



United Kingdom Bench Records

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7/4/2023

Weight Class: 56 / 123 Female				
Division	Bench Press	Name	Resides	Date
Open	45.0 kgs / 99.2 lbs	Laura Swandel	United Kingdom	7/2017
35-39	45.0 kgs / 99.2 lbs	Laura Swandel	United Kingdom	7/2017

Weight Class: 75 / 165 Male				
Division	Bench Press	Name	Resides	Date
Open	110.0 kgs / 242.5 lbs	Ben Poole	United Kingdom	3/2015
Police/Fire/Mil	110.0 kgs / 242.5 lbs	Ben Poole	United Kingdom	3/2015