



# British University Records

updated: 04/03/2026

Male	59	66	74	83	93	105	120	120+
<b>SQUAT</b>	193 Benedict Grant 02/04/2022	215 Benedict Grant 02/04/2023	260 Brandon Teh 18/07/2025	280.5 Manson Adagu 02/11/2023	293.5 Euan Macrae 01/02/2025	305.5 Daniel Rajis 20/04/2025	341 Joshua Ngoka 20/04/2025	340 Joshua Ngoka 28/04/2024
<b>BENCH PRESS</b>	130 Leonard Lai 19/04/2025	157 Pascal Skannavis 26/04/2024	180.5 Scott Walton 19/04/2025	193 Harrison Sparks 03/04/2022	216 Jack Taylor 04/04/2022	221.5 Tim Li 20/04/2025	195.5 Joshua Ngoka 20/04/2025	205 David Oyadah 20/04/2025
<b>DEADLIFT</b>	220 Christopher Rattray 24/03/2018	262.5 Joshua Cheung 27/01/2024	300 Renzo Binas 19/04/2025	317.5 Chinedum Okolo 25/07/2024	345 Adedapo Ojewale 04/04/2022	345 Jamie Jonathan Foord 03/11/2023	361 Joshua Ngoka 20/04/2025	340 Joshua Ngoka 28/04/2024
<b>TOTAL</b>	525.5 Benedict Grant 02/04/2022	600 Joshua Cheung 27/01/2024	710 Brandon Teh 18/07/2025	758 Manson Adagu 02/11/2023	790 Adedapo Ojewale 04/04/2022	828 Jamie Jonathan Foord 03/11/2023	897.5 Joshua Ngoka 20/04/2025	882.5 Joshua Ngoka 28/04/2024