

| -53kg              | U16                             | U18                                 | U23                              |
|--------------------|---------------------------------|-------------------------------------|----------------------------------|
| <b>SQUAT</b>       | 100<br>Liam Welsh<br>19/05/2013 | 115<br>Alex Summers<br>13/10/2018   | 162.5<br>Standard                |
| <b>BENCH PRESS</b> | 60<br>Liam Welsh<br>19/05/2013  | 70<br>Tom Spratt<br>20/01/2013      | 82.5<br>Standard                 |
| <b>DEADLIFT</b>    | 150<br>Liam Welsh<br>19/05/2013 | 150<br>Liam Welsh<br>19/05/2013     | 187.5<br>Eren Oguz<br>12/07/2014 |
| <b>TOTAL</b>       | 310<br>Liam Welsh<br>19/05/2013 | 312.5<br>Alex Summers<br>13/10/2018 | 362.5<br>Eren Oguz<br>12/07/2014 |
| <b>BENCH (A/C)</b> | 60<br>Liam Welsh<br>19/05/2013  | 70<br>Tom Spratt<br>20/01/2013      | 82.5<br>Standard                 |



## British Records MEN - CLASSIC

updated: 03/06/2019

| -59kg              | U16                                    | U18                                 | U23  | open                                | M1                                   | M2                                   | M3                            | M4                              | M5                              |
|--------------------|--|-------------------------------------|--|-------------------------------------|--------------------------------------|--------------------------------------|-------------------------------|---------------------------------|---------------------------------|
| <b>SQUAT</b>       | 137.5<br>Edwin Whiteside<br>13/10/2018 | 160<br>Kai Gajewiak<br>10/06/2018   | 175<br>Standard                            | 192.5<br>Luke Bennett<br>28/05/2018 | 160<br>Standard                      | 155<br>Henry Chay<br>20/10/2018      | 127.5<br>Standard             | 87.5<br>Ted Brown<br>17/08/2013 | 87.5<br>Ted Brown<br>17/08/2013 |
| <b>BENCH PRESS</b> | 75<br>Edwin Whiteside<br>13/10/2018    | 115<br>Kai Gajewiak<br>10/06/2018   | 115<br>Kai Gajewiak<br>10/06/2018          | 115<br>Kai Gajewiak<br>10/06/2018   | 107.5<br>Shaun Bateman<br>20/10/2018 | 107.5<br>Shaun Bateman<br>20/10/2018 | 81<br>Ted Brown<br>17/08/2013 | 81<br>Ted Brown<br>17/08/2013   | 81<br>Ted Brown<br>17/08/2013   |
| <b>DEADLIFT</b>    | 160<br>Edwin Whiteside<br>13/10/2018   | 182.5<br>Joel Wakeham<br>13/10/2018 | 220<br>Christopher Rattray<br>24/03/2018   | 225.5<br>Aftab Uddin<br>01/06/2019  | 197.5<br>Henry Chay<br>20/10/2018    | 197.5<br>Henry Chay<br>20/10/2018    | 147.5<br>Standard             | 135<br>Ted Brown<br>06/08/2012  | 135<br>Ted Brown<br>06/08/2012  |
| <b>TOTAL</b>       | 372.5<br>Edwin Whiteside<br>13/10/2018 | 447.5<br>Kai Gajewiak<br>10/06/2018 | 487.5<br>Christopher Rattray<br>24/03/2018 | 499<br>Luke Bennett<br>28/05/2018   | 435<br>Henry Chay<br>20/10/2018      | 435<br>Henry Chay<br>20/10/2018      | 337.5<br>Standard             | 295<br>Ted Brown<br>20/05/2012  | 295<br>Ted Brown<br>20/05/2012  |
| <b>BENCH (A/C)</b> | 75<br>Edwin Whiteside<br>13/10/2018    | 115<br>Kai Gajewiak<br>10/06/2018   | 115<br>Kai Gajewiak<br>10/06/2018          | 150<br>Ali Jawad<br>18/02/2018      | 107.5<br>Shaun Bateman<br>20/10/2018 | 107.5<br>Shaun Bateman<br>20/10/2018 | 81<br>Ted Brown<br>17/08/2013 | 81<br>Ted Brown<br>17/08/2013   | 81<br>Ted Brown<br>17/08/2013   |

