

AWPC Deadlift Records Men
Men Open

52

56

60	150.0	Beard Lucas	2006	USA	8/6/2023	Baton Rouge LA
67.5	208.0	Arends Luke	95	USA	6/12/2025	Royal Oak MI
75	270.0	Telidis Kostas	89	RUS	7/22/2018	Blagoveschensk
82.5	295.0	Stupnikov Roman	88	RUS	4/16/2015	Rostov
90	317.5	Umerenkov Igor	80	RUS	8/11/2013	Kursk
100	320.5	Peters Kieran	89	GBR	3/28/2026	Birminghams UK
110	297.5	Johnson Jr Robert Lee	92	USA	6/7/2024	Baton Rouge LA
125	310.0	Kuchma Alexei	79	RUS	8/24/2014	Moscow
140						
140+	320.0	Chir Mokrane	93	GBR	5/18/2024	Manchester UK

Junior (20 - 23)

52

56

60

67.5

75	235.0	Aldatkhamid Beyrdmurat	92	MGL	8/24/2014	Moscow
82.5	262.5	Elzain Ali	2002	EGY	2/2/2025	Giza Egypt
90	252.5	Jigmedserchin Saruul-Erdene	92	MGL	8/14/2016	Kursk
100						
110	272.5	Elliott Tyler	2002	GBR	5/13/2023	Manchester UK

125

140

140+

T1 (13 - 15)

52

56

60

67.5

75

82.5

90

100

110

125

140

140+

T2 (16 - 17)

52

56

60	150.0	Beard Lucas	2006	USA	8/6/2023	Baton Rouge LA
67.5	150.0	Abdallah Ahmed Arafa Elsayed	2008	EGY	2/9/2026	Giza Egypt
75	230.0	Boytsov Artem	98	RUS	12/5/2015	Kursk

82.5

90

100

110

125

140

140+

T3 (18 - 19)

52

56

60

67.5	217.5	Pearson Gregory	2008	GBR	5/13/2023	Manchester UK
75	180.0	Krasnyy Dmitriy	92	RUS	10/19/2013	Krasnodar
82.5						
90	210.0	Horstmann Alexander	2004	USA	9/2/2022	Idaho Falls, ID

100	282.5	Swensen Cody	94	USA	9/1/2013	Idaho Falls, ID
110	225.0	Saliman Abdelrahman Emad El 2007		EGY	2/9/2026	Giza Egypt
125						
140						
140+						

M SM 33-39

52						
56						
60						
67.5						
75	245.0	Altunin Nikolai	77	RUS	8/24/2014	Moscow
82.5	282.5	Ferreira Jason		CAN	9/1/2013	Idaho Falls
90	295.0	Alagno Joe	81	USA	9/2/2015	Idaho Falls ID
100	320.5	Peters Kieran	89	GBR	3/28/2026	Birminghams UK
110	290.0	Forshaw Steven	88	GBR	3/27/2026	Birminghams UK
125	310.0	Kuchma Alexei	79	RUS	8/24/2014	Moscow
140						
140+						

M1 (40 - 44)

52						
56						
60						
67.5						
75	230.0	Lapynin Vladimir	70	RUS	8/24/2014	Moscow
82.5	252.5	Musayev Rustam	70	AZE	3/7/2023	Egypt
90	265.5	Singh Daljit	79	IND	6/21/2023	Bishkek Kyrgyzstan
100	260.0	Curtis Rischard	83	GBR	10/12/2025	Stroud UK
110	270.0	Umerenkov Igor	80	RUS	7/17/2021	Chelyabinsk
125	315.0	Hickey James	77	IRE	8/5/2018	Manchester
140						
140+						

M2 (45 - 49)

52						
56						
60						
67.5						
75	155.0	Yert Daniel	65	USA	9/1/2013	Idaho Falls
82.5	180.0	Fathy Fathy Abdelaal Abdallah	78	EGY	2/9/2026	Giza Egypt
90	260.0	Gorelikov Dmitriy	68	RUS	8/24/2014	Moscow
100	240.0	Samir Mhamed	2007	EGY	2/2/2025	Giza Egypt
110						
125						
140						
140+						

M3 (50 - 54)

