

World records - Powerlifting - men - World Powerlifting Federation

Update Nov. 15.2011

Men 56 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	175,0	152,5	137,5	0,0	0,0	137,5	0,0	112,5	107,5	0,0	0,0	0,0
Bench	110,0	100,0	77,5	0,0	0,0	83,0	0,0	70,0	80,0	0,0	0,0	0,0
Deadlift	180,0	161,0	167,5	0,0	0,0	177,5	0,0	120,0	117,5	0,0	0,0	0,0
Total	442,5	413,5	382,5	0,0	0,0	387,5	0,0	302,5	287,5	0,0	0,0	0,0

Men 60 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	205,0	167,5	145,0	0,0	155,0	187,5	0,0	0,0	130,0	0,0	0,0	0,0
Bench	135,0	135,0	110,0	0,0	80,0	125,0	0,0	0,0	80,0	0,0	0,0	0,0
Deadlift	230,0	175,0	200,0	0,0	170,0	167,5	0,0	0,0	145,0	0,0	0,0	0,0
Total	570,0	405,0	455,0	0,0	405,0	480,0	0,0	0,0	355,0	0,0	0,0	0,0

Men 67,5 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	275,0	207,5	245,0	260,0	247,5	180,0	185,0	160,0	150,0	130,0	0,0	0,0
Bench	205,0	130,0	167,5	205,0	145,0	107,5	120,0	105,5	97,5	50,0	0,0	0,0
Deadlift	242,5	210,0	237,5	230,0	242,5	220,0	220,0	206,0	195,0	147,5	0,0	0,0
Total	692,5	520,0	650,0	692,5	635,0	502,5	525,0	447,5	402,5	327,5	0,0	0,0

Men 75 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	262,5	222,5	262,5	236,0	240,0	240,0	222,5	220,0	157,5	120,0	0,0	0,0
Bench	175,0	145,0	167,5	142,5	160,0	147,5	158,0	150,0	107,5	60,0	0,0	0,0
Deadlift	280,0	245,0	270,0	237,5	262,5	232,5	265,0	260,0	165,0	145,0	0,0	0,0
Total	715,0	580,0	700,0	601,0	650,0	617,0	645,5	630,0	402,5	325,0	0,0	0,0

Men 82,5 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	360,0	240,0	282,5	290,0	305,0	290,0	215,0	210,0	230,0	0,0	127,5	137,5
Bench	207,5	157,5	192,5	187,5	185,0	157,5	180,0	147,5	137,5	0,0	110,0	87,5
Deadlift	312,5	247,5	290,0	295,0	290,0	260,0	240,0	235,0	235,0	0,0	140,0	165,0
Total	820,0	645,0	740,0	772,5	750,0	690,0	630,0	592,5	602,5	0,0	377,5	365,0

Men 90,0 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	335,0	262,5	300,5	316,0	320,0	335,0	202,5	272,5	180,0	165,5	82,5	0,0
Bench	282,5	180,0	200,0	205,0	220,0	210,0	180,0	165,0	126,0	115,0	77,5	0,0
Deadlift	332,5	250,5	310,5	295,0	300,0	290,0	222,5	282,5	227,5	183,0	160,0	0,0
Total	907,5	665,0	811,0	765,0	800,0	835,0	605,0	672,5	492,5	445,5	320,0	0,0

Men 100 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	405,0	275,0	320,0	340,0	340,0	355,0	265,0	230,0	230,0	162,5	0,0	0,0
Bench	255,0	200,0	232,5	210,0	232,5	217,5	190,0	172,5	140,0	145,0	0,0	0,0
Deadlift	325,0	285,0	305,0	340,0	292,5	305,0	285,0	305,0	210,0	157,5	0,0	0,0
Total	960,0	760,0	847,5	840,0	832,5	872,5	695,0	660,0	557,5	465,0	0,0	0,0

