



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 215 20/01/2018	Adam Thomas 242.5 12/03/2016			
BENCH PRESS			Simon Watson-Smith 135 28/07/2018	Owen Hubbard 195 12/03/2016			
DEADLIFT			Simon Watson-Smith 245 28/07/2018	Owen Hubbard 272.5 12/03/2016			
TOTAL			Simon Watson-Smith 595 28/07/2018	Owen Hubbard 700 12/03/2016			
BENCH (A/C)			Simon Watson-Smith 135 28/07/2018	Thomas Morgan 227.5 23/01/2022			

u59Kg	u16	u18	u23	Open	M1	M2	M3	M4
SQUAT								
BENCH PRESS								
DEADLIFT								
TOTAL								
BENCH (A/C)								

u105Kg	u16	u18	u23	Open	M1	M2
SQUAT						
BENCH						
DEADLIFT						
TOTAL						
BENCH						

u66Kg	u16	u18	u23	Open	M1	M2	M3	M4
SQUAT								
BENCH PRESS								
DEADLIFT								
TOTAL								
BENCH (A/C)								

u120Kg	u16	u18	u23	Open	M1	M2
SQUAT			Harvey Robinson 357.5 18/11/2018	Harvey Robinson 357.5 18/11/2018	Dylan Davies 260 15/7/2017	Dylan Davies 220 11/07/2022
BENCH PRESS			Harvey Robinson 272.5 18/11/2018	Harvey Robinson 272.5 18/11/2018	Dylan Davies 177.5 15/7/2017	Dylan Davies 165 11/07/2022
DEADLIFT			Harvey Robinson 350 18/11/2018	Harvey Robinson 350 18/11/2018	Dylan Davies 262.5 15/7/2017	Dylan Davies 260 11/07/2022
TOTAL			Harvey Robinson 980 18/11/2018	Harvey Robinson 980 18/11/2018	Dylan Davies 700 15/7/2017	Dylan Davies 645 11/07/2022
BENCH			Harvey Robinson 272.5 18/11/2018	Harvey Robinson 272.5 18/11/2018	Dylan Davies 177.5 15/7/2017	Dylan Davies 165 11/07/2022

u74Kg	u16	u18	u23	Open	M1	M2	M3	M4
SQUAT			Phil Richard 312.5 16/02/2017	Phil Richard 312.5 16/02/2017	Phil Richard 265 11/07/2022			
BENCH PRESS			Phil Richard 218 24/10/2015	Phil Richard 218 24/10/2015	Phil Richard 190 22/01/2022			
DEADLIFT			Phil Richard 255 04/11/2015	Phil Richard 255 04/11/2015	Phil Richard 225 22/01/2022			
TOTAL			Phil Richard 777.5 16/02/2017	Phil Richard 777.5 16/02/2017	Phil Richard 675 22/01/2022			
BENCH (A/C)			Phil Richard 225 22/01/2022	Phil Richard 225 22/01/2022	Phil Richard 225 22/01/2022			

120+Kg	u16	u18	u23	Open	M1	M2
SQUAT				Dylan Davies 275 03/07/2019	Dylan Davies 275 03/07/2019	Dylan Davies 230 22/01/2022
BENCH				Dylan Davies 200 03/07/2019	Dylan Davies 200 03/07/2019	Dylan Davies 160 22/01/2022
DEADLIFT				Dylan Davies 270 20/01/2018	Dylan Davies 270 20/01/2018	Dylan Davies 270 22/01/2022
TOTAL				Dylan Davies 735 03/07/2019	Dylan Davies 735 03/07/2019	Dylan Davies 660 22/01/2022
BENCH				Dylan Davies 200 03/07/2019	Dylan Davies 200 03/07/2019	Dylan Davies 160 22/01/2022

u83Kg	u16	u18	u23	Open	M1	M2	M3	M4
SQUAT			Thomas Morgan 257.5 15/09/2019	Phil Richard 302.5 12/03/2016	Phil Richard 302.5 12/03/2016			
BENCH PRESS			Thomas Morgan 192.5 15/09/2019	Phil Richard 215 12/03/2016	Phil Richard 215 12/03/2016			
DEADLIFT			Thomas Morgan 237.5 15/09/2019	Phil Richard 255 07/03/2016	Phil Richard 255 07/03/2016			
TOTAL			Thomas Morgan 687.5 15/09/2019	Phil Richard 762.5 12/03/2016	Phil Richard 762.5 12/03/2016			
BENCH (A/C)			Thomas Morgan 192.5 15/09/2019	Phil Richard 215 12/03/2016	Phil Richard 215 12/03/2016			