

# MENS GBPF POWERLIFTING RECORDS

Class	59	66	74	83	93	105	120	120+
Squat		<b>Blake Davies</b> 145kg 23/11/2019	<b>Ben Allen</b> 200kg 24/03/2018	<b>Maciek Szczyrba</b> 210kg 02/11/2019	<b>Sean-Paul MacKenzie</b> 255kg 23/03/2019	<b>Max Taberham</b> 235kg 25/03/2018	<b>Dylan Hurdus</b> 185kg 25/03/2018	<b>Dakwan Elfizgha</b> 270kg 25/03/2018
Bench		<b>Sean Saw</b> 110kg 23/11/2019	<b>Ollie Walker</b> 137.5kg 23/03/2019	<b>Brandon Ring</b> 132.5kg 13/01/2023	<b>Jonathan Forsythe</b> 145kg 04/04/2022	<b>Max Taberham</b> 152.5kg 25/03/2018	<b>Dylan Hurdus</b> 112.5kg 25/03/2018	<b>Dakwan Elfizgha</b> 160kg 25/03/2018
Deadlift		<b>Blake Davies</b> 195kg 23/11/2019	<b>Zechi Gan</b> 235kg 27/05/2018	<b>Zechi Gan</b> 255kg 23/03/2019	<b>Sean-Paul MacKenzie</b> 290kg 23/03/2019	<b>Max Taberham</b> 277.5kg 25/03/2018	<b>Dylan Hurdus</b> 237.5kg 25/03/2018	<b>Dakwan Elfizgha</b> 292.5kg 25/03/2018
Total		<b>Blake Davies</b> 442.5kg 23/11/2019	<b>Zechi Gan</b> 535kg 27/05/2018	<b>Maciek Szczyrba</b> 590kg 02/11/2019	<b>Sean-Paul MacKenzie</b> 685kg 23/03/2019	<b>Max Taberham</b> 665kg 25/03/2018	<b>Dylan Hurdus</b> 535kg 25/03/2018	<b>Dakwan Elfizgha</b> 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	<b>Mohammed Rafi</b> 190kg 29/01/2022					
Bench	<b>Mohammed Rafi</b> 120kg 29/01/2022					
Deadlift	<b>Mohammed Rafi</b> 220kg 29/01/2022					
Total	<b>Mohammed Rafi</b> 530kg 29/01/2022					