

-53kg	U16	U18	U23
SQUAT	100 Liam Welsh 19/05/2013	125 Alex Summers 02/11/2019	162.5 Standard
BENCH PRESS	60 Liam Welsh 19/05/2013	80 Alex Summers 02/11/2019	82.5 Standard
DEADLIFT	150 Liam Welsh 19/05/2013	180 Faiyaz Moolji 02/11/2019	187.5 Eren Oguz 12/07/2014
TOTAL	310 Liam Welsh 19/05/2013	380 Faiyaz Moolji 02/11/2019	380 Faiyaz Moolji 02/11/2019
BENCH (A/C)	60 Liam Welsh 19/05/2013	80 Alex Summers 02/11/2019	82.5 Standard



British Records MEN - CLASSIC

updated: 17/03/2020

-59kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	137.5 Edwin Whiteside 13/10/2018	172.5 Joel Wakeham 08/06/2019	175 Standard	192.5 Luke Bennett 28/05/2018	160 Standard	155 Henry Chay 20/10/2018	127.5 Ted Byrne 26/10/2019	87.5 Ted Brown 17/08/2013	87.5 Ted Brown 17/08/2013
BENCH PRESS	75 Edwin Whiteside 13/10/2018	115 Kai Gajewiak 10/06/2018	115 Kai Gajewiak 10/06/2018	115.5 Ben Hampson 31/08/2019	107.5 Shaun Bateman 20/10/2018	107.5 Shaun Bateman 20/10/2018	81 Ted Brown 17/08/2013	81 Ted Brown 17/08/2013	81 Ted Brown 17/08/2013
DEADLIFT	160 Edwin Whiteside 13/10/2018	205 Callum Glendenning 02/11/2019	220.5 Jansen Zhen Hao Law 30/10/2019	227.5 Aftab Uddin 31/08/2019	197.5 Henry Chay 20/10/2018	197.5 Henry Chay 20/10/2018	180 Ted Byrne 26/10/2019	135 Ted Brown 06/08/2012	135 Ted Brown 06/08/2012
TOTAL	372.5 Edwin Whiteside 13/10/2018	465 Joel Wakeham 08/06/2019	492.5 Luca Michael 30/10/2019	499 Luke Bennett 28/05/2018	442.5 Shaun Bateman 31/08/2019	442.5 Shaun Bateman 31/08/2019	385 Ted Byrne 26/10/2019	295 Ted Brown 20/05/2012	295 Ted Brown 20/05/2012
BENCH (A/C)	75 Edwin Whiteside 13/10/2018	115 Kai Gajewiak 10/06/2018	115 Kai Gajewiak 10/06/2018	150 Ali Jawad 18/02/2018	108 Rajesh Babu 23/02/2020	107.5 Shaun Bateman 20/10/2018	81 Ted Brown 17/08/2013	81 Ted Brown 17/08/2013	81 Ted Brown 17/08/2013

-66kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	152.5 Dylan Wilson 02/11/2019	200 Finley Mercer 21/10/2018	210 Elliot Stone 24/11/2017	222.5 Robert Samuel 31/08/2019	195 David Gray 03/10/2015	195 David Gray 03/10/2015	147.5 Ted Byrne 08/03/2015	135 Michael James 26/10/2019	Standard
BENCH PRESS	97.5 Dylan Wilson 02/11/2019	133 Finley Mercer 21/10/2018	135.5 Connor Leadbeater 30/10/2019	147.5 Chris Simmons 03/03/2014	137 David Gray 08/09/2016	137 David Gray 08/09/2016	105 David Pelta 19/11/2011	90 Michael James 26/10/2019	Standard
DEADLIFT	190 Jake Richardson 25/11/2017	245.5 Finley Mercer 21/10/2018	257 Daniel Sherman 13/10/2018	257 Daniel Sherman 13/10/2018	253 David Gray 08/03/2018	253 David Gray 08/03/2018	205.5 Ted Byrne 08/03/2015	183 Michael James 26/10/2019	Standard
TOTAL	427.5 Jake Richardson 25/11/2017	578.5 Finley Mercer 21/10/2018	582 Daniel Sherman 13/10/2018	582 Daniel Sherman 13/10/2018	581 David Gray 03/10/2015	581 David Gray 03/10/2015	438 Ted Byrne 08/03/2015	408 Michael James 26/10/2019	Standard
BENCH (A/C)	97.5 Dylan Wilson 02/11/2019	133 Finley Mercer 21/10/2018	142.5 Connor Leadbeater 23/02/2020	182.5 Jason Irving 02/10/2011	137 David Gray 08/09/2016	137 David Gray 08/09/2016	107.5 David Pelta 18/05/2019	107.5 David Pelta 18/05/2019	Standard