52						
56						
60						
67.5						
75						
82.5						
90						
100						
110	150.0	Israilov Arbi	63	RUS	7/22/2018	Blagoveschensk
125	290.0	Polivanov Vladimir	63	RUS	11/30/2013	Yekaterinbourg
140						
140+						

M4 (55 - 59)

52

56
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67.5
75
82.5
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100
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140+

75	255.0	Little Art	55	USA	9/1/2013	Idaho Falls
82.5	215.0	Tarboinov Vladimir	54	RUS	8/24/2014	Moscow
90	210.0	Frein Tracy	58	USA	4/27/2014	Baton Rouge LA
100	252.5	Bakke Jay	57	USA	9/29/2019	Idaho Falls
110	200.0	Israilov Arbi	68	RUS	10/6/2019	Blagoveshchensk Russia
125	240.0	Green Richard	66	GBR	8/27/2024	Limerick Ireland

M5 (60 - 64)

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

75	205.0	Popov Viktor	52	RUS	8/24/2014	Moscow
82.5	260.0	Zweig Greg	59	USA	10/1/2021	Lombard IL
100	235.0	Jeurink James	53	USA	8/6/2016	Grand Rapids MI
125	200.0	Zenzen Dick	52	USA	9/2/2015	Idaho Falls ID

M6 (65 - 69)

52
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67.5
75
82.5
90
100
110
125
140
140+

67.5	205.0	Little Art	55	USA	8/6/2023	Baton Rouge LA
75						
82.5	215.0	Tseveendorj Maamchuluun	46	MGL	8/24/2014	Moscow
90	185.0	Jeurink James	53	USA	4/30/2022	Gatlinburg TN
100	212.5	Jeurink James	53	USA	8/16/2019	Orlando FL

M7 (70 - 74)

52
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67.5
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82.5
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125
140
140+

90	190	Jurink James	53	USA	6/12/2025	Royal Oak MI
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M8 (75 - 79)

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67.5
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82.5
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110

82.5	145	Sannikov Vladislav	38	RUS	8/24/2014	Moscow
90						
100	115	Roberts William	42	USA	4/14/2019	Myrtle Beach SC
110	117.5	Roberts William	42	USA	8/16/2019	Orlando FL

125
140
140+

M9 (80-84)

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

Women Open

44						
48	140.0	Vakhterova Yuliya	80	RUS	8/24/2014	Moscow
52	135.0	Enina Elena	89	RUS	5/29/2021	Moscow
56	150.0	Noskova Anastasiya	84	RUS	3/22/2014	Vologda
60	150.0	Noskova Anastasiya	84	RUS	4/19/2014	Krasnodar
67.5	200.0	Umerenkova Yuliya	80	RUS	12/6/2014	Kursk
75	200.0	Umerenkova Yuliya	80	RUS	12/15/2019	Moscow Russia
82.5						
90	160.0	Freeman Jenny	95	USA	6/9/2024	Baton Rouge LA
100						
110						
110+						

Junior (20 - 23)

44	102.5	Borodina Natalya	96	RUS	8/14/2016	Kursk
48						
52						
56						
60						
67.5	170.0	Gongor Otgontuya	91	MGL	8/24/2014	Moscow
75						
82.5						
90						
100						
110						
110+						

T1 (13 - 15)

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67.5
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82.5
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110
110+

T2 (16 - 17)

44
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56
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67.5
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82.5
90
100
110
110+

120.0 Ficekova Rebeka SVK 8/5/2018 Manchester 4th

T3 (18 - 19)

44
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67.5
75
82.5
90
100
110
110+

W SM 33-39

44
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67.5
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82.5
90
100
110
110+

140.0 Vakhterova Yuliya 80 RUS 8/24/2014 Moscow
200.0 Umerenkova Yuliya 80 RUS 12/6/2014 Kursk
200.0 Umerenkova Yuliya 80 RUS 12/15/2019 Moscow Russia

M1 (40-44)

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67.5
75
82.5
90
100
110
110+

M2 (45-49)

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60
67.5
75
82.5
90
100
110

110+

M3 (50-54)

44
48
52
56
60
67.5
75
82.5
90
100
110
110+

M4 (55-59)

44
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67.5
75
82.5
90
100
110
110+

M5 (60-64)

44
48
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67.5
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82.5
90
100
110
110+

82.5	Zenzen Linda	54	USA	5/28/2017	Lisle IL	4th
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