British SO Records

updated: 04/03/2026

Male Classic	59	66	74	83	93	105	120	120+
SQUAT	110 Daniel McGauley 30/11/2022	Standard	Standard	Standard	Standard	Standard	Standard	Standard
BENCH PRESS	77.5 Daniel McGauley 30/11/2022	Standard	Standard	Standard	Standard	Standard	Standard	Standard
DEADLIFT	100 Daniel McGauley 30/11/2022	Standard	Standard	Standard	Standard	Standard	Standard	Standard
TOTAL	287.5 Daniel McGauley 30/11/2022	Standard	Standard	Standard	Standard	Standard	Standard	Standard
BENCH (A/C)	85 Daniel McGauley 19/02/2022	Standard	Standard	Standard	Standard	Standard	Standard	Standard

Male Equipped	59	66	74	83	93	105	120	120+
SQUAT	125 Daniel McGauley 15/11/2024	80 Harry Hogan 29/04/2023	Standard	Standard	Standard	Standard	Standard	Standard
BENCH PRESS	92.5 Daniel McGauley 25/01/2026	45 Harry Hogan 29/04/2023	Standard	Standard	Standard	Standard	Standard	Standard
DEADLIFT	122.5 Daniel McGauley 15/11/2024	110 Harry Hogan 29/04/2023	Standard	Standard	Standard	Standard	Standard	Standard
TOTAL	337.5 Daniel McGauley 15/11/2024	235 Harry Hogan 29/04/2023	Standard	Standard	Standard	Standard	Standard	Standard
BENCH (A/C)	95 Daniel McGauley 11/08/2024	45 Harry Hogan 29/04/2023	Standard	Standard	Standard	Standard	Standard	Standard