

OPEN EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			BRAY Leigh (1996) 140
56	MELTON Bradley (**)	130 MELTON Bradley (**)	65 MELTON Bradley (**)
60	GIDEON Aaron (2008) SE	160 GIDEON Aaron (2010) SE	147.5 MELTON Bradley (1999) 140
67.5	TYERS Steven (2012) SC	200 GIDEON Aaron (2012) SE	152.5 FLOWER Stephen (***) NW 245
75	MIKOSZ Dean (2000) SC	265.5 MEACHEN Lee (2017) EC	185 HOLLOWAY Steve (1996) SC 277.5
82.5	ABERY Neil (2015) EM	283.5 JOSEPH Mike (2008) EC	200 HARDY Sam (2016) SE 283
90	ABERY Neil (2010) EM	300 JEFFRIES James (2017) EC	250 BRANCH Glenn (2017) EC 300.5
100	GIBSON Matt (2016) SC	303 JEFFRIES James (2011) EC	245.5 SAUNDERS Matt (***) EC 335
110	NORTON Mark (2009) NE	330.5 FEEHAN John (2001) EM	252.5 HARRIOTT Les (***) EM 330
125	HAWKINS Ian (2015) SC	310 HAWKINS Ian (2015) SC	255 PILLING Gerald (2009) NE 322.5
145	BAKER Audley (1999) EM	385 PILLING Gerald (2009) NE	235 BAKER Audley (2000) EM 350
145+	PYE Christopher (2009) NW	255 MACKEY Matthew J (2009) EM	230

TEENAGE 1 (14-15 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		LYONS (**)	60
75		WHITEMAN Tony (1996)*	97.5 WHITEMAN Tony (1996) 170
82.5		LYNG Andrew (***) EM	72.5
90			
100			
110			
125			
145			
145+			

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			BRAY Leigh (1996) 140
56			
60			
67.5			YOUNG Andrew (2001) ENG 142.5
75	BRYAN Harrison (2018) WM	180 WHITEMAN Tony (**)	115 WILDING Regan (1996) 185
82.5	BRYAN Harrison (2018) WM	192.5 WHITEMAN Tony (**)	115 WATSON Josh (2009) SW 220
90			
100		SPENCER Paul (1995) NM*	92.5 LYNG Andrew (1999) EM 190
110		LYNG Andrew (***) EM	100 DEXTER John (1996) 220
125			
145			
145+			

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56	MELTON Bradley (**)	130 MELTON Bradley (**)	65 MELTON Bradley (**)
60	MELTON Bradley (1999)	130 HUSBAND Ben (1997) SW*	52.5 MELTON Bradley (1999) 140
67.5	JONES Hadley (2007) EC	160	SANDBACH HARRY (2009) 186
75	BULLEN Keiron (2009) EC	145 BULLEN Keiron (2009) EC	100 BULLEN Keiron (2009) EC 185
82.5	MINEAR James (2014) SW	232.5	
90			INCHLEY Matthew (2010) NM 230
100		HAGUE Paul (1995) NM*	127.5
110		SPENCER Paul (***) NM	135
125			
145			
145+			

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5	TYERS Steven (2012) SC	200 TYERS Steven (2012) SC	150
75		LITHGOE Simon (**)	120 KEMP-TAYLOR David (1999) 200
82.5	ABERY Neil (2001) EM	270 ABERY Neil (2001) EM	150 ABERY Neil (2001) EM 242.5
90	MINEAR James (2015) SW	265.5 KING Gary (1999)	155 WHEAL Ryan J (2008) EM 266
100	ANDREWS William (***) WM	190 VERENAKIS Yiannis (2015) NW	160 ANDREWS William (***) WM 238
110	SMITH Bradley (2016) SW	267.5 HALL Jeremy (***) WAL	175 SMITH Bradley (2016) SW 230
125		HAYNES John M (1995) NM*	170 ALLISON Dean (***) WM 300
145			
145+			

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5		BROWN Steve (2006) NE	95			
67.5	BEVAN David (2005) EM	165	BEVAN David (2005) EM	102.5	BEVAN David (2005) EM	195
75	MIKOSZ Dean (2009) SC	240	MIKOSZ Dean (2012) SE	173.5	HOLLOWAY Steve (1996) SC	277.5
82.5	MELDON Rick (2009) SE	265	TEMPEST Phil (2012) NE	185	TROULLIS George (2005) SC	282.5
90	MELDON Rick (2008) SE	282.5	MAKSYM CZUK Jan (2015) SW	185.5	JEX Terry (1996) SC	300
100	SINCLAIR Frank (2005) SCO	290	JEFFRIES James (2011) EC	245.5	PILLING Les (1996) NW	320
110	NORTON Mark (2009) NE	330.5	MARTIN Chris (2017) SCO	237.5	COPE Derek (2000) EM	282.5
125	RUSSELL Graham (2004) SCO	260	WRIGHT John (2004) SCO	190	LAING Phil (2008) NM	305
145	WRIGHT John (2004) SCO	275	ROWLANDS Haydn (1999) NM	227.5		
145+	PYE Christopher (2009) NW	255				

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5		HAYNES Cliff (2008) EC	150	FLOWER Stephen (***) NW	245	
75	FLOWER Stephen (***) NW	185	MEACHEN Lee (2015) EC	182.5	FLOWER Stephen (***) NW	232.5
82.5	MELDON Rick (2010) SE	280	TEMPEST Phil (2016) EM	185.5	TROULLIS George (2005) SC	275
90	MELDON Rick (2009) SE	277.5	JEFFRIES James (2017) EC	250	WHYTE Larry (2006) WM	258.5
100	PILLING Les (2000) NW	285	JEFFRIES James (2018) EC	242.5	PILLING Les (2000) NW	300
110	PILLING Les (***) NW	302.5	THOMAS Neil (2018) EC	231	PILLING Les (2002) NW	300
125	STOKES John (2008) NE	250	SIDNEY Marc (2010) SE	206	STANISLAUS Steve (2010) SE	282.5
145			ROWLANDS Haydn (2005) NM	192.5		
145+			MACKEY Matthew J (2009) EM	230		

