



Records - Men Equipped

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

| u93Kg | u16 | u18 | u23 | Open | M1 | M2 | M3 |
|-------------|-----|-----|--------------------|---------------|----|----|----|
| SQUAT | | | Simon Watson-Smith | Adam Thomas | | | |
| | | | 215 | 242.5 | | | |
| | | | 20/01/2018 | 12/03/2016 | | | |
| BENCH PRESS | | | Simon Watson-Smith | Owen Hubbard | | | |
| | | | 135 | 195 | | | |
| | | | 28/07/2018 | 12/03/2016 | | | |
| DEADLIFT | | | Simon Watson-Smith | Owen Hubbard | | | |
| | | | 245 | 272.5 | | | |
| | | | 28/07/2018 | 12/03/2016 | | | |
| TOTAL | | | Simon Watson-Smith | Owen Hubbard | | | |
| | | | 595 | 700 | | | |
| | | | 28/07/2018 | 12/03/2016 | | | |
| BENCH (A/C) | | | Simon Watson-Smith | Thomas Morgan | | | |
| | | | 135 | 207.5 | | | |
| | | | 28/07/2018 | 27/06/2021 | | | |

| u59Kg | u16 | u18 | u23 | Open | M1 | M2 | M3 |
|-------------|-----|-----|-----|------|----|----|----|
| SQUAT | | | | | | | |
| BENCH PRESS | | | | | | | |
| DEADLIFT | | | | | | | |
| TOTAL | | | | | | | |
| BENCH (A/C) | | | | | | | |

| u105Kg | u16 | u18 | u23 | Open | M1 | M2 | M3 |
|----------|-----|-----|-----|------|----|----|----|
| SQUAT | | | | | | | |
| BENCH | | | | | | | |
| DEADLIFT | | | | | | | |
| TOTAL | | | | | | | |
| BENCH | | | | | | | |

| u66Kg | u16 | u18 | u23 | Open | M1 | M2 | M3 |
|-------------|-----|-----|-----|------|----|----|----|
| SQUAT | | | | | | | |
| BENCH PRESS | | | | | | | |
| DEADLIFT | | | | | | | |
| TOTAL | | | | | | | |
| BENCH (A/C) | | | | | | | |

| u120Kg | u16 | u18 | u23 | Open | M1 | M2 | M3 |
|-------------|-----|-----|-----------------|-----------------|--------------|----|----|
| SQUAT | | | Harvey Robnison | Harvey Robnison | Dylan Davies | | |
| | | | 357.5 | 357.5 | 260 | | |
| | | | 18/11/2018 | 18/11/2018 | 15/7/2017 | | |
| BENCH PRESS | | | Harvey Robnison | Harvey Robnison | Dylan Davies | | |
| | | | 272.5 | 272.5 | 177.5 | | |
| | | | 18/11/2018 | 18/11/2018 | 15/7/2017 | | |
| DEADLIFT | | | Harvey Robnison | Harvey Robnison | Dylan Davies | | |
| | | | 350 | 350 | 262.5 | | |
| | | | 18/11/2018 | 18/11/2018 | 15/7/2017 | | |
| TOTAL | | | Harvey Robnison | Harvey Robnison | Dylan Davies | | |
| | | | 980 | 980 | 700 | | |
| | | | 18/11/2018 | 18/11/2018 | 15/7/2017 | | |
| BENCH | | | Harvey Robnison | Harvey Robnison | Dylan Davies | | |
| | | | 272.5 | 272.5 | 177.5 | | |
| | | | 18/11/2018 | 18/11/2018 | 15/7/2017 | | |

| u74Kg | u16 | u18 | u23 | Open | M1 | M2 | M3 |
|-------------|-----|-----|-----|--------------|--------------|--------------|----|
| SQUAT | | | | Phil Richard | Phil Richard | Phil Richard | |
| | | | | 312.5 | 312.5 | 250 | |
| | | | | 16/02/2017 | 16/02/2017 | 26/06/2021 | |
| BENCH PRESS | | | | Phil Richard | Phil Richard | Phil Richard | |
| | | | | 218 | 218 | 185 | |
| | | | | 24/10/2015 | 24/10/2015 | 26/06/2021 | |
| DEADLIFT | | | | Phil Richard | Phil Richard | Phil Richard | |
| | | | | 255 | 255 | 200 | |
| | | | | 04/11/2015 | 04/11/2015 | 26/06/2021 | |
| TOTAL | | | | Phil Richard | Phil Richard | Phil Richard | |
| | | | | 777.5 | 777.5 | 635 | |
| | | | | 16/02/2017 | 16/02/2017 | 26/06/2021 | |
| BENCH (A/C) | | | | Phil Richard | Phil Richard | Phil Richard | |
| | | | | 218 | 218 | 200 | |
| | | | | 24/10/2015 | 24/10/2015 | 26/06/2021 | |

| 120+Kg | u16 | u18 | u23 | Open | M1 | M2 | M3 |
|----------|-----|-----|-----|--------------|--------------|----|----|
| SQUAT | | | | Dylan Davies | Dylan Davies | | |
| | | | | 250 | 275 | | |
| | | | | 23/04/2017 | 03/07/2019 | | |
| BENCH | | | | Dylan Davies | Dylan Davies | | |
| | | | | 195 | 200 | | |
| | | | | 19/01/2019 | 03/07/2019 | | |
| DEADLIFT | | | | Dylan Davies | Dylan Davies | | |
| | | | | 270 | 270 | | |
| | | | | 20/01/2018 | 20/01/2018 | | |
| TOTAL | | | | Dylan Davies | Dylan Davies | | |
| | | | | 705 | 735 | | |
| | | | | 19/01/2019 | 03/07/2019 | | |
| BENCH | | | | Dylan Davies | Dylan Davies | | |
| | | | | 200 | 200 | | |
| | | | | 20/01/2019 | 19/01/2019 | | |

| u83Kg | u16 | u18 | u23 | Open | M1 | M2 | M3 |
|-------------|-----|-----|---------------|--------------|--------------|----|----|
| SQUAT | | | Thomas Morgan | Phil Richard | Phil Richard | | |
| | | | 257.5 | 302.5 | 302.5 | | |
| | | | 15/09/2019 | 12/03/2016 | 12/03/2016 | | |
| BENCH PRESS | | | Thomas Morgan | Phil Richard | Phil Richard | | |
| | | | 192.5 | 215 | 215 | | |
| | | | 15/09/2019 | 12/03/2016 | 12/03/2016 | | |
| DEADLIFT | | | Thomas Morgan | Phil Richard | Phil Richard | | |
| | | | 237.5 | 255 | 255 | | |
| | | | 15/09/2019 | 07/03/2016 | 07/03/2016 | | |
| TOTAL | | | Thomas Morgan | Phil Richard | Phil Richard | | |
| | | | 687.5 | 762.5 | 762.5 | | |
| | | | 15/09/2019 | 12/03/2016 | 12/03/2016 | | |
| BENCH (A/C) | | | Thomas Morgan | Phil Richard | Phil Richard | | |
| | | | 192.5 | 215 | 215 | | |
| | | | 15/09/2019 | 12/03/2016 | 12/03/2016 | | |