

# *European Powerlifting Congress*

**EPC**

**European Powerlifting**

**Mens Records**

**Last Updated: 01 March 2008**



# **Order Of Records**

**Teenage 15-19**

**Junior 20-23**

**Open**

**Master 40-44**

**Master 45-49**

**Master 50-54**

**Master 55-59**

**Master 60-64**

**Master 65-69**

**Master 70-74**

**Master 75-79**

**Master 80+**

EPC European Powerlifting Records - Men's					
Teenage 15-19					
Class	Discipline	Kg	Name	Country	Date
<b>56kg</b>	Squat	35	Eschenasy, Sebastian	Ger	11.06.05
	Benchpress	25	Eschenasy, Sebastian	Ger	11.06.05
	Deadlift	50	Eschenasy, Sebastian	Ger	11.06.05
	Total	110	Eschenasy, Sebastian	Ger	11.06.05
<b>60kg</b>	Squat	200	Mushfik	Azn	
	Benchpress	140	Mushfik	Azn	
	Deadlift	200	Mushfik	Azn	
	Total	540	Mushfik	Azn	
<b>67.5kg</b>	Squat	195	Gumm	Uk	
	Benchpress	145	Marsden	Uk	
	Deadlift	225	Oster	Bel	
	Total	565	Marsden	Uk	
<b>75kg</b>	Squat	200	Caetano	Fra	
	Benchpress	130.5	Kock	Aut	
	Deadlift	275	Mombert	Bel	
	Total	660	Mombert	Bel	
<b>82.5kg</b>	Squat	245	Jones	UK	
	Benchpress	175	Jones	UK	
	Deadlift	270	Jones	UK	
	Total	670	Jones	UK	
<b>90kg</b>	Squat	280	Jones	UK	
	Benchpress	175	Jones	UK	
	Deadlift	280	Jones	UK	
	Total	735	Jones	UK	
<b>100kg</b>	Squat	290	Schwab	Aut	
	Benchpress	200	Hill, Josh	GB	24.11.06
	Deadlift	285	Schwab	Aut	
	Total	760	Hill, Josh	GB	24.11.06
<b>110kg</b>	Squat	260	AP Gwyn, Owain	GB	25.04.04
	Benchpress	182.5	Stang	Ger	
	Deadlift	300	AP Gwyn, Owain	GB	25.04.04
	Total	700	AP Gwyn, Owain	GB	25.04.04
<b>125kg</b>	Squat	208	Rauch	Aut	
	Benchpress	112.5	Rauch	Aut	
	Deadlift	190	Lemanczik, Dennis	Ger	20.06.03
	Total	487.5	Rauch	Aut	
<b>140kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>140kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

EPC European Powerlifting Records - Men's					
Junior 20-23					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat	190.5	Tronke	Ger	
	Benchpress	125.5	Tronke	Ger	
	Deadlift	165	Lackner	Aut	
	Total	472.5	Tronke	Ger	
<b>60kg</b>	Squat	182.5	Morett	Fra	
	Benchpress	107.5	Morett	Fra	
	Deadlift	215	Oster	Bel	
	Total	492.5	Morett	Fra	
<b>67.5kg</b>	Squat	205	Gumm	UK	
	Benchpress	120	Karius, Martin	Ger	20.06.03
	Deadlift	245	Gayle	UK	
	Total	540	Gayle	UK	
<b>75kg</b>	Squat	242.5	Devetak	Ita	
	Benchpress	152.5	Karius, Martin	Ger	25.11.04
	Deadlift	250	Caetano	Fra	
	Total	617.5	Devetak	Ita	
<b>82.5kg</b>	Squat	255	Dicecco	Ita	
	Benchpress	175	Morgan	UK	
	Deadlift	260	Wiak Lucsaz	GB	17.04.05
	Total	680	Wiak Lucsaz	GB	17.04.05
<b>90kg</b>	Squat	300	Winkler	Aut	
	Benchpress	195	Ragim	Azn	
	Deadlift	320	Mombert	Bel	
	Total	747.5	Warren	UK	
<b>100kg</b>	Squat	315	Kastl	Aut	
	Benchpress	200	Twycross-Lewis	UK	
	Deadlift	325	Raynes	UK	
	Total	817.5	Kastl	Aut	
<b>110kg</b>	Squat	341	Raynes	UK	
	Benchpress	226	Rufat	Azn	
	Deadlift	343	Raynes	UK	
	Total	901	Rufat	Azn	
<b>125kg</b>	Squat	380	Bolton	UK	
	Benchpress	260	Buck	UK	
	Deadlift	389	Bolton	UK	
	Total	965	Bolton	UK	
<b>140kg</b>	Squat	375	Ramstedt	Fin	
	Benchpress	250	Ramstedt	Fin	
	Deadlift	377.5	Bolton	UK	
	Total	967.5	Bolton	UK	
<b>140kg+</b>	Squat	280	Wegscheider	Aut	
	Benchpress	200	Wegscheider	Aut	
	Deadlift	285	Wegscheider	Aut	
	Total	765	Wegscheider	Aut	

