

British Powerlifting Organisation

BPO

British Powerlifting

Mens Records

Last Updated: 06 December 2009



Order Of Records

Teenage 15-19

Junior 20-23

Open

Master 40-44

Master 45-49

Master 50-54

Master 55-59

Master 60-64

Master 65-69

Master 70-74

Master 75-79

Master 80+

BPO British Powerlifting Records - Men's					
Teenage 15-19					
Class	Discipline	Kg	Name	Country	Date
56kg	Squat	107.5	Hough Jamie		18.04.09
	Benchpress	52.5	Hough Jamie		18.04.09
	Deadlift	120	Hough Jamie		18.04.09
	Total	272.5	Hough Jamie		18.04.09
60kg	Squat	145	Jones, Adam		24.11.06
	Benchpress	90	Jones, Adam		24.11.06
	Deadlift	157.5	Jones, Adam		24.11.06
	Total	392.5	Jones, Adam		24.11.06
67.5kg	Squat	195	Gumm P		
	Benchpress	140	Gumm P		
	Deadlift	210	Gumm P		
	Total	565	Marsden I		
75kg	Squat	185	Aredern C		
	Benchpress	120	Aredern C		
	Deadlift	216	Nicholas, Kyle		01.12.07
	Total	505	Aredern C		
82.5kg	Squat	245	Jones C		
	Benchpress	175	Jones C		
	Deadlift	270	Jones C		
	Total	670	Jones C		
90kg	Squat	280	Chester P		
	Benchpress	175	Chester P		
	Deadlift	280	Chester P		
	Total	735	Chester P		
100kg	Squat	275	Hill, Josh		24.11.06
	Benchpress	200	Hill, Josh		24.11.06
	Deadlift	285	Hill, Josh		24.11.06
	Total	760	Hill, Josh		24.11.06
110kg	Squat	230	APGwyn O		14.11.03
	Benchpress	150	APGwyn O		14.11.03
	Deadlift	280	APGwyn O		14.11.03
	Total	660	APGwyn O		14.11.03
125kg	Squat				
	Benchpress				
	Deadlift				
	Total				
140kg	Squat				
	Benchpress				
	Deadlift				
	Total				
140kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Men's					
Junior 20-23					
Class	Lift	Kg	Name	Country	Date
56kg	Squat	85	Buckle G		
	Benchpress	40	Buckle G		
	Deadlift	100	Buckle G		
	Total	205	Buckle G		
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat	205	Gumm P		
	Benchpress	115	Gayle G		
	Deadlift	245	Gayle G		
	Total	540	Gayle G		
75kg	Squat	215	Brain Arwyn		18.04.09
	Benchpress	147.5	Brain Arwyn		18.04.09
	Deadlift	245	Longford Dayle		11.11.09
	Total	572.5	Brain Arwyn		18.04.09
82.5kg	Squat	260	Beeston Andrew		14.09.08
	Benchpress	185	Beeston Andrew		14.09.08
	Deadlift	260.5	Jenkins Matt		01.12.07
	Total	680	Wiak L		17.04.05
90kg	Squat	295	Crossland R		
	Benchpress	191	Warren D		
	Deadlift	290	Jenkins C		
	Total	747.5	Warren D		
100kg	Squat	308	Murphy Ciaran		18.04.09
	Benchpress	215	Williamson, Oliver		26.06.09
	Deadlift	325	Raynes A		
	Total	790	Williamson, Oliver		26.06.09
110kg	Squat	341	Raynes A		
	Benchpress	225	Raynes A		
	Deadlift	343	Raynes A		
	Total	897.5	Raynes A		
125kg	Squat	380	Bolton A		
	Benchpress	260	Buck W		
	Deadlift	389	Bolton A		
	Total	965	Bolton A		
140kg	Squat	252.5	Kerr Gavin		14.09.08
	Benchpress	215	Kerr Gavin		14.09.08
	Deadlift	377.5	Bolton A		
	Total	967.5	Bolton A		
140kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Men's					
Open					
Class	Lift	Kg	Name	Country	Date
56kg	Squat	172.5	Mitchell J		
	Benchpress	95.5	Grey S		
	Deadlift	212.5	Mitchell J		
	Total	455	Mitchell J		
60kg	Squat	182.5	Mitchell J		
	Benchpress	130	Chilcott K		
	Deadlift	210	Mitchell J		
	Total	470.5	Mitchell J		
67.5kg	Squat	272.5	Mannering D		
	Benchpress	195	Mannering D		
	Deadlift	280	Mannering D		
	Total	725	Mannering D		
75kg	Squat	282.5	Callan J		
	Benchpress	208	Mannering D		
	Deadlift	290	Callan J		
	Total	752.5	Callan J		
82.5kg	Squat	360	Hurley, Justin		24.11.06
	Benchpress	220	Bartlett P		
	Deadlift	290.5	Murphy P		17.04.05
	Total	820	Hurley, Justin		24.11.06
90kg	Squat	330	Hoskins F		
	Benchpress	230.5	Kristensen Jakob		06.11.09
	Deadlift	325.5	Donovan M		
	Total	847.5	Hoskins F		
100kg	Squat	410	Hammerton K		
	Benchpress	255	Coombes, Graig		22.06.06
	Deadlift	346	Hammerton K		
	Total	972.5	Hammerton K		
110kg	Squat	420	Coombes, Craig		24.11.06
	Benchpress	270	Coombes, Craig		24.11.06
	Deadlift	363	McQueen Delroy		01.12.07
	Total	1000	Coombes, Craig		24.11.06
125kg	Squat	420	Neighbour J		
	Benchpress	260	Buck W		
	Deadlift	389	Bolton A		
	Total	1020	Neighbour J		
140kg	Squat	415	Stoten B		
	Benchpress	275.5	Bell B		
	Deadlift	392.5	Bolton A		
	Total	967.5	Bolton A		
140kg+	Squat	415	Tregloan P		
	Benchpress	267.5	Tregloan P		
	Deadlift	402.5	Tregloan P		
	Total	1067.5	Tregloan P		