-74kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	167.5 William Cornisteau Bailey 13/10/2018	208 Harry Sugden 13/10/2018	257.5 Nathan Winsala 08/06/2019	257.5 Nathan Winsala 08/06/2019	240 Phillip Richard 27/04/2014	192.5 Bernie McGurk 08/03/2019	182.5 Harri Singh Cheema 07/03/2019	155 Ernie Parkes 11/03/2020	Standard
BENCH PRESS	122.5 William Cornisteau Bailey 13/10/2018	135 Oliver Walker 24/11/2018	163 Chris Gallagher 30/10/2019	190 Owen Hubbard 18/02/2017	165 Paul Cooper 03/10/2015	135 Steve Walker 26/11/2011	120.5 Steve Walker 11/03/2017	120 Alex Lee 01/02/2013	Standard
DEADLIFT	210 William Cornisteau Bailey 13/10/2018	245 Callum Field 25/11/2017	275 Nathan Winsala 08/06/2019	295 Luke Rogers 31/08/2019	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	Standard
TOTAL	500 William Cornisteau Bailey 13/10/2018	565 Thomas Lee 02/11/2019	670 Nathan Winsala 08/06/2019	700 Owen Hubbard 18/02/2017	650 Paul Cooper 03/10/2015	560 Steve Walker 26/11/2011	526 Steve Walker 11/03/2017	462.5 Ernie Parkes 06/06/2018	Standard
BENCH (A/C)	122.5 William Cornisteau Bailey 13/10/2018	135 Oliver Walker 24/11/2018	167.5 Lee Harris 23/02/2020	190 Owen Hubbard 18/02/2017	165 Paul Cooper 03/10/2015	135.5 Cliff Haynes 23/02/2020	135.5 Cliff Haynes 23/02/2020	120 Alex Lee 01/02/2013	Standard

-83kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	212.5 Jack Hopkins 03/11/2019	230.5 Leon Burrows 03/11/2019	290.5 Dylan Nelson 25/11/2017	290.5 Dylan Nelson 25/11/2017	240 Phil Richard 27/04/2019	220 Robert Rodney 20/01/2019	195 Willie Lincoln 15/10/2011	173 Mick Amey 26/10/2019	Standard
BENCH PRESS	145 Kirill Sakharov 25/11/2017	145 Kirill Sakharov 25/11/2017	205 Owen Hubbard 10/06/2015	218.5 Owen Hubbard 06/12/2019	165 Paul Cooper 09/03/2019	145.5 John O'Riordan 16/08/2014	127.5 Willie Lincoln 15/10/2011	105 Alan Twigg 02/06/2019	Standard
DEADLIFT	250.5 Theo Goff 03/11/2019	265 Jonathan Lewis 03/11/2019	308 Matthieu Chan 31/10/2019	317.5 Christian Ayandokun 06/12/2019	305 Robert Rodney 20/01/2019	305 Robert Rodney 20/01/2019	232.5 Ernie Parkes 19/03/2016	232.5 Ernie Parkes 19/03/2016	Standard
TOTAL	597.5 Jack Hopkins 03/11/2019	600 Ross Cundy 09/06/2019	745 Owen Hubbard 10/06/2015	777 Owen Hubbard 15/06/2018	665 Robert Rodney 20/01/2019	665 Robert Rodney 20/01/2019	535 Willie Lincoln 15/10/2011	495 Ernie Parkes 19/03/2016	Standard
BENCH (A/C)	145 Kirill Sakharov 25/11/2017	145 Kirill Sakharov 25/11/2017	205 Owen Hubbard 10/06/2015	218.5 Owen Hubbard 06/12/2019	170 Alex Kirby 24/01/2016	157.5 Neal Collinson 24/01/2016	154 Philip Stringer 03/03/2012	126 Alexander Lee 06/09/2014	Standard

