

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44	HOWELL Mia (2018) EC	40	JONTTON Louise (2006) NE	52.5	REEVES Pat (2005) WM	100
47.5	TATMAN Leoni (2018) SC	105	TATMAN Leoni (2018) SW	67.5	TOBIAS Lisa (2015) SCO	150
50.5	HALLAM Lyndsey (2017) SE	92.5	CASSAR Jen (2018) EC	67.5	WINSTONE Natalie (2017) EC	133
53	PUTLAND Amy (2017) SE	95	COOKE Katie (2016) SCO	67.5	BETHELL Sue (2017) WAL	151
55.5	EVANS Wendy (2017) WAL	115	BLINDT Annette (1991) NM*	80	FOX Louise (2009) EC	165
58.5	O'NEILL Rebecca (2016) NM	110	GIBBONS Alice (2018) EC	75.5	DALZIEL Karen (2016) SCO	160
63	WAGSTAFF Mollie (2018) NW	118	FARRINGTON Jade (2015) SW	75.5	THOMAS Ann (2017) EC	161
70	STIMPSON Gemma (2016) WAL	135	HOLLEY Kathryn (2018) WAL	92.5	HOWELL Hannah (2018) SW	166
80	MARSH Natalie (2018) SE	160	MARSH Natalie (2017) SE	95	ELLINGTON Danielle (2017) EC	192.5
90	HEAD Shachar (2015) SW	160	McKINLEY Bernadette (2011) SCO	107.5	ELLINGTON Danielle (2018) EC	203
90+	LANTRUA Cerrie (2017) EC	161	SAMPSON Leigh (2018) SCO	90	GARDNER Ruth (2018) NW	170

TEENAGE 1 (14-15) yrs UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44	HOWELL Mia (2018) EC	40	HOWELL Mia (2018) EC	30	HOWELL Mia (2018) EC	55
47.5	HOWELL Mia (2018) EC	47.5	HOWELL Mia (2018) EC	30	HOWELL Mia (2018) EC	60
50.5						
53			HARRIES Rhiannon (2017) WAL	32.5	HARRIES Rhiannon (2017) WAL	102.5
55.5			HARRIES Catrin (2017) WAL	35	THOMAS Morgan (2017) EC	102.5
58.5	HUNTER Freya (2018) SE	70	HARRIES Catrin (2017) WAL	40	HUNTER Freya (2018) SE	98
63	HUNTER Freya (2018) SE	80	HUNTER Freya (2018) SE	40	HUNTER Freya (2018) SE	102.5
70						
80	ELLINGTON Danielle (2016) EC	120	HEAD Shachar (2010) SW	65	ELLINGTON Danielle (2016) EC	160
90					RAWLINGS Benita (2017) SW	90
90+						

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53			HARRIES Rhiannon (2018) WAL	42.5	HARRIES Rhiannon (2018) WAL	105
55.5	CARGILL Imogen (2018) NW	70				
58.5	CARGILL Imogen (2018) NW	75	RATCLIFFE Lauren (2018) NW	45	RATCLIFFE Lauren (2018) NW	100
63						
70	HOWSE Grace (2018) EC	72.5	HOWSE Grace (2018) EC	68	HOWSE Grace (2018) EC	130
80	ELLINGTON Danielle (2017) EC	137.5	ELLINGTON Danielle (2017) EC	75	ELLINGTON Danielle (2017) EC	192.5
90	BENNETT Gabrielle (2011) NE	122.5	ELLINGTON Danielle (2018) EC	80	ELLINGTON Danielle (2018) EC	203
90+						

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5					RUTHERFORD Hayley (2014) SCO	95
50.5						
53						
55.5						
58.5						
63						
70						
80	HEAD Shachar (2015) SW	157.5			HEAD Shachar (2015) SW	175
90	HEAD Shachar (2015) SW	160	BENNETT Gabrielle (2012) NE	67.5	HEAD Shachar (2015) SW	180
90+						

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	BUSBY Olivia (2018) EC	90.5	CASSAR Jen (2017) EC	61	BUSBY Olivia (2018) EC	92.5
53	PHILLIPS Kayley (2018) WAL	90	PEART Danielle (2014) WM	55	PHILLIPS Kayley (2018) WAL	135
55.5	COSTA Silvia (2015) SW	95	COSTA Silvia (2015) SW	50	ANKERS Ffion (2015) WAL	145.5
58.5	CUNNINGHAM Rhianna (2018) EC	90	DREW Josephine (2018) EC	63	DREW Josephine (2018) EC	140
63	BURNS Emily (2015) WAL	95	BURNS Emily (2015) Jnr	57.5	JONES Sarah Elizabeth (2010) SW	120
70	MLOUK Dalya (2015) WM	105	KHAN Sarah (2015) WAL	62.5	MLOUK Dalya (2015) WM	145
80	MARSH Natalie (2018) SE	160	MARSH Natalie (2017) SE	95	MARSH Natalie (2018) SE	180.5
90	SPRAGGON Lucie (2014) SW	110	SPRAGGON Lucie (2014) SW	60	SPRAGGON Lucie (2014) SW	142.5
90+						

