

# Welsh Powerlifting Union

## Powerlifting Records



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## Under 18

<b>Class</b>	<b>Lift</b>	<b>Record Holder</b>	<b>Weight</b>	<b>Date</b>
56kg	Squat	Gary Davies	115	10/12/1994
	Bench	Gary Davies	50	10/12/1994
	Deadlift	Gary Davies	150	10/12/1994
	Total	Gary Davies	315	10/12/1994
60kg	Squat	Adam Jones	132.5	19/03/2006
	Bench	Adam Jones	85	28/01/2006
	Deadlift	Gary Davies	160	07/05/1995
	Total	Gary Davies	345	07/05/1995
67.5kg	Squat	Allun Battenbough	140	15/09/1996
	Bench	Adam Jones	85	05/03/2006
	Deadlift	Gary Davies	170	11/11/1995
	Total	Gary Davies	355	11/11/1995
75kg	Squat	Owen Hubbard	215	15/02/2009
	Bench	Owen Hubbard	130	15/02/2009
	Deadlift	Owen Hubbard	210	15/02/2009
	Total	Owen Hubbard	555	15/02/2009
82.5kg	Squat	T Keane	180	15/02/2009
	Bench	Scott Murphey	97.5	15/02/2004
	Deadlift	T Keane	205	15/02/2009
	Total	T Keane	480	15/02/2009
90kg	Squat	Oliver Griffiths	210	05/03/2006
	Bench	Scott Murphey	130	13/02/2005
	Deadlift	Oliver Griffiths	235	05/03/2006
	Total	Oliver Griffiths	555	05/03/2006
100kg	Squat	Oliver Griffiths	220	28/05/2006
	Bench	Carl Rogers	140	28/05/2006
	Deadlift	J Hughes	240	28/05/2006
	Total	J Hughes	600	28/05/2006
110kg	Squat			
	Bench			
	Deadlift			
	Total			
125kg	Squat			
	Bench			
	Deadlift			
	Total			
125+kg	Squat			
	Bench			
	Deadlift			
	Total			

## Junior (Under 20)

Class	Lift	Record Holder	Weight	Date	
56kgs	Squat	Sarah Musgrove	90	05/03/2006	(female)
	Bench	Sarah Musgrove	35	05/03/2006	(female)
	Deadlift	Sarah Musgrove	130	05/03/2006	(female)
	Total	Sarah Musgrove	255	05/03/2006	(female)
60kg	Squat	Gary Davies	120	07/08/1995	
	Bench				
	Deadlift				
	Total				
67.5kg	Squat	Jamie Kirkwood	105	05/07/1998	
	Bench				
	Deadlift				
	Total				
75kg	Squat	Nick Rees	180	01/01/2003	
	Bench				
	Deadlift				
	Total				
82.5kg	Squat	Regan Wilding	190	05/05/1998	
	Bench				
	Deadlift				
	Total				
90kg	Squat	Regan Wilding	210	14/02/1999	
	Bench				
	Deadlift				
	Total				
100kg	Squat	James Griffiths	230	05/03/2006	
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
125kg	Squat				
	Bench				
	Deadlift				
	Total				
	Bench Only				Peter Edwards
125+kg	Squat				
	Bench				
	Deadlift				
	Total				

Bench Only Ryan Cullen

185

11/05/2008

## Under 23

<b>Class</b>	<b>Lift</b>	<b>Record Holder</b>	<b>Weight</b>	<b>Date</b>
60kg	Squat			
	Bench			
	Deadlift			
	Total			
67.5kg	Squat	Richard Peach	162.5	11/05/1996
	Bench	Richard Peach	125	11/05/1996
	Deadlift	Richard Peach	190	11/05/1996
	Total	Richard Peach	477.5	11/05/1996
75kg	Squat	Nick Rees	190	12/02/2004
	Bench	David Todd	135	05/03/2006
	Deadlift	Nick Rees	245	01/12/2005
	Total	Nick Rees	540	12/02/2004
82.5kg	Squat	Nick Rees	220	30/01/2005
	Bench	Nick Rees	142.5	30/01/2005
	Deadlift	Nick Rees	265	30/01/2005
	Total	Nick Rees	627.5	30/01/2005
90kg	Squat	Chris Jenkins	260	23/02/2003
	Bench	Chris Jenkins	160	23/02/2003
	Deadlift	Chris Jenkins	285	23/02/2003
	Total	Chris Jenkins	705	23/02/2003
100kg	Squat			
	Bench			
	Deadlift			
	Total			
110kg	Squat			
	Bench			
	Deadlift			
	Total			
125kg	Squat	M Pearce	235	10/05/2009
	Bench	M Jones	165	10/05/2009
	Deadlift	M Jones	270	10/05/2009
	Total	M Jones	665	10/05/2009
125+kg	Squat			
	Bench			
	Deadlift			
	Total			

