UPDATED: 24 Mar 24- Men Power Unequipped Records

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56	James Donnelly (2018) WM	102.5	KHALFEY Kader (2009) WM	70	James Donnelly (2018) WM	162	KHALFEY Kader (2009) WM	325
60	STANSBIE Terry (2010) WM	135	STANSBIE Terry (2010) WM	100	EAST John (2011) WM	200	STANSBIE Terry (2010) WM	417.5
67.5	GRAY David (2013) WM	196	GRAY David (2013) WM	145.5	GRAY David (2013) WM	260	GRAY David (2013) WM	587.5
75	ROGERS Luke (2015) WM	222.5	HARDY Oliver (2010) WM	130	ROGERS Luke (2014) WM	260.5	ROGERS Luke (2015) WM	600
82.5	TOSH Alex (2011) WM	200	TOSH Alex (2011) WM	160	TOSH Alex (2011) WM	250	TOSH Alex (2011) WM	605
90	CORDWELL Callum (2015) WM	230	TOSH Henry (2010) WM	175	Alex Hadleigh (2024) WM	275.5	TOSH Henry (2010) WM	660
100	MITCHELL John (2010) WM	250	TOSH Henry (2011) WM+D11:D12	190	MITCHELL John (2010) WM	282.5	TOSH Henry (2011) WM	730
110	MITCHELL John (2011) WM	301	Sean Hayes	176	MITCHELL John (2011) WM	290	MITCHELL John (2011) WM	725
125	GOZDECKI Richard (2016) WM	290	GOZDECKI Richard (2016) WM	185	GOZDECKI Richard (2016) WM	320	GOZDECKI Richard (2016) WM	795
145	Ajay Sharma (2018) WM	300	JAMES Anthony (2016) WM	185	Steven Head (2023)	300	JAMES Anthony (2016) WM	735
145+								

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60	Javeerpal Nahal (2023) WM	125	Javeerpal Nahal (2023) WM	80	Javeerpal Nahal (2023) WM	170	Javeerpal Nahal (2023) WM	375
67.5								
75					SNOOK Conrad () WM	140	SNOOK Conrad () WM	290
82.5								
90								
100								
110								
125								
145								
145+								

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56	James Donnelly (2018) WM	102.5	James Donnelly (2018) WM	65	James Donnelly (2018) WM	162		
60								
67.5								
75								
82.5	SIMPSON Doug (2013) WM	175	SIMPSON Doug (2013) WM	100	SIMPSON Doug (2013) WM	205	SIMPSON Doug (2013) WM	480
90								
100	TRING Rob (2013) WM	172.5	TRING Rob (2013) WM	102.5	TAYLOR Jack (2013) WM	202.5	TRING Rob (2013) WM	470
110								
125	Adam Williams (2022)	170	Adam Williams (2022)	135	Adam Williams (2022)	210		515
145								
145+								

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60	SANDERS Ashley (2009) WM	120	SANDERS Ashley (2009) WM	70	SANDERS Ashley (2009) WM	155	SANDERS Ashley (2009) WM	345
67.5	CHEEMA Baljit Singh (2006) WM	137.5	CHEEMA Baljit Singh (2006) WM	97.5	CHEEMA Baljit Singh (2006) WM	175	CHEEMA Baljit Singh (2006) WM	410
75								
82.5	MARSDEN Jacob (2016) WM	167.5	MC LAUGHLAN Scott R (2009) WM	135	MC LAUGHLAN Scott R (2009) WM	220	MC LAUGHLAN Scott R (2009) WM	520
90								
100								
110	ALLISON Dean () WM	180			COLLISHAW Tommy (2014) WM	237.5	ALLISON Dean () WM	532.5
125								
145								
145+								

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5	GRANT Guy (2009) WM	150	GRANT Guy (2009) WM	100	GRANT Guy (2009) WM	210	GRANT Guy (2009) WM	460
75								
82.5	CHEEMA Baljit (2011) WM	165	CHEEMA Baljit (2011) WM	122.5	CHEEMA Baljit (2011) WM	230	CHEEMA Baljit (2011) WM	517.5
90	CORDWELL Callum (2015) WM	230	CORDWELL Callum (2015) WM	135	CORDWELL Callum (2015) WM	237.5	CORDWELL Callum (2015) WM	602.5
100	REES Robbie (2010) WM	226	REES Robert (2009) WM	135	ALLISON Liam (2010) WM	267.5	REES Robbie (2010) WM	658.5
110	PAYNE Jon () WM	180	BROOKES Jake (2016) WM	130	BROOKES Jake (2016) WM	240	PAYNE Jon () WM	520
125	RAMSBOTTOM Karl (2011) WM	250	RAMSBOTTOM Karl (2011) WM	175	RAMSBOTTOM Karl (2011) WM	250	RAMSBOTTOM Karl (2011) WM	675
145	Ajay Sharma (2018) WM	300	Ajay Sharma (2018) WM	185				
145+								

