

-53kg	u18	u23
SQUAT	135 Sam Pile 26/02/2011	212.5 Standard
BENCH PRESS	70 Sam Pile 26/02/2011	107.5 Standard
DEADLIFT	157.5 Standard	215 Standard
TOTAL	350 Sam Pile 26/02/2011	465 Standard
BENCH (A/C)	70 Sam Pile 26/02/2011	107.5 Standard



British Records MEN - EQUIPPED

Updated 27/09/2016

-59kg	u18	u23	open	m1	m2	m3	m4	m5
SQUAT	185 Jack Suljevic 27/04/2013	227.5 Standard	250 Pat Constantine 08/05/2012	250 Pat Constantine 08/05/2012	180 Standard	165 Standard	105 Ted Brown 16/04/2011	105 Ted Brown 16/04/2011
BENCH PRESS	100 Jack Suljevic 27/04/2013	132.5 Standard	140 Pat Constantine 30/10/2012	140 Pat Constantine 30/10/2012	110 Standard	92.5 Standard	85 Ted Brown 16/04/2011	85 Ted Brown 16/04/2011
DEADLIFT	200 Jack Suljevic 27/04/2013	220 Standard	235 Pat Constantine 08/05/2012	235 Pat Constantine 08/05/2012	202.5 Standard	170 Standard	145 Ted Brown 16/04/2011	145 Ted Brown 16/04/2011
TOTAL	485 Jack Suljevic 27/04/2013	560 Standard	617.5 Pat Constantine 08/05/2012	617.5 Pat Constantine 08/05/2012	485 Standard	440 Standard	335 Ted Brown 16/04/2011	335 Ted Brown 16/04/2011
BENCH (A/C)	100 Jack Suljevic	132.5 Standard	160 Aaron Gideon 25/05/2011	140 Pat Constantine 30/10/2012	110 Standard	92.5 David Brown 11/02/2012	85 Ted Brown 16/04/2011	85 Ted Brown 16/04/2011

-66kg	u18	u23	open	m1	m2	m3	m4	m5
SQUAT	215 Standard	242.5 Standard	277.5 Standard	222.5 Standard	216 John Maxwell 15/11/2015	185 Standard	132.5 Standard	Standard
BENCH PRESS	115 Standard	155.5 Steven Tyers 24/06/2012	177.5 Standard	147.5 John Maxwell 04/09/2016	147.5 John Maxwell 04/09/2016	120 Standard	87.5 Standard	Standard
DEADLIFT	229 Declan Zimmerman 06/08/2016	252.5 Steven Tyers 29/08/2012	270 Standard	250 David Gray 03/10/2015	250 David Gray 03/10/2015	205.5 Ted Byrne 08/03/2015	177.5 Peter Barrett 27/02/2016	Standard
TOTAL	527.5 Standard	628 Steven Tyers 22/04/2012	680 Standard	581 David Gray 03/10/2015	581 David Gray 03/10/2015	485 Standard	377.5 Standard	Standard
BENCH (A/C)	115 Standard	155.5 Steven Tyers 24/06/2012	182.5 Jason Irving 02/10/2011	147.5 John Maxwell 04/09/2016	147.5 John Maxwell 04/09/2016	120 Standard	95 Standard	Standard

