

# SQUAT UNEQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

WOMEN		ER
W.CL	Squat	
44		
47,5	Hallam Lyndsey ENG 12/6/15	90
50,5		
53	Di Bartolomeo Irene (2010) ITA	95
55,5	MacDonald Debbie ENG (28/2/15)	80
58,5	Street Liz ENG (28/2/15)	90
63		
70	Loi Teresa ITA 12/06/15	116
80	Armstrong Rahael ENG 12/6/15	130
90		
90+		

## WORLD RECORDS

WOMEN		WR
W.CL	Squat	
44		
47,5	Hallam Lyndsey ENG 12/6/15	90
50,5		
53	Di Bartolomeo Irene (2010) ITA	95
55,5	MacDonald Debbie ENG (28/2/15)	80
58,5	Street Liz ENG (28/2/15)	90
63		
70	Loi Teresa ITA 12/06/15	116
80	Armstrong Rahael ENG 12/6/15	130
90	MARTIN Cathy (2002) USA	130
90+		

# BENCH UNEQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

WOMEN		ER
W.CL	Bench Press	
44		
47,5	Hallam Lindsey ENG 14/6/15	50
50,5	Pinna Corda Adriana (2010) ITA	60
53		
55,5	DI BARTOLOMEO Sara (2009) ITA	60
58,5	DI_ROCCA Scheila (2008) ITA	70
63	GORE Holly ( ENG 19/2/12 )	63
70	Taylor Angela ENG (28/2/15)	80
80		
90		
90+		

## WORLD RECORDS

WOMEN		WR
W.CL	Bench Press	
44		
47,5	Hallam Lindsey ENG 14/6/15	50
50,5	Pinna Corda Adriana (2010) ITA	60
53		
55,5	DI BARTOLOMEO Sara (2009) ITA	60
58,5	DI_ROCCA Scheila (2008) ITA	70
63	GORE Holly ( ENG 19/2/12 )	63
70	Taylor Angela ENG (28/2/15)	80
80		
90	MARTIN Cathy (1995) USA	90
90+		

# DEADLIFT UNEQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

WOMEN		ER
W.CL	Deadlift	
44		
47,5	GALUSHKA Natalya (2009) UKR	116,5
50,5	DI BARTOLOMEO Irene (2009) ITA	155
53	Di Bartolomeo Irene (2010) ITA	161
55,5	THOMAS Ann (2007) ENG	132,5
58,5	THOMAS Ann (2009) ENG	130
63	THOMAS Ann SCT 2015	152,5
70	Lees Freya ENG 14/6/15	165
80	Armstrong Rachael ENG 14/6/15	170
90		
90+		

## WORLD RECORDS

WOMEN		WR
W.CL	Deadlift	
44		
47,5	GALUSHKA Natalya (2009) UKR	116,5
50,5	DI BARTOLOMEO Irene (2009) ITA	155
53	Di Bartolomeo Irene (2010) ITA	161
55,5	THOMAS Ann (2007) ENG	132,5
58,5	THOMAS Ann (2009) ENG	130
63	THOMAS Ann SCT 2015	152,5
70	Lees Freya ENG 14/6/15	165
80	Armstrong Rachael ENG 14/6/15	170
90	MARTIN Cathy (2002) USA	160
90+		

  New record

# SQUAT UNEQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

MEN		ER
W.CL	Squat	
52		
56		
60		
67,5	Leach Nathan ENG 12/06/15	175
75	Madronal Seb ENG 12/6/15	190
82,5	MOCHALOV Andrey (2007) RUS	242,5
90	Harrison Colin ENG 2011	235
100	Martin Chris ENG 03/2016	222,5
110	Smith Bradlye ENG 12/6/15	230,5
125	ORTEGA Michel (2009) SWI	255
145		
145+		

## WORLD RECORDS

MEN		WR
W.CL	Squat	
52		
56		
60		
67,5	Leach Nathan ENG 12/06/15	175
75	Madronal Seb ENG 12/6/15	190
82,5	MOCHALOV Andrey (2007) RUS	242,5
90	Harrison Colin ENG 2011	235
100	Martin Chris ENG 03/2016	222,5
110	Smith Bradlye ENG 12/6/15	230,5
125	ORTEGA Michel (2009) SWI	255
145		
145+		

# BENCH UNEQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

MEN		ER
W.CL	Bench Press	
52		
56		
60	MCCONNELL Scott (2004) IRE	130
67,5	McCONNELL Scott (2007) IRE	150
75	Russel Luke ENG (28/2/15)	160
82,5	Pyrogov Iegor (2010) UKR	165
90	Davey Andrew ENG (28/2/15)	162,5
100	FOMOCHKIN Andrey (2007) RUS	190
110	HOLLINGSWORTH Jay (2010) ENG	195
125	Lythgoe Simon ENG (28/2/15)	227,5
145	PEARSON Alan (2009) ENG	202,5
145+		

## WORLD RECORDS

MEN		WR
W.CL	Bench Press	
52		
56		
60	MCCONNELL Scott (2004) IRE	130
67,5	McCONNELL Scott (2007) IRE	150
75	Russel Luke ENG (28/2/15)	160
82,5	Pyrogov Iegor (2010) UKR	165
90	Davey Andrew ENG (28/2/15)	162,5
100	FOMOCHKIN Andrey (2007) RUS	190
110	HOLLINGSWORTH Jay (2010) ENG	195
125	Lythgoe Simon ENG (28/2/15)	227,5
145	DOLAN John (2005) USA	260
145+		

