2019)      | 130   | Wardley Jonathan GBR (29/07/2018)  | 240   | Humphreys Tom GBR (3/11/2018)      | 500   |
| <b>SR</b>  | Velarde Daniel SWI (26/10/2019)    | 207,5 | Kuczera Mariusz POL 1993             | 150   | Watts David GBR (26/10/2019)       | 261   | Gray David ENG (2/11/2013)         | 582,5 |
| <b>M1</b>  | Degiorgio Charles MAL (26/10/2019) | 190   | Bedford Peter WAL 2006               | 130   | Degiorgio Charles MAL (26/10/2019) | 247,5 | Degiorgio Charles MAL (26/10/2019) | 552,5 |
| <b>M2</b>  | Gray David ENG (2/11/2013)         | 196   | Gray David ENG (27/04/2013)          | 145,5 | Gray David ENG (27/04/2013)        | 260   | Gray David ENG (2/11/2013)         | 582,5 |
| <b>M3</b>  | Gray David ENG (05/04/2014)        | 185   | Gray David ENG (05/04/2014)          | 140   | Gray David ENG (05/04/2014)        | 250   | Gray David ENG (05/04/2014)        | 575   |
| <b>M4</b>  | Colella Antonio ITA 2003           | 175   | Haynes Cliff ENG (27/02/16)          | 130   | Haynes Cliff ENG (27/02/16)        | 210   | Haynes Cliff ENG (27/02/16)        | 490   |
| <b>M5</b>  | Chavatte Jean-Pierre               | 132,5 | Tidona Vincenzo FRA 1993             | 100,5 | Caneo Salvatore ITA 12/11/16       | 176   | Paul Ron USA (2/11/2024)           | 397,5 |
| <b>M6</b>  | Camus -Mollet D. FRA 2004          | 152,5 | Keirnan Laurence GBR (4/11/2023)     | 87,5  | Camut-Mollet Daniel 2005           | 183   | Camus-Mollet Daniel FRA 2004       | 415   |
| <b>M7</b>  | Camus -Mollet D. FRA 2007          | 145   | Marcinkowski Michal BEL (12/11/2022) | 80    | Camut-Mollet Daniel 2010           | 185   | Camus-Mollet Daniel FRA 2007       | 397,5 |
| <b>M8</b>  | Tidona Vincenzo FRA 2007           | 105   | Tidona Vincenzo FRA 2007             | 75    | Tidona Vinzeno FRA 2007            | 150   | Tidona Vincenzo FRA 2007           | 330   |
| <b>M9</b>  |                                    | 0     | Cluer Ron ENG 1997                   | 57,5  |                                    | 0     |                                    | 0     |
| <b>M10</b> |                                    | 0     |                                      | 0     |                                    | 0     |                                    | 0     |

## WORLD RECORDS

### MEN 67,5 KG

|            | SQUAT                              |       | BENCH                           |       | DEADLIFT                           |       | TOTAL                              |       |
|------------|------------------------------------|-------|---------------------------------|-------|------------------------------------|-------|------------------------------------|-------|
| <b>T1</b>  | Bell Daren SCT 2007                | 145   | Bell Darren SCT 2007            | 86    | Bell Darren SCO 2007               | 187,5 | Bell Darren SCO 2007               | 415   |
| <b>T2</b>  | Holland Jordan IRE (3/11/2018)     | 170,5 | Green Mark ENG 07/04/2013       | 130   | Motora Tymofii GER (15/11/2025)    | 201,5 | Green Mark ENG 07/04/2013          | 480   |
| <b>T3</b>  | Veacelav Cristov MDA 2003          | 202,5 | Kuczera Mariusz POL 1993        | 150   | Veacelav Cristov MOL 2003          | 215   | Veacelav Cristov MOL 2003          | 505   |
| <b>JR</b>  | Moynihan Kelvin IRE ( 16/8/15)     | 185   | Calmic Dumitru MLD (26/10/2019) | 130   | Wardley Jonathan GBR (29/07/2018)  | 240   | Humphreys Tom GBR (3/11/2018)      | 500   |
| <b>SR</b>  | Velarde Daniel SWI (26/10/2019)    | 207,5 | Conyers Tony USA 1996           | 182,5 | Watts David GBR (26/10/2019)       | 261   | Gray David ENG (2/11/2013)         | 582,5 |
| <b>M1</b>  | Degiorgio Charles MAL (26/10/2019) | 190   | Johnson S USA 1993              | 137,5 | Degiorgio Charles MAL (26/10/2019) | 247,5 | Degiorgio Charles MAL (26/10/2019) | 552,5 |
| <b>M2</b>  | Gray David ENG (2/11/2013)         | 196   | Gray David ENG (27/04/2013)     | 145,5 | Gray David ENG (27/04/2013)        | 260   | Gray David ENG (2/11/2013)         | 582,5 |
| <b>M3</b>  | Gray David ENG (05/04/2014)        | 185   | Gray David ENG (05/04/2014)     | 140   | Gray David ENG (05/04/2014)        | 250   | Gray David ENG (05/04/2014)        | 575   |
| <b>M4</b>  | Colella Antonio ITA 2003           | 175   | Haynes Cliff ENG (27/02/16)     | 130   | Haynes Cliff ENG (27/02/16)        | 210   | Haynes Cliff ENG (27/02/16)        | 490   |
| <b>M5</b>  | Paul Ron USA (2/11/2024)           | 150   | Cortes Robert USA 1994          | 122,5 | Caneo Salvatore ITA 12/11/16       | 176   | Paul Ron USA (2/11/2024)           | 397,5 |
| <b>M6</b>  | Camus -Mollet D. FRA 2004          | 152,5 | Cortes Robert USA 1996          | 125   | Camut-Mollet Daniel 2005           | 183   | Camus-Mollet Daniel FRA 2004       | 415   |
| <b>M7</b>  | Camus -Mollet D. FRA 2007          | 145   | Bonner Harry USA 1994           | 85    | Camut-Mollet Daniel 2010           | 185   | Camus-Mollet Daniel FRA 2007       | 397,5 |
| <b>M8</b>  | Tidona Vincenzo FRA 2007           | 105   | Tidona Vincenzo FRA 2007        | 75    | Tidona Vinzeno FRA 2007            | 150   | Tidona Vincenzo FRA 2007           | 330   |
| <b>M9</b>  |                                    | 75    | Cluer Ron ENG 1997              | 57,5  |                                    | 82,5  |                                    | 215   |
| <b>M10</b> |                                    | 67,5  |                                 | 52,5  |                                    | 75    |                                    | 195   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## MEN 75 KG