Men 110 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	430,0	280,0	340,0	422,5	295,0	285,5	275,0	272,5	160,0	0,0	0,0	0,0
Bench	292,5	167,5	220,0	240,0	227,5	222,5	200,0	200,0	120,0	0,0	0,0	0,0
Deadlift	367,5	300,0	320,0	367,5	332,5	300,0	275,0	295,0	170,0	0,0	0,0	0,0
Total	1025,0	700,0	880,0	1025,0	817,5	792,5	713,5	727,5	450,0	0,0	0,0	0,0

Men 125 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	412,5	287,5	300,0	347,5	340,0	342,5	320,0	320,5	0,0	0,0	0,0	0,0
Bench	312,5	200,0	245,0	235,5	277,5	255,0	165,0	215,0	0,0	0,0	0,0	0,0
Deadlift	357,5	275,0	290,0	342,5	330,0	347,5	342,5	320,5	0,0	0,0	0,0	0,0
Total	1045,5	717,5	805,0	900,0	902,5	900,0	827,5	800,0	0,0	0,0	0,0	0,0

Men 140 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	412,5	222,5	400,0	400,0	365,0	350,5	345,0	345,0	0,0	0,0	0,0	0,0
Bench	360,0	157,5	315,0	292,5	210,0	240,0	188,0	178,0	0,0	0,0	0,0	0,0
Deadlift	360,0	240,0	355,0	315,0	320,0	347,5	333,0	335,5	0,0	0,0	0,0	0,0
Total	1072,5	620,0	1035,0	997,5	870,0	890,5	864,0	833,0	0,0	0,0	0,0	0,0

Men 140+ kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	455,0	272,5	310,0	337,5	335,0	312,5	0,0	0,0	0,0	0,0	0,0	0,0
Bench	345,0	205,0	222,5	215,0	208,0	252,5	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	380,0	282,5	272,5	292,5	312,5	257,5	0,0	0,0	0,0	0,0	0,0	0,0
Total	1095,0	760,0	795,0	832,5	800,0	822,5	0,0	0,0	0,0	0,0	0,0	0,0

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<b>Men 56 kg</b>	<b>Open</b>
<b>Squat</b>	175,0 Mitchell, Joey GBR
<b>Bench</b>	110,0 Sergey Bakanov RUS 09.11.11
<b>Deadlift</b>	180,0 Mitchell, Joey GBR
<b>Total</b>	442,5 Mitchell, Joey GBR
<b>Men 60 kg</b>	<b>Open</b>
<b>Squat</b>	205,0 Wilhelm Guido MEX 23.11.07
<b>Bench</b>	135,0 Wilhelm Guido MEX 23.11.07
<b>Deadlift</b>	230,0 Wilhelm Guido MEX 23.11.07
<b>Total</b>	570,0 Wilhelm Guido MEX 23.11.07
<b>Men 67,5 kg</b>	<b>Open</b>
<b>Squat</b>	275,0 Layman, Scott USA 11.11.09