BPO British Powerlifting Records - Men's					
Master 40-44					
Class	Lift	Kg	Name	Country	Date
56kg	Squat	155	Mellor G		
	Benchpress	82.5	Mellor G		
	Deadlift	175	Mellor G		
	Total	421.5	Mellor G		
60kg	Squat				
	Benchpress				
	Deadlift	190	Dowers Graham		11.12.05
	Total				
67.5kg	Squat	195	Willis, Adam		26.06.08
	Benchpress	120	Willis, Adam		22.06.07
	Deadlift	200	Willis, Adam		01.12.07
	Total	510	Willis, Adam		19.04.08
75kg	Squat	282.5	Callan J		
	Benchpress	180	Callan J		
	Deadlift	277.5	Callan J		
	Total	740	Callan J		
82.5kg	Squat	290	Duffy M		
	Benchpress	190	Duffy M		
	Deadlift	290	Duffy M		
	Total	770	Duffy M		
90kg	Squat	316	Drury, Dean		26.06.08
	Benchpress	200	Beniston Phil		19.04.08
	Deadlift	292.5	Phillips K		
	Total	765	Drury, Dean		26.06.05
100kg	Squat	380	West W		
	Benchpress	215	Bell P		
	Deadlift	345	White A		
	Total	945	West W		
110kg	Squat	342.5	Allison R		
	Benchpress	230	Walker I		
	Deadlift	362.5	White A		
	Total	900	Allison R		
125kg	Squat	420	Neighbour J		
	Benchpress	255	Neighbour J		
	Deadlift	388	Carter D		
	Total	1020	Neighbour J		
140kg	Squat	300	Evans C		22.04.06
	Benchpress	190	Evans C		22.04.06
	Deadlift	265	Evans C		13.11.05
	Total	740	Evans C		22.04.06
140kg+	Squat	412.5	Tregloan P		
	Benchpress	250	Tregloan P		
	Deadlift	368	Tregloan P		
	Total	1027	Tregloan P		

