

MENS GBPF POWERLIFTING RECORDS

Men	59	66	74	83	93	105	120	120+
Squat		Blake Davies 145kg 23/11/2019	Ben Allen 200kg 24/03/2018	Maciek Szczyrba 210kg 02/11/2019	Sean-Paul MacKenzie 255kg 23/03/2019	Max Taberham 235kg 25/03/2018	Dylan Hurdus 185kg 25/03/2018	Dakwan Elfizgha 270kg 25/03/2018
Bench		Sean Saw 110kg 23/11/2019	Ollie Walker 137.5kg 23/03/2019	Maciek Szczyrba 130kg 02/11/2019	Jonathan Forsythe 145kg 04/04/2022	Max Taberham 152.5kg 25/03/2018	Dylan Hurdus 112.5kg 25/03/2018	Dakwan Elfizgha 160kg 25/03/2018
Deadlift		Blake Davies 195kg 23/11/2019	Zechi Gan 235kg 27/05/2018	Zechi Gan 255kg 23/03/2019	Sean-Paul MacKenzie 290kg 23/03/2019	Max Taberham 277.5kg 25/03/2018	Dylan Hurdus 237.5kg 25/03/2018	Dakwan Elfizgha 292.5kg 25/03/2018
Total		Blake Davies 442.5kg 23/11/2019	Zechi Gan 535kg 27/05/2018	Maciek Szczyrba 590kg 02/11/2019	Sean-Paul MacKenzie 685kg 23/03/2019	Max Taberham 665kg 25/03/2018	Dylan Hurdus 535kg 25/03/2018	Dakwan Elfizgha 722.5kg 25/03/2018

MENS ABPU POWERLIFTING RECORDS

Class	52	56	60	75	82.5	90
Squat						
Bench						
Deadlift						
Total						
Class	100	110	125	140	140+	
Squat	Mohammed Rafi 190kg 29/01/2022					
Bench	Mohammed Rafi 120kg 29/01/2022					
Deadlift	Mohammed Rafi 220kg 29/01/2022					
Total	Mohammed Rafi 530kg 29/01/2022					