<b>Bench</b>	205,0 Matsumoto, Darren USA 03.07.09
<b>Deadlift</b>	242,5 Edmondson, Dave USA 11.08.07
<b>Total</b>	692,5 Matsumoto, Darren USA 03.07.09
<b>Men 75 kg</b>	<b>Open</b>
<b>Squat</b>	262,5 Gerard Smith GBR 03.11.10
<b>Bench</b>	175,0 Csiszar, Andras GBR 18.04.09
<b>Deadlift</b>	280,0 Csiszar, Andras GBR 18.04.09
<b>Total</b>	715,0 Csiszar, Andras GBR 18.04.09
<b>Men 82,5 kg</b>	<b>Open</b>
<b>Squat</b>	360,0 Hurley, Justin GBR 24.11.06
<b>Bench</b>	207,5 Littlefield, Brandon USA 04.07.09
<b>Deadlift</b>	312,5 Danforth, M. USA 17.12.99
<b>Total</b>	820,0 Hurley, Justin GBR 24.11.06
<b>Men 90,0 kg</b>	<b>Open</b>
<b>Squat</b>	335,0 Jon Gunnarsson Ice 16.04.11
<b>Bench</b>	282,5 Celli, Ryan USA 28.06.08
<b>Deadlift</b>	332,5 LaMont USA 17.12.99
<b>Total</b>	907,5 Celli, Ryan USA 28.06.08
<b>Men 100 kg</b>	<b>Open</b>
<b>Squat</b>	405,0 Coombes, Craig GBR 22.06.06
<b>Bench</b>	255,0 Coombes, Craig GBR 22.06.06
<b>Deadlift</b>	325,0 Kelske, Jason USA 12.11.09
<b>Total</b>	960,0 Coombes, Craig GBR 22.06.06
<b>Men 110 kg</b>	<b>Open</b>
<b>Squat</b>	430,0 Coan, Ed USA 17.12.99
<b>Bench</b>	292,5 Pappillion, Chris USA 19.06.10
<b>Deadlift</b>	367,5 Coan, Ed USA 11.08.07
<b>Total</b>	1025,0 Coan, Ed USA 11.08.07
<b>Men 125 kg</b>	<b>Open</b>
<b>Squat</b>	412,5 Smith, Scott USA 13.11.09
<b>Bench</b>	312,5 Smith, Scott USA 28.06.08
<b>Deadlift</b>	357,5 Agfayev, Rufat AZE 13.11.09
<b>Total</b>	1045,5 Smith, Scott USA 28.06.08
<b>Men 140 kg</b>	<b>Open</b>
<b>Squat</b>	412,5 Cartwright, Scott USA 11.08.07
<b>Bench</b>	360,0 Bell, Mark USA 13.11.09
<b>Deadlift</b>	360,0 Logason, Pall ICE 10.04.10
<b>Total</b>	1072,5 Bell, Mark USA 13.11.09
<b>Men 140+ kg</b>	<b>Open</b>
<b>Squat</b>	455,0 Karabel, Lance USA 13.11.09
<b>Bench</b>	345,0 Fossdal, Sigfus ISL 13.11.09
<b>Deadlift</b>	380,0 Dranias, Chris USA 11.08.07
<b>Total</b>	1095,0 Karabel, Lance USA 13.11.09