| -66kg              | U16                                    | U18                                  | U23                                 | open                                 | M1                              | M2                              | M3                                 | M4  | M5       |
|--------------------|--|--------------------------------------|-------------------------------------|--------------------------------------|---------------------------------|---------------------------------|------------------------------------|---|----------|
| <b>SQUAT</b>       | 150<br>Jake Richardson<br>25/11/2017   | 200<br>Finley Mercer<br>21/10/2018   | 210<br>Elliot Stone<br>24/11/2017   | 215<br>Elliot Stone<br>01/09/2018    | 195<br>David Gray<br>03/10/2015 | 195<br>David Gray<br>03/10/2015 | 147.5<br>Ted Byrne<br>08/03/2015   | 120<br>Roger Powell<br>06/11/2011         | Standard |
| <b>BENCH PRESS</b> | 90<br>Patrick Spencer<br>24/11/2013    | 133<br>Finley Mercer<br>21/10/2018   | 133<br>Finley Mercer<br>21/10/2018  | 147.5<br>Chris Simmons<br>03/03/2014 | 137<br>David Gray<br>08/09/2016 | 137<br>David Gray<br>08/09/2016 | 105<br>David Pelta<br>19/11/2011   | 80<br>Malcolm Bainbridge<br>06/03/2018    | Standard |
| <b>DEADLIFT</b>    | 190<br>Jake Richardson<br>25/11/2017   | 245.5<br>Finley Mercer<br>21/10/2018 | 257<br>Daniel Sherman<br>13/10/2018 | 257<br>Daniel Sherman<br>13/10/2018  | 253<br>David Gray<br>08/03/2018 | 253<br>David Gray<br>08/03/2018 | 205.5<br>Ted Byrne<br>08/03/2015   | 180<br>Malcolm Bainbridge<br>06/03/2018   | Standard |
| <b>TOTAL</b>       | 427.5<br>Jake Richardson<br>25/11/2017 | 578.5<br>Finley Mercer<br>21/10/2018 | 582<br>Daniel Sherman<br>13/10/2018 | 582<br>Daniel Sherman<br>13/10/2018  | 581<br>David Gray<br>03/10/2015 | 581<br>David Gray<br>03/10/2015 | 438<br>Ted Byrne<br>08/03/2015     | 377.5<br>Malcolm Bainbridge<br>06/03/2018 | Standard |
| <b>BENCH (A/C)</b> | 90<br>Patrick Spencer<br>24/11/2013    | 133<br>Finley Mercer<br>21/10/2018   | 133<br>Finley Mercer<br>21/10/2018  | 182.5<br>Jason Irving<br>02/10/2011  | 137<br>David Gray<br>08/09/2016 | 137<br>David Gray<br>08/09/2016 | 107.5<br>David Pelta<br>18/05/2019 | 107.5<br>David Pelta<br>18/05/2019        | Standard |

