

Welsh Strength Association

Powerlifting Records



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www.welshpowerlifting.com

Please note that these records are for the "B" Stream Lifters. For the "A" Stream records, please refer to the WPU Welsh Powerlifting Records as they are the same. These can be found at www.welshpowerlifting.com/wpu/records.aspx

Under 16

Class	Lift	Record Holder	Weight	Date
56kg	Squat	Alex Guy	60	
	Bench	Alex Guy	47.5	
	Deadlift	Alex Guy	105	
	Total	Alex Guy	212.5	
60kg	Squat	Zak Wilcox	70	29/05/2005
	Bench	Zak Wilcox	45	29/05/2005
	Deadlift	Zak Wilcox	90	29/05/2005
	Total	Zak Wilcox	205	29/05/2005
67.5kg	Squat	Zak Wilcox	105	13/11/2005
	Bench	L Rees	60	15/02/2009
	Deadlift	Zak Wilcox	120	21/08/2005
	Total	L Rees	280	15/02/2009
	Bench Only	D Morris	75	11/08/2008
75kg	Squat	Owen Hubbard	160	11/05/2008
	Bench	Owen Hubbard	110	11/05/2008
	Deadlift	Owen Hubbard	190	11/05/2008
	Total	Owen Hubbard	460	11/05/2008
82.5kg	Squat	D Watkins	130	10/05/2009
	Bench	D Watkins	102.5	10/05/2009
	Deadlift	D Watkins	167.5	10/05/2009
	Total	D Watkins	400	10/05/2009
90kg	Squat	Scott Murphy	190	
	Bench	Scott Murphy	95	
	Deadlift	Scott Murphy	140	
	Total	Scott Murphy	355	
100kg	Squat			
	Bench			
	Deadlift			
	Total			
110kg	Squat			
	Bench			
	Deadlift			
	Total			
125kg	Squat			
	Bench			
	Deadlift			
	Total			
125+kg	Squat			
	Bench			
	Deadlift			
	Total			

Under 18

Class	Lift	Record Holder	Weight	Date
56kg	Squat			
	Bench			
	Deadlift			
	Total			
60kg	Squat			
	Bench			
	Deadlift			
	Total			
67.5kg	Squat	K Bowen	130	10/05/2009
	Bench	K Bowen	102.5	10/05/2009
	Deadlift	K Bowen	167.5	10/05/2009
	Total	K Bowen	400	10/05/2009
75kg	Squat	M Hughes	130	29/05/2005
	Bench	M Hughes	70	29/05/2005
	Deadlift	J Hackett	160	10/05/2009
	Total	M Hughes	355	29/05/2005
82.5kg	Squat	James Reardon	230	29/05/2005
	Bench	James Reardon	130	29/05/2005
	Deadlift	James Reardon	225	29/05/2005
	Total	James Reardon	585	29/05/2005
90kg	Squat	M Andrews	140	10/05/2009
	Bench	M Andrews	125	10/05/2009
	Deadlift	M Andrews	185	10/05/2009
	Total	M Andrews	450	10/05/2009
100kg	Squat	J Keys	205	10/05/2009
	Bench	A Acreman	170	13/11/2005
	Deadlift	J Keys	200	10/05/2009
	Total	J Keys	565	10/05/2009
110kg	Squat	R Law	120	10/05/2009
	Bench	R Law	70	10/05/2009
	Deadlift	R Law	150	10/05/2009
	Total	R Law	340	10/05/2009
125kg	Squat			
	Bench			
	Deadlift			
	Total			
125+kg	Squat			
	Bench			
	Deadlift			
	Total			

Under 20

Class	Lift	Record Holder	Weight	Date
60kg	Squat Bench Deadlift Total			
67.5kg	Squat Bench Deadlift Total	J Peake J Peake	75 150	13/11/2005 13/11/2005
75kg	Squat Bench Deadlift Total Bench Only	Adam Jones Adam Jones L Graddon Adam Jones J Woodhall	160 110 195 445 130	17/02/2008 17/02/2008 17/02/2008 17/02/2008 11/05/2008
82.5kg	Squat Bench Deadlift Total	J Parker J Parker J Parker J Parker	105 75 170 345	
90kg	Squat Bench Deadlift Total Bench Only	James Reardon Arwyn Brian James Reardon James Reardon Andrew Riddford	200 132.5 200 525 150	05/03/2006 05/03/2006 05/03/2006 11/05/2008
100kg	Squat Bench Deadlift Total	Oliver Griffiths Oliver Griffiths Oliver Griffiths Oliver Griffiths	200 140 262.5 602.5	11/05/2008 11/05/2008 11/05/2008 11/05/2008
110kg	Squat Bench Deadlift Total	Rhys Evans Rhys Evans Rhys Evans Rhys Evans	200 130 220 550	17/02/2008 17/02/2008 17/02/2008 17/02/2008
125kg	Squat Bench Deadlift Total Bench Only			
125+kg	Squat Bench Deadlift Total Bench Only	Ryan Cullen	215	15/02/2009

