

Powerlifting Records



Categories

- Records can be set for the squat, bench press, deadlift, total, and bench (A/C).
- Bench (A/C) can be set at either a full power or bench only comp.
- Categories are divided by sex (Male/Female) and then into weight classes.
- Being a University club, we do not consider age classes for our records.

Eligibility Criteria

- Only lifts completed on or after **01/01/2024** will be eligible; competition lifts prior to this date will not be added to the club records.
- You must hold a University of Bristol Lifting Club membership at the time in which the record was set.
- Records can only be set in official **British Powerlifting/IPF affiliated** competitions.

Submission Process

- To have your lift added to our club records please fill out [this form](#)
- Please only fill out the form once the official competition results have been published, this means that they must have been uploaded either to a divisional website (e.g. [SWPLA.co.uk](#)), national website (e.g. [britishpowerlifting.org](#)) or on [openpowerlifting.org](#).
 - Results can take a couple of weeks to be uploaded to these websites from the date of the competition so please bare this in mind.

If you have any questions, please get in contact with **Harry Smith** (General Secretary).

	47kg	52kg	57kg	63kg	69kg	76kg	84kg	84+kg
SQUAT	Weight Name Date	Weight Name Date	Weight Name Date	150 Olivia Harding ham 19/03/ 2024	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date
BENCH PRESS	Weight Name Date	Weight Name Date	Weight Name Date	70 Olivia Harding ham 19/03/2024	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date
DEADLIFT	Weight Name Date	Weight Name Date	Weight Name Date	155 Olivia Harding ham 19/03/2024	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date
TOTAL	Weight Name Date	Weight Name Date	Weight Name Date	375 Olivia Harding ham 19/03/2024	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date
BENCH (A/C)	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date

	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
SQUAT	Weight Name Date	Weight Name Date	167.5 Martin Nguyen 11/02/2024	210 Harry Smith 26/04/ 2024	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date
BENCH PRESS	Weight Name Date	Weight Name Date	150.5 Martin Nguyen 11/02/2024	155 Harry Smith 26/04/2024	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date
DEADLIFT	Weight Name Date	Weight Name Date	212.5kg Bill Peters- Cheale 14/01/2024	220 Harry Smith 26/04/2024	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date
TOTAL	Weight Name Date	Weight Name Date	513 Martin Nguyen 11/02/2024	585 Harry Smith 26/04/2024	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date
BENCH (A/C)	Weight Name Date	155 Matin Nguyen 02/03/2024	150.5 Martin Nguyen 11/02/2024	155 Harry Smith 02/03/2024	Weight Name Date	Weight Name Date	Weight Name Date	Weight Name Date