



Records - Men Equipped

u53Kg	u16	u18	u23	u93Kg	u16	u18	u23	Open	M1	M2	M3
SQUAT				SQUAT			Simon Watson-Smith	Adam Thomas			
BENCH PRESS				BENCH PRESS			215	242.5			
DEADLIFT				DEADLIFT			20/01/2018	12/03/2016			
TOTAL				TOTAL			Simon Watson-Smith	Owen Hubbard			
BENCH (A/C)				BENCH (A/C)			135	195			
							28/07/2018	12/03/2016			
							Simon Watson-Smith	Owen Hubbard			
							245	272.5			
							28/07/2018	12/03/2016			
							Simon Watson-Smith	Owen Hubbard			
							595	700			
							28/07/2018	12/03/2016			
							Simon Watson-Smith	Owen Hubbard			
							135	195			
							28/07/2018	12/03/2016			

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 PRESS							
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 Robinson	Harvey Robinson	Dylan Davies	
BENCH PRESS				357.5	357.5	260	
DEADLIFT				18/11/2018	18/11/2018	15/7/2017	
TOTAL				Harvey Robinson	Harvey Robinson	Dylan Davies	
BENCH				272.5	272.5	177.5	
				18/11/2018	18/11/2018	15/7/2017	
				Harvey Robinson	Harvey Robinson	Dylan Davies	
				350	350	262.5	
				18/11/2018	18/11/2018	15/7/2017	
				Harvey Robinson	Harvey Robinson	Dylan Davies	
				980	980	700	
				18/11/2018	18/11/2018	15/7/2017	
				Harvey Robinson	Harvey Robinson	Dylan Davies	
				272.5	317.5	177.5	
				18/11/2018	18/01/2020	15/7/2017	

u74Kg	u16	u18	u23	Open	M1	M2	M3
SQUAT				Phil Richard	Phil Richard		
BENCH PRESS				312.5	312.5		
DEADLIFT				16/02/2017	16/02/2017		
TOTAL				Phil Richard	Phil Richard		
BENCH (A/C)				218	218		
				24/10/2015	24/10/2015		
				Phil Richard	Phil Richard		
				255	255		
				04/11/2015	04/11/2015		
				Phil Richard	Phil Richard		
				777.5	777.5		
				16/02/2017	16/02/2017		
				Phil Richard	Phil Richard		
				218	218		
				24/10/2015	24/10/2015		

120+Kg	u16	u18	u23	Open	M1	M2	M3
SQUAT				Dylan Davies	Dylan Davies		
BENCH PRESS				250	275		
DEADLIFT				23/04/2017	03/07/2019		
TOTAL				Dylan Davies	Dylan Davies		
BENCH				195	200		
				19/01/2019	03/07/2019		
				Dylan Davies	Dylan Davies		
				270	270		
				20/01/2018	20/01/2018		
				Dylan Davies	Dylan Davies		
				705	735		
				19/01/2019	03/07/2019		
				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	
BENCH PRESS				257.5	302.5	303	
DEADLIFT				15/09/2019	12/03/2016	18/01/2020	
TOTAL				Thomas Morgan	Phil Richard	Phil Richard	
BENCH (A/C)				192.5	215	215	
				15/09/2019	12/03/2016	12/03/2016	
				Thomas Morgan	Phil Richard	Phil Richard	
				237.5	255	255	
				15/09/2019	07/03/2016	07/03/2016	
				Thomas Morgan	Phil Richard	Phil Richard	
				687.5	762.5	762.5	
				15/09/2019	12/03/2016	12/03/2016	
				Thomas Morgan	Phil Richard	Phil Richard	
				192.5	215	215	
				15/09/2019	12/03/2016	12/03/2016	