|            | SQUAT                               |       | BENCH                               |       | DEADLIFT                           |       | TOTAL                               |       |
|------------|-------------------------------------|-------|-------------------------------------|-------|------------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Poole Ben (MPF) ENG (14/05/2016)    | 180   | Bondin Ismael MAL 2014              | 100   | Deegan David IRE 2008              | 170   | Holland Kai ENG 2010                | 387,5 |
| <b>T2</b>  | Rowles Liam ENG (05/04/2014)        | 205   | Ridett Lewis ENG 2011               | 132,5 | Guichot Antonin FRA (18/04/2026)   | 240,5 | Guichot Antonin FRA (18/04/2026)    | 542,5 |
| <b>T3</b>  | Cannngs Alistar ENG 2011            | 195   | Kuczera Mariusz POL 1994            | 155   | Progunov Vitaly RUS 2008           | 245   | Cannings Alistar ENG 2011           | 545   |
| <b>JR</b>  | Sudarminto Indra BEL (7/4/12)       | 230   | Giossi Savio SWI (15/11/2025)       | 150   | Reidy Martin IRE (12/11/2016)      | 270   | Sudarminto Indra BEL (5/05/2012)    | 620   |
| <b>SR</b>  | Sudarminto Indra BEL (19/3/18)      | 265   | Sudarminto Indra BEL (29/04/2017)   | 170   | Sudarminto Indra BEL (25/02/2017)  | 292,5 | Sudarminto Indra BEL (29/04/2017)   | 710   |
| <b>M1</b>  | Hannah David SCT 2005               | 195   |                                     | 155   | O Rourke Joe IRE (7/5/16)          | 245   | Ram Tirth BEL (1/11/2014)           | 572,5 |
| <b>M2</b>  | Awuka Felix ENG 2004                | 200   | Doubel Rene FRA 1993                | 145   | HAYNES Cliff (2009) ENG            | 242,5 | HAYNES Cliff (2009) ENG             | 572,5 |
| <b>M3</b>  | Lolacona Vincent ITA 2004           | 195   | Shaw Mike ENG 1992                  | 127,5 | Duggan Derek IRL (2/11/2013)       | 231   | Lolacono Vincent ITA 2004           | 545   |
| <b>M4</b>  | Forget Bernard FRA 2005             | 177,5 | Haynes Cliff ENG 25/2/17            | 137,5 | Forget Bernard FRA 2005            | 230   | Stagg Mike USA (2/11/2024)          | 545   |
| <b>M5</b>  | Meredith Thomas GBR (29/07/2018)    | 175   | Dumontois Jaques FRA 2001           | 120   | Mahourat Pascal FRA (29/04/2023)   | 220   | Meredith Thomas GBR (29/07/2018)    | 475   |
| <b>M6</b>  | MAUHOURLAT Pascal FRA (15/11/2024)  | 161,5 | BOUDOT Philippe FRA (15/11/2025)    | 117,5 | MAUHOURLAT Pascal FRA (18/04/2024) | 215   | MAUHOURLAT Pascal FRA (15/11/2024)  | 460   |
| <b>M7</b>  | Freeman David GBR (12/10/21)        | 135   | Passmore George ENG 2004            | 100,5 | Tarran Ed ENG 2001                 | 180   | Henrion Denis FRA (15/11/2025)      | 385   |
| <b>M8</b>  | Van Ladestein Dick NED (18/10/2025) | 130   | Van Ladestein Dick NED (18/10/2025) | 90    | Tarran Ed ENG 2003                 | 175   | Van Ladestein Dick NED (18/10/2025) | 380   |
| <b>M9</b>  | Legg Bill GBR (31/8/2024)           | 85    | Legg Bill GBR (31/8/2024)           | 63    | Legg Bill GBR (31/8/2024)          | 110   | Legg Bill GBR (31/8/2024)           | 257,5 |
| <b>M10</b> |                                     | 0     |                                     | 0     |                                    | 0     |                                     | 0     |

## WORLD RECORDS

## MEN 75 KG

|            | SQUAT                               |       | BENCH                               |       | DEADLIFT                              |       | TOTAL                               |       |
|------------|-------------------------------------|-------|-------------------------------------|-------|---------------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Poole Ben (MPF) ENG (14/05/2016)    | 180   | Bondin Ismael MAL 2014              | 100   | De Haan Curtis AUS 2006               | 200   | De Haan Curtis AUS 2006             | 407,5 |
| <b>T2</b>  | Rowles Liam ENG (05/04/2014)        | 205   | Walters John USA 1995               | 140   | Guichot Antonin FRA (18/04/2026)      | 240,5 | Guichot Antonin FRA (18/04/2026)    | 542,5 |
| <b>T3</b>  | Cannngs Alistar ENG 2011            | 195   | Kuczera Mariusz POL 1994            | 155   | Progunov Vitaly RUS 2008              | 245   | Cannings Alistar ENG 2011           | 545   |
| <b>JR</b>  | Sudarminto Indra BEL (7/4/12)       | 230   | Flick Nathan AUS 1997               | 177,5 | Reidy Martin IRE (12/11/2016)         | 270   | Sudarminto Indra BEL (5/05/2012)    | 620   |
| <b>SR</b>  | Sudarminto Indra BEL (19/3/18)      | 265   | Beavers Martin USA 1990             | 185   | Sudarminto Indra BEL (25/02/2017)     | 292,5 | Sudarminto Indra BEL (29/04/2017)   | 710   |
| <b>M1</b>  | Horner David USA (19/7/14)          | 196   |                                     | 155   | O Rourke Joe IRE (7/5/16)             | 245   | Ram Tirth BEL (1/11/2014)           | 572,5 |
| <b>M2</b>  | Awuka Felix ENG 2004                | 200   | Doubel Rene FRA 1993                | 145   | HAYNES Cliff (2009) ENG               | 242,5 | HAYNES Cliff (2009) ENG             | 572,5 |
| <b>M3</b>  | Lolacona Vincent ITA 2004           | 195   | Arlinton Rafael USA 1994            | 157,5 | Duggan Derek IRL (2/11/2013)          | 231   | Lolacono Vincent ITA 2004           | 545   |
| <b>M4</b>  | Morrison Austin AUS 2002            | 192,5 | Stagg Mike USA (2/11/2024)          | 147,5 | Forget Bernard FRA 2005               | 230   | Stagg Mike USA (2/11/2024)          | 545   |
| <b>M5</b>  | Meredith Thomas GBR (29/07/2018)    | 175   | Hamblin Ed USA 1992                 | 120   | Marcinkowski Michael CAN (12/11/2010) | 226   | Marcinkowski Mike CAN 2010          | 475   |
| <b>M6</b>  | MAUHOURLAT Pascal FRA (15/11/2024)  | 161,5 | BOUDOT Philippe FRA (15/11/2025)    | 117,5 | MAUHOURLAT Pascal FRA (18/04/2024)    | 215   | MAUHOURLAT Pascal FRA (15/11/2024)  | 460   |
| <b>M7</b>  | Smoker Jon USA (10/10/20)           | 137,5 | Seckman Rod USA(20/07/2024)         | 101   | Smoker Jon USA (10/10/20)             | 182,5 | Smoker Jon USA (10/10/20)           | 417,5 |
| <b>M8</b>  | Van Ladestein Dick NED (18/10/2025) | 130   | Van Ladestein Dick NED (18/10/2025) | 90    | Tarran Ed ENG 2003                    | 175   | Van Ladestein Dick NED (18/10/2025) | 380   |
| <b>M9</b>  | Legg Bill GBR (31/8/2024)           | 85    | Legg Bill GBR (31/8/2024)           | 63    | Legg Bill GBR (31/8/2024)             | 110   | Legg Bill GBR (31/8/2024)           | 257,5 |
| <b>M10</b> |                                     | 75    |                                     | 57,5  |                                       | 82,5  |                                     | 215   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## MEN 82,5 KG

|            | SQUAT                             |       | BENCH                               |       | DEADLIFT                           |       | TOTAL                               |       |
|------------|-----------------------------------|-------|-------------------------------------|-------|------------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Gonzaga Joseph GBR (4/11/2023)    | 190   | Bradshaw Laurence ENG 2006          | 110   | Bradshaw Laurence ENG 2006         | 202,5 | Gonzaga Joseph GBR (4/11/2023)      | 467,5 |
| <b>T2</b>  | CAISÎN Roman MLD (20/04/2024)     | 200   | Biggin Jonathan SCO 2006            | 130   | Sugarman Benjamin GBR (26/02/201)  | 230,5 | Pjatnitski Nikolai EST (27/05/2012) | 525   |
| <b>T3</b>  | Jenkins Steve ENG 2003            | 215   | Mirabella Cristian ITA (26/10/2019) | 140,5 | Deacon-Smith Matt ENG (31/03/2013) | 247,5 | Cutler Craig ENG 2010               | 572,5 |
| <b>JR</b>  | BUSUIOC Cristian MLD (20/04/2024) | 233   | Borriello Guiseppa ITA (29/04/2017) | 158   | Stürmer Christophe GER 2007        | 277,5 | Meakin Reece ENG (2/11/2013)        | 627,5 |
| <b>SR</b>  | Sudarminto Indra BEL (8/04/2016)  | 260,5 | Joseph Mike ENG 2001                | 193,5 | Fey Dominik GER (29/04/2023)       | 290,5 | Sudarminto Indra BEL (8/04/2016)    | 715   |
| <b>M1</b>  | Ryan John IRL (2/11/2013)         | 237,5 | Ambler Derek ENG 1990               | 150   | Mahourat Pascal FRA 2002           | 265   | Ryan John IRL (2/11/2013)           | 620   |
| <b>M2</b>  | Walsh Steve SCT 07/04/2013)       | 222,5 | Minty Vince ENG (27/02/16)          | 155,5 | Lane Mark IRE 2006                 | 282,5 | Lane Mark IRE 2001                  | 617,5 |
| <b>M3</b>  | Bonner Andy ENG 2008              | 237,5 | Bonner Andy ENG 2007                | 155   | Bonner Andy ENG 2008               | 275   | Bonner Andy ENG 2008                | 657,5 |
| <b>M4</b>  | Mauhorat Pascal FRA (28/3/15)     | 191   | Round Michael ENG (05/04/2014)      | 140   | Mahourat Pascal FRA (28/3/15)      | 261   | Mauhorat Pascal FRA (28/3/15)       | 565   |
| <b>M5</b>  | Mauhorat Pascal FRA (30/03/19)    | 182,5 | Round Michael GBR (28/04/2019)      | 143   | Mauhourat Pascal FRA (26/03/2022)  | 245   | Mauhourat Pascal FRA (26/03/2022)   | 525   |
| <b>M6</b>  | Fortier Daniel FRA ( 23/3/2024)   | 175   | Rodger Dave ENG 1993                | 133   | Marotta Rosario ITA (26/10/2019)   | 225   | Marotta Rosario ITA (26/10/2019)    | 500   |
| <b>M7</b>  | West Eric ENG 2011                | 115   | West Eric ENG 2011                  | 80    | West Eric ENG 2011                 | 150   | Vaughan David AUS (16/11/2025)      | 375   |
| <b>M8</b>  |                                   | 0     |                                     | 0     |                                    | 0     | Kohut Tony USA (2/11/2024)          | 302,5 |
| <b>M9</b>  | Gallacher John ENG (2/11/2013)    | 105   | Gallacher John ENG 07/4/2013        | 75    | Gallacher John ENG (2/11/2013)     | 180,5 | Gallacher John ENG 07/04/2013       | 355   |
| <b>M10</b> |                                   | 0     |                                     | 0     |                                    | 0     |                                     | 0     |

