

	U16	U18	U23
<b>-53kg</b>			
<b>SQUAT</b>	105 Ethan Moore 29/04/2023	127.5 Shaan Vijay 29/04/2023	162.5 Standard
<b>BENCH PRESS</b>	67.5 Ethan Moore 29/04/2023	85 Matthew Scanlan 11/12/2021	112.5 Leonard Lai 20/03/2024
<b>DEADLIFT</b>	150 Liam Welsh 19/05/2013	180 Faiyaz Moolji 02/11/2019	187.5 Eren Oguz 12/07/2014
<b>TOTAL</b>	310.5 Ethan Moore 29/04/2023	380 Faiyaz Moolji 02/11/2019	425 Leonard Lai 20/03/2024
<b>BENCH (A/C)</b>	67.5 Ethan Moore 29/04/2023	86 Adeel Imtiaz 02/03/2024	112.5 Leonard Lai 20/03/2024



## British Records - Male Classic

updated: 25/03/2024

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>-59kg</b>										
<b>SQUAT</b>	175 Alfie Bonsell 28/08/2023	200.5 Vincent Choi 15/07/2023	200.5 Vincent Choi 15/07/2023	200.5 Vincent Choi 15/07/2023	160 Standard	155 Henry Chay 20/10/2018	142.5 Henry Chay 13/02/2024	122.5 Barry Lilley 03/06/2023	87.5 Ted Brown 17/08/2013	60 Ted Brown 24/07/2021
<b>BENCH PRESS</b>	107.5 Alfie Bonsell 10/10/2023	115 Kai Gajewiak 10/06/2018	127.5 Ishtyaq Nabi 31/08/2022	135 Ishtyaq Nabi 11/06/2023	117.5 Rajesh Babu 31/07/2021	107.5 Shaun Bateman 20/10/2018	81.5 Henry Chay 18/06/2022	81 Ted Brown 17/08/2013	81 Ted Brown 17/08/2013	65 Ted Brown 24/07/2021
<b>DEADLIFT</b>	197.5 Alfie Bonsell 28/08/2023	215 Vincent Choi 16/09/2023	250 Ishtyaq Nabi 24/10/2021	262.5 Ishtyaq Nabi 04/12/2023	202.5 Rajesh Babu 31/07/2021	197.5 Henry Chay 20/10/2018	192.5 Henry Chay 18/06/2022	185.5 Ted Byrne 24/07/2021	135 Ted Brown 06/08/2012	100 Ted Brown 24/07/2021
<b>TOTAL</b>	477.5 Alfie Bonsell 28/08/2023	510.5 Vincent Choi 15/07/2023	546.5 Ishtyaq Nabi 24/10/2021	582.5 Ishtyaq Nabi 04/12/2023	450 Rajesh Babu 31/07/2021	442.5 Shaun Bateman 31/08/2019	414 Henry Chay 18/06/2022	365.5 Ted Byrne 24/07/2021	295 Ted Brown 20/05/2012	225 Ted Brown 24/07/2021
<b>BENCH (A/C)</b>	107.5 Alfie Bonsell 10/10/2023	115 Kai Gajewiak 10/06/2018	127.5 Ishtyaq Nabi 31/08/2022	150 Ali Jawad 18/02/2018	135 Adam Alderman 25/06/2023	107.5 Shaun Bateman 20/10/2018	81.5 Henry Chay 18/06/2022	81 Ted Brown 17/08/2013	81 Ted Brown 17/08/2013	72.5 Ted Brown 23/02/2020

