

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



## British Records - Male Equipped

updated: 10/12/2023

	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	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
<b>BENCH PRESS</b>	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
<b>DEADLIFT</b>	215 Vincent Choi 16/09/2023	250 Ishtyaq Nabi 24/10/2021	262.5 Ishtyaq Nabi 04/12/2023	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
<b>TOTAL</b>	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
<b>BENCH (A/C)</b>	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
<b>SQUAT</b>	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
<b>BENCH PRESS</b>	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
<b>DEADLIFT</b>	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
<b>TOTAL</b>	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
<b>BENCH (A/C)</b>	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
<b>SQUAT</b>	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
<b>BENCH PRESS</b>	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
<b>DEADLIFT</b>	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
<b>TOTAL</b>	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
<b>BENCH (A/C)</b>	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
<b>SQUAT</b>	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
<b>BENCH PRESS</b>	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
<b>DEADLIFT</b>	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
<b>TOTAL</b>	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
<b>BENCH (A/C)</b>	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

<b>-93kg</b>	<b>U18</b>	<b>U23</b>	<b>open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>
<b>SQUAT</b>	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		
<b>BENCH PRESS</b>	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		
<b>DEADLIFT</b>	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		
<b>TOTAL</b>	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		
<b>BENCH (A/C)</b>	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		

<b>-105kg</b>	<b>U18</b>	<b>U23</b>	<b>open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>
<b>SQUAT</b>	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		
<b>BENCH PRESS</b>	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		
<b>DEADLIFT</b>	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		
<b>TOTAL</b>	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		
<b>BENCH (A/C)</b>	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		

<b>-120kg</b>	<b>U18</b>	<b>U23</b>	<b>open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>
<b>SQUAT</b>	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		
<b>BENCH PRESS</b>	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		
<b>DEADLIFT</b>	363 Nonso Chinye 12/10/2023	363 Nonso Chinye 12/10/2023	395.5 Inderraj Dhillon 08/12/2023	355 Dean Bowring 29/11/2014	320 Colin Wright 11/03/2017	262.5 Steven Lambert 29/05/2022	212.5 Standard		
<b>TOTAL</b>	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		
<b>BENCH (A/C)</b>	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	

<b>120kg+</b>	<b>U18</b>	<b>U23</b>	<b>open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>
<b>SQUAT</b>	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		
<b>BENCH PRESS</b>	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		
<b>DEADLIFT</b>	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		
<b>TOTAL</b>	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		
<b>BENCH (A/C)</b>	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		

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