

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	SANDERS Ashley (2008) WM	105	FORBES Brian (1997) SC*	97.5	SANDERS Ashley (2008) WM	140	SANDERS Ashley (2008) WM	305
56	GREEN Mark (2010) SC	130	FORBES Brian (1998) SC*	103	MEHTA Amrik (2013) SW	165	GREEN Mark (2010) SC	385
60	BROWN Stephen (2008) NE	150	GUTTERIDGE Alan (1989) NM*	145	COOK Neil (2012) NM	208	COOK Neil (2012) NM	450
67.5	GRAY David (2013) WM	196	GRAY David (2013) WM	145.5	GRAY David (2013) WM	260	GRAY David (2013) WM	587.5
75	MELDON Rick (1999) SE	215	BLINDT Adrian (1992) NM	165	ROGERS Luke (2014) WM	260.5	ROGERS Luke (2014) WM	592.5
82.5	MC CAFFREY Paul (2010) NE	260	JOSEPH Mike (2001) EC	193.5	DEACON-SMITH Matt (2013) SC	280	DEW Sam (2014) WAL	682.5
90	BONNER Andy (2012) SC	252.5	RIGBY Andy (1997) NW*	205	BUCHANAN Charles (2014) SW	300	SHILLINGFORD Pierre (2014) SE	695
100	PILLING Les (2001) NW	272.5	RIGBY Andy (1993) NW*	215	MARSHALL Simon (2009) EM	307.5	MARSHALL Simon (2009) EM	762.5
110	MITCHELL John (2011) WM	301	MURDOCH Alistair (2013) SE	222.5	MARSHALL Simon (2014) EM	323	MARSHALL Simon (2014) EM	792.5
125	HOLLINGSWORTH Jay (2013) NE	285	CLARK Tony (2005) SE	217.5	HOLLINGSWORTH Jay (2013) NE***	330	HOLLINGSWORTH Jay (2013) NE	805
145	HAYDOCK Mark (2006) NW	300	BAKER Chris (2010) NE	227.5	HAYDOCK Mark (2006) NW	305	HAYDOCK Mark (2006) NW	780
145+	KELLY Tom (2013) SC	312.5	KELLY Tom (2013) SC	212.5	KELLY Tom (2012) SC	320	KELLY Tom (2012) SC	835

*** Mike Leadbetter Deadlifted 330 unequipped at the 1990 World Championships in France, however this was classified as an equipped lift, therefore Hollingsworth has the official record

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	HANOMAN Shaun (2007) NW	92.5	HANOMAN Shaun (2007) NW	47.5	HANOMAN Shaun (2007) NW	122.5	HANOMAN Shaun (2007) NW	262.5
56	GREEN Mark (2010) SC	130	GREEN Mark (2010) SC	95	GREEN Mark (2010) SC	160	GREEN Mark (2010) SC	385
60	GREEN Mark (2010) SC	137.5	GREEN Mark (2010) SC	95	BELL Darren R (2006) SCO	162.5	GREEN Mark (2010) SC	392.5
67.5	BELL Darren R (2007) SCO	145	BELL Darren R (2007) SCO	86	BELL Darren R (2007) SCO	187.5	BELL Darren R (2007) SCO	415
75	RAINE Jordan (2011) SE	142.5	EVANS Rhys (2011) SC	90	RAINE Jordan (2011) SE	190	RAINE Jordan (2011) SE	410
82.5	PERRUZZA Enrico (2010) SC	150	BRADSHAW Laurence (2006) ENG	110	BRADSHAW Laurence (2006) ENG	202.5	BRADSHAW Laurence (2006) ENG	452.5
90	BRADSHAW Laurence (2006) NW	162.5	BRADSHAW Laurence (2006) NW	110	BRADSHAW Laurence (2006) NW	227.5	BRADSHAW Laurence (2006) NW	492.5
100							EVANS J (**)	295
110	COLLINS James (2010) SC	150	COLLINS James (2010) SC	90	COLLINS James (2010) SC	175	COLLINS James (2010) SC	415
125			RAWLING Adrian (**)	100				
145								
145+								

