

### OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52			ANDERSON Ryan (2018) SW	80	DUMBILL Luke (2009) SW	116
56	BAILEY Joe (2016) EC	111	BAILEY Joe (2016) EC	80	BAILEY Joe (2016) EC	181
60	HAMPSON Ben (2018) EC	172.5	GIDEON Aaron (2008) SE	117.5	BROWN Stephen (2008) NE	210
67.5	GRAY David (2015) WM	191	GUTTERIDGE Alan (1996) NM*	147.5	WATTS David (2017) EC	252.5
75	PHILLIPS Luke (2016) WAL	203	JOSEPH Mike (2012) EC	180	HARDY Sam (2017) SE	280
82.5	HEATH David (2015) SC	220	JOSEPH Mike (2005) EC	198	BUCHANAN Charles (2013) SW	291
90	JACKSON Mark (2017) EC	263	RIGBY Andy (1997) NW*	200.5	STEVENS Nick (2012) SCO	320
100	PILLING Les (***) NW	270	RIGBY Andrew (1995) NW*	220	HARVEY Nathan (2017) EC	320
110	PILLING Les (2002) NW	300	RIGBY Andrew (2015) NW	228	HASWELL Steve (2014) SC	310
125	MacCONNACHIE Iain (2015) SC	302.5	LYTHGOE Simon (2018) SC	231	WILLIAMS Mark (2018) SW	318
145	HASKINS Jason (2018) SW	300	MERRICKS Paul (2010) WM	230	HAYDOCK Mark (2007) NW	312.5
145+			MERRICKS Paul (2015) WM	235.5	PYE Christopher (2009) NW	255

### TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52					DUMBILL Luke (2009) SW	116
56					OSBOURNE-KEDDY Liam (2016) WAL	102.5
60	PATEL Hussain (2004) WM	90	O'GRADY Matthew (2005) WM	57.5	EASTWOOD Jamie (2009) SW	142.5
67.5	FERGUSON Robert (2014) SCO	125	CLARK Michael (2011) WM	85	BUCHANAN Jordan (2009) SW	190
75	LOEBELL James (2018) SE	135	WHITEMAN Tony (1996)*	97.5	LOEBELL James (2018) SE	160.5
82.5	GHAFOUR James (2006) NE	125	WILLIAMS Corey (2013) SW	105	SHELTON George (2009) WM	170
90			WEBB Joe (2010) NM	95	LOWE Macauley (2012) SW	172.5
100						
110						
125					WRIGHT James (2015) WAL	201
145						
145+			MELLOR Graham (2010) NM	110	MELLOR Graham (2009) NM	180

### TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52			ANDERSON Ryan (2016) SW	55		
56					SUTTON Mikey (2010) SW	130
60	FLETCHER Nathaniel (2014) NW	130	BALDWIN Andrew (***) WM	85	WHYTE Dean (2018) SCO	160
67.5	JONES Hadley (2007) EC	135	DALDRY Michael (2007) WM	90	BUCHANAN Jordan (2011) SW	215
75	RANDLE Luke (***)	150	DAVIES Nathan (2015) WM	102.5	STANNARD Owen (2016) EC	220
82.5			GRIFFITHS Ben (2010) WM	127.5	KEEGAN Will (2009) SW	210
90	LEES Alastair (2015) NW	155	MEPHAM Matt (2016) SE	150	REDBOURN Dominic (2010) WM	230.5
100	LEES Alastair (2015) NW	167.5	LEES Alastair (2015) NW	115	ROSS Lee (2009) SW	180
110			GHAFOOR James (2008) NE	125	GHAFOOR James (2008) NE	210
125			JACK Denizil (2015) EC	190	PERRIE Liam (2017) SCO	220
145	EVANS Morgan (2017) NW	185			EVANS Morgan (2017) NW	205
145+			MELLOR Graham (2010) NM	132.5	MELLOR Graham (2010) NM	170

### TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52			ANDERSON Ryan (2018) SW	80		
56						
60	FLETCHER Nathaniel (2015) NW	130	FLETCHER Nathaniel (2015) NW	87.5	FLETCHER Nathaniel (2015) NW	170
67.5	IDE Callum (2009) SCO	170	BALDWIN Andrew (2007) WM	110	BUCHANAN Jordan (2012) SW	210
75	WIGGINS Corey (2015) SC	200	CORRIGAN Phil (2007) NW	130	PETRINE Daniel (2018) EC	235
82.5	RAINE Jordan (2013) SC	190	TREVASKIS Troy (2007) SW	132.5	DEACON-SMITH Matt (2013) SC	240
90	COMBELLACK Jarrad (2015) WAL	180	PENNINGTON Daniel (2010) NW	143	CUTLER Craig (2010) SW	245
100	PALIN Harry (2015) SC	190	PALIN Harry (2015) SC	150	WATSON Josh (2012) SW	270.5
110	ARKELL Jake (2008) WM	185	HARRIGAN Adam (2012) NM	156	MacQUEEN Mark (2014) SCO	255
125	DEEMER-EVANS Jake (2016) EC	200	DEEMER-EVANS Jake (2016) EC	150	DEEMER-EVANS Jake (2016) EC	250
145	EVANS Morgan (2018) NW	215			EVANS Morgan (2017) NW	215
145+						

### JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56	BAILEY Joe (2016) EC	111	BAILEY Joe (2016) EC	80	BAILEY Joe (2016) EC	181
60	KITCHENER Michael (2017) EC	110	SIMMONDS Aaron (2013) SE	107.5	BLACK Aaron (2016) SE	190
67.5	TAIT Stuart (2017) SCO	165	WHITWORTH David (2015) SE	127.5	WARDLEY Jonathan (2017) WM	227.5
75	EVANS Jamie (2018) WM	190.5	PENNINGTON Kallum (2010) NW	135	BLACKWOOD Lewis (2016) WM	255
82.5	ABERY Neil (2000) EM	210	HERD Maxwell (2007) SE	152.5	TOBIAS Owain (2016) WAL	275
90	CORDWELL Callum (2015) WM	236	PERCIVAL Daniel (2007) WM	160	STEVENS Nick (2012) SCO	320
100	EDWARDS Joshua (2015) WAL	225	RIDDICK Darius (2018) EC	183.5	RIDDICK Darius (2018) EC	286.5
110	SMITH Bradley (2015) SE	230.5	BENSON James (2017) SE	190.5	LE CRAS Brett (2012) SC	300.5
125			SANDERS Kevin (2007) SW	180	MOORE Lewis (2015) EC	262.5
145	BRIDGES Rob (2015) WM	200	GRANT Shaun (2007) WM	180	BRIDGES Rob (2015) WM	240
145+						

**MASTER 1 (40-44yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5	BEDFORD Peter (2005) SC	160	MURRAY Greig (2015) SC	122.5	MURRAY Greig (2016) NE	218
75	WEBB Richard (2015) NW	202.5	JOSEPH Mike (2012) EC	180	COLE Sean (2016) SC	247.5
82.5	CROSSLAND Richard (2017) NM	217.5	TEMPEST Phil (2012) NE	155	LANE Mark (2005) EM	283
90	KERR Glen (2016) EC	232.5	MAKSYM CZUK Jan (2016) SW	165	SMITHSON Sean (2017) NM	262.5
100	PILLING Les (1999) NW	265	MURDOCH Alistair (2010) SE	202.5	PILLING Les (1999) NW	300
110	CRISP Philippe M (2012) SE	241	MURDOCH Alistair (2012) SE	222.5	HORROCKS Terry (2018) NM	285
125	WOOD Darren (2015) WM	272.5	LYTHGOE Simon (2018) SC	231	WOOD Darren (2015) WM	306
145			ROWLANDS Haydn (1998) NM*	220	THOMPSON Scott (2015) NE	280
145+					PYE Christopher (2009) NW	255

