



Under 18		SQUAT	Weight	Date	BENCH	Weight	Date	DEADLIFT	Weight	Date	TOTAL	Weight	Date	Bench (A/C)	Weight	Date
Class																
53kg	Harvey Chester	87.5	13/03/22	Connor Clayton	57.5	02/12/17	Harvey Chester	115	13/03/22	Harvey Chester	250	13/03/22	Connor Clayton	57.5	02/12/17	
59kg	Louis Short	137.5	15/12/19	Kai Gajewiak	110	01/04/17	Louis Short	160	15/12/19	Kai Gajewiak	395	01/04/17	Kai Gajewiak	110	01/04/17	
66kg	Jack Suljevic	175	14/12/14	Edward Kimber	135	19/12/21	Jack Suljevic	220	14/12/14	Jack Suljevic	495	14/12/14	Edward Kimber	135	19/12/21	
74kg	Luke Wilson	200	21/10/17	Luke Wilson	130	21/10/17	Sam Kuti	227.5	12/03/17	Luke Wilson	547.5	01/04/17	Luke Wilson	130	21/10/17	
83kg	Jack Hopkins	212.5	03/11/19	Jack Hopkins	140	18/08/19	Jack Hopkins	245	03/11/19	Jack Hopkins	597.5	03/11/19	Jack Hopkins	140	18/08/19	
93kg	Jack Hopkins	272.5	19/12/21	Luke Tolman	190.5	02/12/17	Jack Hopkins	318	19/12/21	Jack Hopkins	768	19/12/21	Luke Tolman	190.5	02/12/17	
105kg	Drew Brooks	207.5	13/03/22	Louis Parry	120.5	27/03/22	Louis Parry	245	27/03/22	Louis Parry	548	27/03/22	Louis Parry	120.5	27/03/22	
120kg	Ben Rant	217.5	22/05/16	Ben Rant	142.5	22/05/16	Ben Rant	250	22/05/16	Ben Rant	610	22/05/16	Ben Rant	142.5	22/05/16	
120kg+	Ben Rant	250	11/12/16	Ben Rant	157.5	29/10/16	Ben Rant	260	29/10/16	Ben Rant	660	29/10/16	Ben Rant	157.5	29/10/16	

Under 23		SQUAT	Weight	Date	BENCH	Weight	Date	DEADLIFT	Weight	Date	TOTAL	Weight	Date	Bench (A/C)	Weight	Date
Class																
53kg	Harvey Chester	87.5	13/03/22	Connor Clayton	57.5	02/12/17	Harvey Chester	115	13/03/22	Harvey Chester	250	13/03/22	Connor Clayton	57.5	02/12/17	
59kg	Benedict Grant	180	27/11/21	Benedict Grant	115	27/11/21	Faiad Sharif	190	27/11/21	Benedict Grant	480	27/11/21	Benedict Grant	115	27/11/21	
66kg	Steve Tyers	222.5	22/04/12	Steve Tyers	155	22/04/12	Steve Tyers	250.5	22/04/12	Steve Tyers	627.5	22/04/12	Steve Tyers	155	22/04/12	
74kg	Luke Wilson	245.5	06/09/19	Corey Wiggins	142.5	13/10/18	Hani Tabbara	260	22/10/21	Luke Wilson	630	31/10/19	Corey Wiggins	142.5	13/10/18	
83kg	Alistair Cannings	300	22/07/14	Alistair Cannings	190	22/07/14	Aymen Alhassan	292.5	12/07/18	Alistair Cannings	750	22/07/14	Alistair Cannings	190	22/07/14	
93kg	Jack Hopkins	272.5	19/12/21	Luke Tolman	190.5	02/12/17	Jack Hopkins	318	19/12/21	Jack Hopkins	768	19/12/21	Luke Tolman	190.5	02/12/17	
105kg	Lewis Bennett	277.5	22/10/21	Lewis Bennett	192.5	22/10/21	Matthew Deacon-Smith	310	17/04/16	Lewis Bennett	750	22/10/21	Lewis Bennett	192.5	22/10/21	
120kg	Elliot Leadbeater	260	13/04/19	Tommy Bebb	177.5	17/04/16	Elliot Leadbeater	290	13/04/19	Elliot Leadbeater	715	13/04/19	Tommy Bebb	177.5	17/04/16	
120kg+	Ben Rant	317.5	14/10/18	Shane Flowers	202.5	17/09/17	Shane Flowers	305	17/09/17	Shane Flowers	800	17/09/17	Shane Flowers	202.5	17/09/17	

