

**OPEN UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44	FLANAGAN Imelda (2011) EM	75 LANE Barbie (***) EM	47.5 FLANAGAN Imelda (2011) EM	105 FLANAGAN Imelda (2011) EM
47.5	TATMAN Leoni (2017) SW	110 SMITH Suzanne (***) SC	85 TOBIAS Lisa (2015) SCO	147 TATMAN Leoni (2017) SW
50.5	TATMAN Leoni (2017) SC	113.5 SMITH Suzanne (1993) SC*	85 WINSTONE Natalie (2017) EC	140 TATMAN Leoni (2018) SW
53	BUTTERS Bobbie (2013) WM	120 SMITH Suzanne (1992) SC*	88 BETHELL Sue (2016) WAL	155 BUTTERS Bobbie (2013) WM
55.5	QUINN Catherine (2018) NW	137.5 BLINDT Annette (1992) NM*	87.5 FOX Louise (2010) EC	168 QUINN Catherine (2018) NW
58.5	PURICELLI Lucia (2017) WM	130.5 LIMA Rosi (2013) SC	83 FOLAMI Habee (2015) EM	177.5 GIBBY Amanda (2016) WAL
63	JONES Rebecca (2018) WAL	155 DALZIEL Karen (2018) SCO	72.5 FOLAMI Habee (2016) EM	195 FOLAMI Habee (2018) EM
70	ATKINSON Amy (2017) EM	152.5 ATKINSON Amy (2017) EM	93 HASLAM Melanie (2017) SW	187.5 ATKINSON Amy (2017) EM
80	ANDERSON Mary (2008) SCO	160 ANDERSON Mary (2009) SCO	95 ANDERSON Mary (2011) SCO	196 ANDERSON Mary (2009) SCO
90	HEAD Shachar (2015) SW	165.5 CUNINGHAME Bernie (2015) SCO	108 ZARA John (2017) EC	193 CUNINGHAME Bernie (2017) SCO
90+	THOMPSON Polly (2017) WAL	165 SAMPSON Leigh (2017) SCO	90 THOMPSON Polly (2018) WAL	200 THOMPSON Polly (2018) WAL

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

WGT	Squat	Bench Press	Deadlift	Total
44	RUTHERFORD Hayley (2010) SCO	50 RUTHERFORD Hayley (2010) SCO	27.5 RUTHERFORD Hayley (2010) SCO	77.5 RUTHERFORD Hayley (2010) SCO
47.5	RUTHERFORD Hayley (2011) SCO	62.5 THOMPSON Paula (1989) WM*	37.5 RUTHERFORD Hayley (2011) SCO	82.5 RUTHERFORD Hayley (2011) SCO
50.5	FRY Lauren (2010) SC	50 FRY Lauren (2010) SC	30 FRY Lauren (2010) SC	90 FRY Lauren (2010) SC
53	JOAKIM Becky (2010) SC	50 JOAKIM Becky (2010) SC	30 JOAKIM Becky (2010) SC	100 JOAKIM Becky (2010) SC
55.5	RAYNER Lucy (2013) SC	85 RAYNER Lucy (2013) SC	55 RAYNER Lucy (2013) SC	105 RAYNER Lucy (2013) SC
58.5	RAYNER Lucy (2013) SC	92.5 RAYNER Lucy (2013) SC	60 RAYNER Lucy (2013) SC	110 RAYNER Lucy (2013) SC
63	WILLIAMS Alexandra (2011) WAL	62.5 HOWES Grace (2017) EC	62.5 HOWES Grace (2017) EC	127.5 WILLIAMS Alexandra (2011) WAL
70	BROOMHEAD Amy (2011) NM	95 BELL Alicia (2017) EC	50 FUNNELL Paige (2016) EM	120 FUNNELL Paige (2016) EM
80	ELLINGTON Danielle (2016) EC	130 HEAD Shachar (2012) SW	77.5 ELLINGTON Danielle (2016) EC	180 ELLINGTON Danielle (2016) EC
90	HEAD Shachar (2011) SW	110 HEAD Shachar (2011) SW	65 HEAD Shachar (2011) SW	132.5 HEAD Shachar (2011) SW
90+				