Under 23

Class	Lift	Record Holder	Weight	Date
60kg	Squat			
	Bench			
	Deadlift			
	Total			
67.5kg	Squat			
	Bench			
	Deadlift			
	Total			
75kg	Squat	G Felton	185	27/05/2007
	Bench	G Felton	125	27/05/2007
	Deadlift	G Felton	215	27/05/2007
	Total	G Felton	525	27/05/2007
82.5kg	Squat	M Jenkins	190	05/03/2006
	Bench	Arwyn Brian	135	17/02/2008
	Deadlift	M Jenkins	240	05/03/2006
	Total	M Jenkins	560	05/03/2006
90kg	Squat	Chris Jenkins	265	
	Bench	Chris Jenkins	150	
	Deadlift	Chris Jenkins	285	
	Total	Chris Jenkins	700	
100kg	Squat	R Wilding	230	
	Bench	R Smith	150	15/02/2009
	Deadlift	L Hancock	265	15/02/2009
	Total	R Wilding	630	
110kg	Squat			
	Bench			
	Deadlift			
	Total			
	Bench Only	C Pole	147.5	11/05/2008
125kg	Squat	M Jones	240	15/02/2009
	Bench	Gavin Kerr	165	23/11/2007
	Deadlift	M Jones	260	15/02/2009
	Total			
125+kg	Squat	C Harry	150	
	Bench	C Harry	100	
	Deadlift	C Harry	170	
	Total	C Harry	420	

Seniors

Class	Lift	Record Holder	Weight	Date
60kg	Squat			
	Bench			
	Deadlift			
	Total			
67.5kg	Squat	P Davies	125	
	Bench	P Davies	90	
	Deadlift	P Davies	175	
	Total	P Davies	390	
	<i>Bench Only</i>	<i>P Davies</i>	<i>90</i>	
75kg	Squat	J Lewis	150	
	Bench	P Davies	105	
	Deadlift	P Davies	200	
	Total	P Davies	455	
	<i>Bench Only</i>	<i>P Davies</i>	<i>105</i>	
82.5kg	Squat	James Reardon	230	
	Bench	James Reardon	130	
	Deadlift	James Reardon	225	
	Total	James Reardon	585	
	<i>Bench Only</i>	<i>James Reardon</i>	<i>130</i>	
90kg	Squat	Chris Jenkins	290	
	Bench	Chris Jenkins	167.5	
	Deadlift	Chris Jenkins	300	
	Total	Chris Jenkins	757.5	
	<i>Bench Only</i>	<i>R Anderson</i>	<i>172.5</i>	<i>11/05/2008</i>
100kg	Squat	Craig Coombes	340	29/05/2005
	Bench	Craig Coombes	235	29/05/2005
	Deadlift	Craig Coombes	295	29/05/2005
	Total	Craig Coombes	870	29/05/2005
	<i>Bench Only</i>	<i>Craig Coombes</i>	<i>235</i>	<i>29/05/2005</i>
110kg	Squat	Nigel Wilding	280	
	Bench	Nigel Wilding	195	
	Deadlift	Nigel Wilding	280	
	Total	Nigel Wilding	755	
	<i>Bench Only</i>	<i>Nigel Wilding</i>	<i>195</i>	
125kg	Squat	David Squires	320	29/05/2005
	Bench	David Squires	210	29/05/2005
	Deadlift	David Squires	310	29/05/2005
	Total	David Squires	840	29/05/2005
	<i>Bench Only</i>	<i>Nevile Joseph</i>	<i>220</i>	<i>11/05/2008</i>
125+kg	Squat	Dale Norris	340	05/03/2006
	Bench	Dean Bolt	212.5	
	Deadlift	Dean Bolt	330	
	Total	Dale Norris	860	05/03/2006
	<i>Bench Only</i>	<i>Jason Rees (open back shirt)</i>	<i>325</i>	<i>15/02/2009</i>

Masters 40+

Class	Lift	Record Holder	Weight	Date
60kg	Squat Bench Deadlift Total			
67.5kg	Squat Bench Deadlift Total	M Nettle M Nettle M Nettle M Nettle	135 90 195 420	
75kg	Squat Bench Deadlift Total			
82.5kg	Squat Bench Deadlift Total	G Alexander G Alexander P Rees G Alexander	210 150 230 560	05/03/2006 05/03/2006 15/02/2009 05/03/2006
90kg	Squat Bench Deadlift Total	L Hough L Hough L Hough L Hough	200 140 210 250	11/05/2008 11/05/2008 11/05/2008 11/05/2008
100kg	Squat Bench Deadlift Total	Nigel Wilding Nigel Wilding Nigel Wilding Nigel Wilding	270 190 280 750	
110kg	Squat Bench Deadlift Total	Nigel Wilding Nigel Wilding Nigel Wilding Nigel Wilding	280 195 280 755	
125kg	Squat Bench Deadlift Total	Bob Sadler Bob Sadler Bob Sadler Bob Sadler	200 140 240 580	05/03/2006 05/03/2006 05/03/2006 05/03/2006
125+kg	Squat Bench Deadlift Total			

