

| | U18 | U23 |
|--------------------|-------------------------------------|-------------------|
| SQUAT | 135 Sam Pile 26/02/2011 | 212.5 Standard |
| BENCH PRESS | 85 Matthew Scanlan 11/12/2021 | 107.5 Standard |
| DEADLIFT | 180 Faiyaz Moolji 02/11/2019 | 215 Standard |
| TOTAL | 380 Faiyaz Moolji 02/11/2019 | 465 Standard |
| BENCH (A/C) | 85 Matthew Scanlan 11/12/2021 | 107.5 Standard |



British Records - Male Equipped

updated: 04/11/2023

| | U18 | U23 | open | M1 | M2 | M3 | M4 | M5 | M6 |
|--------------------|-------------------------------------|-----------------------------------|--|--|-------------------|-----------------------------------|-------------------------------------|--------------------------------|---------------------------------|
| SQUAT | 200.5 Vincent Choi 15/07/2023 | 227.5 Standard | 250 Pat Constantine 08/05/2012 | 250 Pat Constantine 08/05/2012 | 180 Standard | 165 Standard | 122.5 Barry Lilley 03/06/2023 | 105 Ted Brown 16/04/2011 | 60 Ted Brown 24/07/2021 |
| BENCH PRESS | 115 Kai Gajewiak 10/06/2018 | 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 | 65 Ted Brown 24/07/2021 |
| DEADLIFT | 215 Vincent Choi 16/09/2023 | 250 Ishtyaq Nabi 24/10/2021 | 255 Ishtyaq Nabi 16/03/2023 | 235 Pat Constantine 08/05/2012 | 202.5 Standard | 192.5 Henry Chay 18/06/2022 | 185.5 Ted Byrne 24/07/2021 | 145 Ted Brown 16/04/2011 | 100 Ted Brown 24/07/2021 |
| TOTAL | 510.5 Vincent Choi 15/07/2023 | 560 Standard | 617.5 Pat Constantine 08/05/2012 | 617.5 Pat Constantine 08/05/2012 | 485 Standard | 440 Standard | 365.5 Ted Byrne 24/07/2021 | 335 Ted Brown 16/04/2011 | 225 Ted Brown 24/07/2021 |
| BENCH (A/C) | 115 Kai Gajewiak 10/06/2018 | 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 | 72.5 Ted Brown 23/02/2020 |

| | U18 | U23 | open | M1 | M2 | M3 | M4 | M5 | M6 |
|--------------------|--------------------------------------|---------------------------------------|-------------------------------------|---------------------------------------|---------------------------------------|----------------------------------|--------------------------------------|----------|----------|
| SQUAT | 230 Daniel Sherman 25/02/2017 | 242.5 Standard | 277.5 Standard | 242.5 Bernard McGurk 07/07/2023 | 242.5 Bernard McGurk 07/07/2023 | 185 Standard | 160 Michael James 18/01/2020 | Standard | Standard |
| BENCH PRESS | 142.5 Dorje Weston 29/08/2023 | 155.5 Steven Tyers 24/06/2012 | 177.5 Standard | 150 John Maxwell 20/01/2018 | 150 John Maxwell 20/01/2018 | 120 Standard | 110 Mick James 19/01/2019 | Standard | Standard |
| DEADLIFT | 253 Daniel Sherman 25/02/2017 | 272.5 Sammy Aboagyey 29/08/2023 | 281 Kibria Ali 10/08/2023 | 278 Bernard McGurk 07/07/2022 | 278 Bernard McGurk 07/07/2022 | 205.5 Ted Byrne 08/03/2015 | 190 Michael James 18/01/2020 | Standard | Standard |
| TOTAL | 585 Gregory Pearson 25/02/2023 | 632.5 Sammy Aboagyey 29/08/2023 | 680 Standard | 645.5 Bernard McGurk 07/07/2022 | 645.5 Bernard McGurk 07/07/2022 | 485 Standard | 457.5 Michael James 18/01/2020 | Standard | Standard |
| BENCH (A/C) | 142.5 Dorje Weston 29/08/2023 | 155.5 Steven Tyers 24/06/2012 | 182.5 Jason Irving 02/10/2011 | 182.5 Aaron Gideon 25/09/2022 | 150 John Maxwell 20/01/2018 | 120 Standard | 110 Mick James 19/01/2019 | Standard | Standard |