## Seniors (Open)

Class	Lift	Record Holder	Weight	Date
60kg	Squat	Phil Richard	245	14/02/1998
	Bench	Phil Richard	147.5	14/02/1998
	Deadlift	Phil Richard	230	13/11/1997
	Total	Phil Richard	615	14/02/1998
	<i>Bench Only</i>	<i>Phil Richard</i>	<i>147.5</i>	<i>14/02/1998</i>
67.5kg	Squat	Phil Richard	291	15/02/2004
	Bench	Phil Richard	185	11/05/2005
	Deadlift	Phil Richard	242.5	24/02/2006
	Total	Phil Richard	715	24/02/2006
	<i>Bench Only</i>	<i>Phil Richard</i>	<i>185</i>	<i>11/05/2005</i>
75kg	Squat	Phil Richard	303.5	11/05/2008
	Bench	Phil Richard	202.5	15/02/2009
	Deadlift	Phil Richard	245	20/04/2008
	Total	Phil Richard	745	11/05/2008
	<i>Bench Only</i>	<i>Phil Richard</i>	<i>222.5</i>	<i>15/02/2009</i>
82.5kg	Squat	Paul Murphey	250	06/12/1998
	Bench	David Todd	165	22/10/2007
	Deadlift	Gareth Acreman	255	07/05/1995
	Total	Gareth Acreman	655	07/05/1995
	<i>Bench Only</i>	<i>David Todd</i>	<i>165</i>	<i>22/10/2007</i>
90kg	Squat	Phil Watkins	300	28/05/2006
	Bench	Phil Watkins	180	28/05/2006
	Deadlift	Phil Watkins	310	28/05/2006
	Total	Phil Watkins	790	28/05/2006
	<i>Bench Only</i>	<i>Phil Watkins</i>	<i>180</i>	<i>28/05/2006</i>
100kg	Squat	Julian Davies	270	28/11/1998
	Bench	Nigel Wilding	185	14/09/1997
	Deadlift	Phil Watkins	305.5	11/05/2008
	Total	Nigel Wilding	730	20/09/1998
	<i>Bench Only</i>	<i>Nigel Wilding</i>	<i>185</i>	<i>14/09/1997</i>
110kg	Squat	Steve Beechey	290	15/09/1996
	Bench	Steve Beechey	205	15/09/1996
	Deadlift	Steve Beechey	280	15/09/1996
	Total	Steve Beechey	770	15/09/1996
	<i>Bench Only</i>	<i>Steve Beechey</i>	<i>205</i>	<i>15/09/1996</i>
125kg	Squat	Pete Sutton	300	19/11/1995
	Bench	Pete Sutton	195	19/11/1995
	Deadlift	Pete Sutton	305	19/11/1995
	Total	Pete Sutton	800	19/11/1995
	<i>Bench Only</i>	<i>Pete Sutton</i>	<i>195</i>	<i>19/11/1995</i>
125+kg	Squat	Rob Thomas	340	17/02/2008
	Bench	Rob Thomas	275	11/05/2008
	Deadlift	Peter Morgan	280	07/05/1995
	Total	Rob Thomas	875	17/02/2008
	<i>Bench Only</i>	<i>Rob Thomas</i>	<i>275</i>	<i>11/05/2008</i>

## Masters 1

<b>Class</b>	<b>Lift</b>	<b>Record Holder</b>	<b>Weight</b>	<b>Date</b>
60kg	Squat	Steve Williams	160	23/04/2000
	Bench	Steve Williams	93	23/04/2000
	Deadlift	Steve Williams	180	23/04/2000
	Total	Steve Williams	420	23/04/2000
67.5kg	Squat	Steve Williams	150	06/12/1998
	Bench	Alun Matthews	95	25/02/1996
	Deadlift	Mark Nettle	185	13/07/2003
	Total	Mark Nettle	415	13/07/2003
75kg	Squat			
	Bench			
	Deadlift			
	Total			
82.5kg	Squat	Ray Jones	190	11/05/1996
	Bench	Mike Edwards	125	13/11/2005
	Deadlift	Eddie James	200	07/05/1995
	Total	Ray Jones	470	13/07/2003
90kg	Squat	Geraint Nicholas	235	10/05/2009
	Bench	Nigel Wilding	162.5	02/05/1995
	Deadlift	Nigel Wilding	265	07/05/1995
	Total	Nigel Wilding	637.5	07/09/1995
100kg	Squat	Geraint Nicholas	265	05/03/2005
	Bench	Nigel Wilding	185	14/09/1997
	Deadlift	Nigel Wilding	305	27/02/2000
	Total	Nigel Wilding	730	27/02/2000
110kg	Squat	Nigel Wilding	230	15/03/1997
	Bench	Nigel Wilding	180	15/03/1997
	Deadlift	Nigel Wilding	265	15/03/1997
	Total	Nigel Wilding	675	15/03/1997
125kg	Squat			
	Bench			
	Deadlift			
	Total			
125+kg	Squat	Peter Morgan	310	11/05/1997
	Bench	Lee Kelly	202.5	25/04/1999
	Deadlift	Peter Morgan	280	11/05/1997
	Total	Peter Morgan	735	11/05/1997

