

-53kg	U18	U23
SQUAT	135 Sam Pile 26/01/2011	135 Sam Pile 26/02/2011
BENCH PRESS	80 Fiayaz Moolji 02/11/2019	80 Fiayaz Moolji 02/11/2019
DEADLIFT	180 Fiayaz Moolji 02/11/2019	180 Fiayaz Moolji 02/11/2019
TOTAL	380 Fiayaz Moolji 02/11/2019	380 Fiayaz Moolji 02/11/2019
BENCH (A/C)	80 Fiayaz Moolji 02/11/2019	80 Fiayaz Moolji 02/11/2019



SE RECORDS - MALE EQUIPPED

Updated to 23/06/2024

-59kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	145 Sam Pile 27/11/2011	170 Charlie Woods 20/03/2024	200 Luke Bennett 30/03/2019	122.5 Barry Lilley 03/06/2023	122.5 Barry Lilley 03/06/2023	122.5 Barry Lilley 03/06/2023	122.5 Barry Lilley 03/06/2023	Standard	Standard
BENCH PRESS	95 Ralph Atkinson 17/07/2016	110 Daniel Meston 24/09/2017	120 Luke Bennett 30/03/2019	70 Barry Lilley 22/08/2021	70 Barry Lilley 22/08/2021	70 Barry Lilley 22/08/2021	70 Barry Lilley 15/04/2023	Standard	Standard
DEADLIFT	185 Jake Scott 24/03/2024	202.5 Charlie Woods 27/04/2023	215 Gibson Goze 26/11/2023	147.5 Barry Lilley 03/06/2023	147.5 Barry Lilley 03/06/2023	147.5 Barry Lilley 03/06/2023	147.5 Barry Lilley 03/06/2023	Standard	Standard
TOTAL	417.5 Ralph Atkinson 17/07/2016	475 Charlie Woods 27/04/2023	505 Luke Bennett 30/03/2019	340 Barry Lilley 03/06/2023	340 Barry Lilley 03/06/2023	340 Barry Lilley 03/06/2023	340 Barry Lilley 03/06/2023	Standard	Standard
BENCH (A/C)	95 Ralph Atkinson 17/07/2016	112.5 Charlie Woods 24/09/2017	120 Luke Bennett 30/03/2019	70 Barry Lilley 22/08/2021	70 Barry Lilley 22/08/2021	70 Barry Lilley 22/08/2021	70 Barry Lilley 15/04/2023	Standard	Standard

-66kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	175 Charley Bentley 06/02/2022	200 Nate Shaw 17/09/2017	215 Conor Eede 10/03/2024	130 Peter Barrett 04/10/2016	130 Peter Barrett 04/10/2016	130 Peter Barrett 04/10/2016	130 Peter Barrett 04/10/2016	Standard	Standard
BENCH PRESS	125 Billy Papakostas 29/10/2023	137.5 Lewis Best 26/11/2023	150 Chris Simmons 25/05/2014	85 Rakib Abud 06/05/2017	82.5 Malcolm Bainbridge 04/06/2019	82.5 Malcolm Bainbridge 04/06/2019	82.5 Malcolm Bainbridge 04/06/2019	Standard	Standard
DEADLIFT	207.5 Charley Bentley 06/02/2022	250 Oliver Perkins 12/03/2023	250 Oliver Perkins 12/03/2023	182.5 Malcolm Bainbridge 02/06/2018	182.5 Malcolm Bainbridge 02/06/2018	182.5 Malcolm Bainbridge 02/06/2018	182.5 Malcolm Bainbridge 02/06/2018	Standard	Standard
TOTAL	485 Billy Papakostas 29/10/2023	550 Oliver Perkins 12/03/2023	590 Chris Simmons 25/05/2014	385 Malcolm Bainbridge 04/06/2019	385 Malcolm Bainbridge 04/06/2019	385 Malcolm Bainbridge 04/06/2019	385 Malcolm Bainbridge 04/06/2019	Standard	Standard
BENCH (A/C)	125 Billy Papakostas 29/10/2023	137.5 Lewis Best 26/11/2023	182.5 Aaron Gideon 23 to 25/09/2022	180 Aaron Gideon 06/08/2022	82.5 Malcolm Bainbridge 04/06/2019	82.5 Malcolm Bainbridge 04/06/2019	82.5 Malcolm Bainbridge 04/06/2019	Standard	Standard