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<b>Men 56 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	152,5 Jeffrey, David USA 19.06.10	137,5 Finldestein, J. 17.12.99
<b>Bench</b>	100,0 Kido, Niles USA 03.07.09	77,5 Finldestein, J. 17.12.99
<b>Deadlift</b>	161,0 Jeffrey, David USA 19.06.10	167,5 Finldestein, J. 17.12.99
<b>Total</b>	413,5 Jeffrey, David USA 19.06.10	382,5 Finldestein, J. 17.12.99
<b>Men 60 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	167,5 Jake Benedix USA 08.07.11	145,0 Chris Phelps GBR 16.04.11
<b>Bench</b>	135,0 Biring, Gurnaik GBR 22.11.07	110,0 Chris Phelps GBR 16.04.11
<b>Deadlift</b>	175,0 Saenz, Juan Pablo MEX 20.07.08	200,0 Chris Phelps GBR 16.04.11
<b>Total</b>	405,0 Saenz, Juan Pablo MEX 20.07.08	455,0 Chris Phelps GBR 16.04.11
<b>Men 67,5 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	207,5 Brett Benedix USA 08.07.11	245,0 Ruairi McCann Ire 03.11.10
<b>Bench</b>	130,0 Jones Adam GBR 15.11.08	167,5 Ruairi McCann Ire 03.11.10
<b>Deadlift</b>	210,0 Valdivia, Heriberto MEX 24.11.06	237,5 Ruairi McCann Ire 03.11.10
<b>Total</b>	520,0 Valdivia, Heriberto MEX 24.11.06	650,0 Ruairi McCann Ire 03.11.10
<b>Men 75 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	222,5 Manuel Tarango Montes MEX 25.11.04	262,5 Gerard Smith Ire 3.11.10.
<b>Bench</b>	145,0 Livingston III, Donald USA 03.07.09	167,5 Gerard Smith Ire 3.11.10.
<b>Deadlift</b>	245,0 Marco Gallindo USA 09.11.11	270,0 Gerard Smith Ire 3.11.10.
<b>Total</b>	580,0 Manuel Tarango Montes MEX 25.11.04	700,0 Gerard Smith Ire 3.11.10.
<b>Men 82,5 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	240,0 Keaffer, Lee USA 19.06.10	282,5 Lopez, Sergio MEX 20.07.08
<b>Bench</b>	157,5 Keaffer, Lee USA 19.06.10	192,5 Lewis, Greg USA 12.11.09
<b>Deadlift</b>	247,5 Keaffer, Lee USA 19.06.10	290,0 Dayle Lonford GBR 03.11.10
<b>Total</b>	645,0 Keaffer, Lee USA 19.06.10	740,0 Dayle Lonford GBR 03.11.10
<b>Men 90,0 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	262,5 Guonason, Orn Einar ICE 25.06.10	300,5 Dayle Lonford GBR 16.04.11
<b>Bench</b>	180,0 Guonason, Orn Einar ICE 25.06.10	200,0 Dayle Lonford GBR 16.04.11
<b>Deadlift</b>	250,5 Bohrmann, Dominique GER 01.05.10	310,5 Dayle Lonford GBR 16.04.11
<b>Total</b>	665,0 Guonason, Orn Einar ICE 25.06.10	811,0 Dayle Lonford GBR 16.04.11
<b>Men 100 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	275,0 Hill, Josh GBR 24.11.06	320,0 Olason Prostur Ice 03.11.10
<b>Bench</b>	200,0 Hill, Josh GBR 24.11.06	232,5 Auston Weinberg USA 09.07.11
<b>Deadlift</b>	285,0 Hill, Josh GBR 24.11.06	305,0 Olason Prostur Ice 03.11.10
<b>Total</b>	760,0 Hill, Josh GBR 24.11.06	847,5 Auston Weinberg USA 09.07.11
<b>Men 110 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	280,0 Gomez, Francisco MEX 20.07.08	340,0 Olason Prostur Ice 16.04.11
<b>Bench</b>	167,5 Baci, Nicholas USA 03.07.09	220,0 Olason Prostur Ice 16.04.11
<b>Deadlift</b>	300,0 AP Gwyn, Owain GBR 25.04.04	320,0 Olason Prostur Ice 16.04.11
<b>Total</b>	700,0 AP Gwyn, Owain GBR 25.04.04	880,0 Olason Prostur Ice 16.04.11
<b>Men 125 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	287,5 Domenic Fazzini GBR 03.11.10	300,0 Unnarsson, Eyjolfur ICE 25.06.10
<b>Bench</b>	200,0 Domenic Fazzini GBR 03.11.10	245,0 Geisthorpe GBR 03.11.10
<b>Deadlift</b>	275,0 Moore, Ryan USA 19.06.10	290,0 Hakon Freyr Gunnarson ICE 16.04.11
<b>Total</b>	717,5 Domenic Fazzini GBR 03.11.10	805,0 Geisthorpe GBR 16.04.11
<b>Men 140 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	222,5 Ortega, David USA 11.08.07	400,0 Logason Pall ICE 13.11.09
<b>Bench</b>	157,5 Ortega, David USA 11.08.07	315,0 Victor Malyugin Rus 11.11.11
<b>Deadlift</b>	240,0 Ortega, David USA 11.08.07	355,0 Logason Pall ICE 13.11.09
<b>Total</b>	620,0 Ortega, David USA 11.08.07	1035,0 Logason Pall ICE 13.11.09
<b>Men 140+ kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	272,5 Stockton, Blake USA 13.11.09	310,0 O'Neil, Rousell USA 04.07.09
<b>Bench</b>	205,0 Stockton, Blake USA 13.11.09	222,5 O'Neil, Rousell USA 04.07.09
<b>Deadlift</b>	282,5 Stockton, Blake USA 13.11.09	272,5 O'Neil, Rousell USA 13.11.09
<b>Total</b>	760,0 Stockton, Blake USA 13.11.09	795,0 O'Neil, Rousell USA 04.07.09

