

OPEN UPDATED: 24 Mar 24- Men Unquipped Single Records

WGT	Squat		Bench Press		Deadlift	
52						
56						
60			PINSON Roy (2013) WM	55	PINSON Roy (2013) WM	120
67.5	GRAY David (2015) WM	191	GRAY David (2015) WM	142.5	GRAY David (2012) WM	250
75	DALDRY Michael (2009) WM	155	GARRITY Daniel (2015) WM	125	BLACKWOOD Lewis (2016) WM	255
82.5	Steve Wilkinson (2019) WM	220	Dan CHEPA (2013) WM	175	JEPSON Matt (2016) WM	247.5
90	CORDWELL Callum (2015) WM	236	CHEPA Dan (2013) WM	190	TOSH Henry (2010) WM	270
100			HARBANS Bansal (2015) WM	195	Asleigh Naylor (2019) WM	265
110	WOOD Darren (2018) WM	240	THOMAS Neil (2016) WM	175	WOOD Darren (2018) WM	285
125	WOOD Darren (2015) WM	272.5	PHILLIPS-MARTIN Ryan (2016) WM	182.5	WOOD Darren (2015) WM	306
145	BRIDGES Rob (2015) WM	200	MERRICKS Paul (2010) WM	230	MERRICKS Paul (2009) WM	280
145+			MERRICKS Paul (2015) WM	235.5		

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5			CLARK Michael (2011) WM	85		
75						
82.5			SHELTON George (2009) WM	82.5	SHELTON George (2009) WM	170
90						
100						
110						
125						
145						
145+						

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					BALLINGER Adam (2009) WM	162.5
75			DAVIES Nathan (2015) WM	102.5	SHELTON George (2009) WM	180
82.5			GRIFFITHS Ben (2010) WM	127.5		
90			CLARK Michael (2012) WM	122.5	REDBOURN Dominic (2010) WM	230.5
100						
110						
125						
145						
145+						

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75	DALDRY Michael (2009) WM	155	SAMRAJ Paul (2009) WM	115	DALDRY Michael (2009) WM	215.5
82.5					O'BOYLE Josh (2009) WM	210
90			BALLINGER Joe (2010) WM	100	BALLINGER Joe (2009) WM	222.5
100						
110						
125						
145						
145+						

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						

56					
60					
67.5			GARRITY Daniel (2013) WM	122.5	
75			GARRITY Daniel (2015) WM	125	BLACKWOOD Lewis (2016) WM 255
82.5			BRAZIER Adam (2014) WM	137.5	DEAN Darren (2009) WM 202.5
90	CORDWELL Callum (2015) WM	236			SHERGILL Mandeep (2015) WM 260
100			WALL Gareth (2010) WM	127.5	SALE Alistair (2015) WM 245
110					
125			PHILLIPS-MARTIN Ryan (2015) WM	170	O'NEIL William (2014) WM 240
145	BRIDGES Rob (2015) WM	200			Liam Weston (2024) WM 330
145+					

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75					
82.5			Dan Chepa (2024) WM	163	Aidas Vistartas (2021) WM 235
90					
100			SMITH Lee (2015) WM	175	Andrew Condon (2018) WM 240
110	WOOD Darren (2018) WM	240	Harbans Bansal (2019) WM	205	WOOD Darren (2018) WM 285
125	WOOD Darren (2015) WM	272.5	THOMAS Neil (2015) WM	182.5	WOOD Darren (2015) WM 306
145					
145+					

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5	GRAY David (2012) WM	182.5			GRAY David (2012) WM 250
75					
82.5			JOHN Michael (2009) WM	125	Aidas Vistartas (2023) 247.5
90					
100			Harbans Bansal (2023) WM	172.5	Dean Fletcher (2018) WM 222.5
110			Harbans Bansal (2024) WM	190	
125					
145	Anthony James (2024) WM	245.5	Anthony James (2024) WM	185	PHILLIPS Gary (2015) WM 275
145+					

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5	GRAY David (2015) WM	191	GRAY David (2015) WM	142.5	GRAY David (2015) WM 250
75					
82.5			CONWAY Gary (2010) WM	137.5	
90			Dean Fletcher (2019) WM	110	WHYTE Larry (2009) WM 260
100			O'GRADY Martin (2015) WM	120	
110	MIDDLETON Phil (2016) WM	175			
125			BERNASCONI John (2015) WM	182.5	
145					
145+					

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5	David Gray	140	David Gray	121	David Gray 220
75					

82.5					
90					
100					
110					
125					
145					
145+					

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		CONWAY Gary (2016) WM	120
82.5			
90			
100			
110			
125			
145			
145+			

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		Gary Conway (2023)	105
75			
82.5			
90			
100			
110			
125			
145			
145+			

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60		PINSON Roy (2013) WM	55
67.5			PINSON Roy (2013) WM
75			
82.5		GARNER Roy D (2009) WM	82.5
90			
100			
110			
125			
145			
145+			

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5	HARVEY Patrick (2013) WM	85	HARVEY Patrick (2013) WM
75			
82.5			
90			
100			
110			

125					
145					
145+					

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75				
82.5		ELMORE Gren (2009) WM	79	
90			ELMORE Gren (2010) WM	118.5
100				
110				
125				
145				
145+				

MASTER 10 (85-89yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		ELMORE Gren (2014) WM	61
82.5		ELMORE Gren (2012) WM	78
90			
100			
110			
125			
145			
145+			

M/P/F UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75		THOMPSON Ray (2015) WM	120	
82.5				
90			BALLINGER Joe (2009) WM	205
100		FLETCHER Dean (2014) WM	122.5	
110		THOMAS Neil (2016) WM	175	
125		THOMAS Neil (2015) WM	182.5	
145				
145+				