## WORLD RECORDS

## MEN 82,5 KG

|            | SQUAT                             |       | BENCH                          |       | DEADLIFT                          |       | TOTAL                               |       |
|------------|-----------------------------------|-------|--------------------------------|-------|-----------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Gonzaga Joseph GBR (4/11/2023)    | 190   | Bradshaw Laurence ENG 2006     | 110   | De Haan Curtis AUS 2007           | 240   | De Haan Curtis AUS 2007             | 515   |
| <b>T2</b>  | CAISÎN Roman MLD (20/04/2024)     | 200   | Biggin Jonathan SCO 2006       | 130   | Sugarman Benjamin GBR (26/02/201) | 230,5 | Pjatnitski Nikolai EST (27/05/2012) | 525   |
| <b>T3</b>  | Jenkins Steve ENG 2003            | 215   | Dexter Andrew CAN 1994         | 145,5 | Dexter Andrew CAN 1994            | 260   | Dexter Andrew CAN 1994              | 607,5 |
| <b>JR</b>  | BUSUIOC Cristian MLD (20/04/2024) | 233   | Riney Dennis USA 1996          | 172,5 | Stürmer Christophe GER 2007       | 277,5 | Meakin Reece ENG (2/11/2013)        | 627,5 |
| <b>SR</b>  | Sudarminto Indra BEL (8/04/2016)  | 260,5 | Joseph Mike ENG 2001           | 193,5 | Fey Dominik GER (29/04/2023)      | 290,5 | Sudarminto Indra BEL (8/04/2016)    | 715   |
| <b>M1</b>  | Ryan John IRL (2/11/2013)         | 237,5 | Kloostergaard Jim USA 1992     | 175   | Mahourat Pascal FRA 2002          | 265   | Ryan John IRL (2/11/2013)           | 620   |
| <b>M2</b>  | Walsh Steve SCT 07/04/2013)       | 222,5 | Thomas Walter USA 1993         | 190   | Lane Mark IRE 2006                | 282,5 | Lane Mark IRE 2001                  | 617,5 |
| <b>M3</b>  | Bonner Andy ENG 2008              | 237,5 | Bonner Andy ENG 2007           | 155   | Bonner Andy ENG 2008              | 275   | Bonner Andy ENG 2008                | 657,5 |
| <b>M4</b>  | Clow John AUS 2008                | 200   | Rouse James USA 1996           | 175   | Mahourat Pascal FRA (28/3/15)     | 261   | Mauhorat Pascal FRA (28/3/15)       | 565   |
| <b>M5</b>  | Morrison Austin ( AUS)            | 190   | Round Michael GBR (28/04/2019) | 143   | Mauhourat Pascal FRA (26/03/2022) | 245   | Mauhourat Pascal FRA (26/03/2022)   | 525   |
| <b>M6</b>  | Fortier Daniel FRA ( 23/3/2024)   | 175   | Rodger Dave ENG 1993           | 133   | Marotta Rosario ITA (26/10/2019)  | 225   | Marotta Rosario ITA (26/10/2019)    | 500   |
| <b>M7</b>  | Batko Robert USA (11/06/2016)     | 152,5 | Vaughan David AUS (2/11/2024)  | 100   | Batko Robert USA 11/06/16         | 197,5 | Batko Robert USA 11/06/16           | 435   |
| <b>M8</b>  |                                   | 102,5 |                                | 72,5  | Kohut Tony USA (2/11/2024)        | 150   | Kohut Tony USA (2/11/2024)          | 302,5 |
| <b>M9</b>  | Gallacher John ENG (2/11/2013)    | 105   | Gallacher John ENG 07/4/2013   | 75    | Gallacher John ENG (2/11/2013)    | 180,5 | Gallacher John ENG 07/04/2013       | 355   |
| <b>M10</b> |                                   | 82,5  |                                | 60    |                                   | 90    |                                     | 232,5 |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## MEN 90 KG

|            | SQUAT                              |       | BENCH                               |       | DEADLIFT                           |       | TOTAL                               |       |
|------------|------------------------------------|-------|-------------------------------------|-------|------------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Bradshaw Laurence ENG 2006         | 162,5 | Clarke Ollie ENG (28/2/16)          | 117,5 | Bradshaw Laurence ENG 2006         | 227,5 | Bradshaw Laurence ENG 2006          | 492,5 |
| <b>T2</b>  | Morrison McKenzie GBR (12/11/2022) | 195   | Morrison McKenzie GBR (24/4/22)     | 140   | Morrison McKenzie GBR (12/11/2022) | 225   | Morrison McKenzie GBR (12/11/2022)  | 550   |
| <b>T3</b>  | Cutler Craig ENG 2011              | 230   | Salim Mohamad BEL (18/10/2025)      | 172,5 | Le Cras Brett ENG 2011             | 265   | Cutler Craig ENG 2011               | 630   |
| <b>JR</b>  | BUSUIOC Cristian MLD (16/11/2025)  | 240,5 | Percival Daniel ENG 2008            | 170   | O'Rourke Athony IRE 2010           | 285   | Hollis Harry GBR (28/02/2017)       | 695   |
| <b>SR</b>  | SERVOTTE Geoffry (2006) BEL        | 262,5 | Hollis Harry GBR (26/02/2017)       | 182,5 | Burton Ramone WAL (28/2/16)        | 320   | Minty Terrence GBR (21/06/19)       | 697,5 |
| <b>M1</b>  | Protheroe Chris WAL (28/2/16)      | 238   | Vaillant Cyrille FRA (18/04/2015)   | 176   | Verbeke Beny BEL 2010              | 292,5 | Zaripov (MPF) Rinat UKR (1/11/2014) | 677,5 |
| <b>M2</b>  | Van Niekerk Edward ENG 2005        | 241   | Luka Jan POL 1994                   | 175   | Verbeke Beny BEL (7/4/12)          | 300   | Bonner Andy ENG 2001                | 687,5 |
| <b>M3</b>  | Bonner Andy ENG 2009               | 250   | Ambler Derek ENG 1998               | 167,5 | Bonner Andy ENG 2009               | 287,5 | Bonner Andy ENG 2009                | 687,5 |
| <b>M4</b>  | Bonner Andy ENG 2011               | 245   | Bonner Andy ENG 2011                | 157,5 | Bonner Andy ENG 2011               | 277,5 | Bonner Andy ENG 2011                | 680   |
| <b>M5</b>  | Valfrey Patrick FRA (16/11/2025)   | 187,5 | Vandecasteele Johan BEL (21/04/202) | 150,5 | Davies Andy ENG 2008               | 232,5 | Grotto Leonida ITA 2005             | 535   |
| <b>M6</b>  | CORTOT Rémi FRA (27/10/2019)       | 177,5 | Fulton John SCO 1991                | 127,5 | Davies Andy ENG 2009               | 220   | CORTOT Rémi FRA (27/10/2019)        | 497,5 |
| <b>M7</b>  | Reveiller Hugues FRA (23/3/2024)   | 160   | Reveiller Hugues FRA (23/3/2024)    | 105,5 | Reveiller Hugues FRA (23/3/2023)   | 200   | Reveiller Hugues FRA (23/3/2024)    | 465   |
| <b>M8</b>  | Bustreel Serge FRA (26/03/2022)    | 180   | Lingard Clive GBR (21/04/2024)      | 100   | BUSTREEL Serge FRA (30/04/2023)    | 220   | BUSTREEL Serge FRA (30/04/2023)     | 477,5 |
| <b>M9</b>  | Lingard Clive IRE (26/04/2025)     | 110   | Lingard Clive IRE (26/04/2025)      | 95    | Lingard Clive IRE (26/04/2025)     | 160   | Lingard Clive IRE (26/04/2025)      | 365   |
| <b>M10</b> |                                    | 0     |                                     | 0     |                                    | 0     |                                     | 0     |

