

OPEN EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60					
67.5	EAST John (2013) WM	190	EAST John (2013) WM 132.5	EAST John (2013) WM 210	EAST John (2013) WM 532.5
75			LYNCH Chris () WM 105		
82.5				HARDY Oliver (2016) WM 270	
90	SHERLOCK Vince (2009) WM	272.5	SHERLOCK Vince (2009) WM 175	SHERLOCK Vince (2009) WM 240	SHERLOCK Vince (2009) WM 687.5
100					
110					
125	ALLISON Raymond (2009) WM	320	ALLISON Ray (2012) WM 200	ALLISON Ray (2012) WM 285	ALLISON Ray (2012) WM 785
145					
145+					

TEENAGE 1 (14-15 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60					
67.5	BRYAN Harrison (2016) WM	110	BRYAN Harrison (2016) WM 80	BRYAN Haarrison (2016) WM 140	BRYAN Harrison (2016) WM 330
75					
82.5					
90					
100					
110					
125					
145					
145+					

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60					
67.5					
75			LYNCH Chris () WM 105		
82.5					
90					
100					
110					
125	DAVIES Johnathan (2016) WM	235	DAVIES Johnathan (2016) WM 135	DAVIES Johnathan (2016) WM 235	DAVIES Johnathan (2016) WM 605
145					
145+					

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				

60								
67.5								
75								
82.5								
90	SHERLOCK Vince (2009) WM	272.5	SHERLOCK Vince (2009) WM	175	SHERLOCK Vince (2009) WM	240	SHERLOCK Vince (2009) WM	687.5
100								
110								
125								
145								
145+								

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5								
90								
100								
110								
125	ALLISON Raymond (2009) WM	320	ALLISON Raymond (2009) WM	190	ALLISON Raymond (2009) WM	220	ALLISON Raymond (2009) WM	730
145								
145+								

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5								
90								
100								
110								
125	ALLISON Ray (2012) WM	301	ALLISON Ray (2012) WM	200	ALLISON Ray (2012) WM	285	ALLISON Ray (2012) WM	785
145								
145+								

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				

110								
125								
145								
145+								

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

MASTER 8 (75-79yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

MASTER 9 (80-84yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

MASTER 10 (85-89yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

M/P/F EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	EAST John (2013) WM	190	EAST John (2013) WM	132.5	EAST John (2013) WM	210	EAST John (2013) WM	532.5
75								
82.5								
90								
100								
110								
125								
145								
145+								