



Records - Men Classic

	u53Kg	u16	u18	u23
SQUAT				
BENCH PRESS				
DEADLIFT				
TOTAL				
BENCH (A/C)				

	u16	u18	u23	Open	M1	M2	M3
SQUAT	Ryddian Glyn Rees 157.5 26/11/2017	Jordan Walters 230 03/12/2016	Sion Hughes 300 27/11/2017	Sion Hughes 300 27/11/2017			
BENCH PRESS	Ryddian Glyn Rees 112.5 26/11/2017	Jordan Walters 130 03/12/2016	Sion Hughes 172.5 27/11/2017	Sion Hughes 172.5 27/11/2017			
DEADLIFT	Ben Harvey 183 30/10/2021	Jordan Walters 242.5 03/12/2016	Sion Hughes 315 27/11/2017	Sion Hughes 315 27/11/2017			
TOTAL	Ryddian Glyn Rees 450 26/11/2017	Jordan Walters 602.5 03/12/2016	Sion Hughes 787.5 27/11/2017	Sion Hughes 787.5 27/11/2017			
BENCH (A/C)	Ryddian Glyn Rees 112.5 26/11/2017	Jordan Walters 130 03/12/2016	Sion Hughes 172.5 27/11/2017	Sion Hughes 172.5 27/11/2017			Stewart James 120 13/12/2015

	u16	u18	u23	Open	M1	M2	M3
SQUAT		Jordan Dodd 125 15/12/2018	Dan Weeks 135 14/04/2018				
BENCH PRESS		Dan Weeks 75 17/12/2017	Craig Joyce 80 23/07/2017				
DEADLIFT		Dan Weeks 160 17/12/2017	Dan Weeks 175 14/04/2018				
TOTAL		Dan Weeks 352.5 17/12/2017	Dan Weeks 390 14/04/2018				
BENCH (A/C)		Dan Weeks 75 17/12/2017	Craig Joyce 80 23/07/2017				

	u16	u18	u23	Open	M1	M2	M3
SQUAT	Ryddian Glyn Rees 210 28/07/2018	Tommy Roberts 255 13/10/2018	Jordan Walters 292.5 28/07/2018	Tom Driver 320 30/10/2021	Philip Hillman 210 07/12/2019	David Glendower 110 27/04/2019	
BENCH PRESS	Ryddian Glyn Rees 132.5 28/07/2018	Tommy Roberts 170 15/12/2018	Justin Noble 180 17/11/2018	Luke George 190 24/07/2021	Russell Glascock 155 13/12/2015	David Glendower 77.5 27/04/2019	
DEADLIFT	Ryddian Glyn Rees 210 28/07/2018	Tommy Roberts 270 15/12/2018	Josh Edwards 320 13/3/2017	Josh Edwards 341 02/09/2018	Shaun Buck 290 07/12/2019	David Glendower 130 27/04/2019	
TOTAL	Ryddian Glyn Rees 552.5 28/07/2018	Tommy Roberts 690 15/12/2018	Albin Sunny 740 27/04/2019	Tom Driver 785 30/10/2021	Shaun Buck 632.5 07/12/2019	David Glendower 317.5 27/04/2019	
BENCH (A/C)	Ryddian Glyn Rees 132.5 28/07/2018	Tommy Roberts 170 15/12/2018	Josh Edwards 162.5 27/11/2017	Luke George 190 24/07/2021	Russell Glascock 155 13/12/2015	Chris Warren 125 13/12/2015	Stewart James 117.5 02/08/2015

	u16	u18	u23	Open	M1	M2	M3
SQUAT			Keiran Carter 167.5 30/10/2021	Mari Mallon Lo Barbosa 190 13/07/2019			
BENCH PRESS			Charlie Jones 130 30/10/2021	Charlie Jones 130 30/10/2021			
DEADLIFT			Lloyd Taylor 207.5 23/07/2017	Jacob Downes 235 14/12/2019			
TOTAL			Charlie Jones 495 30/10/2021	Jacob Downes 542.5 14/12/2019			
BENCH (A/C)			Charlie Jones 130 30/10/2021	Charlie Jones 130 30/10/2021			

	u16	u18	u23	Open	M1	M2	M3
SQUAT		Jack Sadler 170 31/10/2015	Ashley Butler 300 22/10/2021	Joseph Walton 325 08/12/2019	Dylan Davies 240 03/07/2017	David Breed 152.5 30/10/2021	
BENCH PRESS		Jack Sadler 115 31/10/2015	Ashley Butler 200 22/10/2021	Joseph Walton 190 27/04/2019	Dylan Davies 150 13/12/2015	David Breed 122.5 30/10/2021	
DEADLIFT		Jack Sadler 192.5 31/10/2015	Ashley Butler 315 22/10/2021	Josh Edwards 337.5 28/07/2018	Dylan Davies 240 13/12/2015	David Breed 210 30/10/2021	
TOTAL		Jack Sadler 477.5 31/10/2015	Ashley Butler 815 22/10/2021	Joseph Walton 830 08/12/2019	Dylan Davies 630 03/07/2016	David Breed 485 30/10/2021	
BENCH (A/C)		Jack Sadler 125 13/12/2015	Ashley Butler 200 22/10/2021	Joseph Walton 190 27/04/2019	Dylan Davies 150 13/12/2015	Chris Warren 125 02/08/2015	