# DEADLIFT UNEQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

MEN		ER
W.CL	Deadlift	
52		
56		
60	MCCONNELL Scott (2004) IRE	175
67,5	COLE Sean (2009) ENG	242,5
75	Glava Serghei MOL ( 8/6/14)	248
82,5	MOCHALOV Andrey (2007) RUS	285
90	MACKIE Chris (2005) ENG	291
100	Harvey Nathan ENG (27/03/16)	285
110	Haswell Steve ENG 8/6/14	317,5
125	Hollingsworth Jamie ENG (28/2/15)	330
145		
145+		

## WORLD RECORDS

MEN		WR
W.CL	Deadlift	
52		
56		
60	MCCONNELL Scott (2004) IRE	175
67,5	COLE Sean (2009) ENG	242,5
75	Glava Serghei MOL ( 8/6/14)	248
82,5	MOCHALOV Andrey (2007) RUS	285
90	MACKIE Chris (2005) ENG	291
100	Harvey Nathan ENG (27/03/16)	285
110	Haswell Steve ENG 8/6/14	317,5
125	Hollingsworth Jamie ENG (28/2/15)	330
145		
145+		

New record

# SQUAT EQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

WOMEN		ER
W.CL	Squat	
44		
47,5		
50,5		
53		
55,5	Macdonald Debbie ENG 7/2/16	90
58,5		
63		
70		
80		
90		
90+		

## WORLD RECORDS

WOMEN		WR
W.CL	Squat	
44		
47,5		
50,5		
53		
55,5	Macdonald Debbie ENG 7/2/16	90
58,5		
63		
70		
80		
90	MARTIN Cathy (2002) USA	160
90+		

# BENCH EQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

WOMEN		ER
W.CL	Bench Press	
44		
47,5		
50,5		
53		
55,5	Macdonald Debbie ENG 7/2/16	55
58,5		
63		
70	HOLLY GORE (2011) GBR	70
80		
90		
90+		

## WORLD RECORDS

WOMEN		WR
W.CL	Bench Press	
44		
47,5		
50,5		
53		
55,5	Macdonald Debbie ENG 7/2/16	55
58,5		
63		
70	HOLLY GORE (2011) GBR	70
80		
90	MARTIN Cathy (2004) USA	98
90+		

# DEADLIFT EQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

WOMEN		ER
W.CL	Deadlift	
44		
47,5		
50,5		
53		
55,5	Macdonald Debbie ENG 7/2/16	135
58,5	Thomas Ann SCT 7/2/16	160
63	THOMAS Ann SCT 2015	155
70	Loi Teresa ITA 30/06/2013	140
80		
90		
90+		

## WORLD RECORDS

WOMEN		WR
W.CL	Deadlift	
44		
47,5		
50,5		
53		
55,5	Macdonald Debbie ENG 7/2/16	135
58,5	Thomas Ann SCT 7/2/16	160
63	THOMAS Ann SCT 2015	155
70	Loi Teresa ITA 30/06/2013	140
80		
90	MARTIN Cathy (2002) USA	165
90+		

  New record

# SQUAT EQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

MEN		ER
W.CL	Squat	
52		
56		
60		
67,5		
75	Glava Serghei MOL ( 6/6/14)	200
82,5	MOCHALOV Andrey (2007) RUS	300
90	COLELLA Giovanni (2007) ITA	255
100	SAUNDERS Matt (1999) ENG	300
110	Jones Phil ENG 7/2/16	250
125	Ortega Michel SWI (7/09/12)	280
145		
145+		

## WORLD RECORDS

MEN		WR
W.CL	Squat	
52		
56		
60		
67,5		
75	Glava Serghei MOL ( 6/6/14)	200
82,5	MOCHALOV Andrey (2007) RUS	300
90	COLELLA Giovanni (2007) ITA	255
100	SAUNDERS Matt (1999) ENG	300
110	Jones Phil ENG 7/2/16	250
125	DIETLE John (2003) USA	310
145		
145+		

# BENCH EQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

MEN		ER
W.CL	Bench Press	
52		
56		
60		
67,5		
75	Glava Serghei MOL ( 6/6/14)	120
82,5	TEMPEST Phil ENG 19/2/12	185
90	COLELLA Giovanni (2006) ITA	175
100	SAUNDERS Matt (2001) ENG	212,5
110	THOMAS Neil (2013) ENG	230
125	COOMES Brian IRE 13/09/14	212,5
145		
145+		

## WORLD RECORDS

MEN		WR
W.CL	Bench Press	
52		
56		
60		
67,5		
75	SOUTHERN Casey (2003) USA	155
82,5	TEMPEST Phil ENG 19/2/12	185
90	COLELLA Giovanni (2006) ITA	175
100	SAUNDERS Matt (2001) ENG	212,5
110	WALKER David USA (09/03/2014)	261
125	COOMES Brian IRE 13/09/14	212,5
145		
145+		

# DEADLIFT EQUIPPED WDFPF MPF RECORDS

## EUROPEAN RECORDS

MEN		ER
W.CL	Deadlift	
52		
56		
60		
67,5		
75	BAMFORD Andy (2005) ENG	235
82,5	MOCHALOV Andrey (2007) RUS	270
90	WHEAL Ryan J (2008) ENG	266
100	SAUNDERS Matt (2001) ENG	335
110	GEITNER Alexander GER (02/03/2014)	308
125	GEITNER Alexander GER ( 9/09/12 )	318
145		
145+		

## WORLD RECORDS

MEN		WR
W.CL	Deadlift	
52		
56		
60		
67,5		
75	BAMFORD Andy (2005) ENG	235
82,5	MOCHALOV Andrey (2007) RUS	270
90	WHEAL Ryan J (2008) ENG	266
100	SAUNDERS Matt (2001) ENG	335
110	GEITNER Alexander GER (02/03/2014)	308
125	GEITNER Alexander GER ( 9/09/12 )	318
145		
145+		

  New record