

-53kg	U16	U18	U23
<b>SQUAT</b>	92.5 Harvey Chester 10/04/2022	92.5 Harvey Chester 10/04/2022	92.5 Harvey Chester 10/04/2022
<b>BENCH PRESS</b>	57.5 Connor Clayton 02/12/2017	57.5 Connor Clayton 02/12/2017	57.5 Connor Clayton 02/12/2017
<b>DEADLIFT</b>	127.5 Harvey Chester 10/04/2022	127.5 Harvey Chester 10/04/2022	127.5 Harvey Chester 10/04/2022
<b>TOTAL</b>	267.5 Harvey Chester 10/04/2022	267.5 Harvey Chester 10/04/2022	267.5 Harvey Chester 10/04/2022
<b>BENCH (A/C)</b>	57.5 Connor Clayton 02/12/2017	57.5 Connor Clayton 02/12/2017	57.5 Connor Clayton 02/12/2017



## South West Records - Male Equipped

updated: 01/05/2024

-59kg	U16	U18	U23	Open	M1	M2	M3	M4
<b>SQUAT</b>	132.5 Dakota Bessent 14/01/2024	137.5 Louis Short 15/12/2019	193 Benedict Grant 02/04/2022	193 Benedict Grant 02/04/2022	147.5 Shaun Bateman 05/06/2019	147.5 Shaun Bateman 05/06/2019	-	-
<b>BENCH PRESS</b>	85 Dakota Bessent 14/01/2024	110 Kai Gajewiak 01/04/2017	122.5 Benedict Grant 02/04/2022	122.5 Benedict Grant 02/04/2022	107.5 Shaun Bateman 20/10/2018	107.5 Shaun Bateman 20/10/2018	-	-
<b>DEADLIFT</b>	175 Dakota Bessent 14/01/2024	175 Dakota Bessent 14/01/2024	210 Benedict Grant 02/04/2022	210 Benedict Grant 02/04/2022	192.5 Shaun Bateman 28/05/2022	192.5 Shaun Bateman 28/05/2022	-	-
<b>TOTAL</b>	392.5 Dakota Bessent 14/01/2024	395 Kai Gajewiak 01/04/2017	525.5 Benedict Grant 02/04/2022	525.5 Benedict Grant 02/04/2022	442.5 Shaun Bateman 06/04/2019	442.5 Shaun Bateman 06/04/2019	-	-
<b>BENCH (A/C)</b>	90 Dakota Bessent 09/12/2023	110 Kai Gajewiak 01/04/2017	122.5 Benedict Grant 02/04/2022	122.5 Benedict Grant 02/04/2022	107.5 Shaun Bateman 20/10/2018	107.5 Shaun Bateman 20/10/2018	-	-

-66kg	U16	U18	U23	Open	M1	M2	M3	M4
<b>SQUAT</b>	-	175 Jack Suljevic 14/12/2014	230 Benedict Grant 13/10/2023	230 Benedict Grant 13/10/2023	165 Shaun Bateman 14/04/2018	165 Shaun Bateman 14/04/2018	-	-
<b>BENCH PRESS</b>	-	135 Edward Kimber 19/12/2021	155 Steve Tyers 22/04/2012	155 Steve Tyers 22/04/2012	120 Shaun Bateman 01/10/2016	120 Shaun Bateman 27/05/2017	-	-
<b>DEADLIFT</b>	-	220 Jack Suljevic 14/12/2014	275 Renzo Binas 14/01/2024	275 Renzo Binas 14/01/2024	200 Shaun Bateman 14/04/2018	200 Shaun Bateman 14/04/2018	-	-
<b>TOTAL</b>	-	495 Jack Suljevic 14/12/2014	627.5 Steve Tyers 22/04/2012	627.5 Steve Tyers 22/04/2012	480 Shaun Bateman 14/04/2018	480 Shaun Bateman 14/04/2018	-	-
<b>BENCH (A/C)</b>	-	135 Edward Kimber 19/12/2021	160 Edward Kimber 02/03/2024	160 Edward Kimber 02/03/2024	120 Shaun Bateman 01/10/2016	120 Shaun Bateman 27/05/2017	-	-

