

British Records - Male Equipped

updated: 23/11/2026

-53kg

	U18	U23
SQUAT	135 Sam Pile 26/02/2011	212.5 Standard
BENCH PRESS	85 Matthew Scanlan 11/12/2021	107.5 Standard
DEADLIFT	180 Faiyaz Moolji 02/11/2019	215 Standard
TOTAL	380 Faiyaz Moolji 02/11/2019	465 Standard
BENCH (A/C)	85 Matthew Scanlan 11/12/2021	107.5 Standard

-59kg

	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	200.5 Vincent Choi 15/07/2023	227.5 Standard	250 Pat Constantine 08/05/2012	250 Pat Constantine 08/05/2012	180 Standard	175 John Maxwell 07/05/2026	122.5 Barry Lilley 03/06/2023	105 Ted Brown 16/04/2011	60 Ted Brown 24/07/2021
BENCH PRESS	115 Kai Gajewiak 10/06/2018	132.5 Standard	140 Pat Constantine 30/10/2012	140 Pat Constantine 30/10/2012	125 John Maxwell 07/05/2026	125 John Maxwell 07/05/2026	85 Ted Brown 16/04/2011	85 Ted Brown 16/04/2011	65 Ted Brown 24/07/2021
DEADLIFT	215 Vincent Choi 16/09/2023	250 Ishtyaq Nabi 24/10/2021	262.5 Ishtyaq Nabi 04/12/2023	235 Pat Constantine 08/05/2012	202.5 Standard	192.5 Henry Chay 18/06/2022	185.5 Ted Byrne 24/07/2021	145 Ted Brown 16/04/2011	100 Ted Brown 24/07/2021
TOTAL	510.5 Vincent Choi 15/07/2023	560 Standard	617.5 Pat Constantine 08/05/2012	617.5 Pat Constantine 08/05/2012	485 John Maxwell 07/05/2026	485 John Maxwell 07/05/2026	365.5 Ted Byrne 24/07/2021	335 Ted Brown 16/04/2011	225 Ted Brown 24/07/2021
BENCH (A/C)	115 Kai Gajewiak 10/06/2018	132.5 Standard	160 Aaron Gideon 25/05/2011	140 Pat Constantine 30/10/2012	125 John Maxwell 07/05/2026	125 John Maxwell 07/05/2026	85 Ted Brown 16/04/2011	85 Ted Brown 16/04/2011	72.5 Ted Brown 23/02/2020

-66kg

	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	230 Daniel Sherman 25/02/2017	242.5 Standard	277.5 Standard	242.5 Bernard McGurk 07/07/2023	242.5 Bernard McGurk 07/07/2023	185 Standard	160 Michael James 18/01/2020	Standard	Standard
BENCH PRESS	142.5 Dorje Weston 29/08/2023	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 Mick James 19/01/2019	Standard	Standard
DEADLIFT	253 Daniel Sherman 25/02/2017	257 Daniel Sherman 13/10/2018	281 Kibria Ali 10/08/2023	278 Bernard McGurk 07/07/2022	278 Bernard McGurk 07/07/2022	205.5 Ted Byrne 08/03/2015	190 Michael James 18/01/2020	Standard	Standard
TOTAL	585 Gregory Pearson 25/02/2023	628 Steven Tyers 22/04/2012	680 Standard	645.5 Bernard McGurk 07/07/2022	645.5 Bernard McGurk 07/07/2022	485 Standard	457.5 Michael James 18/01/2020	Standard	Standard
BENCH (A/C)	142.5 Dorje Weston 29/08/2023	175 Tom Senior 30/05/2026	186 Aaron Gideon 05/04/2025	186 Aaron Gideon 05/04/2025	150 John Maxwell 20/01/2018	120 Standard	110 Mick James 19/01/2019	Standard	Standard

-74kg

	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	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	290.5 Phil Richard 03/10/2021	230 Allen Ottolangui 19/01/2025	180 Standard	85 Dessie Scott 25/09/2021	Standard
BENCH PRESS	160 Jared Syed 20/05/2015	205 Sunil Chahal 12/04/2015	218 Phil Richard 24/10/2015	218 Phil Richard 24/10/2015	190.5 Phil Richard 03/10/2021	165 Steve Walker 27/02/2016	120 Alex Lee 01/02/2013	60 Dessie Scott 25/09/2021	Standard
DEADLIFT	253.5 Gregory Pearson 23/07/2023	308 Ade Omisakin 05/12/2021	308 Ade Omisakin 05/12/2021	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	120 Dessie Scott 25/09/2021	Standard
TOTAL	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	731 Phil Richard 03/10/2021	627.5 Steve Walker 27/02/2016	462.5 Ernie Parkes 06/06/2018	265 Dessie Scott 25/09/2021	Standard
BENCH (A/C)	162.5 Jared Syed 07/02/2015	205 Sunil Chahal 12/04/2015	220 Emmanuel Franklin 24/05/2019	218 Phil Richard 24/10/2015	190.5 Phil Richard 03/10/2021	165.5 Cliff Haynes 19/01/2020	145 Alex Lee 18/01/2014	60 Dessie Scott 25/09/2021	Standard