## WORLD RECORDS

## MEN 90 KG

|            | SQUAT                             |       | BENCH                               |       | DEADLIFT                        |       | TOTAL                               |       |
|------------|-----------------------------------|-------|-------------------------------------|-------|---------------------------------|-------|-------------------------------------|-------|
| <b>T1</b>  | Bradshaw Laurence ENG 2006        | 162,5 | Stevens John USA 95                 | 125   | Bradshaw Laurence ENG 2006      | 227,5 | Bradshaw Laurence ENG 2006          | 492,5 |
| <b>T2</b>  | De Haan Curtis ( AUS 2009)        | 200   | Morrison McKenzie GBR (24/4/22)     | 140   | De HAAN Curtis (2009) AUS       | 300   | De HAAN Curtis (2009) AUS           | 620   |
| <b>T3</b>  | Cutler Craig ENG 2011             | 230   | Salim Mohamad BEL (18/10/2025)      | 172,5 | Le Cras Brett ENG 2011          | 265   | Cutler Craig ENG 2011               | 630   |
| <b>JR</b>  | BUSUIOC Cristian MLD (16/11/2025) | 240,5 | Klayhold Keith USA 1998             | 170   | O'Rourke Athony IRE 2010        | 285   | Hollis Harry GBR (28/02/2017)       | 695   |
| <b>SR</b>  | St Clair Jason USA (5/8/23)       | 272,5 | McAuliffe Joe USA 1996              | 208   | Burton Ramone WAL (28/2/16)     | 320   | Capozzi Lou USA 1999                | 717,5 |
| <b>M1</b>  | Protheroe Chris WAL (28/2/16)     | 238   | Vaillant Cyrille FRA (18/04/2015)   | 176   | Verbeke Beny BEL 2010           | 292,5 | Zaripov (MPF) Rinat UKR (1/11/2014) | 677,5 |
| <b>M2</b>  | Van Niekerk Edward ENG 2005       | 241   | Luka Jan POL 1994                   | 175   | Verbeke Beny BEL (7/4/12)       | 300   | Bonner Andy ENG 2001                | 687,5 |
| <b>M3</b>  | Bonner Andy ENG 2009              | 250   | Pagan Sam USA (5/11/2017)           | 177,5 | Bonner Andy ENG 2009            | 287,5 | Bonner Andy ENG 2009                | 687,5 |
| <b>M4</b>  | Bonner Andy ENG 2011              | 245   | Bonner Andy ENG 2011                | 157,5 | Bonner Andy ENG 2011            | 277,5 | Bonner Andy ENG 2011                | 680   |
| <b>M5</b>  | Valfrey Patrick FRA (16/11/2025)  | 187,5 | Vandecasteele Johan BEL (21/04/202) | 150,5 | Davies Andy ENG 2008            | 232,5 | Grotto Leonida ITA 2005             | 535   |
| <b>M6</b>  | CORTOT Rémi FRA (27/10/2019)      | 177,5 | Remley Bill USA 1996                | 132,5 | Davies Andy ENG 2009            | 220   | CORTOT Rémi FRA (27/10/2019)        | 497,5 |
| <b>M7</b>  | Mansfield Dave USA (27/10/2019)   | 166   | Lee Charles USA 1993                | 117,5 | Mansfield Dave USA (27/10/2019) | 211   | Van Weenen Wim AUS 2003             | 475   |
| <b>M8</b>  | Bustreel Serge FRA (26/03/2022)   | 180   | Lingard Clive GBR (21/04/2024)      | 100   | BUSTREEL Serge FRA (30/04/2023) | 220   | BUSTREEL Serge FRA (30/04/2023)     | 477,5 |
| <b>M9</b>  | Lingard Clive IRE (26/04/2025)    | 110   | Lingard Clive IRE (26/04/2025)      | 95    | Lingard Clive IRE (26/04/2025)  | 160   | Lingard Clive IRE (26/04/2025)      | 365   |
| <b>M10</b> |                                   | 85    |                                     | 62,5  |                                 | 95    |                                     | 242,5 |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## MEN 100 KG

|            | SQUAT                           |       | BENCH                          |       | DEADLIFT                         |       | TOTAL                           |       |
|------------|---------------------------------|-------|--------------------------------|-------|----------------------------------|-------|---------------------------------|-------|
| <b>T1</b>  | Clarke Oliver GBR (13/11/2016)  | 202,5 | Clarke Oliver GBR (13/11/2016) | 137,5 | O Donnell Connor GBR (4/11/2018) | 217,5 | Clarke Oliver GBR (13/11/2016)  | 550   |
| <b>T2</b>  | Wooding Ted GBR (21/06/19)      | 201   | Keshta Omar ENG 16/4/16        | 160   | O Connor David IRE (8/5/16)      | 250,5 | Palin Harry ENG (06/04/2014)    | 550   |
| <b>T3</b>  | Salim Mohammad BEL (16/11/2025) | 270   | Salim Mohamad BEL (18/10/2025) | 172,5 | Salim Mohammad BEL (16/11/2025)  | 300   | Salim Mohammad BEL (16/11/2025) | 740   |
| <b>JR</b>  | Bandula Paul ROU (4/11/2018)    | 260   | Formosa Mark MAL (7/10/17)     | 205   | Bandula Paul ROU (4/11/2018)     | 321   | Bandula Paul ROU (4/11/2018)    | 747,5 |
| <b>SR</b>  | Gysin Ramon SWI (5/11/2017)     | 279   | Gongarad Roland SWI 2008       | 205   | NAZARENKO Oleksii (2009) UKR     | 330   | Nazarenko Olexiy UKR 2009       | 765   |
| <b>M1</b>  | Pilling Leslie ENG 1999         | 260   | Ravasi Andrea ITA (5/05/2012)  | 180   | Lane Mark IRE 2002               | 295   | Pilling Leslie ENG 1999         | 710   |
| <b>M2</b>  | Pilling Leslie ENG 2001         | 272,5 | Simpson Alan ENG 1997          | 181   | Pilling Les ENG 2001             | 300   | Pilling Leslie ENG 2001         | 732,5 |
| <b>M3</b>  | Mitchel John ENG 2010           | 250   | Kling Andreas GER 2018         | 165,5 | JEX Terry (2009) ENG             | 295   | Mitchel John                    | 682,5 |
| <b>M4</b>  | Terry Jex ENG 2011              | 230   | Cosimo Orlando ITA (5/05/2012) | 180   | JEX Terry ENG 2011               | 290   | Jex Terry ENG 2011              | 670   |
| <b>M5</b>  | McConnel Laurence N.IR 2006     | 235   | McConnel Laurence N.IR 2009    | 150   | Jex Terry ENG (8/4/16)           | 275   | Jex Terry ENG 8/4/16            | 612,5 |
| <b>M6</b>  | McConnel Laurence N.IR 2010     | 245   | McConnel Laurence N.IR 2010    | 145   | Bustreel Serge FRA (28/3/15)     | 250   | McConnell Laurence N.IR 2010    | 620   |
| <b>M7</b>  | BUSTREEL Serge FRA (27/10/2019) | 202,5 | Fulton John SCO 1997           | 140   | BUSTREEL Serge FRA (31/3/2018)   | 236,5 | BUSTREEL Serge FRA (30/04/2017) | 545   |
| <b>M8</b>  | BUSTREEL Serge FRA (18/04/2026) | 160,5 | Burden Ronald GBR (12/11/2022) | 120   | BUSTREEL Serge FRA (18/04/2026)  | 210,5 | Burden Ronald GBR (12/11/2022)  | 462,5 |
| <b>M9</b>  |                                 | 0     |                                | 0     |                                  | 0     |                                 | 0     |
| <b>M10</b> |                                 | 0     |                                | 0     |                                  | 0     |                                 | 0     |

