

British Powerlifting Organisation

BPO

British Powerlifting

Mens Records

Last Updated: 11 September 2011



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	120	Hough Jamie		07.11.10
	Benchpress	60	Hough Jamie		07.11.10
	Deadlift	145	Hough Jamie		07.11.10
	Total	330	Hough Jamie		07.11.10
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	190.5	Lynch Liam		16.04.11
	Benchpress	135	Lynch Liam		27.02.11
	Deadlift	216.5	Lynch Liam		16.04.11
	Total	538	Lynch Liam		16.04.11
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	287.5	Fazzani Domenic		07.11.10
	Benchpress	200	Fazzani Domenic		05.09.10
	Deadlift	250	Fazzani Domenic		07.11.10
	Total	717.5	Fazzani Domenic		07.11.10
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	145	Phelps, Chris		16.04.2011
	Benchpress	110	Phelps, Chris		16.04.2011
	Deadlift	200	Phelps, Chris		16.04.2011
	Total	455	Phelps, Chris		16.04.2011
67.5kg	Squat	205	Gumm P		
	Benchpress	120	Phelps Chris		07.11.10
	Deadlift	245	Gayle G		
	Total	540	Gayle G		
75kg	Squat	220	Longford Dayle		14.03.10
	Benchpress	150	Longford Dayle		14.03.10
	Deadlift	255	Longford Dayle		14.03.10
	Total	625	Longford Dayle		14.03.10
82.5kg	Squat	262.5	Longford Dayle		07.11.10
	Benchpress	187.5	Longford Dayle		07.11.10
	Deadlift	290	Longford Dayle		07.11.10
	Total	740	Longford Dayle		07.11.10
90kg	Squat	300.5	Longford, Dayle		16.04.11
	Benchpress	200	Longford, Dayle		16.04.11
	Deadlift	310.5	Longford, Dayle		16.04.11
	Total	811	Longford, Dayle		16.04.11
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	300	Gelsthorpe Junior		06.03.11
	Benchpress	260	Gelsthorpe Junior		06.03.11
	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	315	Bartlett P		
	Benchpress	220	Bartlett P		
	Deadlift	290.5	Murphy P		17.04.05
	Total	810	Bartlett P		
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	380	West Bill		
	Benchpress	270	Coombes, Craig		24.11.06
	Deadlift	363	McQueen Delroy		01.12.07
	Total	915	West Bill		
125kg	Squat	420	Neighbour J		
	Benchpress	260.5	Williamson, Oliver		16.04.11
	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	775	Murphy P		16.04.11
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	220	Hayes, S		11.09.11
	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	260.5	Beniston, Phil		25.04.10
	Benchpress	185.5	Beniston, Phil		07.11.10
	Deadlift	266	Kent T		
	Total	685.5	Beniston, Phil		07.11.10
90kg	Squat	300	Dury Dean		24.04.10
	Benchpress	190	Birring J		
	Deadlift	282.5	Nicholas Geraint		27.02.11
	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	335	Fricker, Richard		23.06.10
	Benchpress	197.5	Fricker, Richard		13.11.08
	Deadlift	285	Fricker, Richard		23.06.10
	Total	800	Fricker, Richard		23.06.10

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	130	Webb David		14.03.10
	Deadlift	210	Webb David		07.11.10
	Total	510	Webb David		07.11.10
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	205	Whale, Harry		24.04.10
	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	325	Fricker, Richard		02.06.11
	Benchpress	175	Fricker, Richard		02.06.11
	Deadlift	275	Fricker, Richard		02.06.11
	Total	775	Fricker, Richard		02.06.11

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	202.5	Whale, Harry		07.11.10
	Benchpress	180	Whale, Harry		07.11.10
	Deadlift	222.5	Whale, Harry		07.11.10
	Total	605	Whale, Harry		07.11.10
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	200	Whale, Harry		16.04.11
	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	165	Brown, Roy		07.11.10
	Benchpress	120	Clements Dave		16.03.08
	Deadlift	195	Brown, Roy		07.11.10
	Total	455	Brown, Roy		07.11.10
100kg	Squat	230	Williams, Ken		24.04.10
	Benchpress	145	Williams, Ken		24.04.10
	Deadlift	235	Williams, Ken		24.04.10
	Total	610	Williams, Ken		24.04.10
110kg	Squat	130	Todd Rob		06.03.11
	Benchpress	95	Todd Rob		06.03.11
	Deadlift	230	Brown M		
	Total	375	Todd Rob		06.03.11
125kg	Squat	321	Carter David		02.06.11
	Benchpress	165	Carter David		02.06.11
	Deadlift	320.5	Carter David		16.04.11
	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	140	Sandhu Sam		07.11.10
	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	126	Clements David		07.11.10
	Deadlift	200.5	Clements David		06.12.09
	Total	496	Clements David		07.11.10
100kg	Squat	200	Clements David		11.09.11
	Benchpress	140	Clements David		16.04.11
	Deadlift	220	Clements David		11.09.11
	Total	541	Clements David		11.09.11
110kg	Squat	180	Todd, Rob		11.09.11
	Benchpress	125	Todd, Rob		11.09.11
	Deadlift	190	Todd, Rob		11.09.11
	Total	495	Todd, Rob		11.09.11
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	130	Sandhu Sam		11.09.11
	Benchpress	85	Sandhu Sam		11.09.11
	Deadlift	120	Sandhu Sam		11.09.11
	Total	335	Sandhu Sam		11.09.11
90kg	Squat	166	Avo, Dominic		02.06.11
	Benchpress	115.5	Avo, Dominic		02.06.11
	Deadlift	183.5	Avo, Dominic		02.06.11
	Total	465	Avo, Dominic		02.06.11
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					