West Midlands Powerlifting Divisional Records - MEN - CLASSIC

01/10/2025

-53kg

	u16	u18	u23
SQUAT	25 Standard	92.5 Standard	150 Standard
BENCH	25 Standard	50 Standard	77.5 Standard
DEADLIFT	25 Standard	112.5 Standard	170 Standard
TOTAL	75 Standard	232.5 Standard	327.5 Standard
BENCH (A/C)	25 Standard	50 Standard	77.5 Standard

-59kg

	u16	u18	u23	open	m1	m2	m3	m4
SQUAT	25 Standard	135 Jacob Melvin 29/10/2016	160 Standard	165 Standard	147.5 Standard	127.5 Standard	117.5 Standard	70 Standard
BENCH	25 Standard	82.5 Alex James 06/11/2022	95 Standard	100 Suhail Mulla 14/04/2018	87.5 Standard	77.5 Standard	72.5 Standard	50 Standard
DEADLIFT	25 Standard	170 Jacob Melvin 29/10/2016	170 Jacob Melvin 29/10/2016	177.5 Suhail Mulla 14/04/2018	155 Standard	142.5 Standard	125 Gary Vaughn 28/10/2017	85 Standard
TOTAL	75 Standard	382.5 Jacob Melvin 29/10/2016	392.5 Standard	422.5 Standard	370 Standard	340 Standard	310 Standard	202.5 Standard
BENCH (A/C)	25 Standard	82.5 Alex James 06/11/2022	95 Standard	100 Suhail Mulla 14/04/2018	87.5 Standard	77.5 Standard	72.5 Standard	52.5 Standard

-66kg

	u16	u18	u23	open	m1	m2	m3	m4
SQUAT	25 Standard	175.5 Declan Zimmermann 29/10/2016	187.5 Ploutis Koumi 24/11/2017	195 David Gray 01/10/2016	195 David Gray 01/10/2016	195 David Gray 01/10/2016	130 Standard	95 Standard
BENCH	25 Standard	102.5 Declan Zimmermann 29/10/2016	122.5 Ploutis Koumi 27/05/2018	135 David Gray 07/06/2015	135 David Gray 07/06/2015	135 David Gray 07/06/2015	85 Standard	62.5 Standard
DEADLIFT	25 Standard	235 Declan Zimmermann 29/10/2016	235 Declan Zimmermann 29/10/2018	253 David Gray 08/03/2018	253 David Gray 08/03/2018	253 David Gray 08/03/2018	135 Standard	107.5 Standard
TOTAL	75 Standard	513 Declan Zimmermann 29/10/2016	532.5 Ploutis Koumi 24/11/2017	568.5 David Gray 08/03/2018	568.5 David Gray 08/03/2018	568.5 David Gray 08/03/2018	340 Standard	265 Standard
BENCH (A/C)	25 Standard	102.5 Declan Zimmermann 29/10/2016	122.5 Ploutis Koumi 27/05/2018	135 David Gray 07/06/2015	135 David Gray 07/06/2015	135 David Gray 07/06/2015	85 Standard	67.5 Standard

-74kg

	u16	u18	u23	open	m1	m2	m3	m4
SQUAT	25 Standard	170 Frederick Edge 13/10/2018	260 Sunil Chahal 22/02/2015	262.5 Sunil Chahal 27/02/2016	215 Harri Singh 27/02/2016	215 Harri Singh 27/02/2016	215 Harri Singh 27/02/2016	170 Stan McCrow 02/12/2018
BENCH	25 Standard	112.5 Standard	202.5 Sunil Chahal 22/02/2015	205 Sunil Chahal 27/02/2016	130 Harri Singh 27/02/2016	130 Harri Singh 27/02/2016	130 Harri Singh 27/02/2016	77.5 Standard
DEADLIFT	25 Standard	210 Frederick Edge 13/10/2018	267.5 Sunil Chahal 12/04/2015	295 Luke Rogers 31/08/2019	215 Manoj Chanal 08/03/2015	215 Harri Singh 27/02/2016	215 Harri Singh 27/02/2016	195 Stan McCrow 02/12/2018
TOTAL	75 Standard	472.5 Frederick Edge 13/10/2018	727.5 Sunil Chahal 22/02/2015	732.5 Sunil Chahal 27/02/2016	560 Harri Singh 27/02/2016	560 Harri Singh 27/02/2016	560 Harri Singh 27/02/2016	430 Stan McCrow 02/12/2018
BENCH (A/C)	25 Standard	112.5 Standard	202.5 Sunil Chahal 22/02/2015	205 Sunil Chahal 27/02/2016	130 Harri Singh 23/01/2016	130 Harri Singh 23/01/2016	130 Harri Singh 23/01/2016	77.5 Standard