| -74kg              | U16   | U18                                | U23                                   | open                              | M1                                   | M2                                   | M3  | M4                                  | M5       |
|--------------------|---|------------------------------------|---------------------------------------|-----------------------------------|--------------------------------------|--------------------------------------|---|-------------------------------------|----------|
| <b>SQUAT</b>       | 167.5<br>William Cornisteanu Bailey<br>13/10/2018 | 208<br>Harry Sugden<br>13/10/2018  | 242.5<br>Nathan Winsala<br>26/11/2018 | 250<br>James Duff<br>15/06/2018   | 240<br>Phillip Richard<br>27/04/2014 | 192.5<br>Bernie McGurk<br>08/03/2019 | 182.5<br>Harri Singh Cheema<br>07/03/2019 | 152.5<br>Ernie Parkes<br>09/12/2017 | Standard |
| <b>BENCH PRESS</b> | 122.5<br>William Cornisteanu Bailey<br>13/10/2018 | 135<br>Oliver Walker<br>24/11/2018 | 162.5<br>Sunil Chahal<br>18/11/2012   | 190<br>Owen Hubbard<br>18/02/2017 | 165<br>Paul Cooper<br>03/10/2015     | 135<br>Steve Walker<br>26/11/2011    | 120.5<br>Steve Walker<br>11/03/2017       | 120<br>Alex Lee<br>01/02/2013       | Standard |
| <b>DEADLIFT</b>    | 210<br>William Cornisteanu Bailey<br>13/10/2018   | 245<br>Callum Field<br>25/11/2017  | 270.5<br>Jack Suljovic<br>06/08/2016  | 287.5<br>Chris Wong<br>29/11/2018 | 280<br>Paul Cooper<br>03/10/2015     | 240.5<br>Bernie McGurk<br>20/10/2018 | 227.5<br>Ernie Parkes<br>06/06/2018       | 227.5<br>Ernie Parkes<br>06/06/2018 | Standard |
| <b>TOTAL</b>       | 500<br>William Cornisteanu Bailey<br>13/10/2018   | 547.5<br>Luke Wilson<br>21/10/2017 | 632.5<br>Nathan Winsala<br>26/11/2018 | 700<br>Owen Hubbard<br>18/02/2017 | 650<br>Paul Cooper<br>03/10/2015     | 560<br>Steve Walker<br>26/11/2011    | 526<br>Steve Walker<br>11/03/2017         | 462.5<br>Ernie Parkes<br>06/06/2018 | Standard |
| <b>BENCH (A/C)</b> | 122.5<br>William Cornisteanu Bailey<br>13/10/2018 | 135<br>Oliver Walker<br>24/11/2018 | 162.5<br>Sunil Chahal<br>18/11/2012   | 190<br>Owen Hubbard<br>18/02/2017 | 165<br>Paul Cooper<br>03/10/2015     | 135<br>Alex Lee<br>30/04/2011        | 135<br>Alex Lee<br>30/04/2011             | 120<br>Alex Lee<br>01/02/2013       | Standard |

| -83kg              | U16                                    | U18                                  | U23                                 | open                                | M1                                 | M2                                    | M3                                    | M4                                  | M5       |
|--------------------|--|--------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|---------------------------------------|---------------------------------------|-------------------------------------|----------|
| <b>SQUAT</b>       | 205<br>Kirill Sakharov<br>25/11/2017   | 220<br>Joe Feeney<br>29/10/2016      | 290.5<br>Dylan Nelson<br>25/11/2017 | 290.5<br>Dylan Nelson<br>25/11/2017 | 240<br>Phil Richard<br>27/04/2019  | 220<br>Robert Rodney<br>20/01/2019    | 195<br>Willie Lincoln<br>15/10/2011   | 172.5<br>Ernie Parkes<br>19/03/2016 | Standard |
| <b>BENCH PRESS</b> | 145<br>Kirill Sakharov<br>25/11/2017   | 145<br>Kirill Sakharov<br>25/11/2017 | 205<br>Owen Hubbard<br>10/06/2015   | 215.5<br>Owen Hubbard<br>01/09/2018 | 165<br>Paul Cooper<br>09/03/2019   | 145.5<br>John O'Riordan<br>16/08/2014 | 127.5<br>Willie Lincoln<br>15/10/2011 | 105<br>Alan Twigg<br>02/06/2019     | Standard |
| <b>DEADLIFT</b>    | 217.5<br>Marshall Packer<br>25/11/2017 | 250.5<br>Ben Willis<br>31/10/2015    | 300.5<br>Salman Khan<br>24/03/2018  | 305.5<br>Salman Khan<br>24/03/2019  | 305<br>Robert Rodney<br>20/01/2019 | 305<br>Robert Rodney<br>20/01/2019    | 232.5<br>Ernie Parkes<br>19/03/2016   | 232.5<br>Ernie Parkes<br>19/03/2016 | Standard |
| <b>TOTAL</b>       | 550<br>Kirill Sakharov<br>25/11/2017   | 575<br>Lloyd Owen<br>13/10/2018      | 745<br>Owen Hubbard<br>10/06/2015   | 777<br>Owen Hubbard<br>15/06/2018   | 665<br>Robert Rodney<br>20/01/2019 | 665<br>Robert Rodney<br>20/01/2019    | 535<br>Willie Lincoln<br>15/10/2011   | 495<br>Ernie Parkes<br>19/03/2016   | Standard |
| <b>BENCH (A/C)</b> | 145<br>Kirill Sakharov<br>25/11/2017   | 145<br>Kirill Sakharov<br>25/11/2017 | 205<br>Owen Hubbard<br>10/06/2015   | 215.5<br>Owen Hubbard<br>01/09/2018 | 170<br>Alex Kirby<br>24/01/2016    | 157.5<br>Neal Collinson<br>24/01/2016 | 154<br>Philip Stringer<br>03/03/2012  | 126<br>Alexander Lee<br>06/09/2014  | Standard |

