



GBPF - BRITISH STANDARDS - MEN

Last updated **13 May 2012**

MEN'S EQUIPPED

	Under 18 equip (cp)	Under 20 equip (cp)	Under 23 equip (cp)	Open equip (cp)	Masters 1 equip (cp)	Masters 2 equip (cp)	Masters 3 equip (cp)	Masters 4 equip (cp)	Masters 5 equip (cp)
53kg									
Squat	135 Sam Pile 26/02/11	172.5 Standard	212.5 Standard	0 Standard	0 Standard	0 Standard	0 Standard	0 Standard	Standard
Bench Press	70 Sam Pile 26/02/11	90 Standard	107.5 Standard	0 Standard	0 Standard	0 Standard	0 Standard	0 Standard	Standard
Deadlift	157.5 Standard	187.5 Standard	215 Standard	0 Standard	0 Standard	0 Standard	0 Standard	0 Standard	Standard
Total	350 Sam Pile 26/02/11	397.5 Standard	465 Standard	0 Standard	0 Standard	0 Standard	0 Standard	0 Standard	Standard
Bench (All Contest)	70 Sam Pile 26/02/11	90 Standard	107.5 Standard	0 Standard	0 Standard	0 Standard	0 Standard	0 Standard	Standard
59kg									
Squat	160 Standard	195 Standard	227.5 Standard	250 Pat Constantine 08/05/12	250 Pat Constantine 08/05/12	180 Standard	165 Standard	105 Ted Brown 16/04/11	105 Ted Brown 16/04/11
Bench Press	92.5 Standard	112.5 Standard	132.5 Standard	142.5 Standard	132.5 Pat Constantine 08/11/11	110 Standard	92.5 Standard	85 Ted Brown 16/04/11	85 Ted Brown 16/04/11
Deadlift	182.5 Standard	210 Standard	220 Standard	235 Pat Constantine 08/05/12	235 Pat Constantine 08/05/12	202.5 Standard	170 Standard	145 Ted Brown 16/04/11	145 Ted Brown 16/04/11
Total	432.5 Standard	497.5 Standard	560 Standard	617.5 Pat Constantine 08/05/12	617.5 Pat Constantine 08/05/12	485 Standard	440 Standard	335 Ted Brown 16/04/11	335 Ted Brown 16/04/11
Bench (All Contest)	92.5 Standard	112.5 Standard	132.5 Standard	160 Aaron Gideon 25/05/11	132.5 Pat Constantine 08/11/11	110 Standard	92.5 David Brown 11/02/12	85 Ted Brown 16/04/11	85 Ted Brown 16/04/11
66kg									
Squat	215 Standard	230 Standard	242.5 Standard	277.5 Standard	222.5 Standard	197.5 Standard	185 Standard	132.5 Standard	Standard
Bench Press	115 Standard	127.5 Standard	155 Steven Tyers 22/04/12	177.5 Standard	145 Standard	135 Standard	120 Standard	87.5 Standard	Standard
Deadlift	210 Standard	235 Standard	250.5 Steven Tyers 22/04/12	270 Standard	237.5 Standard	220 Standard	200 Ted Bryne 08/10/11	155 Roger Powell 06/11/11	Standard
Total	527.5 Standard	582.5 Standard	628 Steven Tyers 22/04/12	680 Standard	575 Standard	545 Standard	485 Standard	377.5 Standard	Standard
Bench (All Contest)	115 Standard	127.5 Standard	155 Steven Tyers 22/04/12	182.5 Jason Irving 02/10/11	140 Standard	137.5 Standard	120 Standard	95 Standard	Standard


