

-53kg	U16	U18	U23
SQUAT	93 Mohamed Amine Karamane 07/12/2024	93 Mohamed Amine Karamane 07/12/2024	93 Mohamed Amine Karamane 07/12/2024
BENCH PRESS	67.5 Mohamed Amine Karamane 07/12/2024	67.5 Mohamed Amine Karamane 07/12/2024	67.5 Mohamed Amine Karamane 07/12/2024
DEADLIFT	127.5 Harvey Chester 10/04/2022	127.5 Harvey Chester 10/04/2022	127.5 Harvey Chester 10/04/2022
TOTAL	283 Mohamed Amine Karamane 07/12/2024	283 Mohamed Amine Karamane 07/12/2024	283 Mohamed Amine Karamane 07/12/2024
BENCH (A/C)	67.5 Mohamed Amine Karamane 07/12/2024	67.5 Mohamed Amine Karamane 07/12/2024	67.5 Mohamed Amine Karamane 07/12/2024



South West Records - Male Equipped

updated: 16/12/2024

-59kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	147.5 Dakota Bessent 22/06/2024	147.5 Dakota Bessent 22/06/2024	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	-	-
BENCH PRESS	102.5 Dakota Bessent 22/06/2024	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	-	-
DEADLIFT	180 Dakota Bessent 22/06/2024	180 Dakota Bessent 22/06/2024	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	-	-
TOTAL	430 Dakota Bessent 22/06/2024	430 Dakota Bessent 22/06/2024	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	-	-
BENCH (A/C)	102.5 Dakota Bessent 22/06/2024	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	-	-

-66kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	170 Eli Turner 07/12/2024	175 Jack Suljevic 14/12/2014	242.5 Benedict Grant 02/09/2024	242.5 Benedict Grant 02/09/2024	165 Shaun Bateman 14/04/2018	165 Shaun Bateman 14/04/2018	-	-
BENCH PRESS	82.5 Eli Turner 07/12/2024	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	-	-
DEADLIFT	215 Eli Turner 07/12/2024	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	-	-
TOTAL	467.5 Eli Turner 07/12/2024	495 Jack Suljevic 14/12/2014	638.5 Benedict Grant 20/03/2024	638.5 Benedict Grant 20/03/2024	480 Shaun Bateman 14/04/2018	480 Shaun Bateman 14/04/2018	-	-
BENCH (A/C)	82.5 Eli Turner 07/12/2024	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
SQUAT	170 Alfie Applegate 26/10/2024	207.5 Sebastian Sincovita 24/03/2024	245.5 Luke Wilson 06/09/2019	275 Sam Dew 22/11/2024	180 Gary Prater 22/04/2012	132.5 Sean Moroney 17/12/2022	-	-
BENCH PRESS	97.5 Alfie Applegate 26/10/2024	142 Oliver Gtedhill 30/06/2024	151 Zoran Shindarski 14/12/2024	172.5 Sam Dew 22/11/2024	142.5 Martin Smith 09/03/2018	90 Sean Moroney 17/12/2022	-	-
DEADLIFT	180 Alfie Applegate 26/10/2024	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	-	-
TOTAL	447.5 Alfie Applegate 26/10/2024	547.5 Luke Wilson 01/04/2017	645 Lucas Silva 26/04/2024	712.5 Sam Dew 22/11/2024	560 Martin Smith 09/03/2018	400 Sean Moroney 17/12/2022	-	-
BENCH (A/C)	97.5 Alfie Applegate 26/10/2024	142 Oliver Gtedhill 30/06/2024	151 Zoran Shindarski 14/12/2024	172.5 Sam Dew 22/11/2024	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
SQUAT	210 Ashley Lake 14/12/2024	250 Ayonla Oyinloye 06/10/2024	300 Alistair Cannings 22/07/2014	300 Alistair Cannings 22/07/2014	210 Matthew Rowe 07/03/2015	180 Paul Coke 16/04/2016	145 Mark Wilson 08/06/2024	-
BENCH PRESS	136 Ashley Lake 14/12/2024	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	-
DEADLIFT	221 Ashley Lake 14/12/2024	270 Ayonla Oyinloye 06/10/2024	337.5 Manson Adagu 06/09/2024	337.5 Manson Adagu 06/09/2024	255 Matthew Rowe 07/03/2015	200 Paul Coke 19/04/2015	200 Phil Burge 18/09/2021	-
TOTAL	567 Ashley Lake 14/12/2024	665 Ayonla Oyinloye 06/10/2024	802.5 Manson Adagu 06/09/2024	802.5 Manson Adagu 06/09/2024	602.5 Matthew Rowe 07/03/2015	530 Paul Coke 19/04/2015	415 Mark Wilson 08/06/2024	-
BENCH (A/C)	136 Ashley Lake 14/12/2024	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	195 Oscar Whitfield 14/12/2024	272.5 Jack Hopkins 19/12/2021	282.5 Jack Hopkins 15/10/2023	290 Max Amey 14/07/2024	185 Wayne Tutty 18/06/2022	171.5 John O'Riordan 15/10/2017	-	-
BENCH PRESS	122.5 Blake Suter 07/12/2024	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	202.5 Oscar Whitfield 14/12/2024	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	505 Oscar Whitfield 14/12/2024	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)	122.5 Blake Suter 07/12/2024	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	-	275 Kristo Manellari 27/10/2024	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	-	675 Kristo Manellari 27/10/2024	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	-	300 Finn O'Farrell 08/09/2024	300 Finn O'Farrell 08/09/2024	315 Iain MacConnachie 17/04/2016	275 Christopher Lynn 02/09/2023	275 Christopher Lynn 02/09/2023	-	-
BENCH PRESS	-	182.5 Finn O'Farrell 08/10/2024	183 Rohan Ewels 14/12/2024	240 Adam Chaplin 13/04/2014	182.5 Matt Knight 27/10/2019	142.5 Christopher Lynn 02/09/2023	-	-
DEADLIFT	-	285 Finn O'Farrell 08/10/2024	327 Rohan Ewels 14/12/2024	327 Rohan Ewels 14/12/2024	285 Matt Knight 27/10/2019	282.5 Christopher Lynn 02/09/2023	-	-
TOTAL	-	767.5 Finn O'Farrell 08/10/2024	800 Rohan Ewels 14/12/2024	820 Adam Chaplin 13/04/2014	705 Matt Knight 27/10/2019	700 Christopher Lynn 02/09/2023	-	-
BENCH (A/C)	-	182.5 Finn O'Farrell 08/10/2024	183 Rohan Ewels 14/12/2024	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	217.5 David Oyadah 08/09/2024	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	217.5 David Oyadah 08/09/2024	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