Senior		SQUAT	Weight	Date	BENCH	Weight	Date	DEADLIFT	Weight	Date	TOTAL	Weight	Date	Bench (A/C)	Weight	Date
Class																
59kg	Benedict Grant	180	27/11/21	Benedict Grant	115	27/11/21	Shaun Bateman	190	06/04/19	Benedict Grant	480	27/11/21	Benedict Grant	115	27/11/21	
66kg	Steve Tyers	222.5	22/04/12	Steve Tyers	155	22/04/12	Steve Tyers	250.5	22/04/12	Steve Tyers	627.5	22/04/12	Steve Tyers	155	22/04/12	
74kg	Luke Wilson	245.5	06/09/19	Christian Ayandokun	152.5	01/09/18	Christian Ayandokun	275	01/09/18	Christian Ayandokun	655	01/09/18	Christian Ayandokun	152.5	01/09/18	
83kg	Alistair Cannings	300	22/07/14	Alistair Cannings	190	22/07/14	Christian Ayandokun	317.5	06/12/19	Alistair Cannings	750	22/07/14	Dave Williams	195	19/10/14	
93kg	Matt Watson	287.5	11/05/18	Matt Watson	197.5	20/01/18	Francis Ojemere	325	05/12/21	Jack Hopkins	768	19/12/21	Matt Watson	197.5	20/01/18	
105kg	Louis Phelps	312.5	06/10/19	Adam Chaplin	200	10/05/13	Matthew Deacon-Smith	310	17/04/16	Robert Hutton	752.5	19/01/20	Adam Chaplin	200	10/05/13	
120kg	Iain MacConnachie	315	17/04/16	Adam Chaplin	240	13/04/14	Adam Chaplin	300	13/04/14	Adam Chaplin	820	13/04/14	Adam Chaplin	240	13/04/14	
120kg+	Adam Nash	390	22/04/12	Adam Nash	300	22/04/12	James Hetherington	335	04/07/21	Adam Nash	1010	22/04/12	Adam Nash	300	22/04/12	

Masters 1		SQUAT	Weight	Date	BENCH	Weight	Date	DEADLIFT	Weight	Date	TOTAL	Weight	Date	Bench (A/C)	Weight	Date
Class																
59kg	Shaun Bateman	147.5	05/06/19	Shaun Bateman	107.5	06/04/19	Shaun Bateman	190	06/04/19	Shaun Bateman	442.5	06/04/19	Shaun Bateman	107.5	06/04/19	
66kg	Shaun Bateman	165	14/04/18	Shaun Bateman	120	27/05/17	Shaun Bateman	200	14/04/18	Shaun Bateman	480	14/04/18	Shaun Bateman	120	27/05/17	
74kg	Gary Prater	180	22/04/12	Martin Smith	142.5	09/03/18	Martin Smith	237.5	09/03/18	Martin Smith	560	09/03/18	Martin Smith	142.5	09/03/18	
83kg	Matthew Rowe	210	07/03/15	Matthew Rowe	137.5	07/03/15	Matthew Rowe	255	07/03/15	Matthew Rowe	602.5	07/03/15	Dave Williams	195	19/10/14	
93kg	Wayne Collins	171	16/10/16	John O'Riordan	150.5	27/05/17	John O'Riordan	211	02/04/17	John O'Riordan	528.5	02/04/17	John O'Riordan	152.5	18/04/17	
105kg	Christopher Lynn	240	27/03/22	Matt Knight	177.5	14/03/20	Matt Knight	292.5	14/03/20	Matt Knight	707.5	14/03/20	Matt Knight	177.5	14/03/20	
120kg	Matt Knight	237.5	27/10/19	Matt Knight	182.5	27/10/19	Matt Knight	285	27/10/19	Matt Knight	705	27/10/19	Matt Knight	182.5	27/10/19	
120kg+	Mark Townend	250	02/06/19	Mark Townend	175	02/06/19	Mark Townend	260	02/06/19	Mark Townend	685	02/06/19	Mark Townend	175	02/06/19	

Masters 2		SQUAT	Weight	Date	BENCH	Weight	Date	DEADLIFT	Weight	Date	TOTAL	Weight	Date	Bench (A/C)	Weight	Date
Class																
59kg	Shaun Bateman	147.5	05/06/19	Shaun Bateman	107.5	06/04/19	Shaun Bateman	190	06/04/19	Shaun Bateman	442.5	06/04/19	Shaun Bateman	107.5	06/04/19	
66kg	Shaun Bateman	165	14/04/18	Shaun Bateman	120	27/05/17	Shaun Bateman	200	14/04/18	Shaun Bateman	480	14/04/18	Shaun Bateman	120	27/05/17	
74kg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
83kg	Paul Coke	180	16/04/16	Richard Wheeler	127.5	17/11/19	Paul Coke	250	19/04/15	Paul Coke	530	19/04/15	Dave Williams	195	19/10/14	
93kg	John O'Riordan	171.5	15/10/17	John O'Riordan	150.5	27/05/17	John O'Riordan	211.5	15/10/17	John O'Riordan	528.5	02/04/17	John O'Riordan	152.5	18/04/17	
105kg	Christopher Lynn	240	27/03/22	Christopher Lynn	132.5	27/03/22	Christopher Lynn	272.5	27/03/22	Christopher Lynn	645	27/03/22	Christopher Lynn	132.5	27/03/22	
120kg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
120kg+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Masters 3		SQUAT	Weight	Date	BENCH	Weight	Date	DEADLIFT	Weight	Date	TOTAL	Weight	Date	Bench (A/C)	Weight	Date
Class																
59kg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
66kg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
74kg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
83kg	Phil Burge	120	18/09/21	Phil Burge	92.5	18/09/21	Phil Burge	200	18/09/21	Phil Burge	412.5	18/09/21	Dave Williams	195	19/10/14	
93kg	-	-	-	-	-	-	-	-	-	-	-	-	Tom Cox	110	15/04/18	
105kg	-	-	-	-	-	-	-	-	-	-	-	-	Ricky Ransome	115	05/12/21	
120kg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
120kg+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	

\*Please note that the Bench Press (A/C) records can be broken at either single lift competitions or full powerlifting competitions.