-83kg

	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	320 Gregory Pearson 03/08/2024	320 Gregory Pearson 03/08/2024	342.5 Rob Palmer 09/05/2013	335 Rob Palmer 06/05/2022	280 Balwinder Singh 08/10/2011	247.5 Willie Lincoln 16/12/2011	187.5 Standard	90 Dessie Scott 03/06/2023	Standard
BENCH PRESS	220 Gregory Pearson 03/08/2024	247.5 Owen Hubbard 29/11/2014	247.5 Owen Hubbard 29/11/2014	240 Rob Palmer 23/09/2022	191 Shaun Haynes 19/01/2024	165 Willie Lincoln 06/07/2011	112.5 Alan Twigg 20/01/2019	65 Dessie Scott 11/12/2021	Standard
DEADLIFT	300 Gregory Pearson 03/08/2024	335 Joey Awala 14/10/2023	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	130 Dessie Scott 11/12/2021	Standard
TOTAL	840 Gregory Pearson 03/08/2024	840 Gregory Pearson 03/08/2024	872.5 Rob Palmer 08/05/2013	860 Rob Palmer 06/05/2022	680 Shaun Haynes 25/02/2024	647.5 Willie Lincoln 16/12/2011	512.5 Mick Amey 03/07/2019	275 Dessie Scott 11/12/2021	Standard
BENCH (A/C)	220 Gregory Pearson 03/08/2024	247.5 Owen Hubbard 29/11/2014	247.5 Owen Hubbard 29/11/2014	240 Rob Palmer 23/09/2022	191 Shaun Haynes 19/01/2025	175 Stuart Peskett 29/05/2026	154 Alex Lee 16/10/2014	65 Dessie Scott 11/12/2021	Standard

-93kg

	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	307.5 Gregory Pearson 22/06/2024	325 Sion Hughes 19/11/2014	372.5 Rob Palmer 03/10/2021	362.5 Rob Palmer 18/01/2025	300 Jaswinder Singh 16/03/2014	283 Kevin Jane 16/03/2014	255 Kevin Jane 23/01/2022	Standard	Standard
BENCH PRESS	212.5 Gregory Pearson 22/06/2024	216 Jack Taylor 04/04/2022	297.5 Mathew Hallett 12/11/2026	255 Rob Palmer 23/01/2022	205 Steven Cumming 16/08/2014	172.5 Kevin Jane 02/12/2012	157.5 Kevin Jane 27/06/2021	Standard	Standard
DEADLIFT	310 Jack Hopkins 28/09/2021	343 James Adcock 14/05/2022	360 Christian Ayandokun 02/12/2022	330 Dave Carter 12/02/2011	325 Dave Carter 23/11/2013	290.5 David Carter 19/01/2025	250 Kevin Jane 27/06/2021	Standard	Standard
TOTAL	820 Gregory Pearson 22/06/2024	830 Stephen Manuel 31/07/2011	935 Rob Palmer 03/10/2021	912.5 Rob Palmer 18/01/2025	757.5 Jaswinder Singh 16/03/2014	737.5 Kevin Jane 02/12/2012	652.5 Kevin Jane 27/06/2021	Standard	Standard
BENCH (A/C)	212.5 Gregory Pearson 22/06/2024	240.5 Adam McAlpine 20/07/2024	305 Mathew Hallett 31/05/2026	260 James Jeffries 19/02/2012	210 Jason Talbot 22/06/2019	200 David Williams 20/04/2016	157.5 Kevin Jane 27/06/2021	Standard	Standard