| | U18 | U23 | open | M1 | M2 | M3 | M4 | M5 | M6 |
|--------------------|--|-----------------------------------|--|-------------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|-----------------------------------|----------|
| SQUAT | 252.5 Daniel Sherman 31/08/2016 | 292.5 James Duff 12/04/2015 | 312.5 Phil Richard 25/02/2017 | 312.5 Phil Richard 25/02/2017 | 290.5 Phil Richard 03/10/2021 | 226 Allen Ottolangui 18/01/2020 | 180 Standard | 85 Dessie Scott 25/09/2021 | 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 | 190.5 Phil Richard 03/10/2021 | 165 Steve Walker 27/02/2016 | 120 Alex Lee 01/02/2013 | 60 Dessie Scott 25/09/2021 | Standard |
| DEADLIFT | 253.5 Gregory Pearson 23/07/2023 | 308 Ade Omisakin 05/12/2021 | 308 Ade Omisakin 05/12/2021 | 280 Paul Cooper 03/10/2015 | 280 Bernard McGurk 03/10/2018 | 241 Steve Walker 20/01/2018 | 227.5 Ernie Parkes 06/06/2018 | 120 Dessie Scott 25/09/2021 | Standard |
| TOTAL | 640 Daniel Sherman 31/08/2016 | 730 Sunil Chahal 16/02/2013 | 777.5 Phil Richard 25/02/2017 | 777.5 Phil Richard 25/02/2017 | 731 Phil Richard 03/10/2021 | 627.5 Steve Walker 27/02/2016 | 462.5 Ernie Parkes 06/06/2018 | 265 Dessie Scott 25/09/2021 | Standard |
| BENCH (A/C) | 162.5 Jared Syed 07/02/2015 | 205 Sunil Chahal 12/04/2015 | 220 Emmanuel Franklin 24/05/2019 | 218 Phil Richard 24/10/2015 | 190.5 Phil Richard 03/10/2021 | 165.5 Cliff Haynes 19/01/2020 | 145 Alex Lee 18/01/2014 | 60 Dessie Scott 25/09/2021 | Standard |

| | U18 | U23 | open | M1 | M2 | M3 | M4 | M5 | M6 |
|--------------------|---------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|--------------------------------------|---------------------------------------|-------------------------------------|-----------------------------------|----------|
| SQUAT | 242.5 Lucas Williams 31/08/2023 | 307.5 Owen Hubbard 13/07/2014 | 342.5 Rob Palmer 09/05/2013 | 335 Rob Palmer 06/05/2022 | 280 Balwinder Singh 08/10/2011 | 247.5 Willie Lincoln 16/12/2011 | 187.5 Standard | 90 Dessie Scott 03/06/2023 | Standard |
| BENCH PRESS | 165 Standard | 247.5 Owen Hubbard 29/11/2014 | 247.5 Owen Hubbard 29/11/2014 | 240 Rob Palmer 23/09/2022 | 172.5 Standard | 165 Willie Lincoln 06/07/2011 | 112.5 Alan Twigg 20/01/2019 | 65 Dessie Scott 11/12/2021 | Standard |
| DEADLIFT | 282.5 Lucas Williams 30/04/2023 | 335 Joey Awala 14/10/2023 | 350 Tom Martin 30/07/2011 | 305 Robert Rodney 20/01/2019 | 305 Robert Rodney 20/01/2019 | 240 Willie Lincoln 16/04/2011 | 232.5 Ernie Parkes 19/03/2016 | 130 Dessie Scott 11/12/2021 | Standard |
| TOTAL | 672.5 Lucas Williams 31/08/2023 | 817.5 Owen Hubbard 29/11/2014 | 872.5 Rob Palmer 08/05/2013 | 860 Rob Palmer 06/05/2022 | 665 Balwinder Singh 08/10/2011 | 647.5 Willie Lincoln 16/12/2011 | 512.5 Mick Amey 03/07/2019 | 275 Dessie Scott 11/12/2021 | Standard |
| BENCH (A/C) | 165 Standard | 247.5 Owen Hubbard 29/11/2014 | 247.5 Owen Hubbard 29/11/2014 | 240 Rob Palmer 23/09/2022 | 182.5 Lee Meachen 15/01/2017 | 172.5 David Williams 27/03/2013 | 154 Alex Lee 16/10/2014 | 65 Dessie Scott 11/12/2021 | Standard |