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	SANDERS Ashley (2008) WM	105	BRAY Leigh (1997)*	62.5	SANDERS Ashley (2008) WM	140	SANDERS Ashley (2008) WM	305
56	AIKMAN JNR David (2009) SCO	110	AIKMAN JNR David (2009) SCO	75	AIKMAN JNR David (2009) SCO	163	AIKMAN JNR David (2009) SCO	347.5
60	MULLER Harry (2014) SE	141	AIKMAN David Jnr (2010) SCO	98	AIKMAN David Jnr (2010) SCO	172.5	AIKMAN David Jnr (2010) SCO	410
67.5	GREEN Mark (2013) SC	170	GREEN Mark (2013) SC	130	BELL Darren (2008) SCO	201	GREEN Mark (2013) SC	480
75	ROWLES Liam (2014) SE	205	RIDETT Lewis (2011) SC	132.5	RIDETT Lewis (2011) SC	240	RIDETT Lewis (2011) SC	537.5
82.5	JENKIN Steve (2003) SW	200	BIGGIN Jonathan (2006) SCO	130	BIGGIN Jonathan (2006) SCO	220	JENKIN Steve (2003) SW	537.5
90	HUGHES Alex (2013) NW	160	KING Joshua (2012) SC	121	HURRELL Ben (2010) EC	205	HURRELL Ben (2010) EC	460
100	PALIN Harry (2014) SC	195	PALIN Harry (2014) SC	155	SAGAL Ben (2012) SW	225	PALIN Harry (2014) SC	550
110	RUSHTON Josh (2010) SC	180	RUSHTON Josh (2010) SC	142.5	RUSHTON Josh (2010) SC	230	RUSHTON Josh (2010) SC	552.5
125	RUSHTON Joshua (2010) SC	210	RUSHTON Joshua (2010) SC	147.5	RUSHTON Joshua (2010) SC	250	RUSHTON Joshua (2010) SC	597.5
145								
145+								

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	MEHTA Amrik (2013) SW	117.5	LEWIS Simon (1991) EM*	92.5	MEHTA Amrik (2013) SW	165	MEHTA Amrik (2013) SW	370
60	TYERS Steven (2009) SC	140	TYERS Steven (2009) SC	105	TYERS Steven (2009) SC	200	TYERS Steven (2009) SC	445
67.5	CANNINGS Alistair (2010) SC	180	VIVIAN Alex (2010) SC	112.5	CANNINGS Alistair (2010) SC	215	CANNINGS Alistair (2010) SC	497.5
75	CANNINGS Alistair (2011) SC	195	CANNINGS Alistair (2011) SC	130	MINTY Terrence J (2010) SC	230	CANNINGS Alistair (2011) SC	545
82.5	JENKIN Steve (2003) SW	215	MC LAUGHLAN Scott R (2009) WM	135	DEACON-SMITH Matt (2013) SC	247.5	CUTLER Craig (2010) SW	572.5
90	ROBINSON Harvey (2013) EM	215	BAKER Alex (2011) SC	145	ROBINSON Harvey (2013) EM	270	ROBINSON Harvey (2013) EM	615
100	GOODHALL Sam (2011) SC	240	GOODHALL Sam (2011) SC	135.5	GOODHALL Sam (2011) SC	275	GOODHALL Sam (2011) SC	650
110	PHILLIPS Matthew (2012) NW	215	PIPE Matthew (2007) NE	142.5	COLLISHAW Tommy (2014) WM	237.5	PHILLIPS Matthew (2012) NW	570
125	RUSHTON Josh (2011) SC	242.5	RUSHTON Josh (2010) SC	160	RUSHTON Josh (2010) SC	265	RUSHTON Josh (2011) SC	667.5
145	SIEVEWRIGHT Carl (2008) SC	185	SIEVEWRIGHT Carl (2008) SC	140	SIEVEWRIGHT Carl (2008) SC	250	SIEVEWRIGHT Carl (2008) SC	572.5
145+								

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	ALI Shamshar (2006) NE	75	ALI Shamshar (2006) NE	50	ALI Shamshar (2006) NE	105	ALI Shamshar (2006) NE	230
56	MEDASSAR Mohammed (2006) NE	85	MEDASSAR Mohammed (2006) NE	40	MEDASSAR Mohammed (2006) NE	125	MEDASSAR Mohammed (2006) NE	250
60	EVANS Conor (2012) NE	126	HALL George (2008) SC	97.5	EVANS Conor (2012) NE	185	HALL George (2008) SC	405
67.5	TYERS Steven (2012) SC	170	SOMERS Jack (2013) SC	120.5	TYERS Steven (2012) SC	235	TYERS Steven (2012) SC	502.5
75	FERGURSON Michael (2013) SCO	198.5	SOMERS Jack (2011) SC	137.5	WILKINSON Steve (2008) EM	245	WILKINSON Steve (2009) NE	547.5
82.5	HUBBARD Owen (2013) SC	237.5	HUBBARD Owen (2013) SC	187.5	DEACON-SMITH Matt (2013) SC	280	HUBBARD Owen (2013) SC	680
90	CORDWELL Callum (2014) EM	222.5	PERCIVAL Daniel (2008) WM	170	FERNANDEZ Julian (2011) SC	280.5	MEAKIN Reece (2014) SW	642.5
100	BECKER Zachary (2013) SE	255	GIBSON Matthew (2013) SC	170	LE CRAS Brett (2011) SC	310	BECKER Zachary (2013) SE	682.5
110	BIRKETT Russell (2007) NW	222.5	GOODWIN Michael (2013) SE	170	PIPE Matthew (2010) NE	320	PIPE Matthew (2010) NE	690
125	RAMSBOTTOM Karl (2011) WM	250	McKERRROW Julian (2014) SE	181	PIPE Matthew (2009) NE	320	PIPE Matthew (2009) NE	730
145	GODDARD Richard (2012) NW	245	HAYNES John M (1996) NM*	180	GODDARD Richard (2012) NW	252.5	SIEVEWRIGHT Carl (2011) SC	655
145+								