BPO British Powerlifting Records - Men's					
Master 45-49					
Class	Lift	Kg	Name	Country	Date
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat	215.5	Berg D		
	Benchpress	120	Isles S		
	Deadlift	220	Berg D		
	Total	550	Berg D		
75kg	Squat	240	Berg D		
	Benchpress	145	Green, Maurice		22.04.06
	Deadlift	250.5	Kent T		
	Total	601	Green, Maurice		24.11.06
82.5kg	Squat	250	Jordan B		
	Benchpress	162.5	Shipman Andrew		26.06.08
	Deadlift	266	Kent T		
	Total	647.5	Jordan B		
90kg	Squat	295	Dury Dean		11.11.09
	Benchpress	190	Birring J		
	Deadlift	270	Gilchrest J		
	Total	752.5	Dury Dean		11.11.09
100kg	Squat	385	West W		
	Benchpress	200	West W		
	Deadlift	335	West W		
	Total	927.5	West W		
110kg	Squat	380	West W		
	Benchpress	200	West, Richard		24.11.06
	Deadlift	330	West W		
	Total	907.5	West W		
125kg	Squat	350	Carter D		
	Benchpress	200	Bates G		
	Deadlift	365	Carter D		
	Total	862.5	Carter D		
140kg	Squat	350	Carter D		
	Benchpress	180	Carter D		
	Deadlift	353.5	Carter D		
	Total	855	Carter D		
140kg+	Squat	333	Fricker, Richard		13.11.09
	Benchpress	197.5	Fricker, Richard		13.11.08
	Deadlift	285	Fricker, Richard		09.12.06
	Total	792.5	Fricker, Richard		22.06.06