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5		ANDERSON Lucy (2018) SW	67.5 MOLLING Lydie (2000) 105
53	MacDONALD Debbie (2015) WM	85 WATSON Lesley (***) SE	65 MacDONALD Debbie (2015) WM 127.5
55.5	MacDONALD Debbie (2015) WM	80 ELDING Nicola (2011) NM	55 MacDONALD Debbie (2015) WM 117.5
58.5		WADE Ishbel (2015) SCO	50 MAKINO Masayo (2018) SW 138
63	GASKIN Jo (2013) SCO	95 ELDING Nicola (2010) NM	62.5 GASKIN Jo (2012) SCO 142.5
70	WILLIAMS Cheryl (2018) WAL	117.5 TAYLOR Angela (2016) NW	85 GASKIN Jo (2014) SCO 152.5
80	ANDERSON Mary (2009) SCO	150 ANDERSON Mary (2009) SCO	92.5 ANDERSON Mary (2009) SCO 191
90	ANDERSON Mary (2010) SCO	150 ANDERSON Mary (2010) SCO	87.5 ANDERSON Mary (2010) SCO 185
90+	GARDNER Ruth (2017) NW	141 SAMPSON Leigh (2018) SCO	90 GARDNER Ruth (2018) NW 170

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5	CREESE Joanne (2018) WAL	80 CREESE Joanne (2018) WAL	40 CREESE Joanne (2018) WAL 90
53		COOKE Katie (2016) SCO	67.5
55.5	EVANS Wendy (2017) WAL	115 COOKE Katie (2016) SCO	67.5 EVANS Wendy (2016) WAL 135
58.5	STREET Liz (2015) WM	90 HANNIS Amanda (2016) SW	55.5 STREET Liz (2015) WM 122.5
63	GOLDING Mel (2008) SE	105 ELDING Nicola (2014) NM	60 GOLDING Mel (2008) SE 147.5
70	BRADLEY Manon (2012) EM	115 BRADLEY Manon (2016) EM	83 ANDERSON Mary (2014) SCO 150
80	ANDERSON Mary (2015) SCO	150 ANDERSON Mary (2015) SCO	90.5 ANDERSON Mary (2016) SCO 188
90		ANDERSON Mary (2016) SCO	87.5 WEST Catherine (2017) NW 132.5
90+	TOWELL Samantha (2017) EC	122.5 NEUMANN Andrea (2017) NW	82.5 TOWELL Samantha (2017) EC 135

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			BETHELL Sue (2015) WAL 147.5
55.5	EVANS Wendy (2018) WAL	110 STREET Liz (2017) WM	60 BETHELL Sue (2014) WAL 151.5
58.5	STREET Liz (2017) WM	75 TIER Georgie (2014) SE	55 ALBERICI-TRUEMAN Sally (2018) SW 152.5
63	GOLDING Mel (2015) SE	102.5 GOLDING Mel (2015) SE	57.5 BETHELL Sue (2013) WAL 145
70	BRADLEY Manon (2018) EM	107.5 BRADLEY Manon (2018) EM	80
80	ANDERSON Mary (2018) SCO	140 ANDERSON Mary (2018) SCO	87.5 ANDERSON Mary (2018) SCO 170.5
90			
90+			

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			REEVES Pat (2005) WM 100
47.5			
50.5			
53	BETHELL Sue (2018) WAL	85 BETHELL Sue (2018) WAL	53 BETHELL Sue (2017) WAL 151
55.5			
58.5			
63	GOLDING Mel (2016) SE	107.5 GOLDING Mel (2016) SE	65 GOLDING Mel (2016) SE 137.5
70		DINGLEY Liz (2017) NW	57.5 DINGLEY Liz (2017) NW 135
80			THORNE Linda (2018) SW 150
90			
90+			

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			REEVES Pat (2006) WM 97.5
47.5			REEVES Pat (2007) WM 100
50.5		REEVES Pat (2008) WM	37.5 REEVES Pat (2010) WM 100
53		BISWELL Jennifer (2015) EM	26
55.5			
58.5			
63		SAGE Maureen (***) EC	45 SAGE Maureen (2000) EC 92.5
70			
80			
90			
90+			

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			REEVES Pat (2011) WM	31	REEVES Pat (2014) WM	95.5
53			BISWELL Jennifer (2017) EM	26	REEVES Pat (2015) WM	95.5
55.5						
58.5	WALTER Catherine (2016) EM	85	WALTER Catherine (2016) EM	35	WALTER Catherine (2016) EM	105
63						
70			SAGE Maureen (2004) EC	50	SAGE Maureen (2004) EC	100
80						
90						
90+						

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53			REEVES Pat (2015) WM	31	REEVES Pat (2018) WM	85.5
55.5						
58.5	WALTER Catherine (2018) EM	85	WALTER Catherine (2018) EM	37.5	WALTER Catherine (2018) EM	90
63			McGAULEY Judith (2018) EC	37.5	McGAULEY Judith (2018) EC	65
70			SAGE Maureen (2009) EC	45.5	SAGE Maureen (2009) EC	91.5
80						
90						
90+						

MASTER 8 (75-79yrs) UNEQUIPPED

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

M/P/F UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5	HALLAM Lyndsey (2015) SE	90	HALLAM Lyndsey (2015) SE	50		
50.5	HALLAM Lyndsey (2017) SE	92.5				
53	PUTLAND Amy (2017) SE	95			MacDONALD Debbie (2015) WM	127.5
55.5	STREET Liz (2017) WM	95	STREET Liz (2017) WM	60	THOMAS Ann (2007) EC	132.5
58.5	STREET Liz (2015) WM	90	DALZIEL Karen (2016) SCO	70	DALZIEL Karen (2016) SCO	160
63			THOMAS Ann (2015) WM	55	THOMAS Ann (2017) EC	161
70	LOMAX Kayleigh (2017) SE	115	TAYLOR Angela (2016) NW	85	LEES Freya (2015) EC	165
80	MARSH Natalie (2018) SE	160	MARSH Natalie (2017) SE	90	MARSH Natalie (2018) SE	180.5
90			McKINLEY Bernadette (2011) SCO	107.5		
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 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.