-74kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	225 Isaac Wong 10/10/2023	260 Amari Robinson 13/08/2023	260 Amari Robinson 13/08/2023	182.5 Nimesh Gurung 07/04/2024	175 Ronan Bell 18/11/2018	130 Doug Graham 06/05/2017	117.5 Malcolm Bainbridge 31/03/2019	Standard	Standard
BENCH PRESS	135 Oliver Walker 24/11/2018	147.5 Amari Robinson 13/08/2023	170 Chris Simmons 19/06/2011	121 Ronan Bell 20/05/2018	121 Ronan Bell 20/05/2018	90 Brent Gebbie 19/05/2024	90 Brent Gebbie 19/05/2024	Standard	Standard
DEADLIFT	247.5 Isaac Wong 29/04/2023	285 Amari Robinson 13/08/2023	285 Amari Robinson 13/08/2023	232.5 Nicholas Bentley 26/10/2019	215.5 Ronan Bell 30/10/2022	210 Kevin Payne 26/10/2019	180 Malcolm Bainbridge 20/11/2016	Standard	Standard
TOTAL	587.5 Isaac Wong 10/10/2023	692.5 Amari Robinson 13/08/2023	692.5 Amari Robinson 13/08/2023	500 Nicholas Bentley 26/10/2019	492.5 Ronan Bell 18/11/2018	415 Kevin Payne 26/10/2019	377.5 Malcolm Bainbridge 31/03/2019	Standard	Standard
BENCH (A/C)	135 Oliver Walker 24/11/2018	147.5 Amari Robinson 13/08/2023	170 Chris Simmons 19/06/2011	125 Craig Wilkins 02/06/2018	121 Ronan Bell 20/05/2018	90 Brent Gebbie 19/05/2024	90 Brent Gebbie 19/05/2024	Standard	Standard

-83kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	243 Dominic Grey 23/03/2024	275 James Adcock 03/07/2021	280 James Adcock 05/09/2021	210 Will Mann 20/10/2018	192.5 Dave Brockway 22/06/2024	170 Paul Golding 12/02/2023	125 Ted Cooper 18/11/2018	125 Ted Cooper 18/11/2018	Standard
BENCH PRESS	162.5 Theo Goff 27/09/2021	162.5 Theo Goff 27/09/2021	170 Josh Woods 26/11/2023	155 John Burrows 07/04/2013	125 Stuart Peskett 17/07/2021	103 Paul Golding 12/02/2023	85 Jeff Fearon 10/04/2011	60 Ted Cooper 06/05/2017	Standard
DEADLIFT	275.5 Dominic Grey 29/10/2023	329 Max Mansell-Rowe 28/04/2023	350 Saheed Aregbe 04/12/2021	265 Will Mann 20/10/2018	217.5 John Mulley 18/11/2018	182.5 Paul Golding 12/02/2023	140 Ted Cooper 06/05/2017	140 Ted Cooper 06/05/2017	Standard
TOTAL	655.5 Dominic Grey 23/03/2024	739 Max Mansell-Rowe 28/04/2023	747.5 Saheed Aregbe 04/12/2021	620 Will Mann 06/06/2019	510 Dave Brockway 22/06/2024	455.5 Paul Golding 12/02/2023	310 Kelvin Brown 22/05/2022	307.5 Ted Cooper 18/11/2018	Standard
BENCH (A/C)	162.5 Theo Goff 27/09/2021	177.5 Matthew Robertson 04/03/2023	180 Stuart Peskett 04/08/2023	180 Stuart Peskett 04/08/2023	180 Stuart Peskett 04/08/2023	120 Errol Nestor 02/20/2022	100 Tony Richards 30/10/2021	60 Ted Cooper 06/05/2017	Standard

-93kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	225 Luke Taylor 29/10/2016	303 James Adcock 14/05/2022	303 James Adcock 14/05/2022	255 Mark Macey 19/06/2011	215 Roy Cole 25/11/2012	192.5 Michael Ellender 27/11/2011	160 Michael Ellender 12/04/2015	Standard	Standard
BENCH PRESS	147.5 Owen Visser 22/06/2024	195 George Croucher 22/10/2021	196 Richard Perfield 07/04/2024	160 Ross Carlyle 01/12/2022	156 Roy Cole 22/04/2012	145 Michael Ellender 29/09/2015	145 Michael Ellender 29/09/2015	Standard	Standard
DEADLIFT	275 Lawrence Mwanosya 30/10/2022	343 James Adcock 14/05/2022	350 James Adcock 26/11/2023	262.5 Ross Carlyle 04/06/2023	245 Michael Ellender 27/11/2011	245 Michael Ellender 27/11/2011	235 Michael Ellender 25/02/2017	Standard	Standard
TOTAL	617.5 Owen Visser 22/06/2024	811 James Adcock 14/05/2022	811 James Adcock 14/05/2022	635 Ross Carlyle 04/06/2023	600 Roy Cole 25/11/2012	572.5 Michael Ellender 27/11/2011	530 Michael Ellender 29/09/2015	Standard	Standard
BENCH (A/C)	147.5 Owen Visser 22/06/2024	195 George Croucher 22/10/2021	200 Angus Gardner 30/05/2024	162.5 Ross Carlyle 26/05/2022	156 Roy Cole 22/04/2012	145 Michael Ellender 29/09/2015	145 Michael Ellender 29/09/2015	75 Jeff Fearon 22/07/2018	Standard