-83kg

	u16	u18	u23	open	m1	m2	m3	m4
SQUAT	25 Standard	200 Oskar Wenc 25/11/2023	220 Simon Chan 26/11/2017	250 Jasvinder Singh 25/02/2017	250 Jasvinder Singh 25/02/2017	235 Manoj Chahal 24/04/2022	230 Karnail Singh 27/05/2018	132.5 Standard
BENCH	25 Standard	127.5 Oliver Lloyd 22/10/021	150 Daniel Byrne 12/03/2016	247.5 Jasvinder Singh 27/02/2016	247.5 Jasvinder Singh 27/02/2016	145 Karnail Singh 27/05/2018	145 Karnail Singh 27/05/2018	95.5 Clive Lingard 06/11/2022
DEADLIFT	25 Standard	230 Alex Tellam 03/04/2016	270 Giuseppe Merlerati 13/10/2018	270 Giuseppe Merlerati 13/10/2018	235 Matt Lingard 19/03/2016	235 Manoj Chahal 24/04/2022	227.5 Karnail Singh 20/01/2018	170 Clive Lingard 21/11/2021
TOTAL	75 Standard	520 Oskar Wenc 25/11/2023	617.5 Giuseppe Merlerati 13/10/2018	675 Jasvinder Singh 25/02/2017	675 Jasvinder Singh 25/02/2017	602.5 Manoj Chahal 24/04/2022	600 Karnail Singh 27/05/2018	382.5 Clive Lingard 21/11/2021
BENCH (A/C)	25 Standard	127.5 Oliver Lloyd 22/10/2021	150 Daniel Byrne 12/03/2016	247.5 Jasvinder Singh 27/02/2016	247.5 Jasvinder Singh 27/02/2016	145 Karnail Singh 27/05/2018	145 Karnail Singh 27/05/2018	95.5 Clive Lingard 06/11/2022

-93kg

	u16	u18	u23	open	m1	m2	m3	m4
SQUAT	25 Standard	202.5 Jack Davies 13/10/2018	235 Mandeep Shergill 23/11/2014	262.5 Ashley Liston 14/06/2019	235 Jaswinder Singh 06/08/2018	235 Jaswinder Singh 06/08/2018	162.5 Standard	140 Standard
BENCH	25 Standard	140 Inderpal Singh Gosal 07/07/2019	159 Nickolas Towson 15/12/2024	205 Ashley Liston 14/06/2019	160 Jaswinder Singh 08/03/2015	160 Jaswinder Singh 06/08/2016	117.5 Standard	104 Clive Lingard 21/10/2018
DEADLIFT	25 Standard	245 Inderpal Singh 07/07/2019	300 Greg Lewis 05/07/2015	322.5 Greg Lewis 02/11/2018	245 Jaswinder Singh 08/03/2015	245 Jaswinder Singh 06/08/2016	170 Clive Lingard 06/03/2018	180 Clive Lingard 07/04/2019
TOTAL	75 Standard	565 Inderpal Singh 07/07/2019	630 Greg Lewis 05/07/2015	760 Ashley Liston 14/06/2019	640 Jaswinder Singh 06/08/2016	640 Jaswinder Singh 06/08/2016	140 Standard	397.5 Clive Lingard 06/06/2019
BENCH (A/C)	25 Standard	140 Inderpal Singh 07/07/2019	159 Nickolas Towson 15/12/2024	205 Ashley Liston 14/06/2019	165 Standard	160 Jaswinder Singh 06/08/2016	130 Mike Edwards 23/01/2016	130 Mike Edwards 23/01/2016

