

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	BAILEY Joe (2016) EC	106	FORBES Brian (1997) SC*	97.5	BAILEY Joe (2016) EC	175	BAILEY Joe (2016) EC	332.5
56	GREEN Mark (2010) SC	130	FORBES Brian (1998) SC*	103	BAILEY Joe (2016) EC	176	GREEN Mark (2010) SC	385
60	HAMPSON Ben (2018) EC	177.5	GUTTERIDGE Alan (1989) NM*	145	FAARIS Sheikh (2017) EM	210	FAARIS Sheikh (2017) EM	477.5
67.5	GRAY David (2013) WM	196	GRAY David (2013) WM	145.5	WATTS David (2018) EC	260.5	GRAY David (2013) WM	587.5
75	ROGERS Luke (2015) WM	222.5	BLINDT Adrian (1992) NM	165	EDMED Scott (2018) WM	265	BARNEY Callum (2017) SE	620
82.5	MC CAFFREY Paul (2010) NE	260	JOSEPH Mike (2001) EC	193.5	HARDY Sam (2016) SE	280.5	DEW Sam (2014) WAL	682.5
90	BONNER Andy (2012) SC	252.5	RIGBY Andy (1997) NW*	205	BURTON Ramone (2016) WAL	320	SHILLINGFORD Pierre (2014) SE	695
100	PILLING Les (2001) NW	272.5	RIGBY Andrew (1993) NW	215	FAMUTIMI Hendrick (2017) EM	325	MARSHALL Simon (2009) EM	762.5
110	MITCHELL John (2011) WM	301	MURDOCH Alistair (2013) SE	222.5	HASWELL Steve (2015) SC	324	MARSHALL Simon (2014) EM	792.5
125	GOZDECKI Richard (2016) WM	290	LYTHGOE Simon (2018) SC	232.5	HOLLINGSWORTH Jay (2013) NE***	330	HOLLINGSWORTH Jay (2013) NE	805
145	HAYDOCK Mark (2006) NW	300	BAKER Chris (2010) NE	227.5	HAYDOCK Mark (2006) NW	305	HAYDOCK Mark (2006) NW	780
145+	KELLY Tom (2013) SC	312.5	KELLY Tom (2013) SC	212.5	KELLY Tom (2012) SC	320	KELLY Tom (2012) SC	835

*** Mike Leadbetter Deadlifted 330 unequipped at the 1990 World Championships in France, however this was classified as an equipped lift, therefore Hollingsworth has the official record

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	HANOMAN Shaun (2007) NW	92.5	PERKINS Callum (2015) SC	50	PERKINS Callum (2015) SC	125	HANOMAN Shaun (2007) NW	262.5
56	GREEN Mark (2010) SC	130	GREEN Mark (2010) SC	95	GREEN Mark (2010) SC	160	GREEN Mark (2010) SC	385
60	GREEN Mark (2010) SC	137.5	GREEN Mark (2010) SC	95	BELL Darren R (2006) SCO	162.5	GREEN Mark (2010) SC	392.5
67.5	BELL Darren R (2007) SCO	145	BELL Darren R (2007) SCO	86	BELL Darren R (2007) SCO	187.5	BELL Darren R (2007) SCO	415
75	RAINE Jordan (2011) SE	142.5	INNES Alex (2011) NE	92.5	RAINE Jordan (2011) SE	190	RAINE Jordan (2011) SE	410
82.5	PERRUZZA Enrico (2010) SC	150	BRADSHAW Laurence (2006) ENG	110	BRADSHAW Laurence (2006) ENG	202.5	BRADSHAW Laurence (2006) ENG	452.5
90	BRADSHAW Laurence (2006) NW	162.5	CLARKE Oliver (2016) SE	117.5	BRADSHAW Laurence (2006) NW	227.5	BRADSHAW Laurence (2006) NW	492.5
100	CLARKE Oliver (2016) SE	202.5	CLARKE Oliver (2016) SE	137.5	O'DONNELL Connor (2018) NE	217.5	CLARKE Oliver (2016) SE	550
110	COLLINS James (2010) SC	150	COLLINS James (2010) SC	90	COLLINS James (2010) SC	175	COLLINS James (2010) SC	415
125			RAWLING Adrian (**)	100				
145								
145+								