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56			FORBES Brian (1998) SC*	97.5				
60			FORBES Brian (1998) SC*	103				
67.5	FORBES Brian (2000) SC	145	GUTTERIDGE Alan (1991) NM*	136.5	BROWN Steve (2007) NE	200	FORBES Brian (2002) SC	437.5
75	BEDFORD Peter (2007) SC	182.5	BEDFORD Peter (2006) SC	130	BEDFORD Peter (2007) SC	227.5	BEDFORD Peter (2007) SC	540
82.5	HANNAH David (2005) SCO	195	CONSTANTIN Laurie (2006) EM	115	HANNAH David (2005) SCO	240	CONSTANTIN Laurie (2006) EM	465
90	ROWE Mathew (2012) SC	205	JEX Terry (***) SC	165	LANE Mark (2005) EM	270	CROMBIE David (2014) SCO	622.5
90	LOWE Mark (2012) SW	220	MINTY Vince (2009) SC	167.5	LANE Mark (2001) EM	290	LANE Mark (2003) EM	645
100	SPRANGE Steven (2011) SW	260.5	GREVILLE Darren (2012) SE	157.5	SPRANGE Steven (2011) SW	275	SPRANGE Steven (2011) SW	683
110	MARSHALL Simon (2014) EM	272.5	MURDOCH Alistair (2011) SE	217.5	MARSHALL Simon (2014) EM	323	MARSHALL Simon (2014) EM	792.5
125	SUTTON Peter (2005) WAL	270	ROWLANDS Haydn (1999) NM	215.5	LAING Phil (2008) NM	310	SUTTON Peter (2005) WAL	760
145	SUTTON Peter (2008) WAL	285	ROWLANDS Haydn (1998) NM*	223	SUTTON Peter (2009) WAL	312.5	SUTTON Peter (2008) WAL	807.5
145+			DAVIES Dilwyn (1991) WAL*	140				

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60		CLUER Ron (1995) SE*	60.5		
67.5	HARVEY Patrick (2013) WM	95 HARVEY Patrick (2013) WM	70 HARVEY Patrick (2012) WM	140 HARVEY Patrick (2013) WM	300
75	TARRAN Edward (2003) EC	100 TARRAN Edward (2003) EC	65 TARRAN Edward (2003) EC	175 TARRAN Edward (2003) EC	335
82.5					
90					
100					
110					
125					
145					
145+					

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60	BROWN Ted (2013) EM	90 BROWN Ted (2013) EM	78 BROWN Ted (2013) EM	130 BROWN Ted (2013) EM	297.5
67.5					
75					
82.5	GALLACHER John (2013) SC	105 GALLACHER John (2013) SC	75 GALLACHER John (2013) SC	180.5 GALLACHER John (2013) SC	355
90					
100					
110					
125					
145					
145+					

MASTER 10 (85-89yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

M/P/F UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60	COOK Neil (2012) NM	142.5 COOK Neil (2013) NM	105 COOK Neil (2012) NM	208 COOK Neil (2012) NM	450
67.5	COLE Sean (2009) SC	170 ROBERTS Dennis (2012) WAL	125 COLE Sean (2009) SC	240 COLE Sean (2009) SC	527.5
75	DEW Sam (2011) WAL	200 DEW Sam (2011) WAL	150 SINGH Diljeet (2013) NE	253 DEW Sam (2011) WAL	580
82.5	DEW Sam (2014) WAL	255 DEW Sam (2014) SW	170 MEEKIN Reece (2013) SW	257.5 DEW Sam (2014) WAL	682.5
90	ROBERTSON Phil (2012) SCO	245 FLETCHER Mark (2009) NM	170 HARRISON Colin (2013) NW	285 ROBERTSON Phil (2012) SCO	680
100	HULL Aaron (2013) SW	245 SAUNDERS Matt (1997) EC*	190 VOWLES Jules (2006) SE	292.5 HULL Aaron (2014) SW	697.5
110	HOOKE Paul (2011) SC	255 DAVIES Mark (2003) WAL	175 HOOKE Paul (2011) SC	280 HOOKE Paul (2011) SC	705
125	HOLLINGSWORTH Jay (2013) NE	285 LYTHGOE Simon (2013) SE	215 HOLLINGSWORTH Jay (2013) NE	330 HOLLINGSWORTH Jay (2013) NE	805
145	PEARSON Alan (2008) NM	225 PEARSON Alan (2008) NM	195 PEARSON Alan (2008) NM	285 PEARSON Alan (2008) NM	705
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.