EPC European Powerlifting Records - Men's					
Open					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat	195	Cavagna	Ita	
	Benchpress	125.5	Tronke	Ger	
	Deadlift	212.5	Mitchell	GB	
	Total	455	Mitchell	GB	
<b>60kg</b>	Squat	235	Cavagna	Ita	
	Benchpress	140	Mouchfig	Azn	
	Deadlift	215.5	Galkine	Rus	
	Total	580	Cavagna	Ita	
<b>67.5kg</b>	Squat	272.5	Mannering	GB	
	Benchpress	195	Mannering	GB	
	Deadlift	260	Fourie	Fra	
	Total	725	Mannering	GB	
<b>75kg</b>	Squat	300	Eccelli	Ita	
	Benchpress	208	Mannering	GB	
	Deadlift	290	Callan	GB	
	Total	752.5	Callan	GB	
<b>82.5kg</b>	Squat	360	Hurley, Justin	GB	24.11.06
	Benchpress	220	Bartlett	GB	
	Deadlift	300	Vaccari	Ita	
	Total	837.5	Vaccari	Ita	
<b>90kg</b>	Squat	330	Mac Namara, Patrick	IRL	22.06.06
	Benchpress	245	Delaney, Bernard	IRL	24.11.06
	Deadlift	325.5	Donovan	GB	
	Total	852.5	Delaney, Bernard	IRL	24.11.06
<b>100kg</b>	Squat	410	Hammerton	GB	
	Benchpress	255	Coombes, Craige	GB	22.06.06
	Deadlift	350.5	Depner	Aut	
	Total	972.5	Hammerton	GB	
<b>110kg</b>	Squat	420	Coombes, Craig	GB	24.11.06
	Benchpress	270	Coombes, Craig	GB	24.11.06
	Deadlift	362.5	White	GB	
	Total	1000	Coombes, Craig	GB	24.11.06
<b>125kg</b>	Squat	420	Neighbour	GB	
	Benchpress	260	Buck	GB	
	Deadlift	389	Bolton	GB	
	Total	1020	Neighbour	GB	
<b>140kg</b>	Squat	415	Stoten	GB	
	Benchpress	275.5	Bell	GB	
	Deadlift	392.5	Bolton	GB	
	Total	967.5	Bolton	GB	
<b>140kg+</b>	Squat	415	Tregloan	GB	
	Benchpress	267.5	Tregloan	GB	
	Deadlift	402.5	Tregloan	GB	
	Total	1067.5	Tregloan	GB	