**MASTER 2 (45-49yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60	BROWN Stephen (2008) NE	152.5	ANDERSON Mark (2016) SW	100	BROWN Stephen (2008) NE	210
67.5	GRAY David (2012) WM	182.5	GUTTERIDGE Alan (1996) NM*	147.5	GRAY David (2012) WM	250
75	MEREDITH Tommy (2005) SW	167.5	AIKMAN SNR David (2009) SCO	145	TAYLOR David (2007) WM	210
82.5	ROWE Matt (2018) SC	207.5	PATEL Rasheed (2006) WM	152.5	PAISLEY Brett (2018) EC	255
90	VAN NIEKERK Edward (2005) SC	230	RIGBY Andrew (2008) NW	190	JEX Terry (***) SC	292.5
100	PILLING Les (***) NW	270	RIGBY Andy (2010) NW	205	JEX Terry (2005) SC	292.5
110	PILLING Les (2002) NW	300	MURDOCH Alistair (2014) SE	227.5	PILLING Les (2002) NW	300
125	DAVIDSON Hamish (2000) SCO	225	MURDOCH Alistair (2012) SE	230.5	LAING Phil (2009) NM	307.5
145			ROWLANDS Haydn (2006) NM	195	PHILLIPS Gary (2015) WM	275
145+						

**MASTER 3 (50-54yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5	GRAY David (2015) WM	191	GRAY David (2015) WM	142.5	GRAY David (2015) WM	250
75	MEREDITH Tommy (2010) SW	175.5	MEACHEN Lee (2017) EC	145	MEREDITH Tommy (2010) SW	205.5
82.5	GOLDING Paul (2015) SE	188	COLLINSON Neal Paul (2014) SW	161	BUCHANAN Charles (2010) SW	286
90	HESKETH Mark (2014) NW	185	COLLINSON Neal Paul (2018) SW	161	WHYTE Larry (2006) WM	270
100	VAN KEMPEN Steve (2017) EC	167.5	RIGBY Andrew (2017) NW	200	JEX Terry (2010) SC	285
110	PILLING Les (2007) NW	260.5	RIGBY Andrew (2015) NW	228	PILLING Les (2007) NW	283
125	PILLING Les (2009) NW	240	RIGBY Andrew (2014) NW	225	NICOL Alan (1999) NW	270
145	WAITES Paul (2015) EC	190	BERNASCONI John (2014) NM	207.5	O'DONNELL Frank (2016) NW	275
145+			ROWLANDS Haydn (2009) NM	197.5		

**MASTER 4 (55-59yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75	MEREDITH Tommy (2012) SW	182.5	MEREDITH Tommy (2012) SW	120.5	MEREDITH Tommy (2012) SW	210.5
82.5	CHARTERS Stephen (2017) SW	187.5	ROUND Michael (2014) EM	147.5	BUCHANAN Charles (2013) SW	291
90			SHIELDS Brian (2018) NW	140	BUCHANAN Charles (2014) SW	300
100	JEX Terry (2015) SC	200	RIGBY Andrew (2017) NW	195	JEX Terry (2015) SC	267.5
110	LAMBERT Steve (2016) NE	217.5	TUDOR Ian (2006) EC	167.5	LAMBERT Steve (2016) NE	275
125	PILLING Les (2013) NW	235	ROWLANDS Haydn (2011) NM	180	LEADBETTER Mike (2009) NW	285
145			BERNASCONI John (2018) WM	200		
145+						

**MASTER 5 (60-64yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75	MEREDITH Tommy (2018) SW	170	CONWAY Gary (2016) WM	120	PHILLIPS Michael (2018) SCO	200
82.5	DARGUE Dave (2006) NE	152.5	SINCLAIR Ashley (2012) SCO	141	BUCHANAN Charles (2018) SW	265
90	DAVIES Andy (2009) NW	170	SINCLAIR Ashley (2012) SCO	140	BONNER Andy (2016) SC	272.5
100	BONNER Andy (2017) SC	240	BONNER Andy (2017) SC	147.5	BONNER Andy (2017) SC	278
110	LEADBETTER Mike (2013) NW	182.5	TUDOR Ian (2009) EC	155	LEADBETTER Mike (2013) NW	247.5
125	PILLING Les (2015) NW	213	LEADBETTER Mike (2012) NW	142.5	LEADBETTER Mike (2012) NW	255
145						
145+						