## WORLD RECORDS

## MEN 100 KG

|            | SQUAT                           |       | BENCH                            |       | DEADLIFT                         |       | TOTAL                           |       |
|------------|---------------------------------|-------|----------------------------------|-------|----------------------------------|-------|---------------------------------|-------|
| <b>T1</b>  | Clarke Oliver GBR (13/11/2016)  | 202,5 | Clarke Oliver GBR (13/11/2016)   | 137,5 | O Donnell Connor GBR (4/11/2018) | 217,5 | Clarke Oliver GBR (13/11/2016)  | 550   |
| <b>T2</b>  | Wooding Ted GBR (21/06/19)      | 201   | Palin Harry ENG (06/04/2014)     | 160   | O Connor David IRE (8/5/16)      | 250,5 | Palin Harry ENG (06/04/2014)    | 550   |
| <b>T3</b>  | Salim Mohammad BEL (16/11/2025) | 270   | Salim Mohamad BEL (18/10/2025)   | 172,5 | Salim Mohammad BEL (16/11/2025)  | 300   | Salim Mohammad BEL (16/11/2025) | 740   |
| <b>JR</b>  | Bandula Paul ROU (4/11/2018)    | 260   | Formosa Mark MAL (7/10/17)       | 205   | Bandula Paul ROU (4/11/2018)     | 321   | Bandula Paul ROU (4/11/2018)    | 747,5 |
| <b>SR</b>  | St.Clair Jason USA (10/10/20)   | 310   | Rennert Casey USA 1992           | 220   | NAZARENKO Oleksii (2009) UKR     | 330   | St.Clair Jason USA (10/10/20)   | 772,5 |
| <b>M1</b>  | Pilling Leslie ENG 1999         | 260   | Williams Chevron USA (5/11/2017) | 200   | Lane Mark IRE 2002               | 295   | Pilling Leslie ENG 1999         | 710   |
| <b>M2</b>  | Pilling Leslie ENG 2001         | 272,5 | Chevalier David USA 1999         | 200   | Pilling Les ENG 2001             | 300   | Pilling Leslie ENG 2001         | 732,5 |
| <b>M3</b>  | Mitchel John ENG 2010           | 250   | Rizzo Charles USA 1996           | 175   | JEX Terry (2009) ENG             | 295   | Mitchel John                    | 682,5 |
| <b>M4</b>  | Terry Jex ENG 2011              | 230   | Cosimo Orlando ITA (5/05/2012)   | 180   | JEX Terry ENG 2011               | 290   | Jex Terry ENG 2011              | 670   |
| <b>M5</b>  | McConnel Laurence N.IR 2006     | 235   | McConnel Laurence N.IR 2009      | 150   | Jex Terry ENG (8/4/16)           | 275   | Jex Terry ENG 8/4/16            | 612,5 |
| <b>M6</b>  | McConnel Laurence N.IR 2010     | 245   | McConnel Laurence N.IR 2010      | 145   | Bustreel Serge FRA (28/3/15)     | 250   | McConnell Laurence N.IR 2010    | 620   |
| <b>M7</b>  | BUSTREEL Serge FRA (27/10/2019) | 202,5 | Fulton John SCO 1997             | 140   | BUSTREEL Serge FRA (31/3/2018)   | 236,5 | BUSTREEL Serge FRA (30/04/2017) | 545   |
| <b>M8</b>  | BUSTREEL Serge FRA (18/04/2026) | 106,5 | Burden Ronald GBR (12/11/2022)   | 120   | BUSTREEL Serge FRA (18/04/2026)  | 210,5 | Burden Ronald GBR (12/11/2022)  | 462,5 |
| <b>M9</b>  |                                 | 100   |                                  | 72,5  |                                  | 110   |                                 | 282,5 |
| <b>M10</b> |                                 | 90    |                                  | 65    |                                  | 100   |                                 | 255   |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## MEN 110 KG

|            | SQUAT                                |            | BENCH                                   |              | DEADLIFT                              |            | TOTAL                                 |            |
|------------|--------------------------------------|------------|---|--------------|---------------------------------------|------------|---------------------------------------|------------|
| <b>T1</b>  | O Donnell Connor GBR (21/06/19)      | 207,5      | O Donnell Connor GBR (21/06/19)         | 135          | O Donnell Connor GBR (21/06/19)       | 260        | O Donnell Connor GBR (21/06/19)       | 602,5      |
| <b>T2</b>  | Keshta Omar ENG 8/4/16               | 210        | Keshta Omar ENG 8/4/16                  | 160          | Keshta Omar ENG 8/4/16                | 260        | Keshta Omar ENG 8/4/16                | 630        |
| <b>T3</b>  | Ayetuoma Ewoma GBR (12/11/2022)      | 237,5      | Godea Iulian MOL (1/11/2014)            | 157,5        | Ayetuoma Ewoma GBR (12/11/2022)       | 285        | Ayetuoma Ewoma GBR (12/11/2022)       | 652,5      |
| <b>JR</b>  | Hamilton Aleksander GBR (27/11/21)   | 255        | Verga Gabriele ITA (30/04/2017)         | 187,5        | Fennelly James IRE 2006               | 320        | Callus Dylan MAL (7/10/17)            | 730        |
| <b>SR</b>  | <b>PILLING Les (2002) ENG</b>        | <b>300</b> | <b>Murdoch Alistair ENG (2/11/2013)</b> | <b>222,5</b> | <b>Vaipan Bogdan ROM (30/04/2017)</b> | <b>340</b> | <b>Vaipan Bogdan ROM (30/04/2017)</b> | <b>810</b> |
| <b>M1</b>  | Marshall Simon ENG (06/04/2014)      | 270        | Murdock Alistar ENG 2011                | 215          | Marshall Simon ENG (06/04/2014)       | 323        | Marshall Simon ENG (06/04/2014)       | 792,5      |
| <b>M2</b>  | PILLING Les (2002) ENG               | 300        | Murdoch Alistair ENG (2/11/2013)        | 222,5        | Pilling Les ENG 2002                  | 310        | Pilling Leslie ENG 2002               | 760        |
| <b>M3</b>  | Mitchell John ENG 2010               | 290        | Tudor Ian ENG 2001                      | 190          | Boyer Roland FRA (16/11/2025)         | 301        | Mitchell John ENG 2011                | 725        |
| <b>M4</b>  | Pilling Leslie ENG (7/4/12)          | 232,5      | Buckton Stephen GBR (16/11/2025)        | 173          | LEADBETTER Mike (2009) ENG            | 275,5      | Lambert Steven GBR (6/05/2018)        | 625        |
| <b>M5</b>  | McConnell Laurence N.IR 2009         | 240        | McConnell Laurence N.IR 2009            | 155          | Da Rocha-Afodu Ped GBR (4/11/2023)    | 250,5      | McConnell Laurence N.IR 2009          | 615        |
| <b>M6</b>  | McConnell Laurence N.IR (12/11/2011) | 230        | McConnell Laurence N.IR (12/11/2011)    | 145          | Leadbetter Michael GBR (29/07/2018)   | 230,5      | McConnell Laurence N.IR (12/11/2011)  | 580        |
| <b>M7</b>  | Walker John ENG 07/04/2013           | 191        | Burden Ronald GBR (29/07/2018)          | 140          | Walker John ENG (2/11/2013)           | 235        | Burden Ronald GBR (29/07/2018)        | 535        |
| <b>M8</b>  | Walker John ENG (29/3/15)            | 165        | West John IRE (6/05/2018)               | 125          | West John IRE (6/05/2018)             | 220        | West John IRE (6/05/2018)             | 490        |
| <b>M9</b>  |                                      | 0          |   | 0            |                                       | 0          |                                       | 0          |
| <b>M10</b> |                                      | 0          |   | 0            |                                       | 0          |                                       | 0          |