EPC European Powerlifting Records - Men's					
Master 40-44					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat	155	Mellor	GB	
	Benchpress	82.5	Mellor	GB	
	Deadlift	175	Mellor	GB	
	Total	421.5	Mellor	GB	
<b>60kg</b>	Squat	225	Galkine	Rus	
	Benchpress	125	Galkine	Rus	
	Deadlift	200	Galkine	Rus	
	Total	550	Galkine	Rus	
<b>67.5kg</b>	Squat	185	Willis, Adam	GB	22.06.07
	Benchpress	125	Heindle	Aut	
	Deadlift	225	Heindle	Aut	
	Total	520	Heindle	Aut	
<b>75kg</b>	Squat	282.5	Callan	GB	
	Benchpress	180	Callan	GB	
	Deadlift	277.5	Callan	GB	
	Total	740	Callan	GB	
<b>82.5kg</b>	Squat	290	Duffy	GB	
	Benchpress	190	Duffy	GB	
	Deadlift	290	Duffy	GB	
	Total	770	Duffy	GB	
<b>90kg</b>	Squat	315	Drury, Dean	GB	24.11.06
	Benchpress	202.5	Tierney, Gerard	GB	24.11.06
	Deadlift	295	Tierney, Gerard	GB	24.11.06
	Total	765	Drury, Dean	GB	26.06.04
<b>100kg</b>	Squat	380	West	GB	
	Benchpress	215	Bell	GB	
	Deadlift	345	White	GB	
	Total	945	Allison	GB	
<b>110kg</b>	Squat	342.5	Neighbour	GB	
	Benchpress	230	Neighbour	GB	
	Deadlift	362.5	Carter	GB	
	Total	900	Neighbour	GB	
<b>125kg</b>	Squat	345	Fennema, Ed	Ned	24.11.06
	Benchpress	235.5	Fanner, Jaap	NL	16.11.03
	Deadlift	342.5	Fanner, Jaap	NL	26.06.04
	Total	900	Fanner, Jaap	NL	26.06.05
<b>140kg</b>	Squat	335	Smith, Carl	Aut	
	Benchpress	180	Brügger, Michael	Ger	
	Deadlift	300	Smith, Carl	Aut	
	Total	775	Smith, Carl	Aut	
<b>140kg+</b>	Squat	421.5	Tregloan	GB	
	Benchpress	250	Tregloan	GB	
	Deadlift	368	Tregloan	GB	
	Total	1027	Tregloan	GB	

EPC European Powerlifting Records - Men's					
Master 45-49					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>67.5kg</b>	Squat	215	Berg	UK	
	Benchpress	130	Berg	UK	
	Deadlift	220	Berg	UK	
	Total	550	Berg	UK	
<b>75kg</b>	Squat	240	Berg	UK	
	Benchpress	160	Hoppenbroewers, Coert	Ned	16.11.03
	Deadlift	262.5	Hoppenbroewers, Coert	Ned	28.02.04
	Total	645	Hoppenbroewers, Coert	Ned	16.11.03
<b>82.5kg</b>	Squat	260	Hoppenbroewers, Coert	Ned	26.06.05
	Benchpress	162.5	Feistmantel	Aut	
	Deadlift	270	Hoppenbroewers, Coert	Ned	25.11.04
	Total	677.5	Hoppenbroewers, Coert	Ned	26.06.05
<b>90kg</b>	Squat	270	Birring	UK	
	Benchpress	190	Birring	UK	
	Deadlift	270	Gilchrist	UK	
	Total	722.5	Birring	UK	
<b>100kg</b>	Squat	385	West	UK	
	Benchpress	215	Riede, Fred	Ger	26.02.05
	Deadlift	335	West	UK	
	Total	927.5	West	UK	
<b>110kg</b>	Squat	380	West	UK	
	Benchpress	200	West, Richard	GB	24.11.06
	Deadlift	332.5	Holleitner, Gerhard	Aus	24.11.06
	Total	907.5	West	UK	
<b>125kg</b>	Squat	350	Carter	UK	
	Benchpress	220	Fahner, Jaap	NL	22.06.06
	Deadlift	365	Carter	UK	
	Total	870	Fahner, Jaap	NL	22.06.06
<b>140kg</b>	Squat	350	Carter	UK	
	Benchpress	210	Holleitner, Gerhard	AUT	11.11.05
	Deadlift	353.5	Carter	UK	
	Total	855	Carter	UK	
<b>140kg+</b>	Squat	330	Fricker, Richard	GB	22.06.06
	Benchpress	195	Fricker, Richard	GB	22.06.07
	Deadlift	280	Fricker, Richard	GB	24.11.06
	Total	792.5	Fricker, Richard	GB	22.06.06

