

OPEN EQUIPPED

WGT	Squat	Bench Press	Deadlift			
44						
47.5		JOHNSON Carol (1997) SW*	37.5			
50.5		WATSON Lesley (**) SE	65			
53	BETHELL Sue (2018) WAL	125	SMITH Suzanne (**) SC	80	LANE Barbie (1996) EM	107.5
55.5	MacDONALD Debbie (2016) WM	100	BLINDT Annette (1991) NM*	80	MacDONALD Debbie (2016) WM	137.5
58.5	SEABRIGHT Alison (2003) SC	122.5	SEABRIGHT Alison (2003) SC	85	THOMAS Ann (2016) WM	160
63	JACKSON Janine (2018) SC	107.5	PASH Alana (2018) SW	102.5	THOMAS Ann (2015) WM	155
70	WAGSTAFF Mollie (2018) NW	125	COOPER Alisha (2016) EC	120	HARRISON Emma (2017) SE	150
80	ANDERSON Mary (2009) SCO	196	ANDERSON Mary (2016) SCO	121	ANDERSON Mary (2009) SCO	213
90	ANDERSON Mary (2010) SCO	185	ANDERSON Mary (2010) SCO	117.5	ANDERSON Mary (2010) SCO	212.5
90+						

TEENAGE 1 (14-15) yrs EQUIPPED

WGT	Squat	Bench Press	Deadlift	
44				
47.5				
50.5				
53				
55.5			THOMAS Morgan (2017) EC	100.5
58.5			THOMAS Morgan (2017) EC	100
63				
70				
80	ADDICOTT Taylor (2016) WAL	100		
90				
90+				

TEENAGE 2 (16-17 yrs) EQUIPPED

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

TEENAGE 3 (18-19 yrs) EQUIPPED

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

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70		COOPER Alisha (2016) EC	120
80		COOPER Alisha (2016) EC	120
90			
90+			

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			WATSON Lesley (**) SE	65		
53			WATSON Lesley (**) SE	62.5		
55.5	MacDONALD Debbie (2016) WM	100	MacDONALD Debbie (2016) WM	58	MacDONALD Debbie (2016) WM	137.5
58.5						
63			WARD Sharon (1998) SW*	57.5		
70						
80	ANDERSON Mary (2009) SCO	196	ANDERSON Mary (2009) SCO	112.5	ANDERSON Mary (2009) SCO	213
90	ANDERSON Mary (2010) SCO	185	ANDERSON Mary (2010) SCO	117.5	ANDERSON Mary (2010) SCO	212.5
90+						

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	MacDONALD Debbie (2017) WM	96	MacDONALD Debbie (2017) WM	55	MacDONALD Debbie (2017) WM	136
58.5						
63			SMITH Pat (1993) SC*	50		
70						
80	ANDERSON Mary (2015) SCO	190.5	ANDERSON Mary (2016) SCO	121	ANDERSON Mary (2015) SCO	212.5
90						
90+						

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80	ANDERSON Mary (2018) SCO	185.5	ANDERSON Mary (2018) SCO	105	ANDERSON Mary (2018) SCO	210
90						
90+						

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	BETHELL Sue (2018) WAL	125				
55.5						
58.5						
63						
70						
80						
90						
90+						

MASTER 5 (60-64yrs) EQUIPPED

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

M/P/F EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	MacDONALD Debbie (2016) WM	100	MacDONALD Debbie (2016) WM	58	MacDONALD Debbie (2016) WM	137.5
58.5					THOMAS Ann (2016) WM	160
63	JACKSON Janine (2018) SC	107.5			THOMAS Ann (2015) WM	155
70			GORE Holly (2011) NE	70		
80						
90						
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.