| <b>-93kg</b>       | <b>U16</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>       | 185<br>Robert Christie<br>13/10/2018 | 240<br>Luke Tolman<br>25/11/2017   | 300<br>Sion Hughes<br>26/11/2017     | 300<br>Sion Hughes<br>25/11/2017   | 270<br>Robert Love<br>03/12/2017     | 250<br>Andy Bonner<br>16/08/2015    | 250<br>Andy Bonner<br>16/08/2015   | 152.5<br>Standard                  | Standard  |
| <b>BENCH PRESS</b> | 127.5<br>Andrew Martin<br>08/12/2018 | 190<br>Luke Tolman<br>25/11/2017   | 210<br>Luke Tolman<br>14/10/2018     | 210<br>Luke Tolman<br>14/10/2018   | 190.5<br>Sheridan Wray<br>21/10/2018 | 160.5<br>Jason Talbot<br>01/06/2019 | 150<br>Gordon Scott<br>19/05/2019  | 104<br>Clive Lingard<br>21/10/2018 | Standard  |
| <b>DEADLIFT</b>    | 235<br>Andrew Martin<br>08/12/2018   | 270.5<br>Lewis Kelly<br>13/10/2018 | 323<br>Adedapo Ojewale<br>23/03/2019 | 350<br>Tom Martin<br>13/10/2013    | 310<br>Robert Rodney<br>08/03/2018   | 310<br>Robert Rodney<br>08/03/2018  | 278.5<br>Andy Bonner<br>20/03/2016 | 170<br>Clive Lingard<br>06/03/2018 | Standard  |
| <b>TOTAL</b>       | 537.5<br>Andrew Martin<br>08/12/2018 | 690<br>Luke Tolman<br>25/11/2017   | 787.5<br>Sion Hughes<br>26/11/2017   | 787.5<br>Sion Hughes<br>25/11/2017 | 703<br>Robert Rodney<br>16/06/2017   | 703<br>Robert Rodney<br>16/06/2017  | 668.5<br>Andy Bonner<br>16/08/2015 | 395<br>Standard                    | Standard  |
| <b>BENCH (A/C)</b> | 127.5<br>Andrew Martin<br>08/12/2018 | 190<br>Luke Tolman<br>25/11/2017   | 213<br>Luke Tolman<br>23/02/2019     | 213<br>Luke Tolman<br>23/02/2019   | 205<br>Andrew Rigby<br>15/05/2018    | 205<br>Andrew Rigby<br>15/05/2018   | 155<br>Paul Abbot<br>18/02/2018    | 125<br>Mie Edmondson<br>04/03/2012 | Standard  |