| -93kg | U18 | U23 | open | M1 | M2 | M3 | M4 | M5 | M6 |
|--------------------|-------------------------------------|---|--|-------------------------------------|--|-------------------------------------|-----------------------------------|-----------|-----------|
| SQUAT | 270 Jack Hopkins 04/12/2021 | 325 Sion Hughes 19/11/2014 | 372.5 Rob Palmer 03/10/2021 | 350 Rob Palmer 25/02/2023 | 300 Jaswinder Singh 16/03/2014 | 283 Kevin Jane 16/03/2014 | 255 Kevin Jane 23/01/2022 | Standard | Standard |
| BENCH PRESS | 190 Luke Tolman 25/11/2017 | 216 Jack Taylor 04/04/2022 | 275 Rob Palmer 25/02/2017 | 255 Rob Palmer 23/01/2022 | 205 Steven Cumming 16/08/2014 | 172.5 Kevin Jane 02/12/2012 | 157.5 Kevin Jane 27/06/2021 | Standard | Standard |
| DEADLIFT | 310 Jack Hopkins 28/09/2021 | 343 James Adcock 14/05/2022 | 360 Christian Ayandokun 02/12/2022 | 330 Dave Carter 12/02/2011 | 325 Dave Carter 23/11/2013 | 285 Kevin Jane 02/12/2012 | 250 Kevin Jane 27/06/2021 | Standard | Standard |
| TOTAL | 752.5 Jack Hopkins 04/12/2021 | 830 Stephen Manuel 31/07/2011 | 935 Rob Palmer 03/10/2021 | 900 Rob Palmer 23/01/2022 | 757.5 Jaswinder Singh 16/03/2014 | 737.5 Kevin Jane 02/12/2012 | 652.5 Kevin Jane 27/06/2021 | Standard | Standard |
| BENCH (A/C) | 190 Luke Tolman 25/11/2017 | 220.5 Richard Balderston 07/02/2015 | 275 Rob Palmer 25/02/2017 | 260 James Jeffries 19/02/2012 | 210 Jason Talbot 22/06/2019 | 200 David Williams 20/04/2016 | 157.5 Kevin Jane 27/06/2021 | Standard | Standard |

| -105kg | U18 | U23 | open | M1 | M2 | M3 | M4 | M5 | M6 |
|--------------------|--|---|---------------------------------------|-------------------------------------|--------------------------------------|-----------------------------------|--|-----------|-----------|
| SQUAT | 275.5 Nonso Chinye 30/04/2023 | 340 John Hamson 22/06/2013 | 362.5 Standard | 345 Dean Bowring 13/05/2017 | 330 Russ Kirby 27/06/2021 | 270 Kevin Jane 03/12/2016 | 205 Standard | Standard | Standard |
| BENCH PRESS | 195.5 Kirill Sakharov 01/12/2019 | 235 John Hamson 11/04/2013 | 250 Mark Gregory 31/07/2011 | 250 Dean Bowring 06/07/2018 | 202.5 Arthur Cowley 24/03/2012 | 175 Standard | 137.5 Standard | Standard | Standard |
| DEADLIFT | 343 Nonso Chinye 30/04/2023 | 345 Jamie Jonathan Foord 03/11/2023 | 373 Sanchez Dillon 09/09/2023 | 367.5 Samuel Watt 13/03/2022 | 367.5 Samuel Watt 13/03/2022 | 255 Kevin Jane 03/12/2016 | 231 John Gavin Walker 21/08/2011 | Standard | Standard |
| TOTAL | 778.5 Nonso Chinye 30/04/2023 | 900 John Hamson 24/11/2013 | 922.5 John Hamson 07/11/2014 | 910 Dean Bowring 13/05/2017 | 887.5 Samuel Watt 13/03/2022 | 685 Kevin Jane 03/12/2016 | 537 John Gavin Walker 21/08/2011 | Standard | Standard |
| BENCH (A/C) | 195.5 Kirill Sakharov 01/12/2019 | 235 John Hamson 11/04/2013 | 280.5 Michael Gibson 23/07/2022 | 280 James Jeffries 06/11/2011 | 225 Andrew Rigby 06/10/2013 | 208 Andrew Rigby 31/07/2023 | 193.5 Tom Collins 23/01/2016 | Standard | Standard |