**MASTER 6 (65-69yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5	GODDEN Martin (2011) SC	102.5	GODDEN Martin J (2009) SC	85	JOHNSTON Thomas (**) EC	150
75	GODDEN Martin (2013) SC	112.5	WALLIS David (2005) NE	117.5	JOHNSTON Thomas (1999) EC	150
82.5			SINCLAIR Ashley (2018) SCO	142.5	WALLINGTON Alan (2009) SW	180
90	DAVIES Andy (2009) NW	170	SINCLAIR Ashley (2018) SCO	140	DAVIES Andy (2009) NW	220
100	DAVIES Andy (2010) NW	170	BURDEN Ronald (2013) EC	133.5	BURDEN Ronald (2013) EC	220
110	LEADBETTER Mike (2016) NW	170	BURDEN Ronald (2016) EC	140.5	LEADBETTER Mike (2016) NW	240
125			LEADBETTER Mike (2017) NW	122.5	LEADBETTER Mike (2017) NW	232.5
145						
145+						

**MASTER 7 (70-74yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5			PINSON Roy (2013) WM	55	PINSON Roy (2013) WM	120
75	PASSMORE George (2004) SC	115	WADE Mike (2016) SCO	82.5	TARRAN Edward (2002) EC	165
82.5			WALLIS David (2009) NE	102.5	TARRAN Edward (1999) EC	170
90	McKEE Anderson (2008) SW	120	WEST Eric (2011) SE	92.5	PARKES Ernie (2017) EC	235
100	WALKER John (2012) NE	180	WHITEBROOK Timothy (2018) NW	106	HOWARTH Dave (2017) NW	200
110	WALKER John (2014) NE	195	FULTON John (1997) EC*	140	WALKER John (2012) NE	225
125	WALKER Trevor (2018) NW	140	JAMES Stuart (2018) WAL	142.5	WALKER John (2014) NE	233
145			OLSEN Roy (2015) M7	150	WALKER Trevor (2017) NW	200
145+						

**MASTER 8 (75-79yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5	HARVEY Patrick (2013) WM	85	CLUER Ron (1995) SE*	60		
75	JOHNSTON Thomas (2008) EC	75	HARVEY Patrick (2013) WM	67.5	TARRAN Edward (2004) EC	170
82.5	LEGG Bill (2015) SC	102.5	KEFFERTY Jack (2017) SCO	75	PARKS Ernie (2017) EC	220
90	HEARN David (2017) SCO	112.5	LEGG Bill (2015) SC	82.5	WINSLOW Brian (2014) NM	130
100			BIRD Jim (2016) EC	92.5	HEARN David (2016) SCO	152
110			WALKER John (2017) NE	105	WALKER John (2017) NE	190
125			OLSEN Roy (2017) NM	140	WALKER John (2017) NE	190
145						
145+						

**MASTER 9 (80-84yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5			CLUER Ron (**) SE	60		
75			HARVEY Patrick (2018) WM	61.5	HARVEY Patrick (2017) WM	135
82.5			KEFFERTY Jack (2018) SCO	70		
90			ELMORE Gren (2009) WM	79	GALLACHER John (2015) SC	180
100			FULTON John (2007) EC	105		
110						
125						
145						
145+						

**MASTER 10 (85-89yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5			CLUER Ron (2003) SE	40		
75			ELMORE Gren (2014) WM	61	ELMORE Gren (2014) WM	86
82.5			ELMORE Gren (2012) WM	78	ELMORE Gren (2012) WM	109
90						
100						
110						
125						
145						
145+						

**M/P/F UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5	LEACH Nathan (2015) EC	175	McCONNELL Scott (2005) NI	135	BLACK Aaron (2016) SE	190
75	GILBERT Oliver (2014) SE	197.5	RUSSELL Luke (2015) SE	160	COLE Sean (2009) SC	242.5
82.5	HEATH David (2015) SC	220	YULE Michael (2009) SC	162.5	SINGH Diljeet (2013) NE	248
90	HARRISON Colin (2013) NW	235	GOLDING Paul C (***) SE	165	HEATH David (2015) SC	250
100	DHILLON Inderraj Singh (2017) WAL	250	THOMAS Neil (2007) EC	172.5	MACKIE Chris (2005) SE	291
110	WILLIAMS Dugal (2017) SW	270	HOLLINGSWORTH Jay (2010) NE	195	DHILLON Inderraj Singh (2017) WAL	315
125	TRIBBLE Nick (2005) SC	225	LYTHGOE Simon (2018) SC	231	HASWELL Steve (2014) SC	310
145			PEARSON Alan (2009) NM	202.5	HOLLINGSWORTH Jay (2015) NE	330
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.