

European records - Powerlifting - Women - World Powerlifting Federation

Update June 2017

Women 48 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	110,0	100,0	110,0	105,0	110,0	105,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	65,0	50,0	62,5	65,0	42,5	65,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	135,0	90,0	105,0	115,0	110,0	115,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	305,0	240,0	277,5	277,5	262,5	277,5	0,0	0,0	0,0	0,0	0,0	0,0

Women 52 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	150,0	95,0	70,0	97,5	90,0	97,5	0,0	0,0	0,0	0,0	0,0	0,0
Bench	87,5	52,5	42,5	67,5	50,0	67,5	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	162,5	120,0	95,0	117,5	140,0	117,5	0,0	0,0	0,0	0,0	0,0	0,0
Total	392,5	267,5	205,0	280,0	280,0	280,0	0,0	0,0	0,0	0,0	0,0	0,0

Women 56 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	210,0	105,5	135,0	140,0	130,5	110,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	111,0	0,0	75,0	82,5	68,0	60,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	215,0	135,0	166,0	140,0	145,5	140,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	522,5	290,0	365,0	357,5	335,0	310,0	0,0	0,0	0,0	0,0	0,0	0,0

Women 60 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	200,0	160,0	135,0	145,5	150,5	0,0	90,0	100,0	0,0	0,0	0,0	0,0
Bench	117,5	85,0	72,5	90,0	95,0	0,0	55,0	55,0	0,0	0,0	0,0	0,0
Deadlift	200,0	150,0	167,5	170,0	160,0	0,0	130,0	145,0	0,0	0,0	0,0	0,0
Total	512,5	385,0	372,5	387,5	386,0	0,0	275,0	300,0	0,0	0,0	0,0	0,0

Women 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	200,0	140,0	155,0	152,5	150,0	145,0	85,0	0,0	0,0	0,0	0,0	0,0
Bench	120,0	90,0	90,0	110,0	100,0	85,0	48,0	0,0	0,0	0,0	0,0	0,0
Deadlift	200,0	182,5	145,0	187,5	142,5	165,0	125,0	0,0	0,0	0,0	0,0	0,0
Total	517,5	395,0	375,0	437,5	387,5	395,0	250,0	0,0	0,0	0,0	0,0	0,0

Women 75 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	215,0	132,5	195,5	170,0	140,0	155,0	85,0	77,5	0,0	0,0	0,0	0,0
Bench	132,5	80,0	115,5	120,0	90,0	95,0	40,0	45,0	0,0	0,0	0,0	0,0
Deadlift	225,0	175,5	210,0	183,5	150,5	175,0	122,5	127,5	0,0	0,0	0,0	0,0
Total	520,5	387,5	515,0	467,5	360,0	425,0	225,0	240,0	0,0	0,0	0,0	0,0

Women 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	180,5	131,0	180,0	180,0	0,0	90,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	125,0	70,0	80,0	117,5	0,0	42,5	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	225,0	130,0	150,0	200,0	0,0	105,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	467,5	325,0	410,0	467,5	0,0	237,5	0,0	0,0	0,0	0,0	0,0	0,0

Women 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	210,0	145,0	0,0	0,0	0,0	140,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	137,5	92,5	0,0	0,0	0,0	85,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	225,0	150,0	0,0	0,0	0,0	175,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	555,0	387,5	0,0	0,0	0,0	385,0	0,0	0,0	0,0	0,0	0,0	0,0

Women 90+ kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	272,5	165,0	125,0	168,0	147,5	162,5	150,0	0,0	0,0	0,0	0,0	0,0
Bench	150,0	95,0	85,0	112,5	100,0	87,5	72,5	0,0	0,0	0,0	0,0	0,0
Deadlift	252,5	160,0	140,0	190,5	172,5	180,0	140,5	0,0	0,0	0,0	0,0	0,0
Total	667,5	420,0	350,0	475,0	420,0	430,0	355,0	0,0	0,0	0,0	0,0	0,0

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Women 48 kg	Open			
Squat	110,0	Allen	GBR	
Bench	65,0	Watson	GBR	
Deadlift	135,0	Allen	GBR	
Total	305,0	Allen	GBR	