-93kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	205 Ranulf Bruere 03/11/2019	260 Ross Cundy 03/11/2019	300 Sion Hughes 26/11/2017	300 Sion Hughes 25/11/2017	270 Robert Love 03/12/2017	250 Andy Bonner 16/08/2015	250 Andy Bonner 16/08/2015	152.5 Standard	Standard
BENCH PRESS	127.5 Andrew Martin 08/12/2018	190 Luke Tolman 25/11/2017	210 Luke Tolman 14/10/2018	215 Owen Hubbard 28/07/2019	190.5 Sheridan Wray 21/10/2018	161 Jaswinder Singh 27/10/2019	150 Gordon Scott 19/05/2019	107.5 Clive Lingard 04/06/2019	Standard
DEADLIFT	245 Ranulf Bruere 03/11/2019	270.5 Lewis Kelly 13/10/2018	327.5 Adedapo Ojewale 03/12/2019	350 Tom Martin 13/10/2013	310 Robert Rodney 08/03/2018	310 Robert Rodney 08/03/2018	278.5 Andy Bonner 20/03/2016	187.5 Mick Ellender 27/10/2019	Standard
TOTAL	575 Ranulf Bruere 03/11/2019	696 Kirill Sakharov 09/06/2019	787.5 Sion Hughes 26/11/2017	790 Ashley Liston 07/12/2019	703 Robert Rodney 16/06/2017	703 Robert Rodney 16/06/2017	668.5 Andy Bonner 16/08/2015	400.5 Alan Twigg 27/10/2019	Standard
BENCH (A/C)	127.5 Andrew Martin 08/12/2018	190 Luke Tolman 25/11/2017	213 Luke Tolman 23/02/2019	215 Owen Hubbard 28/07/2019	205 Andrew Rigby 15/05/2018	205 Andrew Rigby 15/05/2018	155 Paul Abbot 18/02/2018	125 Mie Edmondson 04/03/2012	Standard

-105kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	210 Edward Crossley 13/10/2018	270 Kirill Sakharov 01/12/2019	320 Joshua Greenfield 26/11/2017	345.5 Joshua Greenfield 01/09/2019	327.5 Samuel Watt 01/09/2019	295 John Mitchell 16/04/2011	215.5 Arthur Cowley 19/05/2019	190 John Gavin Walker 21/08/2011	Standard
BENCH PRESS	140 Edward Crossley 13/10/2018	195.5 Kirill Sakharov 01/12/2019	210 Luke Tolman 28/11/2018	220 Aaron Hull 22/10/2017	190 Paul Bimrose 20/03/2016	171 Tibor Mata 21/10/2018	135 Standard	116 John Gavin Walker 21/08/2011	Standard
DEADLIFT	227.5 Bradley May 31/10/2015	285 Edwin Lord 25/11/2017	320.5 Sam Kuti 03/11/2019	347.5 Samuel Watt 07/12/2019	347.5 Samuel Watt 07/12/2019	295 Stephen Blackwell 15/03/2014	253 Arthur Cowley 19/05/2019	231 John Gavin Walker 21/08/2011	Standard
TOTAL	575 Edward Crossley 13/10/2018	740.5 Kirill Sakharov 01/12/2019	800 Joshua Greenfield 26/11/2017	869.5 Stephen Manuel 02/10/2016	860 Samuel Watt 07/12/2019	750 John Mitchell 26/03/2011	592.5 Kevin Jane 17/08/2014	537 John Gavin Walker 21/08/2011	Standard
BENCH (A/C)	140 Edward Crossley 13/10/2018	195.5 Kirill Sakharov 01/12/2019	210 Luke Tolman 28/11/2018	230 Mihails Monastirkis 10/08/2019	225 Andrew Rigby 06/10/2013	225 Andrew Rigby 06/10/2013	165 Tom Collins 12/07/2015	162.5 Tom Collins 24/01/2016	Standard