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74kg									
Squat	232.5 Standard	270 James Duff 15/10/11	270 James Duff 15/10/11	310 Phil Richard 30/07/11	310 Phil Richard 30/07/11	245 Allen Ottolangui 15/12/11	200 Standard	180 Standard	Standard
Bench Press	157.5 Standard	192.5 Sunil Chahal 24/03/12	192.5 Sunil Chahal 24/03/12	212.5 Phil Richard 24/03/12	212.5 Phil Richard 24/03/12	170 Standard	147.5 Standard	107.5 Standard	Standard
Deadlift	237.5 Standard	260 Standard	282.5 Standard	271 Paul Cooper 28/04/11	270 Rod Hypolite 20/11/11	235 Allen Ottolangui 27/09/11	210 Mick Amey 15/12/11	170 Desmond Scott 05/06/11	Standard
Total	602.5 Standard	695 Sunil Chahal 24/03/12	707.5 Standard	757.5 Phil Richard 30/07/11	757.5 Phil Richard 30/07/11	622.5 Allen Ottolangui 15/12/11	520 Standard	450 Standard	Standard
Bench (All Contest)	157.5 Standard	192.5 Sunil Chahal 24/03/12	192.5 Sunil Chahal 24/03/12	212.5 Phil Richard 24/03/12	212.5 Phil Richard 24/03/12	170 Standard	153 Alex Lee 05/11/11	107.5 Standard	Standard
83kg									
Squat	237.5 Standard	290 James Duff 24/03/12	300 Standard	330 Rob Palmer 16/12/11	287.5 Standard	280 Balwinder Singh 08/10/11	247.5 Willie Lincoln 16/12/11	187.5 Standard	Standard
Bench Press	165 Standard	200 Owen Hubbard 22/04/12	200 Owen Hubbard 22/04/12	237.5 Rob Palmer 16/12/11	195 Standard	172.5 Standard	165 Willie Lincoln 06/07/11	112.5 Standard	Standard
Deadlift	250 Callum Vine 25/02/11	275 Standard	305 Standard	350 Tom Martin 30/07/11	287.5 Standard	265 Balwinder Singh 08/10/11	240 Willie Lincoln 16/04/11	185 Standard	Standard
Total	607.5 Standard	712.5 Owen Hubbard 16/12/11	760 Standard	862.5 Rob Palmer 08/10/11	742.5 Standard	665 Balwinder Singh 08/10/11	647.5 Willie Lincoln 16/12/11	482.5 Standard	Standard
Bench (All Contest)	165 Standard	200 Owen Hubbard 22/04/12	200 Owen Hubbard 22/04/12	237.5 Rob Palmer 16/12/11	202.5 Standard	180 Brian Halliday 30/01/11	165 Willie Lincoln 06/07/11	135 Bill McFadyen 11/02/12	Standard
93kg									
Squat	247.5 Standard	277.5 Andrew Spiers 04/12/11	315 Stephen Maunel 10/06/11	340 Standard	310 Jaswinder Singh 16/04/11	277.5 Kevin Jane 24/03/12	277.5 Kevin Jane 24/03/12	197.5 Standard	Standard
Bench Press	170 Standard	190 Andrew Spiers 04/12/11	210 Stephen Maunel 22/05/11	230 Mark Gregory 19/02/12	220 Standard	180 Standard	170 Kevin Jane 16/12/11	127.5 Standard	Standard
Deadlift	250 Standard	290 Andrew Spiers 19/11/11	320 Stephen Maunel 31/07/11	330 Dave Carter 12/02/11	330 Dave Carter 12/02/11	282.5 Kevin Jane 16/12/11	282.5 Kevin Jane 16/12/11	192.5 Standard	Standard
Total	617.5 Standard	752.5 Andrew Spiers 04/12/11	830 Stephen Manuel 31/07/11	850 Standard	782.5 Dave Carter 31/07/11	727.5 Kevin Jane 16/12/11	727.5 Kevin Jane 16/12/11	512.5 Standard	Standard
Bench (All Contest)	170 Standard	220 Richard Balderston 19/02/12	220 Richard Balderston 19/02/12	260 James Jeffries 19/02/12	260 James Jeffries 19/02/12	205 Ian Kinghorn 12/02/12	170 Kevin Jane 16/12/11	145 Standard	Standard


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105kg									
Squat	257.5 Standard	292.5 Standard	330 John Hamson 17/09/11	362.5 Standard	327.5 Standard	295 John Mitchell 16/04/11	242.5 Standard	205 Standard	Standard
Bench Press	175 Standard	202.5 Standard	230 John Hamson 17/09/11	250 Mark Gregory 31/07/11	237.5 Standard	202.5 Arthur Cowley 24/03/12	175 Standard	137.5 Standard	Standard
Deadlift	252.5 Standard	292.5 Standard	320 Standard	330 Standard	320.5 Dave Carter 19/11/11	292.5 John Mitchell 26/03/11	247.5 Standard	202.5 Standard	Standard
Total	632.5 Standard	740 Standard	852.5 John Hamson 17/09/11	902.5 Standard	796.5 Dave Carter 19/11/11	752.5 Arthur Cowley 24/03/12	640 Standard	535 Standard	Standard
Bench (All Contest)	175 Standard	202.5 Standard	230 John Hamson 17/09/11	280 James Jeffries 06/11/11	280 James Jeffries 06/11/11	207.5 Ian Kinghorn 31/03/12	190 Tom Collins 21/04/12	137.5 Standard	Standard
120kg									
Squat	277.5 Standard	305 Standard	330 Standard	375 Tony Cliffe 07/05/11	370 Standard	292.5 Standard	252.5 Standard	215 Standard	Standard
Bench Press	180 Standard	207.5 Standard	232.5 Standard	287.5 Tony Cliffe 11/05/12	257.5 Standard	207.5 Brian Lee 16/04/11	185 Standard	142.5 Standard	Standard
Deadlift	257.5 Standard	300 Standard	340 Standard	347.5 Standard	332.5 Standard	297.5 Standard	257.5 Standard	212.5 Standard	Standard
Total	677.5 Standard	767.5 Standard	857.5 Standard	987.5 Tony Cliffe 12/11/11	882.5 Standard	757.5 Brian Lee 16/04/11	662.5 Standard	542.5 Standard	Standard
Bench (All Contest)	180 Standard	207.5 Standard	240.5 Mike Pennington 02/10/11	287.5 Tony Cliffe 11/05/12	257.5 Standard	245 Steve Leigh 04/12/11	185 Standard	142.5 Standard	Standard
120kg+									
Squat	285 Standard	312.5 Standard	337.5 Standard	415 Dean Bowring 31/07/11	382.5 Standard	300 Peter Ratcliffe 16/04/11	260 Standard	225 Standard	Standard
Bench Press	190 Standard	215 Standard	237.5 Standard	297.5 Adam Nash 31/07/11	270 Standard	200 Standard	197.5 Standard	152.5 Standard	Standard
Deadlift	262.5 Standard	307.5 Standard	350 Standard	365 Dean Bowring 07/05/11	342.5 Standard	305 Standard	265 Standard	215 Standard	Standard
Total	685 Standard	795 Standard	902.5 Standard	1052.5 Dean Bowring 07/05/11	910 Standard	770 Standard	680 Standard	560 Standard	Standard
Bench (All Contest)	210.5 Graham Mellor 19/02/12	215 Standard	237.5 Standard	302.5 Adam Nash 11/02/12	270 Rob Thomas 22/05/11	230 Standard	197.5 Standard	152.5 Standard	Standard