



# British University Records

updated: 29/07/2024

Male	59	66	74	83	93	105	120	120+
<b>SQUAT</b>	193 Benedict Grant 02/04/2022	215 Benedict Grant 02/04/2023	250.5 Brandon Teh 26/04/2024	280.5 Manson Adagu 02/11/2023	293 Aaron Blackmore 04/04/2023	300.5 Jamie Jonathan Foord 03/11/2023	328.5 Alasdair Wilson 28/04/2024	340 Joshua Ngoka 28/04/2024
<b>BENCH PRESS</b>	122.5 Benedict Grant 02/04/2022	157 Pascal Skannavis 26/04/2024	165.5 Edward Kimber 27/01/2024	193 Harrison Sparks 03/04/2022	216 Jack Taylor 04/04/2022	195 Andrew Wallace 26/07/2024	195 Lewis Kelly 27/07/2024	202.5 Joshua Ngoka 28/04/2024
<b>DEADLIFT</b>	220 Christopher Rattray 24/03/2018	262.5 Joshua Cheung 27/01/2024	285 Jordon Andrews 26/04/2024	317.5 Chinedum Okolo 25/07/2024	345 Adedapo Ojewale 04/04/2022	345 Jamie Jonathan Foord 03/11/2023	338.5 Jamie Jonathan Foord 28/04/2024	340 Joshua Ngoka 28/04/2024
<b>TOTAL</b>	525.5 Benedict Grant 02/04/2022	600 Joshua Cheung 27/01/2024	688.5 Brandon Teh 26/04/2024	758 Manson Adagu 02/11/2023	790 Adedapo Ojewale 04/04/2022	828 Jamie Jonathan Foord 03/11/2023	840 Lewis Kelly 27/07/2024	882.5 Joshua Ngoka 28/04/2024