-105kg

	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	292.5 Fabian Costea 20/08/2026	340 John Hamson 22/06/2013	375 Jack Johnson 25/01/2026	345 Dean Bowring 13/05/2017	330 Russ Kirby 27/06/2021	280 Jaswinder Singh 24/02/2024	205 Standard	Standard	Standard
BENCH PRESS	195.5 Kirill Sakharov 01/12/2019	235 John Hamson 11/04/2013	255 Jack Johnson 25/01/2026	250 Dean Bowring 06/07/2018	202.5 Arthur Cowley 24/03/2012	175 Standard	137.5 Standard	Standard	Standard
DEADLIFT	315 Jenson Daubrah-Scott 05/10/2024	345 Jamie Jonathan Foord 03/11/2023	373 Sanchez Dillon 09/09/2023	367.5 Samuel Watt 13/03/2022	367.5 Samuel Watt 13/03/2022	260 Jaswinder Singh 24/02/2024	231 John Gavin Walker 21/08/2011	Standard	Standard
TOTAL	772.5 Fabian Costea 20/08/2026	900 John Hamson 24/11/2013	1000 Jack Johnson 25/01/2026	910 Dean Bowring 13/05/2017	887.5 Samuel Watt 13/03/2022	695 Jaswinder Singh 24/02/2024	537 John Gavin Walker 21/08/2011	Standard	Standard
BENCH (A/C)	195.5 Kirill Sakharov 01/12/2019	235 John Hamson 11/04/2013	285.5 Michael Gibson 09/08/2025	282.5 Andy Champ 11/08/2024	230 Martin Green 30/05/2026	227.5 Andrew Rigby 31/05/2024	193.5 Tom Collins 23/01/2016	Standard	Standard

-120kg

	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	300 Jack Johnson 02/09/2016	357.5 Harvey Robinson 17/11/2018	410 Tony Cliffe 27/06/2021	400 Dean Bowring 17/08/2014	320 Stuart Murray 03/10/2012	252.5 David Turner 16/03/2014	215 Standard	Standard	Standard
BENCH PRESS	245 Jack Johnson 02/09/2016	287.5 Jack Johnson 20/01/2018	320 Tony Cliffe 13/11/2021	315 Tony Cliffe 15/11/2025	280 Scott Simon 15/11/2024	185 Standard	142.5 Chris Gladding 18/01/2014	Standard	Standard
DEADLIFT	300 Jack Johnson 02/09/2016	350 Harvey Robinson 18/11/2018	395.5 Inderraj Dhillon 08/12/2023	355 Dean Bowring 29/11/2014	320 Colin Wright 11/03/2017	262.5 Steven Lambert 29/05/2022	212.5 Standard	Standard	Standard
TOTAL	845 Jack Johnson 02/09/2016	980 Harvey Robinson 17/11/2018	1095 Tony Cliffe 13/11/2021	1050 Tony Cliffe 15/11/2025	890 Scott Simon 14/12/2024	662.5 Standard	542.5 Standard	Standard	Standard
BENCH (A/C)	245 Jack Johnson 02/09/2016	287.5 Jack Johnson 20/01/2018	340.5 Keelum Walton 18/01/2025	315 Tony Cliffe 15/11/2025	280 Scott Simon 15/11/2024	232.5 Andrew Rigby 04/10/2024	155 Chris Gladding 07/02/2015	95 Chris Gladding 13/06/2021	Standard

120kg+

	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	380 Ray Bowring 19/01/2020	455 Ray Bowring 03/08/2024	505 Ray Bowring 15/11/2026	382.5 Dean Bowring 12/08/2023	305 Dean Bowring 24/02/2024	260 Standard	225 Standard	Standard	Standard
BENCH PRESS	200 Ray Bowring 19/01/2020	305 Ray Bowring 03/08/2024	361.5 Ray Bowring 18/09/2026	300 Craig Coggle 25/01/2026	235 Dean Bowring 24/02/2024	228 Phil Frost 25/01/2026	152.5 Standard	Standard	Standard
DEADLIFT	330.5 Joshua Ngoka 12/10/2023	385 Luke Richardson 28/11/2018	385 Luke Richardson 28/11/2018	342.5 Dean Bowring 12/08/2023	325 Dean Bowring 24/02/2024	280 Frank O Donnel 25/07/2021	215 Standard	Standard	Standard
TOTAL	870 Ray Bowring 19/01/2020	1127.5 Ray Bowring 03/08/2024	1235 Ray Bowring 15/11/2026	980 Dean Bowring 12/08/2023	865 Dean Bowring 24/02/2024	707.5 Phil Frost 06/07/2022	560 Standard	Standard	Standard
BENCH (A/C)	240 Graham Mellor 18/10/2012	305 Ray Bowring 03/08/2024	361.5 Ray Bowring 18/09/2026	300 Craig Coggle 25/01/2026	270.5 Darren Ball 04/04/2026	237.5 Phil Frost 01/06/2024	152.5 Standard	Standard	Standard

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