-74kg	U16	U18	U23	Open	M1	M2	M3	M4
<b>SQUAT</b>	-	207.5 Sebastian Sincovita 24/03/2024	245.5 Luke Wilson 06/09/2019	267.5 Sam Dew 16/03/2023	180 Gary Prater 22/04/2012	132.5 Sean Moroney 17/12/2022	-	-
<b>BENCH PRESS</b>	-	140.5 Tyler Heath 19/11/2023	150.5 Martin Nguyen 11/02/2024	165 Sam Dew 16/03/2023	142.5 Martin Smith 09/03/2018	90 Sean Moroney 17/12/2022	-	-
<b>DEADLIFT</b>	-	227.5 Sam Kuti 12/03/2017	275 Renzo Binas 27/04/2023	277.5 Colin Nickerson 19/11/2023	240 Matt Cave 19/11/2022	177.5 Sean Moroney 17/12/2022	-	-
<b>TOTAL</b>	-	547.5 Luke Wilson 01/04/2017	645 Lucas Silva 26/04/2024	695 Sam Dew 16/03/2023	560 Martin Smith 09/03/2018	400 Sean Moroney 17/12/2022	-	-
<b>BENCH (A/C)</b>	-	140.5 Tyler Heath 19/11/2023	150 Harry Smith 01/04/2023	165 Sam Dew 16/03/2023	142.5 Martin Smith 09/03/2018	95 Mark Ellery 02/03/2024	95 Mark Ellery 02/03/2024	-

-83kg	U16	U18	U23	Open	M1	M2	M3	M4
<b>SQUAT</b>	187.5 Ashley Lake 23/03/2024	240 Ashton Ingram 28/01/2024	300 Alistair Cannings 22/07/2014	300 Alistair Cannings 22/07/2014	210 Matthew Rowe 07/03/2015	180 Paul Coke 16/04/2016	142.5 Mark Wilson 14/04/2024	-
<b>BENCH PRESS</b>	127.5 Ashley Lake 23/03/2024	148 Harry Smith 12/11/2022	190 Alistair Cannings 22/07/2014	190 Alistair Cannings 22/07/2014	137.5 Matthew Rowe 07/03/2015	127.5 Richard Wheeler 17/11/2019	95 Mark Wilson 13/05/2023	-
<b>DEADLIFT</b>	210 Ashley Lake 23/03/2024	260 Ashton Ingram 28/01/2024	310 Manson Adagu 02/11/2023	317.5 Christian Ayandokun 06/12/2019	255 Matthew Rowe 07/03/2015	250 Paul Coke 19/04/2015	200 Phil Burge 18/09/2021	-
<b>TOTAL</b>	525 Ashley Lake 23/03/2024	635 Ashton Ingram 28/01/2024	758 Manson Adagu 02/11/2023	758 Manson Adagu 02/11/2023	602.5 Matthew Rowe 07/03/2015	530 Paul Coke 19/04/2015	412.5 Phil Burge 18/09/2021	-
<b>BENCH (A/C)</b>	127.5 Ashley Lake 23/03/2024	148 Harry Smith 12/11/2022	190 Alistair Cannings 22/07/2014	195 Dave Williams 19/10/2014	195 Dave Williams 19/10/2014	195 Dave Williams 19/10/2014	95 Mark Wilson 13/05/2023	-

-93kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	272.5 Jack Hopkins 19/12/2021	282.5 Jack Hopkins 15/10/2023	288 Scott Webb 13/05/2023	185 Wayne Tutty 18/06/2022	171.5 John O'Riordan 15/10/2017	-	-
BENCH PRESS	-	190.5 Luke Tolman 02/12/2017	200 Jack Hopkins 15/10/2023	200 Jack Hopkins 15/10/2023	160 Wayne Tutty 18/06/2022	150.5 John O'Riordan 27/05/2017	-	-
DEADLIFT	-	318 Jack Hopkins 19/12/2021	325 Jack Hopkins 15/10/2023	325 Francis Ojemere 05/12/2021	225 Wayne Tutty 18/06/2022	211.5 John O'Riordan 15/10/2017	-	-
TOTAL	-	768 Jack Hopkins 19/12/2021	807.5 Jack Hopkins 15/10/2023	807.5 Jack Hopkins 15/10/2023	570 Wayne Tutty 18/06/2022	528.5 John O'Riordan 02/04/2017	-	-
BENCH (A/C)	-	190.5 Luke Tolman 02/12/2017	200 Jack Hopkins 15/10/2023	200 Jack Hopkins 15/10/2023	160 Wayne Tutty 18/06/2022	152.5 John O'Riordan 18/04/2017	115 Ricky Ransome 04/03/2023	-