-120kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	225 Connor O'Donnell 02/11/2019	275 Bradley May 17/09/2017	327.5 Mark MacQueen 20/06/2017	340 Tony Cliffe 22/10/2017	305 Adam Berry 14/03/2020	287.5 Colin Wright 11/03/2017	234 Nigel Haigh 05/06/2019	167.5 Chris Gladding 10/02/2013	Standard
BENCH PRESS	140 Lee McCafferty 25/11/2018	185 Jack Johnson 07/03/2016	217.5 Kieran Gray 10/06/2019	242.5 Tony Cliffe 15/06/2019	215 Alistair Murdoch 12/03/2020	215 Alistair Murdoch 12/03/2020	155 Mike Claydon 07/07/2012	130 Chris Gladding 05/06/2015	Standard
DEADLIFT	260 Connor O'Donnell 02/11/2019	280.5 Josh Pearson 02/11/2019	333.5 Kieran Gray 02/11/2019	370.5 Dave Richardson 19/10/2019	340 Nick Clarke 27/10/2019	320 Colin Wright 11/03/2017	235 Mike Claydon 07/07/2012	195.5 Trevor Walker 27/05/2018	Standard
TOTAL	625 Connor O'Donnell 02/11/2019	702.5 Jack Johnson 29/10/2016	865 Kieran Gray 10/06/2019	920 Tony Cliffe 15/06/2019	810 Nick Clarke 27/10/2019	777.5 Colin Wright 11/03/2017	610 Mike Claydon 07/07/2012	485 Chris Gladding 10/02/2013	Standard
BENCH (A/C)	150 Craig Williams 17/09/2011	185 Jack Johnson 07/03/2016	217.5 Kieran Gray 10/06/2019	242.5 Tony Cliffe 15/06/2019	222.5 Andrew Rigby 09/03/2013	222.5 Andrew Rigby 09/03/2013	170.5 Allan Hulme 08/06/2017	155 Tom Collins 16/05/2018	Standard

120kg+	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	240 Ray Bowring 25/11/2018	305 Ray Bowring 01/12/2019	403 Luke Richardson 28/11/2018	403 Luke Richardson 28/11/2018	310 Adam Berry 27/10/2019	275 Andy Rodney 16/06/2017	247.5 Nigel Haigh 12/03/2020	172.5 Standard	Standard
BENCH PRESS	130 Ray Bowring 25/11/2018	160.5 Ray Bowring 02/11/2019	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	152.5 Standard	117.5 Standard	Standard
DEADLIFT	220 Ray Bowring 13/10/2018	285.5 Ray Bowring 02/11/2019	385 Luke Richardson 28/11/2018	385 Luke Richardson 28/11/2018	313 Ricky Mullan 27/10/2019	291 Frank O'Donnell 27/10/2019	245 Peter Ratcliffe 20/03/2016	187.5 Standard	Standard
TOTAL	590 Ray Bowring 25/11/2018	748.5 Ray Bowring 02/11/2019	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	600 Peter Ratcliffe 20/03/2016	430 Standard	Standard
BENCH (A/C)	130 Ray Bowring 25/11/2018	170 Graham Mellor 11/11/2012	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	155 John Maguire 15/10/2016	117.5 Standard	Standard

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