BPO British Powerlifting Records - Men's					
Master 50-54					
Class	Lift	Kg	Name	Country	Date
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat	192.5	Mullan B		
	Benchpress	115	Mullan B		
	Deadlift	232.5	Mullan B		
	Total	562.5	Mullan B		
75kg	Squat	183	Mullan B		
	Benchpress	111	Mullan B		
	Deadlift	207.5	Mullan B		
	Total	500	Mullan B		
82.5kg	Squat	277.5	Brown R		
	Benchpress	170	Brown R		
	Deadlift	280	Brown R		
	Total	717.5	Brown R		
90kg	Squat	280	Jordan R		
	Benchpress	185	Birring J		
	Deadlift	287.5	Bannaghan C		
	Total	717.5	Brown R		
100kg	Squat	305	Fisher J		
	Benchpress	186	Birring J		25.06.04
	Deadlift	287.5	Bannaghan C		
	Total	737.5	Fisher J		
110kg	Squat	375	West W		
	Benchpress	200	West W		
	Deadlift	335	West W		
	Total	910	West W		
125kg	Squat	342.5	Carter D		
	Benchpress	205	Whale, Harry		18.04.09
	Deadlift	357.5	Carter D		
	Total	860	Carter D		
140kg	Squat	373	Carter D		
	Benchpress	172.5	Carter D		
	Deadlift	360	Carter D		
	Total	902.5	Carter D		
140kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Men's					
Master 55-59					
Class	Lift	Kg	Name	Country	Date
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat	180	Luffman N		
	Benchpress	105	Bainbridge M		
	Deadlift	215	Bainbridge M		
	Total	490	Bainbridge M		
75kg	Squat	172.5	Bainbridge M		
	Benchpress	102.5	Bainbridge M		
	Deadlift	210	Bainbridge M		
	Total	485	Bainbridge M		
82.5kg	Squat	262.5	Brown R		
	Benchpress	155	Brown R		
	Deadlift	265	Brown R		
	Total	682.5	Brown R		
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
100kg	Squat	235	Williams, Ken		13.11.08
	Benchpress	145	Williams, Ken		19.03.06
	Deadlift	235	Williams, Ken		19.03.06
	Total	600	Williams, Ken		19.03.06
110kg	Squat	275	Campbell, Robert		24.11.06
	Benchpress	175	Campbell, Robert		24.11.06
	Deadlift	288	Brown M		
	Total	702.5	Campbell, Robert		13.11.05
125kg	Squat	320	Carter D		25.06.04
	Benchpress	165	Carter D		25.06.04
	Deadlift	342.5	Carter D		25.06.04
	Total	827.5	Carter D		25.06.04
140kg	Squat	345	Carter D		22.06.07
	Benchpress	188	Carter D		24.11.06
	Deadlift	333	Carter D		24.11.06
	Total	864	Carter D		24.11.06
140kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Men's					
Master 60-64					
Class	Lift	Kg	Name	Country	Date
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat	150	Evans B		
	Benchpress	85	Evans B		
	Deadlift	190	Evans B		
	Total	370	Evans B		
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat	150	Brown, Roy		18.04.09
	Benchpress	120	Clements Dave		16.03.08
	Deadlift	182.5	Brown, Roy		06.12.09
	Total	420	Clements Dave		16.03.08
100kg	Squat	200	Lewis D		
	Benchpress	115	Lewis D		
	Deadlift	232.5	Lewis D		
	Total	542.5	Lewis D		
110kg	Squat	25	Brown M		
	Benchpress	25	Brown M		
	Deadlift	230	Brown M		
	Total	280	Brown M		
125kg	Squat	320	Carter David		26.06.09
	Benchpress	160	Carter David		26.06.09
	Deadlift	320	Carter David		26.06.09
	Total	800	Carter David		26.06.09
140kg	Squat	345	Carter David		26.06.08
	Benchpress	178	Carter David		26.06.08
	Deadlift	335.5	Carter David		13.11.08
	Total	833	Carter David		26.06.08
140kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Men's					
Master 65-69					
Class	Lift	Kg	Name	Country	Date
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat	130	Evans B		
	Benchpress	60	Evans B		
	Deadlift	170	Evans B		
	Total	360	Evans B		
75kg	Squat	157.5	Evans B		17.04.05
	Benchpress	65	Evans B		17.04.05
	Deadlift	175	Evans B		17.04.05
	Total	387.5	Evans B		17.04.05
82.5kg	Squat	125	Sandhu Sam		05.08.09
	Benchpress	90	Sandhu Sam		05.08.09
	Deadlift	140	Sandhu Sam		05.08.09
	Total	347.5	Sandhu Sam		05.08.09
90kg	Squat	180	Clements David		18.04.09
	Benchpress	125.5	Clements David		06.12.09
	Deadlift	200.5	Clements David		06.12.09
	Total	475	Clements David		18.04.09
100kg	Squat	180	Clements David		14.09.08
	Benchpress	125	Clements David		14.09.08
	Deadlift	182.5	Clements David		07.12.08
	Total	485	Clements David		14.09.08
110kg	Squat				
	Benchpress				
	Deadlift				
	Total				
125kg	Squat				
	Benchpress				
	Deadlift				
	Total				
140kg	Squat				
	Benchpress				
	Deadlift				
	Total				
140kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Men's					
Master 70-74					
Class	Lift	Kg	Name	Country	Date
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat	130	Evans B		18.04.09
	Benchpress	50	Evans B		18.04.09
	Deadlift	147.5	Evans B		18.04.09
	Total	327.5	Evans B		18.04.09
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat	158	Avo, Dominic		26.06.09
	Benchpress	108	Avo, Dominic		26.06.09
	Deadlift	175	Avo, Dominic		11.11.09
	Total	436	Avo, Dominic		26.06.09
100kg	Squat				
	Benchpress				
	Deadlift				
	Total				
110kg	Squat				
	Benchpress				
	Deadlift				
	Total				
125kg	Squat				
	Benchpress				
	Deadlift				
	Total				
140kg	Squat				
	Benchpress				
	Deadlift				
	Total				
140kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Men's						
Master 75-79						
Class	Lift	Kg	Name	Country	Date	
56kg	Squat					
	Benchpress					
	Deadlift					
	Total					
60kg	Squat					
	Benchpress					
	Deadlift					
	Total					
67.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
75kg	Squat					
	Benchpress					
	Deadlift					
	Total					
82.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg	Squat					
	Benchpress					
	Deadlift					
	Total					
100kg	Squat					
	Benchpress					
	Deadlift					
	Total					
110kg	Squat					
	Benchpress					
	Deadlift					
	Total					
125kg	Squat					
	Benchpress					
	Deadlift					
	Total					
140kg	Squat					
	Benchpress					
	Deadlift					
	Total					
140kg+	Squat					
	Benchpress					
	Deadlift					
	Total					

BPO British Powerlifting Records - Men's						
Master 80+						
Class	Lift	Kg	Name	Country	Date	
56kg	Squat					
	Benchpress					
	Deadlift					
	Total					
60kg	Squat					
	Benchpress					
	Deadlift					
	Total					
67.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
75kg	Squat					
	Benchpress					
	Deadlift					
	Total					
82.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg	Squat					
	Benchpress					
	Deadlift					
	Total					
100kg	Squat					
	Benchpress					
	Deadlift					
	Total					
110kg	Squat					
	Benchpress					
	Deadlift					
	Total					
125kg	Squat					
	Benchpress					
	Deadlift					
	Total					
140kg	Squat					
	Benchpress					
	Deadlift					
	Total					
140kg+	Squat					
	Benchpress					
	Deadlift					
	Total					