-105kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	262.5 Finn O'Farrell 02/09/2023	280 Lewis Bennett 14/05/2022	322.5 Jack Johnson 23/01/2022	250 Christopher Lynn 19/11/2022	250 Christopher Lynn 19/11/2022	-	-
BENCH PRESS	-	152.5 Reece Mitchell 27/03/2022	197.5 Lewis Bennett 14/05/2022	220 Jack Johnson 23/01/2022	177.5 Matt Knight 14/03/2020	137.5 Christopher Lynn 03/06/2023	-	-
DEADLIFT	-	267.5 Finn O'Farrell 12/10/2023	327.5 Mark Siaw 03/12/2022	330 Mark Siaw 18/03/2023	292.5 Matt Knight 14/03/2020	285 Christopher Lynn 15/02/2024	-	-
TOTAL	-	672.5 Finn O'Farrell 12/10/2023	777.5 Lewis Bennett 14/05/2022	860 Jack Johnson 23/01/2022	707.5 Matt Knight 14/03/2020	670 Christopher Lynn 15/02/2024	-	-
BENCH (A/C)	-	152.5 Reece Mitchell 27/03/2022	197.5 Lewis Bennett 14/05/2022	220 Jack Johnson 23/01/2022	177.5 Matt Knight 14/03/2020	137.5 Christopher Lynn 03/06/2023	120 Ricky Ransome 31/07/2023	-

-120kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	235 Drew Brooks 26/11/2022	270 Rohan Ewels 17/12/2023	315 Iain MacConnachie 17/04/2016	275 Christopher Lynn 02/09/2023	275 Christopher Lynn 02/09/2023	-	-
BENCH PRESS	-	142.5 Ben Rant 22/05/2016	177.5 Tommy Bebb 17/04/2016	240 Adam Chaplin 13/04/2014	182.5 Matt Knight 27/10/2019	142.5 Christopher Lynn 02/09/2023	-	-
DEADLIFT	-	260 Drew Brooks 26/11/2022	300 Rohan Ewels 17/12/2023	300 Adam Chaplin 13/04/2014	285 Matt Knight 27/10/2019	282.5 Christopher Lynn 02/09/2023	-	-
TOTAL	-	630 Drew Brooks 26/11/2022	740 Rohan Ewels 17/12/2023	820 Adam Chaplin 13/04/2014	705 Matt Knight 27/10/2019	700 Christopher Lynn 02/09/2023	-	-
BENCH (A/C)	-	142.5 Ben Rant 22/05/2016	177.5 Tommy Bebb 17/04/2016	240 Adam Chaplin 13/04/2014	200 Ram Patten 02/03/2024	142.5 Christopher Lynn 02/09/2023	-	-

120kg+	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	250 Ben Rant 11/12/2016	317.5 Ben Rant 14/10/2018	390 Adam Nash 22/04/2012	340 Dean Bowring 23/01/2022	172.5 David Breed 08/10/2023	-	-
BENCH PRESS	-	160 Louis Parry 26/11/2022	202.5 Shane Flowers 17/09/2017	300 Adam Nash 22/04/2012	250 Dean Bowring 23/01/2022	135 David Breed 08/10/2023	-	-
DEADLIFT	-	260 Ben Rant 29/10/2016	305 Shane Flowers 17/09/2017	335 James Hetherington 04/07/2021	322.5 Dean Bowring 23/01/2022	222.5 David Breed 08/10/2023	-	-
TOTAL	-	660 Ben Rant 29/10/2016	800 Shane Flowers 17/09/2017	1010 Adam Nash 22/04/2012	912.5 Dean Bowring 23/01/2022	530 David Breed 08/10/2023	-	-
BENCH (A/C)	-	160 Louis Parry 26/11/2022	202.5 Shane Flowers 17/09/2017	300 Adam Nash 22/04/2012	250 Dean Bowring 23/01/2022	135 David Breed 08/10/2023	-	-

To claim a South West Record, email alex\_tosh@hotmail.com