## WORLD RECORDS

## MEN 110 KG

|            | SQUAT                                |            | BENCH                                   |              | DEADLIFT                              |            | TOTAL                                 |            |
|------------|--------------------------------------|------------|---|--------------|---------------------------------------|------------|---------------------------------------|------------|
| <b>T1</b>  | O Donnell Connor GBR (21/06/19)      | 207,5      | O Donnell Connor GBR (21/06/19)         | 135          | O Donnell Connor GBR (21/06/19)       | 260        | O Donnell Connor GBR (21/06/19)       | 602,5      |
| <b>T2</b>  | White Tanner USA (19/07/2014)        | 232,5      | Keshta Omar ENG 8/4/16                  | 160          | Keshta Omar ENG 8/4/16                | 260        | Keshta Omar ENG 8/4/16                | 630        |
| <b>T3</b>  | Ayetuoma Ewoma GBR (12/11/2022)      | 237,5      | Balis Matt USA 1992                     | 182,5        | Ayetuoma Ewoma GBR (12/11/2022)       | 285        | Ayetuoma Ewoma GBR (12/11/2022)       | 652,5      |
| <b>JR</b>  | Hamilton Aleksander GBR (27/11/21)   | 255        | Garris Donovan USA 1996                 | 197,5        | Fennelly James IRE 2006               | 320        | Callus Dylan MAL (7/10/17)            | 730        |
| <b>SR</b>  | <b>PILLING Les (2002) ENG</b>        | <b>300</b> | <b>Murdoch Alistair ENG (2/11/2013)</b> | <b>222,5</b> | <b>Vaipan Bogdan ROM (30/04/2017)</b> | <b>340</b> | <b>Vaipan Bogdan ROM (30/04/2017)</b> | <b>810</b> |
| <b>M1</b>  | Hayes Kelvin USA 2008                | 282,5      | Murdock Alistar ENG 2011                | 215          | Marshall Simon ENG (06/04/2014)       | 323        | Marshall Simon ENG (06/04/2014)       | 792,5      |
| <b>M2</b>  | PILLING Les (2002) ENG               | 300        | Murdoch Alistair ENG (2/11/2013)        | 222,5        | Pilling Les ENG 2002                  | 310        | Pilling Leslie ENG 2002               | 760        |
| <b>M3</b>  | Mitchell John ENG 2010               | 290        | Tudor Ian ENG 2001                      | 190          | Boyer Roland FRA (16/11/2025)         | 301        | Mitchell John ENG 2011                | 725        |
| <b>M4</b>  | Pilling Leslie ENG (7/4/12)          | 232,5      | Buckton Stephen GBR (16/11/2025)        | 173          | LEADBETTER Mike (2009) ENG            | 275,5      | Ninaber Adrian CAN (2/11/2013)        | 645        |
| <b>M5</b>  | McConnell Laurence N.IR 2009         | 240        | McConnell Laurence N.IR 2009            | 155          | Da Rocha-Afodu Ped GBR (4/11/2023)    | 250,5      | McConnell Laurence N.IR 2009          | 615        |
| <b>M6</b>  | McConnell Laurence N.IR (12/11/2011) | 230        | Ninaber Adrian CAN (5/8/23)             | 152,5        | Ninaber Adrian CAN (5/8/23)           | 240        | Ninaber Adrian CAN (5/8/23)           | 602,5      |
| <b>M7</b>  | Walker John ENG 07/04/2013           | 191        | Burden Ronald GBR (29/07/2018)          | 140          | Walker John ENG (2/11/2013)           | 235        | Burden Ronald GBR (29/07/2018)        | 535        |
| <b>M8</b>  | Walker John ENG (29/3/15)            | 165        | West John IRE (6/05/2018)               | 125          | West John IRE (6/05/2018)             | 220        | West John IRE (6/05/2018)             | 490        |
| <b>M9</b>  |                                      | 102,5      |   | 75           |                                       | 112,5      |                                       | 290        |
| <b>M10</b> |                                      | 92,5       |   | 65           |                                       | 102,5      |                                       | 262,5      |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## MEN 125 KG

|            | SQUAT                              |       | BENCH                              |       | DEADLIFT                           |       | TOTAL                                |       |
|------------|------------------------------------|-------|------------------------------------|-------|------------------------------------|-------|--------------------------------------|-------|
| <b>T1</b>  | Dechamps Sebastien BEL 2007        | 180   | Dechamps Sebastien BEL 2007        | 92,5  | Dechamps Sebastien BEL 2007        | 205   | Dechamps Sebastien BEL 2007          | 462,5 |
| <b>T2</b>  | Vella Cedric MAL (7/10/17)         | 225   | Keshta Omar ENG (28/2/16)          | 170   | Keshta Omar ENG (28/2/16)          | 260   | Keshta Omar ENG (28/2/16)            | 630   |
| <b>T3</b>  | Osborn Jack GBR (26/02/2017)       | 250   | Osborn Jack GBR (26/02/2017)       | 162,5 | Dechamps Jerome BEL 2007           | 265   | Rushton Josh ENG 2011                | 667,5 |
| <b>JR</b>  | Callus Dylan MAL (4/11/2018)       | 272,5 | Callus Dylan MAL (4/11/2018)       | 185   | Callus Dylan MAL (4/11/2018)       | 330   | Callus Dylan MAL (4/11/2018)         | 782,5 |
| <b>SR</b>  | Nayler Sam GBR (4/11/2023)         | 300   | Lythgoe Simon GBR (29/07/2018)     | 232,5 | Vaipan Bogdan ROU (6/05/2018)      | 345,5 | Vaipan Bogdan ROU (6/05/2018)        | 845   |
| <b>M1</b>  | Sutton Pete WAL 2005               | 270   | Lythgoe Simon GBR (7/10/17)        | 230   | Laing Phil ENG 2008                | 310   | Pellizzoni Francesco ITA (6/05/2018) | 830   |
| <b>M2</b>  | Collart Jean-Luc BEL 2007          | 275   | Lythgoe Simon GBR (29/07/2018)     | 232,5 | Sutton Peter WAL (12/11/2011)      | 307,5 | Sutton Peter WAL (12/11/2011)        | 772,5 |
| <b>M3</b>  | Boyer Roland FRA (18/04/2026)      | 271,5 | Forsyth Derek GBR (3/11/2024)      | 190   | Forsyth Derek (31/8/2024)          | 300   | Forsyth Derek GBR (3/11/2024)        | 745   |
| <b>M4</b>  | Pilling Leslie ENG (2/11/2013)     | 241,5 | Olsen Roy ENG 1998                 | 175   | Leadbetter Mike ENG 2009           | 285   | Pilling Leslie ENG 2011              | 660   |
| <b>M5</b>  | O Dwyer John IRE (8/5/16)          | 195,5 | O Dwyer John IRE (8/5/16)          | 160   | Leadbetter Mike ENG (06/04/2014)   | 253   | Leadbetter Mike ENG (7/4/12)         | 582,5 |
| <b>M6</b>  | Leadbetter Mike GBR (26/02/2017)   | 170   | Ploegmakers Jos NED (18/10/2025)   | 162,5 | Ploegmakers Jos NED (18/10/2025)   | 232,5 | Ploegmakers Jos NED (18/10/2025)     | 555   |
| <b>M7</b>  | Walker Trevor John GBR (4/11/2018) | 150   | Walker Trevor John GBR (4/11/2018) | 100,5 | Walker Trevor John GBR (4/11/2018) | 200,5 | Walker Trevor John GBR (4/11/2018)   | 450   |
| <b>M8</b>  | Walker Trevor John GBR (24/4/22)   | 140   | Walker Trevor John GBR (24/4/22)   | 105   | Walker Trevor John GBR (24/4/22)   | 200   | Walker Trevor John GBR (24/4/22)     | 445   |
| <b>M9</b>  |                                    | 0     |                                    | 0     |                                    | 0     |                                      | 0     |
| <b>M10</b> |                                    | 0     |                                    | 0     |                                    | 0     |                                      | 0     |