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<b>Men 56 kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat		
Bench		
Deadlift		
Total		
<b>Men 60 kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat		155,0 Sean Cregan Ire 03.11.10
Bench		80,0 Sean Cregan Ire 03.11.10
Deadlift		170,0 Sean Cregan Ire 03.11.10
Total		405,0 Sean Cregan Ire 03.11.10
<b>Men 67,5 kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat	260,0 Matsumoto, Darren USA 04.07.09	247,5 Edmondson, Dave USA 11.08.07
Bench	205,0 Matsumoto, Darren USA 04.07.09	145,0 Edmondson, Dave USA 11.08.07
Deadlift	230,0 Sorenson, Daniel USA 22.11.07	242,5 Edmondson, Dave USA 11.08.07
Total	692,5 Matsumoto, Darren USA 04.07.09	635,0 Edmondson, Dave USA 11.08.07
<b>Men 75 kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat	236,0 Green, Maurice GBR 24.11.06	240,0 Green, Maurice GBR 22.06.07
Bench	142,5 Green, Maurice GBR 24.11.06	160,0 Hoppenbroewers, Coert NED 16.11.03
Deadlift	237,5 Toland, Mick GBR 26.06.04	262,5 Hoppenbroewers, Coert NED 28.02.04
Total	601,0 Green, Maurice GBR 24.11.06	650,0 Tyree, J. USA 17.12.99
<b>Men 82,5 kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat	290,0 Gomez, Victor MEX 25.11.04	305,0 Benedix, Bob USA 12.11.09
Bench	187,5 Gomez, Victor MEX 25.11.04	185,0 Gomez, Victor MEX 11.11.05
Deadlift	295,0 Gomez, Victor MEX 16.11.03	290,0 Gomez, Victor MEX 11.11.05
Total	772,5 Gomez, Victor MEX 25.11.04	750,0 Gomez, Victor MEX 11.11.05
<b>Men 90,0 kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat	316,0 Drury, Dean GBR 27.06.08	320,0 Gomez, Victor MEX 24.11.06
Bench	205,0 Smarason, Svavar ICE 10.04.10	220,0 Kanemoto, Keith USA 11.08.07
Deadlift	295,0 Tierney, Gerard IRE 24.11.06	300,0 Gomez, Victor MEX 24.11.07
Total	765,0 Drury, Dean GBR 26.06.05	800,0 Gomez, Victor MEX 24.11.07
<b>Men 100 kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat	340,0 Krokkee, Erwin HOL 01.03.08	340,0 Smith David IRL 27.06.09
Bench	210,0 Krokkee, Erwin HOL 01.03.08	232,5 Smith David IRL 12.11.09
Deadlift	340,0 Ebert, H. GER	292,5 Grissinger, Gary USA 12.11.09
Total	840,0 Andrec Sizov Rus 11.11.11	832,5 Smith David IRL 15.11.08
<b>Men 110 kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat	422,5 Coan, Ed USA 11.08.07	295,0 Tronske, Mike USA 12.11.09
Bench	240,0 Smiley, Dave USA 19.6.10	227,5 Tronske, Mike USA 12.11.09
Deadlift	367,5 Coan, Ed USA 11.08.07	332,5 Holleitner, Gerhard AUT 24.11.06
Total	1025,0 Coan, Ed USA 11.08.07	817,5 Tronske, Mike USA 12.11.09
<b>Men 125 kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat	347,5 Bongers, Peter HOL 13.11.09	340,0 Denison, Steve USA 15.11.08
Bench	235,5 Fanner, Jaap NED 16.11.03	277,5 Denison, Steve USA 28.06.08
Deadlift	342,5 Fanner, Jaap NED 26.06.04	330,0 Fahner, Jaap NED 22.06.06
Total	900,0 Fanner, Jaap NED 26.06.05	902,5 Denison, Steve USA 28.06.08
<b>Men 140 kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat	400,0 Hoskinson, Jim USA 04.07.09	365,0 Isabella, Ted USA 04.07.09
Bench	292,5 Hoskinson, Jim USA 04.07.09	210,0 Holleitner, Gerhard AUT 11.11.05
Deadlift	315,0 Isabella, Ted USA 28.06.08	320,0 Holleitner, Gerhard AUT 15.04.09
Total	997,5 Hoskinson, Jim USA 04.07.09	870,0 Isabella, Ted USA 04.07.09
<b>Men 140+ kg</b>	<b>M40-44</b>	<b>M45-49</b>
Squat	337,5 Fricker, Richard GBR 11.11.05	335,0 Fricker, Richard GBR 26.06.10
Bench	215,0 Fricker, Richard GBR 16.11.03	208,0 Welch, Eric USA 13.11.09
Deadlift	292,5 Fricker, Richard GBR 26.06.05	312,5 Welch, Eric USA 13.11.09
Total	832,5 Fricker, Richard GBR 26.06.05	800,0 Fricker, Richard GBR 26.06.10

