

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53	MacDONALD Debbie (2017) WM	75	MacDONALD Debbie (2017) WM	45	MacDONALD Debbie (2017) WM	140	MacDONALD Debbie (2017) WM	260
55.5	SMITH Pat (1992) SC	97.5	SMITH Pat (1992) SC	50	SMITH Pat (1991) SC	125	SMITH Pat (1991) SC	267.5
58.5	SCOTT Janet (2011) NM	97.5	SCOTT Janet (2011) NM	52.5	SMITH Pat (***) SC	130	SCOTT Janet (2011) NM	270
63	SMITH Pat (1991) SC	95	SMITH Pat (1991) SC*	50	SMITH Pat (1991) SC	125	SMITH Pat (1991) SC	270
70	ANDERSON Mary (2014) SCO	160	ANDERSON Mary (2014) SCO	87.5	ANDERSON Mary (2014) SCO	200	ANDERSON Mary (2014) SCO	447.5
80	ANDERSON Mary (2015) SCO	195	ANDERSON Mary (2014) SCO	115	ANDERSON Mary (2015) SCO	210	ANDERSON Mary (2015) SCO	510
90	ANDERSON Mary (2016) SCO	180	ANDERSON Mary (2016) SCO	115	ANDERSON Mary (2016) SCO	200.5	ANDERSON Mary (2016) SCO	495
90+								

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53								
55.5								
58.5	SCOTT Janet (2011) NM	92.5	SCOTT Janet (2011) NM	53	SCOTT Janet (2011) NM	115	SCOTT Janet (2011) NM	260
63								
70								
80	ANDERSON Mary (2018) SCO	175	ANDERSON Mary (2018) SCO	175	ANDERSON Mary (2017) SCO	180	ANDERSON Mary (2017) SCO	446.5
90								
90+								

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44	REEVES Patricia (2005) WM	60	REEVES Patricia (2005) WM	35	REEVES Patricia (2005) WM	100	REEVES Patricia (2005) WM	195
47.5								
50.5								
53								
55.5								
58.5								
63								
70								
80								
90								
90+								

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 8 (75-79yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 9 (80-84yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 10 (85-89yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

M/P/F EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
44					
47.5					
50.5					
53	MacDONALD Debbie (2017) WM	75 MacDONALD Debbie (2017) WM	45 MacDONALD Debbie (2017) WM	140 MacDONALD Debbie (2017) WM	260
55.5	MacDONALD Debbie (2016) WM	85 MacDONALD Debbie (2016) WM	52.5 MacDONALD Debbie (2016) WM	125 MacDONALD Debbie (2016) WM	277.5
58.5					
63					
70					
80					
90	McKINLEY Bernie (2011) SCO	195 McKINLEY Bernie (2011) SCO	125 McKINLEY Bernadette (2010) SCO	185 McKINLEY Bernie (2011) SCO	505
90+					

*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.