| <b>-105kg</b>      | <b>U16</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>       | 210<br>Edward Crossley<br>13/10/2018 | 255<br>Tommy Roberts<br>13/10/2018   | 320<br>Joshua Greenfield<br>26/11/2017 | 336<br>Joshua Greenfield<br>29/09/2018 | 315<br>Samuel Watt<br>21/10/2018  | 295<br>John Mitchell<br>16/04/2011     | 215.5<br>Arthur Cowley<br>19/05/2019 | 190<br>John Gavin<br>21/08/2011    | Standard  |
| <b>BENCH PRESS</b> | 140<br>Edward Crossley<br>13/10/2018 | 160<br>Tommy Roberts<br>13/10/2018   | 210<br>Luke Tolman<br>28/11/2018       | 220<br>Aaron Hull<br>22/10/2017        | 190<br>Paul Bimrose<br>20/03/2016 | 171<br>Tibor Mata<br>21/10/2018        | 135<br>Standard                      | 116<br>John Gavin<br>21/08/2011    | Standard  |
| <b>DEADLIFT</b>    | 227.5<br>Bradley May<br>31/10/2015   | 285<br>Edwin Lord<br>25/11/2017      | 320<br>Josh Edwards<br>15/03/2017      | 341<br>Josh Edwards<br>02/09/2018      | 323<br>Samuel Watt<br>21/10/2018  | 295<br>Stephen Blackwell<br>15/03/2014 | 253<br>Arthur Cowley<br>19/05/2019   | 231<br>John Gavin<br>21/08/2011    | Standard  |
| <b>TOTAL</b>       | 575<br>Edward Crossley<br>13/10/2018 | 677.5<br>Tommy Roberts<br>13/10/2018 | 800<br>Joshua Greenfield<br>26/11/2017 | 869.5<br>Stephen Manuel<br>02/10/2016  | 823<br>Samuel Watt<br>21/10/2018  | 823<br>John Mitchell<br>26/03/2011     | 592.5<br>Kevin Jane<br>17/08/2014    | 537<br>John Gavin<br>21/08/2011    | Standard  |
| <b>BENCH (A/C)</b> | 140<br>Edward Crossley<br>13/10/2018 | 160<br>Tommy Roberts<br>13/10/2018   | 210<br>Luke Tolman<br>28/11/2018       | 225<br>Andrew Rigby<br>06/10/2013      | 225<br>Andrew Rigby<br>06/10/2013 | 225<br>Andrew Rigby<br>06/10/2013      | 165<br>Tom Collins<br>12/07/2015     | 162.5<br>Tom Collins<br>24/01/2016 | Standard  |