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60	STANSBIE Terry (2010) WM	135	STANSBIE Terry (2010) WM	95	STANSBIE Terry (2010) WM	185	STANSBIE Terry (2010) WM	415
67.5	PROBERT David (2016) WM	145	STANSBIE Terry (2011) WM	100	STANSBIE Terry (2011) WM	190	PROBERT David (2016) WM	420
75								
82.5								
90								

100								
110	SCHRAM Patrick (2009) WM	200	SCHRAM Patrick (2009) WM	130	SCHRAM Patrick (2009) WM	210	SCHRAM Patrick (2009) WM	540
125								
145								
145+								

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5	GRAY David (2013) WM	196	GRAY David (2013) WM	145.5	GRAY David (2013) WM	260	GRAY David (2013) WM	587.5
75								
82.5	Aidas Vistartas (2023) WM	162.5	Aidas Vistartas (2023)	115	Aidas Vistartas (2023) WM	245		
90								
100								
110	SCHRAM Patrick (2009) WM	205	SCHRAM Patrick (2009) WM	130	SCHRAM Patrick (2009) WM	220	SCHRAM Patrick (2009) WM	555
125								
145	Paul Williams (2022)	245	Paul Williams (2022)	170	Paul Williams (2022)	250		665
145+								

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5	GRAY David (2015) WM	187.5	GRAY David (2014) WM	140	GRAY David (2015) WM	253	GRAY David (2015) WM	577.5
75								
82.5								
90								
100	MITCHELL John (2010) WM	250	MITCHELL John (2010) WM	157.5	MITCHELL John (2010) WM	282.5	MITCHELL John (2010) WM	682.5
110	MITCHELL John (2011) WM	301	MITCHELL John (2011) WM	165	MITCHELL John (2011) WM	290	MITCHELL John (2011) WM	725
125								
145								
145+								

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5								
75								
82.5	CONWAY Gary (2012) WM	150	CONWAY Gary (2012) WM	130	CONWAY Gary (2012) WM	175	CONWAY Gary (2012) WM	455
90								
100								
110								
125								
145								
145+								

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5								
75								
82.5	Philip Guise (2024) WM	160	Philip Guise (2024) WM	110	Philip Guise (2024) WM	162.5	Philip Guise (2024) WM	432.5
90								
100								
110								
125								
145								
145+								

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60	PINSON Roy (2013) WM	82.5	PINSON Roy (2013) WM	60	PINSON Roy (2013) WM	125	PINSON Roy (2013) WM	267.5
67.5								
75								
82.5								
90								
100								
110								
125								
145								
145+								

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								

60	PINSON Roy (2014) WM	87.5	PINSON Roy (2014) WM	67.5	PINSON Roy (2015) WM	135	PINSON Roy (2014) WM	282.5
67.5								
75								
82.5								
90								
100								
110								
125								
145								
145+								

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5	HARVEY Patrick (2013) WM	95	HARVEY Patrick (2013) WM	70	HARVEY Patrick (2012) WM	140	HARVEY Patrick (2013) WM	300
75								
82.5								
90	Clive Lingard (2024) WM	110			Clive Lingard (2024) WM	160		
100								
110								
125								
145								
145+								

MASTER 9 (80-84yrs) UNEQUIPPED

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

MASTER 10 (85-89yrs) UNEQUIPPED

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

M/P/F UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60					EAST John (2011) WM	200		
67.5								
75	HARDY Oliver (2010) WM	170	HARDY Oliver (2010) WM	130	HARDY Oliver (2010) WM	235	HARDY Oliver (2010) WM	535
82.5								
90								
100								
110	SCHRAM Patrick (2009) WM	205	SCHRAM Patrick (2009) WM	130	SCHRAM Patrick (2009) WM	220	SCHRAM Patrick (2009) WM	555
125								
145								
145+								