-105kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	275.5 Nonso Chinye 30/04/2023	277.5 Charlie Wade 30/10/2016	330 Russ Kirby 19/01/2020	330 Russ Kirby 19/01/2020	330 Russ Kirby 27/06/2021	215 Steve Blackwell 19/09/2021	120 Michael Ellender 30/11/2022	Standard	Standard
BENCH PRESS	167.5 Anthony Vella 24/10/2021	186 Joseph Watson 17/11/2018	230 Russ Kirby 27/05/2017	230 Russ Kirby 27/05/2017	160 Steve Blackwell 09/06/2013	145 Steve Blackwell 22/05/2022	130 Michael Ellender 06/07/2022	Standard	Standard
DEADLIFT	343 Nonso Chinye 30/04/2023	343 Nonso Chinye 30/04/2023	368 Michael Tennant 12&13/03/2022	320 Ross Brimstead 29/10/2023	295 Steve Blackwell 15/03/2014	260 Steve Blackwell 22/05/2022	195 Michael Ellender 06/07/2022	Standard	Standard
TOTAL	778.5 Nonso Chinye 30/04/2023	778.5 Nonso Chinye 30/04/2023	837.5 Russ Kirby 20/01/2018	837.5 Russ Kirby 20/01/2018	700 Russ Kirby 27/06/2021	615 Steve Blackwell 22/05/2022	430 Michael Ellender 23/01/2022	Standard	Standard
BENCH (A/C)	170 Barnaby Spear 02 to 04/08/2022	192.5 Angus Gardner 24/09/2023	230 Russ Kirby 27/05/2017	230 Russ Kirby 27/05/2017	160 Steve Blackwell 09/06/2013	155 Lindsay Streeton 19/02/2022	130 Michael Ellender 22/05/2022	Standard	Standard

-120kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	313 Nonso Chinye 12/10/2023	313 Nonso Chinye 12/10/2023	313 Nonso Chinye 12/10/2023	310 Russ Kirby 28/12/2012	290 Russ Kirby 22/05/2022	234 Nigel Haigh 05/06/2019	60 Bernard Cunningham 20/11/2016	Standard	Standard
BENCH PRESS	192.5 Nonso Chinye 12/10/2023	192.5 Nonso Chinye 12/10/2023	220 Peter Szoke 20/05/2018	220 Peter Szoke 20/05/2018	155 John Hall 22/04/2012	140 Steve Porter 06/04/2024	55 Bernard Cunningham 20/11/2016	Standard	Standard
DEADLIFT	363 Nonso Chinye 12/10/2023	363 Nonso Chinye 12/10/2023	363 Nonso Chinye 12/10/2023	297.5 Joe Martin 28/04/2019	270 Russ Kirby 22/05/2022	225 Nigel Haigh 05/06/2019	130 Bernard Cunningham 20/11/2016	Standard	Standard
TOTAL	868.5 Nonso Chinye 12/10/2023	868.5 Nonso Chinye 12/10/2023	868.5 Nonso Chinye 12/10/2023	770 Russ Kirby 17/12/2011	672.5 Russ Kirby 22/05/2022	569 Nigel Haigh 05/06/2019	245 Bernard Cunningham 20/11/2016	Standard	Standard
BENCH (A/C)	192.5 Nonso Chinye 12/10/2023	192.5 Nonso Chinye 12/10/2023	300 Keelan Walton 07/08/2022	242.5 Darren Ball 04/08/2023	242.5 Darren Ball 04/08/2023	140 Steve Porter 06/04/2024	55 Bernard Cunningham 20/11/2016	Standard	Standard

120kg+	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	300 Bradley May 25/11/2017	317.5 Bradley May 25/01/2020	330 Keelum Walton 03/09/2023	260 Herb Sherman 17/07/2021	247.5 Nigel Haigh 09-14/03/2020	247.5 Nigel Haigh 09-14/03/2020	Standard	Standard	Standard
BENCH PRESS	162.5 Robert Gaintall 17/11/2018	182.5 Bradley May 25/01/2020	220 Keelum Walton 03/09/2023	185 Herb Sherman 17/07/2021	162.5 John Hall 10/04/2011	110 Nigel Haigh 09-14/03/2020	Standard	Standard	Standard
DEADLIFT	285 Bradley May 25/11/2017	317.5 Bradley May 25/01/2020	320 Callum Nichols 04/08/2019	280 Lee Richards 15/11/2015	260 John Hall 10/04/2011	225 Nigel Haigh 09-14/03/2020	Standard	Standard	Standard
TOTAL	745 Bradley May 25/11/2017	817.5 Bradley May 25/01/2020	840 Keelum Walton 03/09/2023	715 Herb Sherman 17/07/2021	657.5 John Hall 10/04/2011	582.5 Nigel Haigh 09-14/03/2020	Standard	Standard	Standard
BENCH (A/C)	162.5 Robert Gaintall 17/11/2018	182.5 Bradley May 25/01/2020	317.5 Keelum Walton 05/03/2023	252.5 Darren Ball 01/06/2024	252.5 Darren Ball 01/06/2024	110 Nigel Haigh 09-14/03/2020	Standard	Standard	Standard