| <b>-120kg</b>      | <b>U16</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>       | 217.5<br>Lee McCafferty<br>13/10/2018 | 275<br>Bradley May<br>17/09/2017    | 327.5<br>Mark MacQueen<br>20/06/2017 | 340<br>Tony Cliffe<br>22/10/2017     | 302.5<br>Colin Wright<br>03/06/2014   | 287.5<br>Colin Wright<br>11/03/2017   | 225<br>David Turner<br>30/11/2013  | 167.5<br>Chris Gladding<br>10/02/2013 | Standard  |
| <b>BENCH PRESS</b> | 140<br>Lee McCafferty<br>25/11/2018   | 185<br>Jack Johnson<br>07/03/2016   | 212.5<br>Kieran Gray<br>28/11/2018   | 235<br>Tony Cliffe<br>02/09/2018     | 210<br>Alistair Murdoch<br>21/10/2018 | 210<br>Alistair Murdoch<br>21/10/2018 | 155<br>Mike Claydon<br>07/07/2012  | 130<br>Chris Gladding<br>05/06/2015   | Standard  |
| <b>DEADLIFT</b>    | 217.5<br>Lee McCafferty<br>13/10/2018 | 280<br>Jack Johnson<br>29/10/2016   | 332.5<br>Mark MacQueen<br>24/09/2017 | 363<br>Dave Richardson<br>02/06/2019 | 330.5<br>Nick Clarke<br>21/10/2018    | 320<br>Colin Wright<br>11/03/2017     | 235<br>Mike Claydon<br>07/07/2012  | 195.5<br>Trevor Walker<br>27/05/2018  | Standard  |
| <b>TOTAL</b>       | 570<br>Lee McCafferty<br>25/11/2018   | 702.5<br>Jack Johnson<br>29/10/2016 | 847.5<br>Mark MacQueen<br>20/06/2017 | 917.5<br>Tony Cliffe<br>02/09/2018   | 802.5<br>Colin Wright<br>21/06/2016   | 777.5<br>Colin Wright<br>11/03/2017   | 610<br>Mike Claydon<br>07/07/2012  | 485<br>Chris Gladding<br>10/02/2013   | Standard  |
| <b>BENCH (A/C)</b> | 150<br>Craig Williams<br>17/09/2011   | 185<br>Jack Johnson<br>07/03/2016   | 212.5<br>Kieran Gray<br>28/11/2018   | 235<br>Tony Cliffe<br>02/09/2018     | 222.5<br>Andrew Rigby<br>09/03/2013   | 222.5<br>Andrew Rigby<br>09/03/2013   | 170.5<br>Allan Hulme<br>08/06/2017 | 155<br>Tom Collins<br>16/05/2018      | Standard  |

| <b>120kg+</b>      | <b>U16</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>       | 240<br>Ray Bowring<br>25/11/2018 | 300<br>Bradley May<br>25/11/2017   | 403<br>Luke Richardson<br>28/11/2018    | 403<br>Luke Richardson<br>28/11/2018    | 295<br>Standard                      | 275<br>Andy Rodney<br>16/06/2017       | 227.5<br>Peter Ratcliffe<br>20/03/2016 | 172.5<br>Standard | Standard  |
| <b>BENCH PRESS</b> | 130<br>Ray Bowring<br>25/11/2018 | 160<br>Bradley May<br>25/11/2017   | 222.5<br>Luke Richardson<br>28/11/2018  | 230<br>Chris Baker<br>21/10/2018        | 230<br>Chris Baker<br>21/10/2018     | 195<br>Michael Adams<br>20/03/2016     | 152.5<br>Standard                      | 117.5<br>Standard | Standard  |
| <b>DEADLIFT</b>    | 220<br>Ray Bowring<br>13/10/2018 | 285<br>Bradley May<br>25/11/2017   | 385<br>Luke Richardson<br>28/11/2018    | 385<br>Luke Richardson<br>28/11/2018    | 312.5<br>Ricky Mullan<br>03/06/2014  | 290<br>Andy Rodney<br>02/10/2016       | 245<br>Peter Ratcliffe<br>20/03/2016   | 187.5<br>Standard | Standard  |
| <b>TOTAL</b>       | 590<br>Ray Bowring<br>25/11/2018 | 745<br>Bradley May<br>25/11/2017   | 1010.5<br>Luke Richardson<br>28/11/2018 | 1010.5<br>Luke Richardson<br>28/11/2018 | 792.5<br>Chris Baker<br>10/12/2017   | 722.5<br>Andy Rodney<br>20/06/2016     | 600<br>Peter Ratcliffe<br>20/03/2016   | 430<br>Standard   | Standard  |
| <b>BENCH (A/C)</b> | 130<br>Ray Bowring<br>25/11/2018 | 170<br>Graham Mellor<br>11/11/2012 | 222.5<br>Luke Richardson<br>28/11/2018  | 240.5<br>Jonathon Pateman<br>22/02/2014 | 237.5<br>Paul Merricks<br>03/06/2017 | 202.5<br>John Bernasconi<br>08/02/2015 | 155<br>John Maguire<br>15/10/2016      | 117.5<br>Standard | Standard  |

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