

	U18	U23
<b>-53kg</b>		
<b>SQUAT</b>	135 Sam Pile 26/02/2011	212.5 Standard
<b>BENCH PRESS</b>	70 Sam Pile 26/02/2011	107.5 Standard
<b>DEADLIFT</b>	157.5 Standard	215 Standard
<b>TOTAL</b>	350 Sam Pile 26/02/2011	465 Standard
<b>BENCH (A/C)</b>	70 Sam Pile 26/02/2011	107.5 Standard



## British Records MEN - EQUIPPED

updated: 01/02/2019

	U18	U23	open	M1	M2	M3	M4	M5
<b>-59kg</b>								
<b>SQUAT</b>	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
<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
<b>DEADLIFT</b>	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
<b>TOTAL</b>	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
<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

	U18	U23	open	M1	M2	M3	M4	M5
<b>-66kg</b>								
<b>SQUAT</b>	230 Daniel Sherman 25/02/2017	242.5 Standard	277.5 Standard	222.5 Standard	216 John Maxwell 15/11/2015	185 Standard	150 Michael John James 19/01/2019	Standard
<b>BENCH PRESS</b>	133 Finley Mercer 21/10/2018	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 Michael John James 19/01/2019	Standard
<b>DEADLIFT</b>	253 Daniel Sherman 25/02/2017	257 Daniel Sherman 13/10/2018	270 Standard	253 David Gray 08/03/2018	253 David Gray 08/03/2018	205.5 Ted Byrne 08/03/2015	182.5 Peter Barrett 01/10/2017	Standard
<b>TOTAL</b>	580.5 Daniel Sherman 25/02/2017	628 Steven Tyers 22/04/2012	680 Standard	581 David Gray 03/10/2015	581 David Gray 03/10/2015	485 Standard	435 Michael John James 19/01/2019	Standard
<b>BENCH (A/C)</b>	133 Finley Mercer 21/10/2018	155.5 Steven Tyers 24/06/2012	182.5 Jason Irving 02/10/2011	150 John Maxwell 20/01/2018	150 John Maxwell 20/01/2018	120 Standard	110 Michael John James 19/01/2019	Standard

	U18	U23	open	M1	M2	M3	M4	M5
<b>-74kg</b>								
<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	247.5 Bernard McGurk 15/09/2018	225.5 Steve Walker 25/02/2017	180 Standard	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	181 Cliff Haynes 16/03/2014	165 Steve Walker 27/02/2016	120 Alex Lee 01/02/2013	Standard
<b>DEADLIFT</b>	245 Daniel Sherman 31/08/2016	270.5 Jack Suljevic 06/08/2016	287.5 Chris Wong 29/11/2018	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	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	662.5 Bernard McGurk 03/10/2018	627.5 Steve Walker 27/02/2016	462.5 Ernie Parkes 06/06/2018	Standard
<b>BENCH (A/C)</b>	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

	U18	U23	open	M1	M2	M3	M4	M5
<b>-83kg</b>								
<b>SQUAT</b>	240 Jakub Zaruba 31/08/2016	307.5 Owen Hubbard 13/07/2014	342.5 Rob Palmer 09/05/2013	302.5 Phil Richard 03/12/2016	280 Balwinder Singh 08/10/2011	247.5 Willie Lincoln 16/12/2011	187.5 Standard	Standard
<b>BENCH PRESS</b>	165 Standard	247.5 Owen Hubbard 29/11/2014	247.5 Owen Hubbard 29/11/2014	215 Phil Richard 03/12/2016	172.5 Standard	165 Willie Lincoln 06/07/2011	112.5 Alan Twigg 20/01/2019	Standard
<b>DEADLIFT</b>	250.5 Ben Willis 31/10/2015	305 Standard	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	Standard
<b>TOTAL</b>	607.5 Standard	817.5 Owen Hubbard 29/11/2014	872.5 Rob Palmer 08/05/2013	762.5 Phil Richard 03/12/2016	665 Balwinder Singh 08/10/2011	647.5 Willie Lincoln 16/12/2011	495 Ernie Parkes 19/03/2016	Standard
<b>BENCH (A/C)</b>	165 Standard	247.5 Owen Hubbard 29/11/2014	247.5 Owen Hubbard 29/11/2014	215 Phil Richard 03/12/2016	182.5 Lee Meachen 15/01/2017	172.5 David Williams 27/03/2013	154 Alex Lee 16/10/2014	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>SQUAT</b>	247.5 Standard	325 Sion Hughes 19/11/2014	370 Rob Palmer 12/04/2015	315 Robert Love 25/06/2017	300 Jaswinder Singh 16/03/2014	283 Kevin Jane 16/03/2014	197.5 Standard	Standard
<b>BENCH PRESS</b>	190 Luke Tolman 25/11/2017	210 Stephen Manuel 22/05/2011	275 Rob Palmer 25/02/2017	220 Standard	205 Steven Cumming 16/08/2014	172.5 Kevin Jane 02/12/2012	145 Michael Ellender 29/09/2015	Standard
<b>DEADLIFT</b>	270.5 Lewis Kelly 13/10/2018	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	235 Michael Ellender 25/02/2017	Standard
<b>TOTAL</b>	690 Luke Tolman 25/11/2017	830 Stephen Manuel 31/07/2011	925 Rob Palmer 25/02/2017	785 Robert Love 25/06/2017	757.5 Jaswinder Singh 16/03/2014	737.5 Kevin Jane 02/12/2012	530 Michael Ellender 29/09/2015	Standard
<b>BENCH (A/C)</b>	190 Luke Tolman 25/11/2017	220.5 Richard 07/02/2015	275 Rob Palmer 25/02/2017	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