Women 52 kg	Open			
Squat	150,0	Barker	GBR	
Bench	87,5	Barker	GBR	
Deadlift	162,5	Barker	GBR	
Total	392,5	Barker	GBR	

Women 56 kg	Open			
Squat	210,0	Gibson	GBR	
Bench	111,0	Gibson	GBR	
Deadlift	215,0	Gibson	GBR	
Total	522,5	Gibson	GBR	

Women 60 kg	Open			
Squat	200,0	Gibson	GBR	
Bench	117,5	Gibson	GBR	
Deadlift	200,0	Gibson	GBR	
Total	512,5	Gibson	GBR	

Women 67,5 kg	Open			
Squat	200,0	Gibson	GBR	
Bench	120,0	Gibson	GBR	
Deadlift	200,0	Gibson	GBR	
Total	517,5	Gibson	GBR	

Women 75 kg	Open			
Squat	215,0	Lisa James	GBR	07.10.14
Bench	132,5	Zimmer	Aut	
Deadlift	225,0	Blair	GBR	
Total	520,5	Lisa James	GBR	07.10.14

Women 82,5 kg	Open			
Squat	180,5	Louise Price	GBR	21.04.12
Bench	125,0	Guldner, Nicole	Ger	26.06.05
Deadlift	225,0	Blair	GBR	
Total	467,5	Guldner, Nicole	Ger	26.06.05

Women 90,0 kg	Open			
Squat	210,0	Pongracz	Aut	
Bench	137,5	U.Herchenhein	Ger	
Deadlift	225,0	U.Herchenhein	Ger	
Total	555,0	U.Herchenhein	Ger	

Women 90+ kg	Open			
Squat	272,5	Shaw	GBR	
Bench	150,0	Shaw	GBR	
Deadlift	252,5	Shaw	GBR	
Total	667,5	Shaw	GBR	

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Women 48 kg	T15-19	Junior
Squat	100,0 Summerfield GBR	110,0 Summerfield GBR
Bench	50,0 Summerfield GBR	62,5 Summerfield GBR
Deadlift	90,0 Summerfield GBR	105,0 Summerfield GBR
Total	240,0 Summerfield GBR	277,5 Summerfield GBR
Women 52 kg	T15-19	Junior
Squat	95,0 Oster Bel	70,0 Lucie Tesnieres Fra 20.06.14
Bench	52,5 Oster Bel	42,5 Lucie Tesnieres Fra 20.06.14
Deadlift	120,0 Oster Bel	95,0 Lucie Tesnieres Fra 20.06.14
Total	267,5 Oster Bel	205,0 Lucie Tesnieres Fra 20.06.14
Women 56 kg	T15-19	Junior
Squat	105,5 Picone Bel	135,0 Carr-Hill GBR
Bench		75,0 Carr-Hill GBR
Deadlift	135,0 Picone Bel	166,0 Carr-Hill GBR
Total	290,0 Picone Bel	365,0 Carr-Hill GBR
Women 60 kg	T15-19	Junior
Squat	160,0 M.Berezenko Rus 15.11.08	135,0 Carr-Hill GBR
Bench	85,0 M.Berezenko Rus 15.11.08	72,5 Carr-Hill GBR
Deadlift	150,0 M.Berezenko Rus 15.11.08	167,5 Carr-Hill GBR
Total	385,0 M.Berezenko Rus 15.11.08	372,5 Carr-Hill GBR
Women 67,5 kg	T15-19	Junior
Squat	140,0 Toumi Fra	155,0 T.Huizen Ned 11.11.09
Bench	90,0 Callan GBR	90,0 T.Huizen Ned 11.11.09
Deadlift	182,5 Callan GBR	145,0 Ferschneider Fra
Total	395,0 Callan GBR	375,0 T.Huizen Ned 11.11.09
Women 75 kg	T15-19	Junior
Squat	132,5 Callan GBR	195,5 Papilloud Sui
Bench	80,0 Callan GBR	115,5 Papilloud Sui
Deadlift	175,5 Callan GBR	210,0 Papilloud Sui
Total	387,5 Callan GBR	515,0 Papilloud Sui
Women 82,5 kg	T15-19	Junior
Squat	131,0 Reuser, Evelien Ned 26.06.05	180,0 Bentham GBR
Bench	70,0 Reuser, Evelien Ned 26.06.05	80,0 Bentham GBR
Deadlift	130,0 Morgan GBR	150,0 Bentham GBR
Total	325,0 Morgan GBR	410,0 Bentham GBR
Women 90,0 kg	T15-19	Junior
Squat	145,0 K.Buechel GBR 24.04.10	
Bench	92,5 K.Buechel GBR 24.04.10	
Deadlift	150,0 K.Buechel GBR 24.04.10	
Total	387,5 K.Buechel GBR 24.04.10	
Women 90+ kg	T15-19	Junior
Squat	165,0 K.Buechel GBR 11.11.09	125,0 K.Kruk Pol 20.06.03
Bench	95,0 K.Buechel GBR 11.11.09	85,0 K.Kruk Pol 20.06.03
Deadlift	160,0 K.Buechel GBR 11.11.09	140,0 K.Kruk Pol 20.06.03
Total	420,0 K.Buechel GBR 11.11.09	350,0 K.Kruk Pol 20.06.03