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<b>Men 56 kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	137,5	Meskew, Kevin	USA	22.11.07					
Bench	83,0	Meskew, Kevin	USA	22.11.07					
Deadlift	177,5	Meskew, Kevin	USA	22.11.07					
Total	387,5	Meskew, Kevin	USA	22.11.07					
<b>Men 60 kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	187,5	Richey, Scott	USA	04.07.09					
Bench	125,0	Richey, Scott	USA	04.07.09					
Deadlift	167,5	Richey, Scott	USA	04.07.09					
Total	480,0	Richey, Scott	USA	04.07.09					
<b>Men 67,5 kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	180,0	Michael Deskis	USA	08.07.11	185,0	Fidilio, Antonio	GER	20.06.03	
Bench	107,5	Heindl, Martin	AUT	22.06.07	120,0	Fidilio, Antonio	GER	20.06.03	
Deadlift	220,0	Heindl, Martin	AUT	22.06.07	220,0	Fidilio, Antonio	GER	20.06.03	
Total	502,5	Heindl, Martin	AUT	22.06.07	525,0	Fidilio, Antonio	GER	20.06.03	
<b>Men 75 kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	240,0	Eschenasy, Calin	GER	29.04.07	222,5	Elison, Kari	ICE	16.04.11	
Bench	147,5	Eschenasy, Calin	GER	29.04.07	158,0	Elison, Kari	ICE	16.04.11	
Deadlift	232,5	Eschenasy, Calin	GER	03.05.08	265,0	Ellison, Kari	ICE	16.04.11	
Total	617,0	Eschenasy, Calin	GER	29.04.07	645,5	Ellison, Kari	ICE	16.04.11	
<b>Men 82,5 kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	290,0	Bob Benedix	USA	10.11.11	215,0	Fu, Arthur	USA	12.11.09	
Bench	157,5	Hoppenbrouwers, Coert	HOL	03.11.10	180,0	Harry Whale	GBR	03.11.10	
Deadlift	260,0	Hoppenbrouwers, Coert	HOL	03.11.10	240,0	Fu, Arthur	USA	12.11.09	
Total	690,0	Bob Benedix	USA	10.11.11	630,0	Fu, Arthur	USA	12.11.09	
<b>Men 90,0 kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	335,0	Jon Gunnarson	Ice	16.04.11	202,5	Harry Whale	GBR	03.11.10	
Bench	210,0	Jon Gunnarson	Ice	16.04.11	180,0	Harry Whale	GBR	03.11.10	
Deadlift	290,0	Jon Gunnarson	Ice	16.04.11	222,5	Harry Whale	GBR	03.11.10	
Total	835,0	Jon Gunnarson	Ice	16.04.11	605,0	Harry Whale	GBR	03.11.10	
<b>Men 100 kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	355,0	Jon Gunnarson	ICE	03.11.10	265,0	Greg Baxter	USA	03.11.10	
Bench	217,5	Harris, Robert	USA	04.07.09	190,0	Neumaier Alfred	AUT	15.11.08	
Deadlift	305,0	Jon Gunnarson	ICE	03.11.10	285,0	Greg Baxter	USA	03.11.10	
Total	872,5	Jon Gunnarson	ICE	03.11.10	695,0	Greg Baxter	USA	03.11.10	
<b>Men 110 kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	285,5	Jandoc, Wayne	USA	12.11.09	275,0	Campbell, Robert	GBR	24.11.06	
Bench	222,5	Andrews, Phil	USA	03.11.10	200,0	Harry Whale	GBR	16.04.11	
Deadlift	300,0	Andrews, Phil	USA	12.11.09	275,0	Baxter, Greg	USA	29-05-10	
Total	792,5	Andrews, Phil	USA	03.11.10	713,5	Baxter, Greg	USA	29-05-10	
<b>Men 125 kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	342,5	Carter, David	GBR		320,0	Carter, David	GBR	26.06.04	
Bench	255,0	Goldberg II, Frederick	USA	13.11.09	165,0	Carter, David	GBR	26.06.04	
Deadlift	347,5	Carter, David	GBR		342,5	Carter, David	GBR	26.06.04	
Total	900,0	Van derTak, Robert	HOL	07.03.09	827,5	Carter, David	GBR	26.06.04	
<b>Men 140 kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	350,5	van der Tak, Robert	HOL	06.03.10	345,0	Carter, David	GBR	22.06.07	
Bench	240,0	van der Tak, Robert	HOL	06.03.10	188,0	Carter, David	GBR	24.11.06	
Deadlift	347,5	Carter, David	GBR		333,0	Carter, David	GBR	24.11.06	
Total	890,5	van der Tak, Robert	HOL	06.03.10	864,0	Carter, David	GBR	24.11.06	
<b>Men 140+ kg</b>	<b>M50-54</b>				<b>M55-59</b>				
Squat	312,5	Benjamin	USA	13.11.09					
Bench	252,5	Benjamin	USA	13.11.09					
Deadlift	257,5	Benjamin	USA	13.11.09					
Total	822,5	Benjamin	USA	13.11.09					

