

West Midland -Mens Power Equipped Records

OPEN EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	EAST John (2013) WM	190	EAST John (2013) WM	132.5	EAST John (2013) WM	210	EAST John (2013) WM	532.5
75			LYNCH Chris () WM	105				
82.5					HARDY Oliver (2016) WM	270		
90	SHERLOCK Vince (2009) WM	272.5	SHERLOCK Vince (2009) WM	175	SHERLOCK Vince (2009) WM	240	SHERLOCK Vince (2009) WM	687.5
100								
110								
125	ALLISON Raymond (2009) WM	320	ALLISON Ray (2012) WM	200	ALLISON Ray (2012) WM	285	ALLISON Ray (2012) WM	785
145								
145+								

TEENAGE 1 (14-15 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	BRYAN Harrison (2016) WM	110	BRYAN Harrison (2016) WM	80	BRYAN Haarrison (2016) WM	140	BRYAN Harrison (2016) WM	330
75								
82.5								
90								
100								
110								
125								
145								
145+								

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75		LYNCH Chris () WM	105					
82.5								
90								
100								
110								
125	DAVIES Johnathan (2016) WM	235	DAVIES Johnathan (2016) WM	135	DAVIES Johnathan (2016) WM	235	DAVIES Johnathan (2016) WM	605
145								
145+								

MASTER 1 (40-44yrs) EQUIPPED

56							
60							
67.5							
75							
82.5							
90							
100							
110							
125							
145							
145+							

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

MASTER 8 (75-79yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

MASTER 9 (80-84yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

MASTER 10 (85-89yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

M/P/F EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				

67.5	EAST John (2013) WM	190	EAST John (2013) WM	132.5	EAST John (2013) WM	210	EAST John (2013) WM	532.5
75								
82.5								
90								
100								
110								
125								
145								
145+								