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Women 48 kg	M40-44	M45-49
Squat	105,0 Schroeder GBR	110,0 Jaqueline Challonder GBR 07.11.14
Bench	65,0 Watson GBR	42,5 Jaqueline Challonder GBR 07.11.14
Deadlift	115,0 Schroeder GBR	110,0 Milham GBR
Total	277,5 Schroeder GBR	262,5 Jaqueline Challonder GBR 07.11.14
Women 52 kg	M40-44	M45-49
Squat	97,5 Watson GBR	90,0 McCalmon GBR
Bench	67,5 Watson GBR	50,0 McCalmon GBR
Deadlift	117,5 Watson GBR	140,0 McCalmon GBR
Total	280,0 Watson GBR	280,0 McCalmon GBR
Women 56 kg	M40-44	M45-49
Squat	140,0 A.Seabright GBR 15.11.08	130,5 Allison Hough GBR 05.07.13
Bench	82,5 A.Seabright GBR 15.11.08	68,0 Allison Hough GBR 20.04.13
Deadlift	140,0 A.Seabright GBR 15.11.08	145,5 D.Hickman GBR 24.04.10
Total	357,5 A.Seabright GBR 15.11.08	335,0 Allison Hough GBR 05.07.13
Women 60 kg	M40-44	M45-49
Squat	145,5 A.Seabright GBR 24.04.10	150,5 Allison Hough GBR 20.06.15
Bench	90,0 A.Seabright GBR 24.04.10	95,0 Allison Hough GBR 20.06.15
Deadlift	170,0 Challacombe Linda GBR 17.04.05	160,0 Challacombe Linda GBR 13.11.05
Total	387,5 Challacombe Linda GBR 17.04.05	386,0 Allison Hough GBR 20.06.15
Women 67,5 kg	M40-44	M45-49
Squat	152,5 Martin GBR	150,0 Allison Hough GBR 25.04.15
Bench	110,0 V.D. Stoep, Yvonne Ned 28.02.04	100,0 Allison Hough GBR 25.04.15
Deadlift	187,5 Martin GBR	142,5 Allison Hough GBR 25.04.15
Total	437,5 Martin GBR	387,5 Allison Hough GBR 25.04.15
Women 75 kg	M40-44	M45-49
Squat	170,0 L.A.Krüger Ger 24.11.06	140,0 Audra Corbett GBR 12.04.14
Bench	120,0 S.Davies BNR 16.04.11	90,0 Audra Corbett GBR 12.04.14
Deadlift	183,5 S.Davies GBR 16.04.11	150,5 Audra Corbett GBR 07.11.14
Total	467,5 L.A.Krüger Ger 24.11.06	360,0 Audra Corbett GBR 07.11.14
Women 82,5 kg	M40-44	M45-49
Squat	180,0 Lucy-Aileen Krüger Ger 29.04.07	
Bench	117,5 Lucy-Aileen Krüger Ger 29.04.07	
Deadlift	200,0 Morgan, Jacqui GBR 27.04.03	
Total	467,5 Lucy-Aileen Krüger Ger 29.04.07	
Women 90,0 kg	M40-44	M45-49
Squat		
Bench		
Deadlift		
Total		
Women 90+ kg	M40-44	M45-49
Squat	168,0 Bates GBR	147,5 Kertelits Aut
Bench	112,5 Coulon Fra	100,0 Kertelits Aut
Deadlift	190,5 Bates GBR	172,5 Kertelits Aut
Total	475,0 Coulon Fra	420,0 Kertelits Aut