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<b>Men 56 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	112,5 Salazar, Ramon MEX 22.11.07	107,5 Gomez, Ramon Salazar MEX 11.11.09
Bench	70,0 Salazar, Ramon MEX 22.11.07	80,0 Antonio Chavez MEX 25.11.04
Deadlift	120,0 Salazar, Ramon MEX 20.07.08	117,5 Gomez, Ramon Salazar MEX 11.11.09
Total	302,5 Salazar, Ramon MEX 20.07.08	287,5 Gomez, Ramon Salazar MEX 11.11.09
<b>Men 60 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat		130,0 Chavez, Pedro MEX 25.11.07
Bench		80,0 Chavez, Pedro MEX 25.11.07
Deadlift		145,0 Chavez, Pedro MEX 25.11.07
Total		355,0 Chavez, Pedro MEX 25.11.07
<b>Men 67,5 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	160,0 Santee, Gordon USA 11.08.07	150,0 Evans, Barry GBR 27.04.03
Bench	105,5 Santee, Gordon USA 22.11.07	97,5 Gordon Santee USA 09.11.11
Deadlift	206,0 Santee, Gordon USA 04.07.09	195,0 Gordon Santee USA 09.11.11
Total	447,5 Santee, Gordon USA 11.08.07	402,5 Gordon Santee USA 09.11.11
<b>Men 75 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	220,0 Kari Ellison ICE 09.11.11	157,5 Evans, Barry GBR 17.04.05
Bench	150,0 Kari Ellison ICE 09.11.11	107,5 Garcia, Alfredo MEX 24.11.07
Deadlift	260,0 Kari Ellison ICE 09.11.11	165,0 Evans, Barry GBR 17.04.05
Total	630,0 Kari Ellison ICE 09.11.11	402,5 Garcia, Alfredo MEX 24.11.07
<b>Men 82,5 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	210,0 Dillon, Thomas IRL 24.11.06	230,0 Martin, Dan USA 12.11.09
Bench	147,5 Dillon, Thomas IRL 24.11.06	137,5 Martin, Dan USA 12.11.09
Deadlift	235,0 Dillon, Thomas IRL 24.11.06	235,0 Martin, Dan USA 12.11.09
Total	592,5 Dillon, Thomas IRL 24.11.06	602,5 Martin, Dan USA 12.11.09
<b>Men 90,0 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	272,5 Johnson, Bill USA 11.08.07	180,0 Clements, David GBR 19.04.09
Bench	165,0 Gaynor, Bob USA 11.08.07	126,0 Clements, David GBR 03.11.10
Deadlift	282,5 Gaynor, Bob USA 22.11.07	227,5 Hernandez, Louie USA 04.07.09
Total	672,5 Gaynor, Bob USA 11.08.07	492,5 Hernandez, Louie USA 04.07.09
<b>Men 100 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	230,0 Williams, Ken GBR 25.04.10	230,0 Eriksen, Roy USA 12.11.09
Bench	172,5 Gaynor, Bob USA 04.07.09	140,0 David Clements GBR 16.04.11
Deadlift	305,0 Gaynor, Bob USA 04.07.09	210,0 David Clements USA 16.04.11
Total	660,0 Gaynor, Bob USA 04.07.09	557,5 Eriksen, Roy USA 12.11.09
<b>Men 110 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	272,5 Stanley, Courtney USA 12.11.09	160,0 Rob Todd GBR 16.04.11
Bench	200,0 Kurscheit, Klaus GER	120,0 Rob Todd GBR 16.04.11
Deadlift	295,0 Stanley, Courtney USA 19.06.10	170,0 Rob Todd GBR 16.04.11
Total	727,5 Stanley, Courtney USA 19.06.10	450,0 Rob Todd GBR 16.04.11
<b>Men 125 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	320,5 Carter, David GBR 16.04.11	
Bench	215,0 Meek, Brian USA 13.11.09	
Deadlift	320,5 Carter, David GBR 16.04.11	
Total	800,0 Carter, David GBR 27.06.09	
<b>Men 140 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	345,0 Carter, David GBR 28.06.08	
Bench	178,0 Carter, David GBR 28.06.08	
Deadlift	335,5 Carter, David GBR 15.11.08	
Total	833,0 Carter, David GBR 28.06.08	
<b>Men 140+ kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat		
Bench		
Deadlift		
Total		