	u16	u18	u23	Open	M1	M2	M3
SQUAT	Joshua James 160 27/04/2019	Hasnain Ikram 186 31/10/2015	Hasnain Ikram 205 03/07/2016	Owen Hubbard 242.5 18/02/2017	Phil Richard 240 27/04/2014	Phil Richard 215 25/07/2021	
BENCH PRESS	Joshua James 110 27/04/2019	Hasnain Ikram 120 31/10/2015	Angus Coyne-Grell 130 25/07/2019	Owen Hubbard 190 18/02/2017	Phil Richard 152.5 01/02/2015	Phil Richard 136 25/07/2021	
DEADLIFT	Joshua James 200 27/04/2019	Hasnain Ikram 220 31/10/2015	Angus Coyne-Grell 247.5 23/03/2019	Owen Hubbard 267.5 18/02/2017	Phil Richard 243.5 01/02/2015	Phil Richard 230 25/07/2021	
TOTAL	Joshua James 470 27/04/2019	Hasnain Ikram 526 31/10/2015	Angus Coyne-Grell 567.5 23/03/2019	Owen Hubbard 700 18/02/2017	Phil Richard 633.5 27/04/2014	Phil Richard 581 25/07/2021	
BENCH (A/C)	Joshua James 110 27/04/2019	Hasnain Ikram 120 31/10/2015	Hasnain Ikram 127.5 03/07/2016	Owen Hubbard 190 18/02/2017	Jonathon Davies 120 13/12/2015	Phil Richard 136 25/07/2021	Malidwyn Gardner 100 02/08/2015

	u16	u18	u23	Open	M1	M2	M3
SQUAT		Jack Laughton 220 13/10/2018	Jack Sadler 190 03/07/2016	Michael Jones 330 07/12/2019	Dan Ferrett 310 23/07/2017	Bob Sadler 235 25/07/2021	
BENCH PRESS		Jack Laughton 152.5 13/10/2018	Jack Sadler 130 03/07/2016	Michael Jones 225 23/07/2017	Dan Ferrett 200 23/07/2017	Bob Sadler 150 03/08/2015	
DEADLIFT		Jack Laughton 250 28/07/2018	Jack Sadler 207.5 03/07/2016	Michael Jones 340 10/02/2016	Dan Ferrett 320 23/07/2017	Bob Sadler 250 03/08/2015	
TOTAL		Jack Laughton 620 13/10/2018	Jack Sadler 527.5 03/07/2016	Michael Jones 885 07/12/2019	Dan Ferrett 830 23/07/2017	Bob Sadler 625 03/08/2015	
BENCH (A/C)		Jack Laughton 152.5 13/10/2018	Jack Sadler 130 03/07/2016	Michael Jones 225 23/07/2017	Dan Ferrett 200 23/07/2017	Bob Sadler 152.5 13/12/2015	

	u16	u18	u23	Open	M1	M2	M3
SQUAT	Cai Read 180 24/10/2021	Joshua Morgan 182.5 24/07/2021	Owen Hubbard 270 06/06/2015	Owen Hubbard 277.5 15/06/2018	Phil Richard 240 27/04/2019	Brian Humphries 135 07/12/2019	
BENCH PRESS	Cai Read 102.5 24/10/2021	Joshua Morgan 115.5 30/10/2021	Owen Hubbard 195 21/3/2015	Owen Hubbard 218.5 06/12/2019	Phil Richard 157.5 14/04/2018	Brian Humphries 85 07/12/2019	
DEADLIFT	Cai Read 215 24/10/2021	Joshua Morgan 215.5 30/10/2021	Owen Hubbard 275 21/3/2015	Owen Hubbard 285 15/06/2018	Phil Richard 242.5 14/04/2018	Brian Humphries 160 07/12/2019	
TOTAL	Cai Read 497.5 24/10/2021	Joshua Morgan 511 30/10/2021	Owen Hubbard 745 06/06/2015	Owen Hubbard 777 15/06/2018	Phil Richard 637.5 14/04/2018	Brian Humphries 380 07/12/2019	
BENCH (A/C)	Cai Read 102.5 24/10/2021	Joshua Morgan 115.5 30/10/2021	Owen Hubbard 195 26/09/2015	Owen Hubbard 218.5 06/12/2019	Phil Richard 157.5 14/04/2018	Brian Humphries 85 07/12/2019	