| -120kg | U18 | U23 | open | M1 | M2 | M3 | M4 | M5 | M6 |
|--------------------|-------------------------------------|--|---------------------------------------|-------------------------------------|--------------------------------------|---------------------------------------|---------------------------------------|------------------------------------|-----------|
| SQUAT | 313 Nonso Chinye 12/10/2023 | 357.5 Harvey Robinson 17/11/2018 | 410 Tony Cliffe 27/06/2021 | 400 Dean Bowring 17/08/2014 | 320 Stuart Murray 03/10/2012 | 252.5 David Turner 16/03/2014 | 215 Standard | Standard | Standard |
| BENCH PRESS | 245 Jack Johnson 02/09/2016 | 287.5 Jack Johnson 20/01/2018 | 320 Tony Cliffe 13/11/2021 | 305 Dean Bowring 12/04/2015 | 215.5 Phillip Frost 19/01/2020 | 185 Standard | 142.5 Chris Gladding 18/01/2014 | Standard | Standard |
| DEADLIFT | 363 Nonso Chinye 12/10/2023 | 363 Nonso Chinye 12/10/2023 | 386 Inderraj Dhillon 17/06/2023 | 355 Dean Bowring 29/11/2014 | 320 Colin Wright 11/03/2017 | 262.5 Steven Lambert 29/05/2022 | 212.5 Standard | Standard | Standard |
| TOTAL | 868.5 Nonso Chinye 12/10/2023 | 980 Harvey Robinson 17/11/2018 | 1095 Tony Cliffe 13/11/2021 | 1045 Dean Bowring 08/11/2014 | 777.5 Colin Wright 11/03/2017 | 662.5 Standard | 542.5 Standard | Standard | Standard |
| BENCH (A/C) | 245 Jack Johnson 02/09/2016 | 287.5 Jack Johnson 20/01/2018 | 340 Harvey Robinson 03/10/2021 | 305.5 Dean Bowring 19/04/2014 | 245 Steve Leigh 04/12/2011 | 222.5 Andrew Rigby 04/08/2023 | 155 Chris Gladding 07/02/2015 | 95 Chris Gladding 13/06/2021 | Standard |

| 120kg+ | U18 | U23 | open | M1 | M2 | M3 | M4 | M5 | M6 |
|--------------------|-------------------------------------|--------------------------------------|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|-------------------|-----------|-----------|
| SQUAT | 380 Ray Bowring 19/01/2020 | 435 Ray Bowring 27/06/2021 | 435 Ray Bowring 27/06/2021 | 382.5 Dean Bowring 12/08/2023 | 300 Peter Ratcliffe 16/04/2011 | 260 Standard | 225 Standard | Standard | Standard |
| BENCH PRESS | 200 Ray Bowring 19/01/2020 | 262.5 Ray Bowring 30/08/2022 | 322.5 Tony Cliffe 10/07/2022 | 270 Standard | 220 Phil Frost 06/07/2022 | 220 Phil Frost 06/07/2022 | 152.5 Standard | Standard | Standard |
| DEADLIFT | 330.5 Joshua Ngoka 12/10/2023 | 385 Luke Richardson 28/11/2018 | 385 Luke Richardson 28/11/2018 | 342.5 Dean Bowring 12/08/2023 | 305 Standard | 280 Frank O Donnel 25/07/2021 | 215 Standard | Standard | Standard |
| TOTAL | 870 Ray Bowring 19/01/2020 | 1030 Ray Bowring 27/06/2021 | 1112.5 Tony Cliffe 10/07/2022 | 980 Dean Bowring 12/08/2023 | 770 Standard | 707.5 Phil Frost 06/07/2022 | 560 Standard | Standard | Standard |
| BENCH (A/C) | 240 Graham Mellor 18/10/2012 | 303 Graham Mellor 15/01/2017 | 322.5 Tony Cliffe 10/07/2022 | 285 Rob Thomas 22/05/2011 | 230 Phil Frost 27/06/2021 | 220 Phil Frost 06/07/2022 | 152.5 Standard | Standard | Standard |

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