## WORLD RECORDS

## MEN 125 KG

|            | SQUAT                              |       | BENCH                              |       | DEADLIFT                           |       | TOTAL                                |       |
|------------|------------------------------------|-------|------------------------------------|-------|------------------------------------|-------|--------------------------------------|-------|
| <b>T1</b>  | Dechamps Sebastien BEL 2007        | 180   | Dechamps Sebastien BEL 2007        | 92,5  | Dechamps Sebastien BEL 2007        | 205   | Dechamps Sebastien BEL 2007          | 462,5 |
| <b>T2</b>  | Vella Cedric MAL (7/10/17)         | 225   | Keshta Omar ENG (28/2/16)          | 170   | Keshta Omar ENG (28/2/16)          | 260   | Keshta Omar ENG (28/2/16)            | 630   |
| <b>T3</b>  | Sohmer Matt USA (27/10/2012)       | 332,5 | Osborn Jack GBR (26/02/2017)       | 162,5 | Sohmer Matt USA (27/10/2012)       | 320   | Sohmer Matt USA (27/10/2012)         | 785   |
| <b>JR</b>  | Sohmer Matt USA (2/11/2013)        | 342,5 | Callus Dylan MAL (4/11/2018)       | 185   | Sohmer Matt USA (2/11/2013)        | 337,5 | Sohmer Matt USA (2/11/2013)          | 815   |
| <b>SR</b>  | Sohmer Matt USA (2/11/2013)        | 342,5 | Lythgoe Simon GBR (29/07/2018)     | 232,5 | Vaipan Bogdan ROU (6/05/2018)      | 345,5 | Vaipan Bogdan ROU (6/05/2018)        | 845   |
| <b>M1</b>  | Sutton Pete WAL 2005               | 270   | Lythgoe Simon GBR (7/10/17)        | 230   | Laing Phil ENG 2008                | 310   | Pellizzoni Francesco ITA (6/05/2018) | 830   |
| <b>M2</b>  | Collart Jean-Luc BEL 2007          | 275   | Lythgoe Simon GBR (29/07/2018)     | 232,5 | Sutton Peter WAL (12/11/2011)      | 307,5 | Sutton Peter WAL (12/11/2011)        | 772,5 |
| <b>M3</b>  | Boyer Roland FRA (18/04/2026)      | 271,5 | Batten CJ usa 1997                 | 207,5 | Forsyth Derek (31/8/2024)          | 300   | Forsyth Derek GBR (3/11/2024)        | 745   |
| <b>M4</b>  | Pilling Leslie ENG (2/11/2013)     | 241,5 | Olsen Roy ENG 1998                 | 175   | Leadbetter Mike ENG 2009           | 285   | Pilling Leslie ENG 2011              | 660   |
| <b>M5</b>  | Ninaber Adrian CAN 24/6/17         | 200   | Bonneau Colin CAN 2008             | 187,5 | Leadbetter Mike ENG (06/04/2014)   | 253   | Leadbetter Mike ENG (7/4/12)         | 582,5 |
| <b>M6</b>  | Krueger Gary USA (27/10/2012)      | 207,5 | Ploegmakers Jos NED (18/10/2025)   | 162,5 | Ploegmakers Jos NED (18/10/2025)   | 232,5 | Krueger Gary USA (27/10/2012)        | 572,5 |
| <b>M7</b>  | Walker Trevor John GBR (4/11/2018) | 150   | Walker Trevor John GBR (4/11/2018) | 100,5 | Walker Trevor John GBR (4/11/2018) | 200,5 | Walker Trevor John GBR (4/11/2018)   | 450   |
| <b>M8</b>  | Walker Trevor John GBR (24/4/22)   | 140   | Walker Trevor John GBR (24/4/22)   | 105   | Walker Trevor John GBR (24/4/22)   | 200   | Walker Trevor John GBR (24/4/22)     | 445   |
| <b>M9</b>  |                                    | 105   |                                    | 77,5  |                                    | 120   |                                      | 302,5 |
| <b>M10</b> |                                    | 95    |                                    | 67,5  |                                    | 107,5 |                                      | 272,5 |

# WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

## MEN 145 KG

|            | SQUAT                            |       | BENCH                         |     | DEADLIFT                         |       | TOTAL                            |       |
|------------|----------------------------------|-------|-------------------------------|-----|----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  |                                  | 0     |                               | 0   |                                  | 0     |                                  | 0     |
| <b>T2</b>  |                                  | 0     |                               | 0   |                                  | 0     | Stroud Blake USA (5/11/2017)     | 607,5 |
| <b>T3</b>  | Dechamps Sebastien BEL ( 7/4/12) | 250   | Spicer Ben GBR (4/11/2023)    | 150 | Dechamps Sebastien BEL (7/4/12)  | 280   | Dechamps Sebastien BEL ( 7/4/12) | 665   |
| <b>JR</b>  | Callus Dylan MAL (28/04/2019)    | 290   | Callus Dylan MAL (28/04/2019) | 195 | Callus Dylan MAL (28/04/2019)    | 320   | Callus Dylan MAL (28/04/2019)    | 805   |
| <b>SR</b>  | Stewart Ian GBR (16/11/2025)     | 320,5 | Denis O fra 1993              | 230 | Useckas Justin GBR (12/11/2022)  | 363   | Irwin Brian IRE 2010             | 875   |
| <b>M1</b>  | Birsanu Serghei MDA (13/11/2016) | 290   | Rowland Haydn ENG 1998        | 223 | Birsanu Serghei MDA (13/11/2016) | 313   | Sutton Peter WAL 2008            | 807,5 |
| <b>M2</b>  | Sutton Peter WAL 2011            | 285   | Sutton Peter WAL 2011         | 210 | Sutton Peter WAL 2011            | 305   | Sutton Peter WAL 2011            | 800   |
| <b>M3</b>  | Büchi Christoph SWI (16/11/2025) | 265   | Tetzlaff Martin GER (22/4/22) | 190 | Büchi Christoph SWI (16/11/2025) | 300   | Büchi Christoph SWI (16/11/2025) | 745   |
| <b>M4</b>  | O Donnell Frank GBR ( 21/06/19)  | 220   | O'Dwyer John IRL (27/04/2013) | 168 | O Donnell Frank GBR ( 21/06/19)  | 287,5 | O Donnell Frank GBR ( 21/06/19)  | 660   |
| <b>M5</b>  | O Dwyer John IRE (16/8/15)       | 205   | O Dwyer John IRE (16/8/15)    | 155 | O Dwyer John IRE (16/8/15)       | 200   | O Dwyer John IRE (16/8/15)       | 560   |
| <b>M6</b>  |                                  | 0     |                               | 0   |                                  | 0     |                                  | 0     |
| <b>M7</b>  |                                  | 0     |                               | 0   |                                  | 0     |                                  | 0     |
| <b>M8</b>  |                                  | 0     |                               | 0   |                                  | 0     |                                  | 0     |
| <b>M9</b>  |                                  | 0     |                               | 0   |                                  | 0     |                                  | 0     |
| <b>M10</b> |                                  | 0     |                               | 0   |                                  | 0     |                                  | 0     |