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>-66kg</b>										
<b>SQUAT</b>	206.5 Gregory Pearson 29/04/2023	213 Dorje Weston 24/03/2024	236 Benedict Grant 20/03/2024	240.5 Kibria Ali 17/03/2023	195 David Gray 03/10/2015	195 David Gray 03/10/2015	168.5 David Gray 13/02/2024	135 Michael James 26/10/2019	Standard	Standard
<b>BENCH PRESS</b>	120 Gregory Pearson 29/04/2023	145 Dorje Weston 24/03/2024	146 Joshua Cheung 20/03/2024	153 Joseph Diva 23/07/2023	137 David Gray 08/09/2016	137 David Gray 08/09/2016	112.5 David Gray 13/02/2024	90 Michael James 26/10/2019	Standard	Standard
<b>DEADLIFT</b>	237.5 Gregory Pearson 29/04/2023	245.5 Finley Mercer 21/10/2018	284 Renzo Binas 20/03/2024	281 Kibria Ali 10/08/2023	253.5 Greig Murray 13/02/2024	253.5 Greig Murray 13/02/2024	225.5 David Gray 13/02/2024	183 Michael James 26/10/2019	Standard	Standard
<b>TOTAL</b>	564 Gregory Pearson 29/04/2023	580.5 Dorje Weston 24/03/2024	638.5 Benedict Grant 20/03/2024	636 Kibria Ali 10/08/2023	581 David Gray 03/10/2015	581 David Gray 03/10/2015	506.5 David Gray 13/02/2024	408 Michael James 26/10/2019	Standard	Standard
<b>BENCH (A/C)</b>	120 Gregory Pearson 29/04/2023	145 Dorje Weston 24/03/2024	160 Edward Kimber 02/03/2024	182.5 Jason Irving 02/10/2011	145 Aaron Gideon 12/06/2022	137 David Gray 08/09/2016	112.5 David Gray 13/02/2024	107.5 David Pelta 18/05/2019	Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>-74kg</b>										
<b>SQUAT</b>	213 Gregory Pearson 23/07/2023	227.5 Yaw Parbey 24/03/2024	258.5 Nathan McDowell 21/03/2024	281.5 Dylan Nelson 13/08/2023	258 David White 16/02/2024	217.5 Phillip Richard 02/03/2023	192.5 Nigel Gillis 25/07/2021	155 Ernie Parkes 11/03/2020	85 Dessie Scott 25/09/2021	Standard
<b>BENCH PRESS</b>	133.5 Gregory Pearson 23/07/2023	148 James Kenneth Anar 24/10/2021	185 Lee Harris 22/10/2021	190 Owen Hubbard 18/02/2017	165 Paul Cooper 03/10/2015	140 Phillip Richard 18/06/2022	130 Cliff Haynes 25/07/2021	120 Alex Lee 01/02/2013	60 Dessie Scott 25/09/2021	Standard
<b>DEADLIFT</b>	253.5 Gregory Pearson 23/07/2023	277.5 Yaw Parbey 24/03/2024	308 Ade Omisakin 05/12/2021	308 Ade Omisakin 05/12/2021	280 Paul Cooper 03/10/2015	240.5 Bernie McGurk 20/10/2018	227.5 Ernie Parkes 06/06/2018	227.5 Ernie Parkes 06/06/2018	120 Dessie Scott 25/09/2021	Standard
<b>TOTAL</b>	600 Gregory Pearson 23/07/2023	630 Yaw Parbey 24/03/2024	723 Ade Omisakin 05/12/2021	724 Dylan Nelson 13/08/2023	650 Paul Cooper 03/10/2015	582.5 Phillip Richard 02/03/2023	526 Steve Walker 11/03/2017	462.5 Ernie Parkes 06/06/2018	265 Dessie Scott 25/09/2021	Standard
<b>BENCH (A/C)</b>	133.5 Gregory Pearson 23/07/2023	148 James Kenneth Anar 24/10/2021	185 Lee Harris 07/08/2021	190 Owen Hubbard 18/02/2017	165 Paul Cooper 03/10/2015	140 Phillip Richard 18/06/2022	135.5 Cliff Haynes 23/02/2020	120 Alex Lee 01/02/2013	60 Dessie Scott 25/09/2021	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>-83kg</b>										
<b>SQUAT</b>	213 Cai Read 15/05/2022	243 Dominic Grey 23/03/2024	291.5 Matthew Pond 21/03/2024	310.5 Jurins Kengamu 18/03/2023	240 Phil Richard 27/04/2019	227.5 Phil Richard 01/05/2022	195 Willie Lincoln 15/10/2011	173 Mick Amey 26/10/2019	90 Dessie Scott 03/06/2023	Standard
<b>BENCH PRESS</b>	145 Kirill Sakharov 25/11/2017	162.5 Theo Goff 27/09/2021	206 Matthew Pond 21/03/2024	218.5 Owen Hubbard 06/12/2019	170 Danny Potter 28/05/2022	146 Phil Richard 01/05/2022	127.5 Willie Lincoln 15/10/2011	105 Alan Twigg 02/06/2019	65 Dessie Scott 11/12/2021	Standard
<b>DEADLIFT</b>	250.5 Theo Goff 03/11/2019	282.5 Lucas Williams 30/04/2023	335 Joey Awala 14/10/2023	343 Saheed Aregbe 28/05/2022	305 Robert Rodney 20/01/2019	305 Robert Rodney 20/01/2019	245 Grant Sugarman 13/02/2023	232.5 Ernie Parkes 19/03/2016	130 Dessie Scott 11/12/2021	Standard
<b>TOTAL</b>	597.5 Jack Hopkins 03/11/2019	672.5 Lucas Williams 31/08/2023	782.5 Nathan Gevao 03/09/2022	825 Ade Omisakin 15/03/2024	665 Robert Rodney 20/01/2019	665 Robert Rodney 20/01/2019	537.5 Grant Sugarman 13/02/2023	495 Ernie Parkes 19/03/2016	275 Dessie Scott 11/12/2021	Standard
<b>BENCH (A/C)</b>	145 Kirill Sakharov 25/11/2017	162.5 Theo Goff 27/09/2021	206 Matthew Pond 21/03/2024	220 Owen Hubbard 02/12/2022	173 Barrie Tavener 02/03/2024	173 Barrie Tavener 02/03/2024	154 Phillip Stringer 03/03/2012	126 Alexander Lee 06/09/2014	65 Dessie Scott 11/12/2021	Standard