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

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5	LAMBETH Chloe (2008) SC	77.5 THOMPSON Paula (1991) WM*	43 LAMBETH Chloe (2008) SC	115 LAMBETH Chloe (2008) SC
50.5	RUTHERFORD Hayley (2013) SCO	68 RUTHERFORD Hayley (2013) SCO	37.5 RUTHERFORD Hayley (2013) SCO	90 RUTHERFORD Hayley (2013) SCO
53	BUTTERS Bobbie (2013) WM	95 BUTTERS Bobbie (2013) WM	55 BUTTERS Bobbie (2013) WM	126.5 BUTTERS Bobbie (2013) WM
55.5				
58.5	RAYNER Lucy (2013) SC	90 RAYNER Lucy (2013) SC	60 RAYNER Lucy (2013) SC	112.5 RAYNER Lucy (2013) SC
63	RICKWOOD Frankie (2015) EC	97.5 RICKWOOD Frankie (2015) EC	56 RICKWOOD Frankie (2015) EC	125 RICKWOOD Frankie (2015) EC
70	KHANDAGH Yasmine (2017) NM	130 WILLAN Emma (1993) NW*	70 KHANDAGH Yasmine (2017) NM	140 HICKS Lisa (2011) SC
80	HEAD Shachar (2013) SW	145 HEAD Shachar (2013) SW	80 ELLINGTON Danielle (2017) EC	182.5 HEAD Shachar (2013) SW
90	BENNETT Gabrielle (2010) NE	112.5 BENNETT Gabrielle (2010) NE	62.5 BENNETT Gabrielle (2010) NE	142.5 BENNETT Gabrielle (2010) NE
90+				

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

WGT	Squat	Bench Press	Deadlift	Total
44	RUTHERFORD Hayley (2015) SCO	65 RUTHERFORD Hayley (2014) SCO	35 RUTHERFORD Hayley (2014) SCO	92.5 RUTHERFORD Hayley (2015) SCO
47.5	RUTHERFORD Hayley (2015) SCO	80 RUTHERFORD Hayley (2015) SCO	47.5 RUTHERFORD Hayley (2015) SCO	105 RUTHERFORD Hayley (2015) SCO
50.5	WILSON Danielle (2017) NW	65 WILSON Danielle (2017) NW	40 WILSON Danielle (2017) NW	95 WILSON Danielle (2017) NW
53	BUTTERS Bobbie (2013) WM	120 BUTTERS Bobbie (2013) WM	65 BUTTERS Bobbie (2013) WM	140 BUTTERS Bobbie (2013) WM
55.5				
58.5	POOLTON Kaytee (2013) WM	105 POOLTON Kaytee (2013) WM	55 POOLTON Kaytee (2013) WM	127.5 POOLTON Kaytee (2013) WM
63	RICKWOOD Frankie (2016) SE	116 RICKWOOD Frankie (2016) SE	60 RICKWOOD Frankie (2016) SE	132.5 RICKWOOD Frankie (2016) SE
70	MAWSON Elanor (2016) WAL	101 WILLAN Emma (1994) NW*	75 MAWSON Elanor (2016) WAL	150 MAWSON Elanor (2016) WAL
80	HEAD Shachar (2015) SW	150 HEAD Shachar (2014) SW	85 HEAD Shachar (2014) SW	170 HEAD Shachar (2015) SW
90	HEAD Shachar (2015) SW	165.5 BENNETT Gabrielle (2012) NE	65 CHESTER Charlie (2015) SC	162.5 CHESTER Charlie (2015) SC
90+				