-74kg	u18	u23	open	m1	m2	m3	m4	m5
SQUAT	252.5 Daniel Sherman 31/08/2016	292.5 James Duff 12/04/2015	311 Phil Richard 12/10/2013	311 Phil Richard 12/10/2013	245 Allen Ottolangui 15/12/2011	225 Steve Walker 12/07/2016	180 Standard	Standard
BENCH PRESS	160 Jared Syed 20/05/2015	205 Sunil Chahal 12/04/2015	218 Phil Richard 24/10/2015	218 Phil Richard 24/10/2015	181 Cliff Haynes 16/03/2014	165 Steve Walker 27/02/2016	120 Alex Lee 01/02/2013	Standard
DEADLIFT	245 Daniel Sherman 31/08/2016	270.5 Jack Suljevic 06/08/2016	285 Paul Cooper 05/06/2014	280 Paul Cooper 03/10/2015	240 Steve Walker 26/11/2011	240 Steve Walker 27/02/2016	185 Desmond Scott 16/06/2012	Standard
TOTAL	640 Daniel Sherman 31/08/2016	730 Sunil Chahal 16/02/2013	775 Phil Richard 28/04/2013	775 Phil Richard 28/04/2013	651 Cliff Haynes 16/03/2014	627.5 Steve Walker 27/02/2016	450 Standard	Standard
BENCH (A/C)	162.5 Jared Syed 07/02/2015	205 Sunil Chahal 12/04/2015	218 Phil Richard 24/10/2015	218 Phil Richard 24/10/2015	181 Cliff Haynes 16/03/2014	165 Steve Walker 27/02/2016	145 Alex Lee 18/01/2014	Standard

-83kg	u18	u23	open	m1	m2	m3	m4	m5
SQUAT	240 Jakub Zaruba 31/08/2016	307.5 Owen Hubbard 13/07/2014	342.5 Rob Palmer 09/05/2013	287.5 Standard	280 Balwinder Singh 08/10/2011	247.5 Willie Lincoln 16/12/2011	187.5 Standard	Standard
BENCH PRESS	165 Standard	247.5 Owen Hubbard 29/11/2014	247.5 Owen Hubbard 29/11/2014	196 Jasvinder Singh 16/03/2014	172.5 Standard	165 Willie Lincoln 06/07/2011	112.5 Standard	Standard
DEADLIFT	250.5 Ben Willis 31/10/2015	305 Standard	350 Tom Martin 30/07/2011	287.5 Standard	265 Balwinder Singh 08/10/2011	240 Willie Lincoln 16/04/2011	232.5 Ernie Parkes 19/03/2016	Standard
TOTAL	607.5 Standard	817.5 Owen Hubbard 29/11/2014	872.5 Rob Palmer 08/05/2013	742.5 Standard	665 Balwinder Singh 08/10/2011	647.5 Willie Lincoln 16/12/2011	495 Ernie Parkes 19/03/2016	Standard
BENCH (A/C)	165 Standard	247.5 Owen Hubbard 29/11/2014	247.5 Owen Hubbard 29/11/2014	202.5 Standard	180 Brian Halliday 30/01/2011	172.5 David Williams 27/03/2013	154 Alex Lee 16/10/2014	Standard

-93kg	u18	u23	open	m1	m2	m3	m4	m5
SQUAT	247.5 Standard	325 Sion Hughes 19/11/2014	370 Rob Palmer 12/04/2015	310 Jaswinder Singh 16/04/2011	300 Jaswinder Singh 16/03/2014	283 Kevin Jane 16/03/2014	197.5 Standard	Standard
BENCH PRESS	170 Standard	210 Stephen Manuel 22/05/2011	255 Rob Palmer 12/10/2013	220 Standard	205 Steven Cumming 16/08/2014	172.5 Kevin Jane 02/12/2012	145 Michael Ellender 29/09/2015	Standard
DEADLIFT	250 Standard	322.5 Greg Lewis 01/11/2015	350 Tom Martin 13/10/2013	330 Dave Carter 12/02/2011	325 Dave Carter 23/11/2013	285 Kevin Jane 02/12/2012	232.5 Michael Ellender 15/07/2015	Standard
TOTAL	617.5 Standard	830 Stephen Manuel 31/07/2011	910 Rob Palmer 12/04/2015	782.5 Dave Carter 31/07/2011	757.5 Jaswinder Singh 16/03/2014	737.5 Kevin Jane 02/12/2012	530 Michael Ellender 29/09/2015	Standard
BENCH (A/C)	170 Standard	220.5 Richard Balderston 07/02/2015	260 James Jeffries 19/02/2012	260 James Jeffries 19/02/2012	205 Ian Kinghorn 12/02/2012	200 David Williams 20/04/2016	145 Michael Ellender 29/09/2015	Standard