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	SANDERS Ashley (2008) WM	105	BRAY Leigh (1997)*	62.5	SANDERS Ashley (2008) WM	140	SANDERS Ashley (2008) WM	305
56	AIKMAN JNR David (2009) SCO	110	AIKMAN JNR David (2009) SCO	75	AIKMAN JNR David (2009) SCO	163	AIKMAN JNR David (2009) SCO	347.5
60	MULLER Harry (2014) SE	141	AIKMAN David Jnr (2010) SCO	98	AIKMAN David Jnr (2010) SCO	172.5	AIKMAN David Jnr (2010) SCO	410
67.5	GREEN Mark (2013) SC	170	GREEN Mark (2013) SC	130	BELL Darren (2008) SCO	201	GREEN Mark (2013) SC	480
75	ROWLES Liam (2014) SE	205	RIDEIT Lewis (2011) SC	132.5	RIDEIT Lewis (2011) SC	240	RIDEIT Lewis (2011) SC	537.5
82.5	JENKIN Steve (2003) SW	200	BIGGIN Jonathan (2006) SCO	130	KUTI Sam (2017) SW	240	JENKIN Steve (2003) SW	537.5
90	HUGHES Alex (2013) NW	160	KING Joshua (2012) SC	121	HURRELL Ben (2010) EC	205	HURRELL Ben (2010) EC	460
100	McFADEN Ross (2018) SCO	200	PALIN Harry (2014) SC	155	McFADEN Ross (2018) SCO	250	McFADEN Ross (2018) SCO	570
110	KESHTA Omar (2016) SE	210	KESHTA Omar (2016) SE	160	KESHTA Omar (2016) SE	260	KESHTA Omar (2016) SE	630
125	OSBORN Jack (2016) SC	212.5	KESHTA Omar (2016) SE	170	KESHTA Omar (2016) SE	260	KESHTA Omar (2016) SE	630
145								
145+	McGONIGLE Charlie (2017) SCO	210	McGONIGLE Charlie (2017) SCO	125	McGONIGLE Charlie (2017) SCO	252.5	McGONIGLE Charlie (2017) SCO	587.5

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	MEHTA Amrik (2013) SW	117.5	LEWIS Simon (1991) EM*	92.5	MEHTA Amrik (2013) SW	165	MEHTA Amrik (2013) SW	370
60	TYERS Steven (2009) SC	140	TYERS Steven (2009) SC	105	TYERS Steven (2009) SC	200	TYERS Steven (2009) SC	445
67.5	CANNINGS Alistair (2010) SC	180	VIVIAN Alex (2010) SC	112.5	SHAFEE Hesham El (2017) SCO	215.5	CANNINGS Alistair (2010) SC	497.5
75	CANNINGS Alistair (2011) SC	195	CANNINGS Alistair (2011) SC	130	PETRINE Daniel (2018) EC	235	CANNINGS Alistair (2011) SC	545
82.5	JENKIN Steve (2003) SW	215	MC LAUGHLAN Scott R (2009) WM	135	DEACON-SMITH Matt (2013) SC	247.5	CUTLER Craig (2010) SW	572.5
90	ROBINSON Harvey (2013) EC	215	BAKER Alex (2011) SC	145	ROBINSON Harvey (2013) EC	270	ROBINSON Harvey (2013) EC	615
100	GOODHALL Sam (2011) SC	240	WEBB Joe (2014) EM	147	GOODHALL Sam (2011) SC	275	GOODHALL Sam (2011) SC	650
110	MacQUEEN Mark (2014) SCO	240	MacQUEEN Mark (2014) SCO	145	MacQUEEN Mark (2014) SCO	280	MacQUEEN Mark (2014) SCO	665
125	OSBORN Jack (2017) SC	250	OSBORN Jack (2017) SC	162.5	RUSHTON Josh (2010) SC	265	RUSHTON Josh (2010) SC	667.5
145	SIEVEWRIGHT Carl (2008) SC	185	SIEVEWRIGHT Carl (2008) SC	140	SIEVEWRIGHT Carl (2008) SC	250	SIEVEWRIGHT Carl (2008) SC	572.5
145+	McGONIGLE Charlie (2017) SCO	240	McGONIGLE Charlie (2017) SCO	130	McGONIGLE Charlie (2017) SCO	272.5	McGONIGLE Charlie (2017) SCO	642.5