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<b>Men 56 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Men 60 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Men 67,5 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat	130,0 Evans, Barry GBR 18.04.09	
Bench	50,0 Evans, Barry GBR 18.04.09	
Deadlift	147,5 Evans, Barry GBR 18.04.09	
Total	327,5 Evans, Barry GBR 18.04.09	
<b>Men 75 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat	120,0 Castrellon, Julian MEX 20.07.08	
Bench	60,0 Castrellon, Julian MEX 20.07.08	
Deadlift	145,0 Castrellon, Julian MEX 20.07.08	
Total	325,0 Castrellon, Julian MEX 20.07.08	
<b>Men 82,5 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		127,5 Simon, Richard USA 11.08.07
Bench		110,0 Simon, Richard USA 11.08.07
Deadlift		140,0 Simon, Richard USA 11.08.07
Total		377,5 Simon, Richard USA 11.08.07
<b>Men 90,0 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat	165,5 Dominic Avo GBR 16.04.11	82,5 Monahan, Rex USA 17.12.99
Bench	115,0 Andy KcKee GBR 03.11.10	77,5 Monahan, Rex USA 17.12.99
Deadlift	183,0 Dominic Avo USA 16.04.11	160,0 Monahan, Rex USA 17.12.99
Total	445,5 Dominic Avo GBR 16.04.11	320,0 Monahan, Rex USA 17.12.99
<b>Men 100 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat	162,5 Wilson, Pete USA 04.07.09	
Bench	145,0 Wilson, Pete USA 04.07.09	
Deadlift	157,5 Wilson, Pete USA 04.07.09	
Total	465,0 Wilson, Pete USA 04.07.09	
<b>Men 110 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Men 125 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Men 140 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Men 140+ kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		

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<b>Men 56 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Men 60 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Men 67,5 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Men 75 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Men 82,5 kg</b>	<b>M80+</b>
Squat	137,5 Garry, Martin USA 04.07.09
Bench	87,5 Garry, Martin USA 04.07.09
Deadlift	165,0 Garry, Martin USA 04.07.09
Total	365,0 Garry, Martin USA 04.07.09
<b>Men 90,0 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Men 100 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Men 110 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Men 125 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Men 140 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Men 140+ kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	