-93kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	210 Seb Hillsdon 24/10/2021	270 Jack Hopkins 04/12/2021	303 James Adcock 14/05/2022	305 Christian Ayandokun 14/03/2024	270 Robert Love 03/12/2017	250 Andy Bonner 16/08/2015	250 Andy Bonner 16/08/2015	200 Kevin Jane 18/06/2022	Standard	Standard
<b>BENCH PRESS</b>	135 Oliver Philpot 15/05/2022	190 Luke Tolman 25/11/2017	216 Jack Taylor 04/04/2022	216 Jack Taylor 04/04/2022	190.5 Sheridan Wray 21/10/2018	161 Jaswinder Singh 27/10/2019	153 Gordon Scott 12/06/2022	120 Kevin Jane 25/07/2021	Standard	Standard
<b>DEADLIFT</b>	255 Seb Hillsdon 24/10/2021	310 Jack Hopkins 28/09/2021	343 James Adcock 14/05/2022	360 Christian Ayandokun 02/12/2022	311 Thomas Celestin 25/07/2021	310 Robert Rodney 08/03/2018	288.5 Robert Rodney 13/02/2024	237.5 Kevin Jane 25/07/2021	Standard	Standard
<b>TOTAL</b>	577.5 Seb Hillsdon 24/10/2021	752.5 Jack Hopkins 04/12/2021	815 Nathan Gevao 28/04/2023	845 Christian Ayandokun 06/12/2023	703 Robert Rodney 16/06/2017	703 Robert Rodney 16/06/2017	668.5 Andy Bonner 16/08/2015	552.5 Kevin Jane 25/07/2021	Standard	Standard
<b>BENCH (A/C)</b>	140 Alfie Bezance 02/03/2024	190 Luke Tolman 25/11/2017	217.5 Jack Taylor 03/08/2022	217.5 Jack Taylor 03/08/2022	205 Andrew Rigby 15/05/2018	205 Andrew Rigby 15/05/2018	190.5 Andrew Rigby 19/02/2022	141 Ash Sinclair 25/03/2023	Standard	Standard

-105kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	210 Edward Crossley 13/10/2018	275.5 Nonso Chinye 30/04/2023	320 Joshua Greenfield 26/11/2017	345.5 Joshua Greenfield 01/09/2019	327.5 Samuel Watt 01/09/2019	325 Samuel Watt 13/03/2022	215.5 Arthur Cowley 19/05/2019	190 John Gavin Walker 21/08/2011	Standard	Standard
<b>BENCH PRESS</b>	140 Edward Crossley 13/10/2018	195.5 Kirill Sakharov 01/12/2019	213 Kirill Sakharov 14/05/2022	220 Aaron Hull 22/10/2017	215 Anthony McLeggan 04/11/2023	195 Samuel Watt 13/03/2022	162.5 Steven Cumming 09/10/2023	116 John Gavin Walker 21/08/2011	Standard	Standard
<b>DEADLIFT</b>	227.5 Bradley May 31/10/2015	343 Nonso Chinye 30/04/2023	345 Jamie Jonathan Foord 03/11/2023	391 Sanchez Dillon 15/03/2024	367.5 Samuel Watt 13/03/2022	367.5 Samuel Watt 13/03/2022	253 Arthur Cowley 19/05/2019	231 John Gavin Walker 21/08/2011	Standard	Standard
<b>TOTAL</b>	575 Edward Crossley 13/10/2018	778.5 Nonso Chinye 30/04/2023	828 Jamie Jonathan Foord 03/11/2023	900 Abdul Majeed Sulayman 25/03/2023	887.5 Samuel Watt 13/03/2022	887.5 Samuel Watt 13/03/2022	592.5 Kevin Jane 17/08/2014	537 John Gavin Walker 21/08/2011	Standard	Standard
<b>BENCH (A/C)</b>	140 Edward Crossley 13/10/2018	195.5 Kirill Sakharov 01/12/2019	213 Kirill Sakharov 14/05/2022	230 Mihails Monastirkis 10/08/2019	225 Andrew Rigby 06/10/2013	225 Andrew Rigby 06/10/2013	208 Andrew Rigby 31/07/2023	162.5 Tom Collins 24/01/2016	Standard	Standard