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	BAILEY Joe (2016) EC	106	BAILEY Joe (2016) EC	67.5	BAILEY Joe (2016) EC	175	BAILEY Joe (2016) EC	332.5
56	BAILEY Joe (2016) EC	120	BAILEY Joe (2016) EC	82.5	BAILEY Joe (2016) EC	176	BAILEY Joe (2016) EC	365
60	FAARIS Sheikh (2017) EM	170	PEACOCK Tian (2015) SW	107.5	FAARIS Sheikh (2017) EM	210	FAARIS Sheikh (2017) EM	477.5
67.5	TYERS Steven (2012) SC	170	SOMERS Jack (2013) SC	120.5	WARDLEY Jonathan (2018) WM	240	TYERS Steven (2012) SC	502.5
75	BARNEY Callum (2017) SE	202.5	BARNEY Callum (2017) SE	138	BARNEY Callum (2016) SC	252.5	BARNEY Callum (2017) SE	587.5
82.5	HUBBARD Owen (2013) SC	237.5	HUBBARD Owen (2013) SC	187.5	DEACON-SMITH Matt (2013) SC	280	HUBBARD Owen (2013) SC	680
90	CORDWELL Callum (2015) WM	230	PERCIVAL Daniel (2008) WM	170	FERNANDEZ Julian (2011) SC	280.5	MEAKIN Reece (2011) SC	642.5
100	BECKER Zachary (2013) SE	255	GIBSON Matthew (2013) SC	170	EDWARDS Josh (2016) WAL	320	EDWARDS Josh (2016) WAL	705
110	EJEMISIN Charles (2017) WAL	247.5	BENSON James (2017) SE	180	PIPE Matthew (2010) NE	320	PIPE Matthew (2010) NE	690
125	RAMSBOTTOM Karl (2011) WM	250	McKERRON Julian (2014) SE	181	PIPE Matthew (2009) NE	320	PIPE Matthew (2009) NE	730
145	GODDARD Richard (2012) NW	245	HAYNES John M (1996) NM*	180	GODDARD Richard (2012) NW	252.5	SIEVEWRIGHT Carl (2011) SC	655
145+								

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56			FORBES Brian (1998) SC*	97.5				
60	FORBES Brian (2000) SC	145	FORBES Brian (1998) SC*	103				
67.5	BEDFORD Peter (2007) SC	182.5	GUTTERIDGE Alan (1991) NM*	136.5	BROWN Steve (2007) NE	200	FORBES Brian (2002) SC	437.5
75	WEBB Richard (2015) NW	200	BEDFORD Peter (2006) SC	130	BEDFORD Peter (2007) SC	227.5	BEDFORD Peter (2007) SC	540
82.5	CROSSLAND Richard (2016) NW	217.5	WEBB Richard (2015) NW	132.5	HANNAH David (2005) SCO	240	WEBB Richard (2015) NW	562.5
90	PROTHERO Chris (2016) WAL	238	JEX Terry (***) SC	147	CROMBIE David (2014) SCO	272.5	CROMBIE David (2014) SCO	625
100	SPRANGE Steven (2011) SW	260.5	MINTY Vince (2009) SC	167.5	LANE Mark (2001) EM	290	PROTHERO Chris (2016) WAL	647.5
110	MARSHALL Simon (2014) EM	272.5	GREVILLE Darren (2012) SE	157.5	SPRANGE Steven (2011) SW	275	SPRANGE Steven (2011) SW	682.5
125	SUTTON Peter (2005) WAL	270	MURDOCH Alistair (2011) SE	217.5	MARSHALL Simon (2014) EM	323	MARSHALL Simon (2014) EM	792.5
145	SUTTON Peter (2008) WAL	285	LYTHGOE Simon (2017) SC	230	LAING Phil (2008) NM	310	LYTHGOE Simon (2017) SC	765
145+			ROWLANDS Haydn (1998) NM*	223	SUTTON Peter (2009) WAL	312.5	SUTTON Peter (2008) WAL	807.5
			DAVIES Dilwyn (1991) WAL*	140				