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75	FAIRHURST David (***) NW	200	MEACHEN Lee (2017) EC	185	THOMAS Dave (2017) SC	218
82.5			MEACHEN Lee (2016) EC	185	ROWE Matt (2018) SW	245.5
90			AMBLER Derek (1997) EM*	160	WHYTE Larry (2007) WM	265
100	MITCHELL Brian (2008) SC	182.5	FLETT Martin (2010) NW	195	COWLEY Arthur (2014) SCO	280.5
110	PILLING Les (2007) NW	303	TUDOR Ian (***) EC	193	PILLING Les (2007) NW	300
125	PILLING Les (2007) NW	270	WEBB Steve (2015) EM	195	NICOL Alan (***) NW	260
145	NICOL Alan (1999) NW	250			NICOL Alan (1999) NW	260
145+						

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75			BYRNE Ted (2010) NM	181.5		
75		BRIGGS David (1993)*	120			
82.5			WILLIAMS David (2012) SW	167.5	PHILLIPS Michael (2014) SCO	225
90	COX Tom (2004) WM	190	COX Tom (2004) WM	150	GREEN Andrew (2016) SC	220
100	COX Tom (2006) WM	222.5	FLETT Martin (2011) NM	182.5	MANSELL Simon (2016) SW	232.5
110	SINGH Jagir (2015) WM	202.5	FLETT Martin (2013) SCO	190	WEST John (***) EM	270
125	PILLING Les (2012) NW	252.5	WRIGHT John (2018) SCO	180	PILLING Les (2012) NW	261
145						
145+						

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
67.5			JOHNSTON Thomas (1996) EC	160		
75	AMEY Mick (2012) SC	180	AMEY Mick (2012) SC	95	AMEY Mick (2012) SC	220
82.5			WILLIAMS David (2014) SW	170	PHILLIPS Michael (2016) SCO	227.5
90			WILLIAMS David (2016) SW	197.5	PHILLIPS Michael (2016) SCO	215
100			BURDEN Ron (2011) EC	130	HOWARTH David (2009) NW	232.5
110			MITCHELL Brian (2015) SC	117.5	MITCHELL Brian (2015) SC	200
125			BEVAN John (***) EM	150		
145						
145+						

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75		WALLIS David (2005) NE	130			
82.5	AMEY Mick (2015) EC	192.5	AMEY Mick (2015) EC	105	AMEY Mick (2015) EC	230
90	DAVIES Andy (2012) NW	171	RODGER Dave (1994) NW*	134	HOWARTH David (2013) NW	220
100			FULTON John (1995) EC*	132.5	HOWARTH David (2013) NW	215
110			BURDEN Ronald (2016) EC	155	BURDEN Ronald (2016) EC	220
125						
145						
145+						

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75	MARSHALL Derek (1999)	150		MARSHALL Derek (1999)	182.5	
82.5						
90	DAVIES Andy (2015) NW	150	MILLER John (1998)*	87.5	DAVIES Andy (2015) NW	185
100			FULTON John (1997) EC*	140	WALKER John (2012) NE	230
110	WALKER John (2014) NE	200	BURDEN Ronald (2017) EC	160	WALKER John (2014) NE	230
125			OLSEN Roy (2012) NM	170	OLSEN Roy (2014) NM	220
145						
145+						

MASTER 8 (75-79yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60		CLUER Ron (1995) SE*	60			
67.5		CLUER Ron (***) SE	60.5			
75						
82.5						
90		HEARN David (2017) SCO	95	HEARN David (2017) SCO	150	
100						
110			OLSEN Roy (2016) NM	150	OLSEN Roy (2016) NM	200
125			OLSEN Roy (2016) NM	160	OLSEN Roy (2016) NM	210
145						
145+						

MASTER 9 (80-84yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift		
52					
56					
60		CLUER Ron (***) SE	60	CLUER Ron (1996) SE	100
67.5		CLUER Ron (1997) SE*	61	CLUER Ron (1999) SE	95
75					
82.5					
90					
100					
110					
125					
145					
145+					

MASTER 10 (85-89yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
110			
125			
145			
145+			

M/P/F EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75					BAMFORD Andy (2005) SC	235
82.5			TEMPEST Phil (2016) EM	185.5		
90	COOK Steve (2008) WAL	250	MADEN Stephen (2004) SE	157.5	WHEAL Ryan J (2008) EM	266
100	SAUNDERS Matt (1999) EC	300	SAUNDERS Matt (2001) ENG	212.5	SAUNDERS Matt (***) EC	335
110			MARTIN Chris (2017) SCO	237.5	EAGER Mark (2008) SW	270
125					ALLISON Dave (1999)	285
145						
145+						

*In 1999 when unequipped and equipped categories were introduced the WDFPF considered the full power equipped and unequipped records. It was decided that since the previous World Records in the Bench Press were set in accordance to the Unequipped Division rules, all of the WDFPF Bench Press World Records would carry over into the UNEQUIPPED Division records. To that end - the WDFPF bench press records as at 1998, were (1) LEFT IN THE EQUIPPED DIVISION (marked on the lists with an * to indicate that they were done without a bench shirt, as per pre-1998 rules (2) ALSO CARRIED OVER INTO THE UNEQUIPPED DIVISION (marked on the lists with an * to indicate that they were done pre-1998 before the new categories came into being).

**Where records have no date or proof of competition the record marked ** to indicate the record is unverified but historical.