## WORLD RECORDS

## MEN 145 KG

|            | SQUAT                            |       | BENCH                        |       | DEADLIFT                         |       | TOTAL                            |       |
|------------|----------------------------------|-------|------------------------------|-------|----------------------------------|-------|----------------------------------|-------|
| <b>T1</b>  | Stroud Blake USA 24/6/17         | 200   | Stroud Blake USA 24/6/17     | 152,5 | Stroud Blake USA 24/6/17         | 227,5 | Stroud Blake USA 24/6/17         | 580   |
| <b>T2</b>  | Stroud Blake USA (5/11/2017)     | 220   | Stroud Blake USA (5/11/2017) | 160   | Stroud Blake USA (5/11/2017)     | 227,5 | Stroud Blake USA (5/11/2017)     | 607,5 |
| <b>T3</b>  | Dechamps Sebastien BEL ( 7/4/12) | 250   | Lake Matthew USA 1996        | 202,5 | Dechamps Sebastien BEL (7/4/12)  | 280   | Dechamps Sebastien BEL ( 7/4/12) | 665   |
| <b>JR</b>  | Callus Dylan MAL (28/04/2019)    | 290   | Hulslander Dennis USA 1995   | 215   | Callus Dylan MAL (28/04/2019)    | 320   | Callus Dylan MAL (28/04/2019)    | 805   |
| <b>SR</b>  | Stewart Ian GBR (16/11/2025)     | 320,5 | Moore Beau USA 1995          | 250   | Useckas Justin GBR (12/11/2022)  | 363   | Irwin Brian IRE 2010             | 875   |
| <b>M1</b>  | Birsanu Serghei MDA (13/11/2016) | 290   | Rowland Haydn ENG 1998       | 223   | Birsanu Serghei MDA (13/11/2016) | 313   | Sutton Peter WAL 2008            | 807,5 |
| <b>M2</b>  | Sutton Peter WAL 2011            | 285   | Nicodemus Ron USA 2008       | 212,5 | Sutton Peter WAL 2011            | 305   | Sutton Peter WAL 2011            | 800   |
| <b>M3</b>  | Büchi Christoph SWI (16/11/2025) | 265   | Brown Steve USA 2005         | 205   | Büchi Christoph SWI (16/11/2025) | 300   | Büchi Christoph SWI (16/11/2025) | 745   |
| <b>M4</b>  | Hill Wayne USA (5/8/23)          | 230   | Hill Wayne USA (5/8/23)      | 175,5 | O Donnell Frank GBR ( 21/06/19)  | 287,5 | O Donnell Frank GBR ( 21/06/19)) | 660   |
| <b>M5</b>  | O Dwyer John IRE (16/8/15)       | 205   | O Dwyer John IRE (16/8/15)   | 155   | O Dwyer John IRE (16/8/15)       | 200   | O Dwyer John IRE (16/8/15)       | 560   |
| <b>M6</b>  |                                  | 150   |                              | 107,5 |                                  | 167,5 |                                  | 425   |
| <b>M7</b>  |                                  | 135   |                              | 97,5  |                                  | 150   |                                  | 382,5 |
| <b>M8</b>  |                                  | 122,5 |                              | 87,5  |                                  | 135   |                                  | 345   |
| <b>M9</b>  |                                  | 110   |                              | 80    |                                  | 122,5 |                                  | 312,5 |
| <b>M10</b> |                                  | 100   |                              | 72,5  |                                  | 110   |                                  | 282,5 |

## WDFPF POWERLIFTING RECORDS UNEQUIPPED EUROPEAN RECORDS

### MEN + 145 KG

|            | SQUAT                              |       | BENCH                              |       | DEADLIFT                           |       | TOTAL                              |       |
|------------|------------------------------------|-------|------------------------------------|-------|------------------------------------|-------|------------------------------------|-------|
| <b>T1</b>  |                                    | 0     |                                    | 0     |                                    | 0     | 0                                  |       |
| <b>T2</b>  | McGonigle Charlie GBR (26/02/2017) | 210   | McGonigle Charlie GBR (26/02/2017) | 125   | McGonigle Charlie GBR (26/02/2017) | 252,5 | McGonigle Charlie GBR (26/02/2017) | 587,5 |
| <b>T3</b>  | McGonigle Charlie GBR (5/11/2017)  | 240   | McGonigle Charlie GBR (5/11/2017)  | 130   | McGonigle Charlie GBR (5/11/2017)  | 272,5 | McGonigle Charlie GBR (5/11/2017)  | 642,5 |
| <b>JR</b>  |                                    | 0     |                                    | 0     |                                    | 0     | McGonigle Charlie SCT (28/02/2017) | 587,5 |
| <b>SR</b>  | Kelly Tom ENG 07/04/2013           | 312,5 | Kevin Koch GER 2017                | 250,5 | Kelly Tom ENG ( 7/4/12 )           | 320   | Kelly Tom ENG ( 7/4/12 )           | 835   |
| <b>M1</b>  | Küçük Yaşar GER (13/11/2016)       | 265   | Küçük Yaşar GER (13/11/2016)       | 200   | Küçük Yaşar GER (13/11/2016)       | 278   | Küçük Yaşar GER (13/11/2016)       | 735   |
| <b>M2</b>  | Ryan Peter IRE (8/5/16)            | 240   | Ryan Peter IRE (8/5/16)            | 205,5 | Ryan Peter IRE (8/5/16)            | 255   | Ryan Peter IRE (8/5/16)            | 700   |
| <b>M3</b>  | Duncan William USA (27/10/2012)    | 235   |                                    | 0     |                                    | 0     |                                    | 0     |
| <b>M4</b>  |                                    | 0     |                                    | 0     |                                    | 0     |                                    | 0     |
| <b>M5</b>  |                                    | 0     |                                    | 0     |                                    | 0     |                                    | 0     |
| <b>M6</b>  |                                    | 0     |                                    | 0     |                                    | 0     |                                    | 0     |
| <b>M7</b>  |                                    | 0     |                                    | 0     |                                    | 0     |                                    | 0     |
| <b>M8</b>  |                                    | 0     |                                    | 0     |                                    | 0     |                                    | 0     |
| <b>M9</b>  |                                    | 0     |                                    | 0     |                                    | 0     |                                    | 0     |
| <b>M10</b> |                                    | 0     |                                    | 0     |                                    | 0     |                                    | 0     |

## WORLD RECORDS

### MEN + 145 KG

|            | SQUAT                              |       | BENCH                              |       | DEADLIFT                           |       | TOTAL                              |       |
|------------|------------------------------------|-------|------------------------------------|-------|------------------------------------|-------|------------------------------------|-------|
| <b>T1</b>  |                                    | 147,5 |                                    | 105   |                                    | 165   | 417,5                              |       |
| <b>T2</b>  | McGonigle Charlie GBR (26/02/2017) | 210   | McGonigle Charlie GBR (26/02/2017) | 125   | McGonigle Charlie GBR (26/02/2017) | 252,5 | McGonigle Charlie GBR (26/02/2017) | 587,5 |
| <b>T3</b>  | Meredith James USA(20/07/2024)     | 277,5 | Newton Joe USA 2009                | 172,5 | McGonigle Charlie GBR (5/11/2017)  | 272,5 | Meredith James USA(20/07/2024)     | 710   |
| <b>JR</b>  |                                    | 202,2 | Nickless Pete USA 1998             | 185   |                                    | 225   | McGonigle Charlie SCT (28/02/2017) | 587,5 |
| <b>SR</b>  | Deleon Rich USA 2008               | 315   | Kevin Koch GER 2017                | 250,5 | Kelly Tom ENG ( 7/4/12 )           | 320   | Kelly Tom ENG ( 7/4/12 )           | 835   |
| <b>M1</b>  | Deleon Rich USA 2008               | 315   | Deleon Richard USA 2008            | 202,5 | Küçük Yaşar GER (13/11/2016)       | 278   | Deleon Richard USA 2008            | 795   |
| <b>M2</b>  | Patrow Dean CAN 2001               | 300   | Ryan Peter IRE (8/5/16)            | 205,5 | Patrow Dean CAN 2001               | 265   | Patrow Dean Can 2001               | 752,5 |
| <b>M3</b>  | Duncan William USA (27/10/2012)    | 235   | Duncan William USA (27/10/2012)    | 132,5 | Duncan William USA (27/10/2012)    | 235   | Duncan William USA (27/10/2012)    | 602,5 |
| <b>M4</b>  | Duncan William USA 2015            | 230   | Duncan William USA 2015            | 127,5 | Duncan William USA 2015            | 222,5 | Duncan William USA 2015            | 547,5 |
| <b>M5</b>  |                                    | 175   |                                    | 125   |                                    | 195   |                                    | 495   |
| <b>M6</b>  |                                    | 157,5 |                                    | 117,5 |                                    | 175   |                                    | 450   |
| <b>M7</b>  |                                    | 142,5 |                                    | 100   |                                    | 157,5 |                                    | 400   |
| <b>M8</b>  |                                    | 127,5 |                                    | 90    |                                    | 142,5 |                                    | 360   |
| <b>M9</b>  |                                    | 115   |                                    | 82,5  |                                    | 127,5 |                                    | 325   |
| <b>M10</b> |                                    | 105   |                                    | 75    |                                    | 115   |                                    | 295   |

24 May 2026