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Women 48 kg	M50-54	M55-59
Squat	105,0 Milham GBR	
Bench	65,0 Milham GBR	
Deadlift	115,0 Milham GBR	
Total	277,5 Milham GBR	
Women 52 kg	M50-54	M55-59
Squat	97,5 Plouviez Bel	
Bench	67,5 Plouviez Bel	
Deadlift	117,5 Plouviez Bel	
Total	280,0 Plouviez Bel	
Women 56 kg	M50-54	M55-59
Squat	110,0 D.Hickman GBR 03.11.10	
Bench	60,0 Plouviez Bel	
Deadlift	140,0 D.Hickman GBR 03.11.10	
Total	310,0 D.Hickman GBR 03.11.10	
Women 60 kg	M50-54	M55-59
Squat		90,0 McCalmon, Helen GBR 16.11.03
Bench		55,0 McCalmon, Helen GBR 16.11.03
Deadlift		130,0 McCalmon, Helen GBR 16.11.03
Total		275,0 McCalmon, Helen GBR 16.11.03
Women 67,5 kg	M50-54	M55-59
Squat	145,0 Dawn Morrell GBR 20.04.13	85,0 Carter GBR
Bench	85,0 Dawn Morrell GBR 20.04.13	48,0 Carter GBR
Deadlift	165,0 Dawn Morrell GBR 20.04.13	125,0 Carter GBR
Total	395,0 Dawn Morrell GBR 20.04.13	250,0 Carter GBR
Women 75 kg	M50-54	M55-59
Squat	155,0 Dawn Morrell GBR 05.07.13	85,0 Carter GBR
Bench	95,0 Dawn Morrell GBR 05.07.13	40,0 Carter GBR
Deadlift	175,0 Dawn Morrell GBR 05.07.13	122,5 Carter GBR
Total	425,0 Dawn Morrell GBR 05.07.13	225,0 Carter GBR
Women 82,5 kg	M50-54	M55-59
Squat	90,0 Ruth Drury GBR 07.11.14	
Bench	42,5 Ruth Drury GBR 07.11.14	
Deadlift	105,0 Ruth Drury GBR 07.11.14	
Total	237,5 Ruth Drury GBR 07.11.14	
Women 90,0 kg	M50-54	M55-59
Squat	140,0 Charlotte Wareing GBR 14.12.15	
Bench	85,0 Charlotte Wareing GBR 14.12.15	
Deadlift	175,0 Charlotte Wareing GBR 07.11.14	
Total	385,0 Charlotte Wareing GBR 14.12.15	
Women 90+ kg	M50-54	M55-59
Squat	162,5 Charlotte Wareing GBR 03.06.17	150,0 Van-Camp Bel
Bench	87,5 Charlotte Wareing GBR 03.06.17	72,5 Van-Camp Bel
Deadlift	180,0 Charlotte Wareing GBR 03.06.17	140,5 Van-Camp Bel
Total	430,0 Charlotte Wareing GBR 03.06.17	355,0 Van-Camp Bel

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Women 48 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 52 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 56 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 60 kg	M60-64	M65-69
Squat	100,0 McCalmon, Helen GBR 22.04.06	
Bench	55,0 McCalmon, Helen GBR 22.04.06	
Deadlift	145,0 McCalmon, Helen GBR 22.04.06	
Total	300,0 McCalmon, Helen GBR 22.04.06	
Women 67,5 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 75 kg	M60-64	M65-69
Squat	77,5 Carter GBR	
Bench	45,0 Carter GBR	
Deadlift	127,5 Carter GBR	
Total	240,0 Carter GBR	
Women 82,5 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 90,0 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 90+ kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		

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Women 48 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 52 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 56 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 60 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 67,5 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 75 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 82,5 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 90,0 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 90+ kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		

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Women 48 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 52 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 56 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 60 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 67,5 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 75 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 82,5 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 90,0 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 90+ kg	M80+
Squat	
Bench	
Deadlift	
Total	