-120kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	225 Connor O'Donnell 02/11/2019	313 Nonso Chinye 12/10/2023	328 Nonso Chinye 21/03/2024	355 Tony Cliffe 10/02/2024	355 Tony Cliffe 10/02/2024	305.5 Scott Simon 15/02/2024	234 Nigel Haigh 05/06/2019	167.5 Chris Gladding 10/02/2013	Standard	Standard
<b>BENCH PRESS</b>	140 Lee McCafferty 25/11/2018	192.5 Nonso Chinye 12/10/2023	217.5 Kieran Gray 10/06/2019	245.5 Tony Cliffe 19/03/2023	240 Tony Cliffe 10/02/2024	215 Alistair Murdoch 12/03/2020	155 Mike Claydon 07/07/2012	130 Chris Gladding 05/06/2015	Standard	Standard
<b>DEADLIFT</b>	260 Connor O'Donnell 02/11/2019	363 Nonso Chinye 12/10/2023	375.5 Nonso Chinye 21/03/2024	395.5 Inderraj Dhillon 08/12/2023	347.5 Tony Cliffe 16/03/2024	320 Colin Wright 11/03/2017	262.5 Steven Lambert 29/05/2022	195.5 Trevor Walker 27/05/2018	Standard	Standard
<b>TOTAL</b>	625 Connor O'Donnell 02/11/2019	868.5 Nonso Chinye 12/10/2023	903.5 Nonso Chinye 21/03/2024	955.5 Tony Cliffe 19/03/2023	925 Tony Cliffe 10/02/2024	816 Scott Simon 15/02/2024	610 Mike Claydon 07/07/2012	485 Chris Gladding 10/02/2013	Standard	Standard
<b>BENCH (A/C)</b>	150 Craig Williams 17/09/2011	192.5 Nonso Chinye 12/10/2023	217.5 Kieran Gray 10/06/2019	245.5 Tony Cliffe 19/03/2023	240 Tony Cliffe 10/02/2024	222.5 Andrew Rigby 09/03/2013	205 Andrew Rigby 02/03/2024	155 Tom Collins 16/05/2018	95 Chris Gladding 13/06/2021	Standard

120kg+	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	240 Ray Bowring 25/11/2018	323 Joshua Ngoka 12/10/2023	403 Luke Richardson 28/11/2018	403 Luke Richardson 28/11/2018	295 Paul Walker 19/06/2022	275 Andy Rodney 16/06/2017	247.5 Nigel Haigh 12/03/2020	172.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	130 Ray Bowring 25/11/2018	185 Joshua Ngoka 12/10/2023	222.5 Luke Richardson 28/11/2018	242.5 Tony Cliffe 19/01/2020	230 Chris Baker 21/10/2018	195 Michael Adams 20/03/2016	160 Frank O'Donnell 25/07/2021	117.5 Standard	Standard	Standard
<b>DEADLIFT</b>	222.5 Tom Whinnie 14/05/2022	330.5 Joshua Ngoka 12/10/2023	385 Luke Richardson 28/11/2018	385 Luke Richardson 28/11/2018	315 Dean Bowring 25/02/2023	291 Frank O'Donnell 27/10/2019	280 Frank O'Donnell 25/07/2021	200 Trevor Walker 30/05/2022	Standard	Standard
<b>TOTAL</b>	590 Ray Bowring 25/11/2018	838.5 Joshua Ngoka 12/10/2023	1010.5 Luke Richardson 28/11/2018	1010.5 Luke Richardson 28/11/2018	792.5 Chris Baker 10/12/2017	722.5 Andy Rodney 20/06/2016	650 Frank O'Donnell 25/07/2021	435 Trevor Walker 30/05/2022	Standard	Standard
<b>BENCH (A/C)</b>	130 Ray Bowring 25/11/2018	185 Joshua Ngoka 12/10/2023	222.5 Luke Richardson 28/11/2018	242.5 Tony Cliffe 19/01/2020	237.5 Paul Merricks 03/06/2017	202.5 John Bernasconi 08/02/2015	160 Frank O'Donnell 25/07/2021	117.5 Standard	Standard	Standard

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