-105kg

	u16	u18	u23	open	m1	m2	m3	m4
SQUAT	25 Standard	230 Adham Omar 13/10/2018	240 Steven Barber 27/02/2016	270 Inderraj Dhillion 15/04/2018	240 Jaswinder Singh 28/10/2017	240 Jaswinder Singh 28/10/2017	170 Standard	145 Standard
BENCH	25 Standard	132.5 Adham Omar 13/10/2018	162.5 Standard	180 Moses Onyeqeule 15/04/2018	167.5 Standard	160 Jaswinder Singh 28/10/2017	122.5 Standard	110 Clive Lingard 26/10/2019
DEADLIFT	25 Standard	240 Adham Omar 15/04/2018	280 Charles McGivern 12/03/2016	322.5 Inderraj Dhillion 15/04/2018	2542.5 Jaswinder Singh 28/10/2017	252.5 Jaswinder Singh 28/10/2017	175 Clive Lingard 08/03/2015	190 Clive Lingard 26/10/2019
TOTAL	75 Standard	597.5 Adham Omar 13/10/2018	645 Steven Barber 27/02/2016	745 Inderraj Dhillion 15/04/2018	652.5 Jaswinder Singh 28/10/2017	652.5 Jaswinder Singh 28/10/2017	450 Standard	425 Clive Lingard 09/03/2020
BENCH (A/C)	25 Standard	132.5 Adham Omar 13/10/2018	162.5 Standard	195 Harbans Bansal 18/02/2018	195 Harbans Bansal 18/02/2018	160 Jaswinder Singh 28/10/2017	122.5 Standard	110 Clive Lingard 26/10/2019

-120kg

	u16	u18	u23	open	m1	m2	m3	m4
SQUAT	25 Standard	237.5 Ivor Sutie 13/10/2018	237.5 Ivor Sutie 13/10/2018	382.5 Ranbir Sahota 12/08/2014	260 Standard	205 Standard	177.5 Standard	152.5 Standard
BENCH	25 Standard	142.5 Ivor Sutie 13/10/2018	165 Standard	235 Ranbir Sahota 12/04/2015	182.5 Standard	145 John Ashburner 28/10/2017	130 Standard	100 Standard
DEADLIFT	25 Standard	260 Ivor Sutie 13/10/2018	282.5 Balal Ahmed 28/05/2018	325 Ranbir Sahota 12/04/2015	235 Standard	220 John Ashburner 28/10/2017	182.5 Standard	150 Standard
TOTAL	75 Standard	640 Ivor Sutie 13/10/2018	647.5 Balal Ahmed 28/05/2018	925 Ranbir Sahota 12/04/2015	620 Standard	555 John Ashburner 28/10/2017	465 Standard	380 Standard
BENCH (A/C)	25 Standard	150 Jake Simpson 13/10/2018	175 Phillip Martin 06/12/2015	235 Ranbir Sahota 12/04/2015	182.5 Standard	147.5 Standard	130 Standard	100 Standard

120kg+

	u16	u18	u23	open	m1	m2	m3	m4
SQUAT	25 Standard	200 Standard	237.5 Standard	380 Ranbir Sahota 29/11/2014	270 Standard	217.5 Standard	182.5 Standard	157.5 Standard
BENCH	25 Standard	135 Standard	167.5 Standard	232.5 Ranbir Sahota 29/11/2014	190 Standard	140 Standard	140 Standard	107.5 Standard
DEADLIFT	25 Standard	185 Standard	245 Standard	340.5 Wes Hall 28/05/2017	240 Standard	215 Standard	187.5 Standard	152.5 Standard
TOTAL	75 Standard	480 Standard	632.5 Standard	937.5 Ranbir Sahota 29/11/2014	637.5 Standard	540 Standard	477.5 Standard	392.5 Standard
BENCH (A/C)	25 Standard	135 Standard	167.5 Standard	245 Ryan Philips-Martin 20/09/2002	237.5 Paul Merricks 03/06/2017	208 Paul Merricks 45752	140 Standard	107.5 Standard