

European Powerlifting Congress

European records powerlifting Women

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Update April 25.2013

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	85,0	105,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	65,0	50,0	62,5	65,0	40,0	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	235,0	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	0,0	97,5	90,0	97,5	0,0	0,0	0,0	0,0	0,0	0,0
Bench	87,5	52,5	0,0	67,5	50,0	67,5	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	162,5	120,0	0,0	117,5	140,0	117,5	0,0	0,0	0,0	0,0	0,0	0,0
Total	392,5	267,5	0,0	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	110,0	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	307,5	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	140,0	0,0	90,0	100,0	0,0	0,0	0,0	0,0
Bench	117,5	85,0	72,5	90,0	85,0	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	370,0	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	95,0	145,0	85,0	0,0	0,0	0,0	0,0	0,0
Bench	120,0	90,0	90,0	110,0	72,5	85,0	48,0	0,0	0,0	0,0	0,0	0,0
Deadlift	200,0	182,5	145,0	187,5	110,0	165,0	125,0	0,0	0,0	0,0	0,0	0,0
Total	517,5	395,0	375,0	437,5	277,5	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	200,0	132,5	195,5	170,0	90,0	142,5	85,0	77,5	0,0	0,0	0,0	0,0
Bench	132,5	80,0	115,5	120,0	72,5	87,5	40,0	45,0	0,0	0,0	0,0	0,0
Deadlift	225,0	175,5	210,0	183,5	110,0	170,0	122,5	127,5	0,0	0,0	0,0	0,0
Total	515,0	387,5	515,0	467,5	272,5	387,5	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	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	125,0	70,0	80,0	117,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	225,0	130,0	150,0	200,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	467,5	325,0	410,0	467,5	0,0	0,0	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	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	137,5	92,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	225,0	150,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	555,0	387,5	0,0	0,0	0,0	0,0	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	120,0	150,0	0,0	0,0	0,0	0,0	0,0
Bench	150,0	95,0	85,0	112,5	100,0	57,5	72,5	0,0	0,0	0,0	0,0	0,0
Deadlift	252,5	160,0	140,0	190,5	172,5	132,5	140,5	0,0	0,0	0,0	0,0	0,0
Total	667,5	420,0	350,0	475,0	420,0	312,5	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	200,0	James E	GBR	
Bench	132,5	Zimmer	Aut	
Deadlift	225,0	Blair	GBR	
Total	515,0	Blair	GBR	
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					
Bench	52,5	Oster	Bel					
Deadlift	120,0	Oster	Bel					
Total	267,5	Oster	Bel					
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		85,0	Milham	GBR	
Bench	65,0	Watson	GBR		40,0	Milham	GBR	
Deadlift	115,0	Schroeder	GBR		110,0	Milham	GBR	
Total	277,5	Schroeder	GBR		235,0	Milham	GBR	
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	110,0	Allison Hough	GBR	20.04.13
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	307,5	D.Hickman	GBR	24.04.10
Women 60 kg	M40-44				M45-49			
Squat	145,5	A.Seabright	GBR	24.04.10	140,0	Challacombe Linda	GBR	13.11.05
Bench	90,0	A.Seabright	GBR	24.04.10	85,0	Allison Hough	GBR	21.04.12
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	370,0	Challacombe Linda	GBR	13.11.05
Women 67,5 kg	M40-44				M45-49			
Squat	152,5	Martin	GBR		95,0	Beatrix Berg	Ger	26.06.08
Bench	110,0	V.D. Stoep, Yvonne	Ned	28.02.04	72,5	Beatrix Berg	Ger	26.06.08
Deadlift	187,5	Martin	GBR		110,0	Beatrix Berg	Ger	26.06.08
Total	437,5	Martin	GBR		277,5	Beatrix Berg	Ger	26.06.08
Women 75 kg	M40-44				M45-49			
Squat	170,0	L.A.Krüger	Ger	24.11.06	90,0	B.Berg	Ger	03.05.08
Bench	120,0	S.Davies	BNR	16.04.11	72,5	B.Berg	Ger	03.05.08
Deadlift	183,5	S.Davies	GBR	16.04.11	110,0	B.Berg	Ger	03.05.08
Total	467,5	L.A.Krüger	Ger	24.11.06	272,5	B.Berg	Ger	03.05.08
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	142,5	Dawn Morrell	GBR	01.11.12		85,0	Carter	GBR	
Bench	87,5	Dawn Morrell	GBR	02.06.11		40,0	Carter	GBR	
Deadlift	170,0	Dawn Morrell	GBR	01.11.12		122,5	Carter	GBR	
Total	387,5	Dawn Morrell	GBR	01.11.12		225,0	Carter	GBR	
Women 82,5 kg	M50-54					M55-59			
Squat									
Bench									
Deadlift									
Total									
Women 90,0 kg	M50-54					M55-59			
Squat									
Bench									
Deadlift									
Total									
Women 90+ kg	M50-54					M55-59			
Squat	120,0	Van Camp	Bel			150,0	Van-Camp	Bel	
Bench	57,5	Van Camp	Bel			72,5	Van-Camp	Bel	
Deadlift	132,5	B.Czech	Ger	07.03.09		140,5	Van-Camp	Bel	
Total	312,5	Van Camp	Bel			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	