**JUNIOR (20-23 yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5	MONAGHAN Amanda (2018) SCO	100 MONAGHAN Amanda (2018) SCO	53 MONAGHAN Amanda (2018) SCO	120 MONAGHAN Amanda (2018) SCO
50.5	CASSAR Jen (2015) EC	105.5 CASSAR Jen (2017) EC	60.5 MORAN Laura (2014) SCO	130 CASSAR Jen (2015) EC
53	WALKER Sophie (2016) SC	117.5 WALKER Sophie (2016) SC	65 WALKER Sophie (2016) SC	140 WALKER Sophie (2016) SC
55.5	WALKER Sophie (2015) SC	105 WALKER Sophie (2015) SC	62.5 LIDDICOAT Abigale (2016) SW	137.5 WALKER Sophie (2015) SC
58.5	PURICELLI Lucia (2017) WM	130.5 HANNANT Amber (2017) EC	80 PURICELLI Lucia (2017) WM	142.5 HANNANT Amber (2017) EC
63	WATTON Louise (2010) SC	120 WATTON Louise (2010) SC	75 WATTON Louise (2010) SC	177.5 WATTON Louise (2010) SC
70	JONES Rebecca (2017) WAL	145 FREEMANTLE Jordana (2007) WM	75 ISOYAMA Jasmine (2017) SC	171 FREEMANTLE Jordana (2007) WM
80	MARSH Natalie (2017) SE	147.5 MARSH Natalie (2017) SE	95 MARSH Natalie (2017) SE	175 MARSH Natalie (2017) SE
90	HOLDER Katie (2015) EM	110 HOLDER Katie (2015) EM	65 HOLDER Katie (2015) EM	142.5 HOLDER Katie (2015) EM
90+				

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

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53	RICHARDS Suzanne (2017) EC	82.5 RICHARDS Suzanne (2017) EC	57.5 RICHARDS Suzanne (2017) EC	120 RICHARDS Suzanne (2017) EC
55.5	FOX Louise (2012) EC	90 FOX Louise (2012) EC	65 FOX Louise (2012) EC	142.5 FOX Louise (2012) EC
58.5	BAYKAL Pelin (2013) SW	102.5 RODGERS Beverley (2013) SC	65 BAYKAL Pelin (2013) SW	145 BAYKAL Pelin (2013) SW
63	POOLE Nicola (2018) SW	112.5 POOLE Nicola (2018) SW	75.5 POOLE Nicola (2018) SW	170 POOLE Nicola (2018) SW
70	GANDIWA Beauty (2016) SW	135 TAYLOR Angela (2013) NW	80 GANDIWA Beauty (2016) SW	170 GANDIWA Beauty (2016) SW
80	ANDERSON Mary (2008) SCO	160 ANDERSON Mary (2009) SCO	95 ANDERSON Mary (2011) SCO	196 ANDERSON Mary (2009) SCO
90	ANDERSON Mary (2010) SCO	147.5 ANDERSON Mary (2010) SCO	90 ANDERSON Mary (2010) SCO	192.5 ANDERSON Mary (2010) SCO
90+	THOMPSON Polly (2017) WAL	165 SAMPSON Leigh (2017) SCO	90 THOMPSON Polly (2017) WAL	195 THOMPSON Polly (2017) WAL



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

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) UNEQUIPPED**

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) UNEQUIPPED**

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

**M/P/F UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5	HALLAM Lyndsey (2016) SE	85	HALLAM Lyndsey (2016) SE	52.5	HALLAM Lyndsey (2016) SE	117.5	HALLAM Lyndsey (2016) SE	255
53								
55.5	QUINN Catherine (2018) NW	137.5	QUINN Catherine (2018) NW	65	QUINN Catherine (2018) NW	160	QUINN Catherine (2018) NW	360
58.5	DALZIEL Karen (2015) SCO	107.5	DALZIEL Karen (2015) SCO	72.5	DALZIEL Karen (2015) SCO	155	DALZIEL Karen (2015) SCO	335
63	JONES Rebecca (2018) WAL	155	DALZIEL Karen (2018) SCO	72.5	JONES Rebecca (2018) WAL	170	JONES Rebecca (2018) WAL	400
70	JONES Rebecca (2017) WAL	150	TAYLOR Angela (2018) NW	82.5	JONES Rebecca (2017) WAL	182.5	JONES Rebecca (2017) WAL	410
80	MARSH Natalie (2017) SE	147.5	MARSH Natalie (2017) SE	95	MARSH Natalie (2017) SE	175	MARSH Natalie (2017) SE	417.5
90	CUNINGHAME Bernie (2017) SCO	155	CUNINGHAME Bernie (2015) SCO	108	RADCLIFFE Victoria (2018) NM	190	CUNINGHAME Bernie (2017) SCO	442.5
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 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.