EPC European Powerlifting Records - Men's					
Master 50-54					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>67.5kg</b>	Squat	192.5	Mullan	UK	
	Benchpress	115	Mullan	UK	
	Deadlift	232.5	Mullan	UK	
	Total	540	Mullan	UK	
<b>75kg</b>	Squat	240	Calin Eschenasy	Ger	29.04.07
	Benchpress	156	M'Pasqua	Ita	
	Deadlift	231	Calin Eschenasy	Ger	29.04.07
	Total	617	Calin Eschenasy	Ger	29.04.07
<b>82.5kg</b>	Squat	277.5	Brown	UK	
	Benchpress	170	Brown	UK	
	Deadlift	280	Brown	UK	
	Total	717.5	Brown	UK	
<b>90kg</b>	Squat	280	Jordon	UK	
	Benchpress	177.5	Birring	UK	
	Deadlift	287.5	Bannaghan	UK	
	Total	717.5	Brown	UK	
<b>100kg</b>	Squat	305	Fisher	UK	
	Benchpress	186	Birring, Jarnail	UK	26.06.04
	Deadlift	287.5	Bannaghan	UK	
	Total	737.5	Fisher	UK	
<b>110kg</b>	Squat	375	West	UK	
	Benchpress	200	West	UK	
	Deadlift	335	West	UK	
	Total	910	West	UK	
<b>125kg</b>	Squat	342.5	Carter	UK	
	Benchpress	210	Van Der Tak, Rob	NL	01.03.08
	Deadlift	357.5	Carter	UK	
	Total	860	Carter	UK	
<b>140kg</b>	Squat	373	Carter	UK	
	Benchpress	172.5	Carter	UK	
	Deadlift	360	Carter	UK	
	Total	902.5	Carter	UK	
<b>140kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

EPC European Powerlifting Records - Men's					
Master 55-59					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>67.5kg</b>	Squat	185	Fidilio, Antonio	Ger	20.06.03
	Benchpress	120	Fidilio, Antonio	Ger	20.06.03
	Deadlift	220	Fidilio, Antonio	Ger	20.06.03
	Total	525	Fidilio, Antonio	Ger	20.06.03
<b>75kg</b>	Squat	210	Bolotov	Rus	
	Benchpress	92.5	Evans	UK	
	Deadlift	210	Bainbridge, Malcolm	GB	20.06.03
	Total	485	Bainbridge, Malcolm	GB	20.06.03
<b>82.5kg</b>	Squat	262.5	Brown R	UK	
	Benchpress	155	Brown R	UK	
	Deadlift	265	Brown R	UK	
	Total	682.5	Brown R	UK	
<b>90kg</b>	Squat	200	Nougoumanov	Rus	
	Benchpress	137.5	Stots	Aut	
	Deadlift	200	Nougoumanov	Rus	
	Total	530	Nougoumanov	Rus	
<b>100kg</b>	Squat	230	Williams, Kenneth	GB	24.11.06
	Benchpress	145	Williams, Kenneth	GB	24.11.06
	Deadlift	240	Williams, Kenneth	GB	
	Total	600	Williams, Kenneth	GB	24.11.06
<b>110kg</b>	Squat	275	Campbell, Robert	GB	24.11.06
	Benchpress	175	Campbell, Robert	GB	24.11.06
	Deadlift	288	Brown M	UK	
	Total	702.5	Campbell, Robert	GB	11.11.05
<b>125kg</b>	Squat	320	Carter, David	GB	26.06.04
	Benchpress	165	Carter, David	GB	26.06.04
	Deadlift	342.5	Carter, David	GB	26.06.04
	Total	827.5	Carter, David	GB	26.06.04
<b>140kg</b>	Squat	345	Carter, David	GB	22.06.07
	Benchpress	188	Carter, David	GB	24.11.06
	Deadlift	333	Carter, David	GB	24.11.06
	Total	864	Carter, David	GB	24.11.06
<b>140kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