## Masters 2

Class	Lift	Record Holder	Weight	Date
60kg	Squat			
	Bench			
	Deadlift			
	Total			
67.5kg	Squat			
	Bench			
	Deadlift			
	Total			
75kg	Squat	Ron Jarrett	152.5	11/05/1996
	Bench	Ron Jarrett	97.5	11/11/1995
	Deadlift	Ron Jarrett	180	11/05/1996
	Total	Ron Jarrett	422.5	11/11/1995
82.5kg	Squat	Ray Jones	160	13/07/2003
	Bench	Mike Edwards	97.5	11/05/1996
	Deadlift	Ron Jarrett	180	11/11/1995
	Total	Ron Jarrett	422.5	11/11/1995
90kg	Squat	Ken Williams	225	05/09/1999
	Bench	Mike Edwards	137.5	11/10/2003
	Deadlift	Ken Williams	250	18/06/2000
	Total	Ken Williams	600	05/09/1999
100kg	Squat	Ken Williams	240	03/04/2004
	Bench	Ken Williams	150	05/09/2004
	Deadlift	Ken Williams	250	11/10/2003
	Total	Ken Williams	620	03/04/2004
110kg	Squat			
	Bench			
	Deadlift			
	Total			
125kg	Squat			
	Bench			
	Deadlift			
	Total			
125+kg	Squat			
	Bench			
	Deadlift			
	Total			

## Masters 3

<b>Class</b>	<b>Lift</b>	<b>Record Holder</b>	<b>Weight</b>	<b>Date</b>
60kg	Squat	Gerald Foxwell	80	01/01/2004
	Bench	Gerald Foxwell	65	01/01/2004
	Deadlift	Gerald Foxwell	150	01/01/2004
	Total	Gerald Foxwell	295	01/01/2004
67.5kg	Squat			
	Bench			
	Deadlift			
	Total			
75kg	Squat			
	Bench			
	Deadlift			
	Total			
82.5kg	Squat	Ron Jarrett	157.5	03/06/2001
	Bench	Mike Edwards	130	01/05/2006
	Deadlift	Ron Jarrett	187.5	18/06/2000
	Total	Ron Jarrett	445	03/06/2001
90kg	Squat	Dave Jones	180	20/09/1998
	Bench	Mike Edwards	117.5	01/06/2006
	Deadlift			
	Total	Dave Jones	480	20/09/1998
100kg	Squat			
	Bench			
	Deadlift			
	Total			
	Bench Only	Ken Williams	150	10/05/2009
110kg	Squat			
	Bench	Paul Rees (bench only)	140	04/02/2005
	Deadlift			
	Total			
125kg	Squat			
	Bench			
	Deadlift			
	Total			
125+kg	Squat			
	Bench			
	Deadlift			
	Total			

## Masters 4

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	Dominic Avo	152.5	10/05/2009
	Bench	Dominic Avo	105	10/05/2009
	Deadlift	Dominic Avo	170	10/05/2009
	Total	Dominic Avo	427.5	10/05/2009
100kg	Squat			
	Bench			
	Deadlift			
	Total			
110kg	Squat			
	Bench			
	Deadlift			
	Total			
125kg	Squat			
	Bench			
	Deadlift			
	Total			
125+kg	Squat			
	Bench			
	Deadlift			
	Total			

## Female Lifters - ALL AGE GROUPS

Class	Lift	Record Holder	Weight	Date
48kg	Squat Bench Deadlift Total			
52kg	Squat	Debbie Hawker	95	20/04/2008
	Bench	Debbie Hawker	70	20/04/2008
	Deadlift	Debbie Hawker	122.5	11/05/2008
	Total	Debbie Hawker	285	20/04/2008
56kg	Squat Bench Deadlift Total			
60kg	Squat	Louise Watton (U23)	140	10/05/2009
	Bench	Louise Watton (U23)	80	10/05/2009
	Deadlift	Louise Watton (U23)	165	10/05/2009
	Total	Louise Watton (U23)	385	10/05/2009
67.5kg	Squat	Louise Watton (U23)	127.5	20/04/2008
	Bench	Louise Watton (U23)	72.5	20/04/2008
	Deadlift	Louise Watton (U23)	155	11/05/2008
	Total	Louise Watton (U23)	352.5	20/04/2008
75kg	Squat Bench Deadlift Total			
82.5kg	Squat	Rachel Cork (U23)	120	11/05/2008
	Bench	Rachel Cork (U23)	65	11/05/2008
	Deadlift	Rachel Cork (U23)	152.5	11/05/2008
	Total	Rachel Cork (U23)	337.5	11/05/2008
90kg	Squat Bench Deadlift Total			
90kg+	Squat Bench Deadlift Total			