<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>SQUAT</b>	257.5 Standard	340 John Hamson 22/06/2013	362.5 Standard	345 Dean Bowring 13/05/2017	295 John Mitchell 16/04/2011	270 Kevin Jane 03/12/2016	205 Standard	Standard
<b>BENCH PRESS</b>	175 Standard	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
<b>DEADLIFT</b>	285 Edwin Lord 25/11/2017	325 John Hamson 24/11/2013	341.5 George Seeger 19/01/2019	325 Dean Bowring 13/05/2017	315 Dave Carter 03/02/2013	255 Kevin Jane 03/12/2016	231 John Gavin Walker 21/08/2011	Standard
<b>TOTAL</b>	677.5 Tommy Roberts 13/10/2018	900 John Hamson 24/11/2013	922.5 John Hamson 07/11/2014	910 Dean Bowring 13/05/2017	790 Dave Carter 03/02/2013	685 Kevin Jane 03/12/2016	537 John Gavin Walker 21/08/2011	Standard
<b>BENCH (A/C)</b>	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

<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>SQUAT</b>	300 Jack Johnson 02/09/2016	357.5 Harvey Robinson 17/11/2018	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
<b>BENCH PRESS</b>	245 Jack Johnson 02/09/2016	287.5 Jack Johnson 20/01/2018	305 Dean Bowring 12/04/2015	305 Dean Bowring 12/04/2015	215 Phillip Frost 19/01/2019	185 Standard	142.5 Chris Gladding 18/01/2014	Standard
<b>DEADLIFT</b>	300 Jack Johnson 02/09/2016	350 Harvey Robinson 17/11/2018	370 Tony Cliffe 12/05/2018	355 Dean Bowring 29/11/2014	320 Colin Wright 11/03/2017	257.5 Standard	212.5 Standard	Standard
<b>TOTAL</b>	845 Jack Johnson 02/09/2016	980 Harvey Robinson 17/11/2018	1055 Tony Cliffe 12/05/2018	1045 Dean Bowring 08/11/2014	777.5 Colin Wright 11/03/2017	662.5 Standard	542.5 Standard	Standard
<b>BENCH (A/C)</b>	245 Jack Johnson 02/09/2016	287.5 Jack Johnson 20/01/2018	306 Duncan Sharp 20/01/2019	305.5 Dean Bowring 19/04/2014	245 Steve Leigh 04/12/2011	205 Allan Hulme 08/06/2017	155 Chris Gladding 07/02/2015	Standard

<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>SQUAT</b>	300 Bradley May 25/11/2017	403 Luke Richardson 28/11/2018	415.5 Tony Cliffe 17/11/2018	382.5 Standard	300 Peter Ratcliffe 16/04/2011	260 Standard	225 Standard	Standard
<b>BENCH PRESS</b>	190 Standard	237.5 Standard	302.5 Tony Cliffe 17/11/2018	270 Standard	210 Brian Lee 28/04/2013	197.5 Standard	152.5 Standard	Standard
<b>DEADLIFT</b>	285 Bradley May 25/11/2017	385 Luke Richardson 28/11/2018	385 Luke Richardson 28/11/2018	342.5 Standard	305 Standard	265 Standard	215 Standard	Standard
<b>TOTAL</b>	745 Bradley May 25/11/2017	1010.5 Luke Richardson 28/11/2018	1073 Tony Cliffe 17/11/2018	910 Standard	770 Standard	680 Standard	560 Standard	Standard
<b>BENCH (A/C)</b>	240 Graham Mellor 18/10/2012	303 Graham Mellor 15/01/2017	317.5 Graham Mellor 20/01/2019	285 Rob Thomas 22/05/2011	230 Standard	197.5 Standard	152.5 Standard	Standard

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