EPC European Powerlifting Records - Men's					
Master 60-64					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>67.5kg</b>	Squat	152.5	Necessary	Aut	
	Benchpress	92.5	Necessary	Aut	
	Deadlift	190	Evans	UK	
	Total	400	Necessary	Aut	
<b>75kg</b>	Squat	160	Claude	Fra	
	Benchpress	102.5	Claude	Fra	
	Deadlift	185	Claude	Fra	
	Total	447.5	Claude	Fra	
<b>82.5kg</b>	Squat	210	Dillon, Thomas	IRL	24.11.06
	Benchpress	147.5	Dillon, Thomas	IRL	24.11.06
	Deadlift	235	Dillon, Thomas	IRL	24.11.06
	Total	592.5	Dillon, Thomas	IRL	24.11.06
<b>90kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>100kg</b>	Squat	200	Lewis	UK	
	Benchpress	115	Lewis	UK	
	Deadlift	232.5	Lewis	UK	
	Total	542.5	Lewis	UK	
<b>110kg</b>	Squat	230	Kurscheit, Klaus	Ger	
	Benchpress	200	Kurscheit, Klaus	Ger	
	Deadlift	220	Kurscheit, Klaus	Ger	
	Total	640	Kurscheit, Klaus	Ger	
<b>125kg</b>	Squat	195	Tjaard, Niehof	NL	01.03.08
	Benchpress	165	Tjaard, Niehof	NL	01.03.08
	Deadlift	255	Tjaard, Niehof	NL	01.03.08
	Total	615	Tjaard, Niehof	NL	01.03.08
<b>140kg</b>	Squat	320	Carter, David	GB	22.11.07
	Benchpress	177.5	Carter, David	GB	22.11.07
	Deadlift	335	Carter, David	GB	22.11.07
	Total	832.5	Carter, David	GB	22.11.07
<b>140kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

EPC European Powerlifting Records - Men's					
Master 65-69					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>67.5kg</b>	Squat	160	Luffman	UK	
	Benchpress	95.5	Evans	UK	
	Deadlift	180	Evans	UK	
	Total	420	Luffman	UK	
<b>75kg</b>	Squat	160	Bolotov	Rus	
	Benchpress	105.5	Evans	UK	
	Deadlift	200	Bolotov	Rus	
	Total	455	Bolotov	Rus	
<b>82.5kg</b>	Squat	125	Brown R	UK	
	Benchpress	120	Brown R	UK	
	Deadlift	170	Brown R	UK	
	Total	405	Brown R	UK	
<b>90kg</b>	Squat	120	Irons Ken	GB	17.04.05
	Benchpress	85	Irons Ken	GB	17.04.05
	Deadlift	192.5	Irons Ken	GB	17.04.05
	Total	397.5	Irons Ken	GB	17.04.05
<b>100kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>110kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>125kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>140kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>140kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

EPC European Powerlifting Records - Men's					
Master 70-74					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>67.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>75kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>82.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>100kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>110kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>125kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>140kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>140kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

EPC European Powerlifting Records - Men's					
Master 75-79					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>67.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>75kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>82.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>100kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>110kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>125kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>140kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>140kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

EPC European Powerlifting Records - Men's					
Master 80+					
Class	Lift	Kg	Name	Country	Date
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>67.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>75kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>82.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>100kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>110kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>125kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>140kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>140kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				