-105kg	u18	u23	open	m1	m2	m3	m4	m5
SQUAT	257.5 Standard	340 John Hamson 22/06/2013	362.5 Standard	327.5 Standard	295 John Mitchell 16/04/2011	242.5 Standard	205 Standard	Standard
BENCH PRESS	175 Standard	235 John Hamson 11/04/2013	250 Mark Gregory 31/07/2011	237.5 Standard	202.5 Arthur Cowley 24/03/2012	175 Standard	137.5 Standard	Standard
DEADLIFT	255 Bradley May 06/08/2016	325 John Hamson 24/11/2013	330 Tom Martin 13/12/2014	322.5 Nathaniel Scott 02/03/2014	315 Dave Carter 03/02/2013	252.5 Kevin Jane 17/08/2014	231 John Gavin Walker 21/08/2011	Standard
TOTAL	632.5 Standard	900 John Hamson 24/11/2013	922.5 John Hamson 07/11/2014	807.5 Russ Kirby 11/07/2014	790 Dave Carter 03/02/2013	640 Standard	537 John Gavin Walker 21/08/2011	Standard
BENCH (A/C)	175 Standard	235 John Hamson 11/04/2013	280 James Jeffries 06/11/2011	280 James Jeffries 06/11/2011	225 Andrew Rigby 06/10/2013	200.5 Tom Collins 02/06/2012	193.5 Tom Collins 23/01/2016	Standard

-120kg	u18	u23	open	m1	m2	m3	m4	m5
SQUAT	300 Jack Johnson 02/09/2016	330 Standard	400 Dean Bowring 09/11/2013	400 Dean Bowring 17/08/2014	320 Stuart Murray 03/10/2012	252.5 David Turner 16/03/2014	215 Standard	Standard
BENCH PRESS	245 Jack Johnson 02/09/2016	245 Jack Johnson 02/09/2016	305 Dean Bowring 12/04/2015	305 Dean Bowring 12/04/2015	207.5 Brian Lee 16/04/2011	185 Standard	142.5 Chris Gladding 18/01/2014	Standard
DEADLIFT	300 Jack Johnson 02/09/2016	340 Standard	360 Tony Cliffe 12/04/2015	355 Dean Bowring 29/11/2014	300 Andy Rodney 04/10/2015	257.5 Standard	212.5 Standard	Standard
TOTAL	845 Jack Johnson 02/09/2016	857.5 Standard	1045 Dean Bowring 08/11/2014	1045 Dean Bowring 08/11/2014	757.5 Brian Lee 16/04/2011	662.5 Standard	542.5 Standard	Standard
BENCH (A/C)	245 Jack Johnson 02/09/2016	245 Jack Johnson 02/09/2016	305.5 Dean Bowring 19/04/2014	305.5 Dean Bowring 19/04/2014	245 Steve Leigh 04/12/2011	192.5 Dave Brooks 06/10/2013	155 Chris Gladding 07/02/2015	Standard

120kg+	u18	u23	open	m1	m2	m3	m4	m5
SQUAT	285 Standard	337.5 Standard	415 Dean Bowring 31/07/2011	382.5 Standard	300 Peter Ratcliffe 16/04/2011	260 Standard	225 Standard	Standard
BENCH PRESS	190 Standard	237.5 Standard	297.5 Adam Nash 31/07/2011	270 Standard	210 Brian Lee 28/04/2013	197.5 Standard	152.5 Standard	Standard
DEADLIFT	262.5 Standard	350 Standard	365 Dean Bowring 07/05/2011	342.5 Standard	305 Standard	265 Standard	215 Standard	Standard
TOTAL	685 Standard	902.5 Standard	1052.5 Dean Bowring 07/05/2011	910 Standard	770 Standard	680 Standard	560 Standard	Standard
BENCH (A/C)	240 Graham Mellor 18/10/2012	300 Graham Mellor 25/09/2016	302.5 Adam Nash 11/02/2012	285 Rob Thomas 22/05/2011	230 Standard	197.5 Standard	152.5 Standard	Standard