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60	BROWN Stephen (2008) NE	150	BROWN Stephen (2008) NE	90	BROWN Stephen (2008) NE	207.5	BROWN Stephen (2008) NE	447.5
67.5	GRAY David (2013) WM	196	GRAY David (2013) WM	145.5	GRAY David (2013) WM	260	GRAY David (2013) WM	587.5
75	HAYNES Cliff (2009) EC	190	HAYNES Cliff (2009) EC	145	HAYNES Cliff (2009) EC	242.5	HAYNES Cliff (2009) EC	572.5
82.5	LOWE Mark (2017) SW	227.5	MINTY Vince (2015) SC	155	ROWE Matt (2016) SC	262.5	ROWE Matt (2016) SC	610
90	VAN NIEKERK Edward (2005) SC	241	BONNER Andy (2002) SC	165	BONNER Andy (2002) SC	290.5	BONNER Andy (2002) SC	687.5
100	PILLING Les (2001) NW	272.5	SIMPSON Alan (1997)*	181	PILLING Les (2001) NW	300	PILLING Les (2001) NW	732.5
110	PILLING Les (2002) NW	300	MURDOCH Alistair (2013) SE	222.5	PILLING Les (2002) NW	310	PILLING Les (2002) NW	760
125	SUTTON Peter (2011) WAL	260	LYTHGOE Simon (2018) SC	232.5	SUTTON Peter (2011) WAL	307.5	SUTTON Peter (2011) WAL	772.5
145	SUTTON Peter (2011) WAL	285	SUTTON Peter (2011) WAL	210	SUTTON Peter (2011) WAL	305	SUTTON Peter (2011) WAL	800
145+			DAVIES Dilwyn (1992) WAL*	147.5				

MASTER 10 (85-89yrs) UNEQUIPPED

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

M/P/F UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56	SPICER Craig (2015) SC	122.5 KHAN Mo (1991)*	90 SPICER Craig (2015) SC	167.5 SPICER Craig (2015) SC 375
60	COOK Neil (2012) NM	142.5 COOK Neil (2013) NM	105 COOK Neil (2012) NM	208 COOK Neil (2012) NM 450
67.5	COLE Sean (2009) SC	170 ROBERTS Dennis (2012) WAL	125 COLE Sean (2009) SC	240 COLE Sean (2009) SC 527.5
75	DEW Sam (2011) WAL	200 DEW Sam (2011) WAL	150 SINGH Diljeet (2013) NE	253 DEW Sam (2011) WAL 580
82.5	DEW Sam (2014) WAL	255 DEW Sam (2014) SW	170 DEW Sam (2016) SW	260 DEW Sam (2014) WAL 682.5
90	ROBERTSON Phil (2012) SCO	245 FLETCHER Mark (2009) NM	170 ROBB Simon (2015) SW	290 ROBB Simon (2015) SW 692.5
100	HULL Aaron (2015) SW	262.5 HULL Aaron (2015) SW	192.5 HARVEY Nathan (2017) EC	320 HULL Aaron (2015) SW 735
110	WILLIAMS Dugal (2017) SW	270 BENSON James (2018) SE	192.5 CURRAN Liam (2017) SCO	302.5 CURRAN Liam (2017) SCO 720
125	HOLLINGSWORTH Jay (2013) NE	285 LYTHGOE Simon (2018) SC	232.5 HOLLINGSWORTH Jay (2013) NE	330 HOLLINGSWORTH Jay (2013) NE 805
145	PEARSON Alan (2008) NM	225 PEARSON Alan (2008) NM	195 PEARSON Alan (2008) NM	285 PEARSON Alan (2008) NM 705
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.