Masters 45+

Class	Lift	Record Holder	Weight	Date
60kg	Squat Bench Deadlift Total			
67.5kg	Squat Bench Deadlift Total	S Williams S Williams S Williams S Williams	115 90 165 367.5	
75kg	Squat Bench Deadlift Total			
82.5kg	Squat Bench Deadlift Total			
90kg	Squat Bench Deadlift Total			
100kg	Squat Bench Deadlift Total	Nigel Wilding Nigel Wilding Nigel Wilding Nigel Wilding	270 190 290 750	
110kg	Squat Bench Deadlift Total	Nigel Wilding Nigel Wilding Nigel Wilding Nigel Wilding	280 195 280 755	
125kg	Squat Bench Deadlift Total			
125+kg	Squat Bench Deadlift Total			

Masters 50+

Class	Lift	Record Holder	Weight	Date
60kg	Squat			
	Bench			
	Deadlift			
	Total			
67.5kg	Squat			
	Bench			
	Deadlift			
	Total			
75kg	Squat			
	Bench			
	Deadlift			
	Total			
82.5kg	Squat			
	Bench			
	Deadlift			
	Total			
90kg	Squat			
	Bench			
	Deadlift			
	Total			
100kg	Squat	Ken Williams	230	
	Bench	Colin Payne	160	15/02/2009
	Deadlift	Ken Williams	240	
	Total	Ken Williams	610	
110kg	Squat	Nigel Wilding	220	05/03/2006
	Bench	Nigel Wilding	170	05/03/2006
	Deadlift	Nigel Wilding	240	05/03/2006
	Total	Nigel Wilding	630	05/03/2006
125kg	Squat			
	Bench			
	Deadlift			
	Total			
125+kg	Squat			
	Bench			
	Deadlift			
	Total			

Masters 55+

Class	Lift	Record Holder	Weight	Date
60kg	Squat Bench Deadlift Total			
67.5kg	Squat Bench Deadlift Total			
75kg	Squat Bench Deadlift Total			
82.5kg	Squat Bench Deadlift Total			
90kg	Squat Bench Deadlift Total			
100kg	Squat Bench Deadlift Total			
110kg	Squat Bench Deadlift Total			
125kg	Squat Bench Deadlift Total			
125+kg	Squat Bench Deadlift Total			

Masters 60+

Class	Lift	Record Holder	Weight	Date
60kg	Squat Bench Deadlift Total			
67.5kg	Squat Bench Deadlift Total			
75kg	Squat Bench Deadlift Total			
82.5kg	Squat Bench Deadlift Total			
90kg	Squat Bench Deadlift Total			
100kg	Squat Bench Deadlift Total			
110kg	Squat Bench Deadlift Total			
125kg	Squat Bench Deadlift Total			
125+kg	Squat Bench Deadlift Total			

Masters 65+

Class	Lift	Record Holder	Weight	Date
60kg	Squat Bench Deadlift Total			
67.5kg	Squat Bench Deadlift Total			
75kg	Squat Bench Deadlift Total			
82.5kg	Squat Bench Deadlift Total			
90kg	Squat	D Avo	140	11/05/2008
	Bench	D Avo	100	11/05/2008
	Deadlift	D Avo	150	11/05/2008
	Total	D Avo	390	11/05/2008
100kg	Squat Bench Deadlift Total			
110kg	Squat Bench Deadlift Total			
125kg	Squat Bench Deadlift Total			
125+kg	Squat Bench Deadlift Total			

All Ladies

Class	Lift	Record Holder	Age Group	Weight	Date
56kg	Squat	Sera Musgrove	18-19	90	05/03/2006
	Bench	Sera Musgrove	18-19	35	05/03/2006
	Deadlift	Sera Musgrove	18-19	130	05/03/2006
	Total	Sera Musgrove	18-19	255	05/03/2006
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat	Jes Bourne	U/23	140	21/08/2005
	Bench	Jes Bourne	U/23	80	21/08/2005
	Deadlift	Jes Bourne	U/23	180	21/08/2005
	Total	Jes Bourne	U/23	400	21/08/2005
75kg	Squat	E Garvey	M1	110	11/05/2008
	Bench	E Garvey	M1	60	11/05/2008
	Deadlift	E Garvey	M1	120	11/05/2008
	Total	E Garvey	M1	220	11/05/2008
77.5kg	Squat	J Morgan	Open	140	
	Bench	J Morgan	Open	90	
	Deadlift	J Morgan	Open	190	
	Total	J Morgan	Open	420	
82.5kg	Squat	Jes Bourne	U/23	160	29/05/2005
	Bench	Jes Bourne	U/23	85	29/05/2005
	Deadlift	Jes Bourne	U/23	180	29/05/2005
	Total	Jes Bourne	U/23	425	29/05/2005
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
125kg	Squat				
	Bench				

Deadlift
Total

125+kg Squat
Bench
Deadlift
Total