

OPEN EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75	Harrison Bryan (2018) WM 180		HODSON David (2016) WM 240
82.5	Harrison Bryan (2018) WM 200		HARDY Oliver (2015) WM 260
90			WHYTE Larry (2009) WM 250
100	MAKOVIC Michal (2015) WM 255		
110	SINGH Jagir (2015) WM 202.5		SINGH Jagir (2015) WM 222.5
125			
145			
145+			

TEENAGE 1 (14-15 yrs) EQUIPPED

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

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75	Harrison Bryan (2018) WM 180		
82.5	Harrison Bryan (2018) WM 192.5		Harrison Bryan (2018) WM 195
90			
100			
110			
125			
145			
145+			

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5	Harrison Bryan (2018) WM 200		
90			
100			
110			
125			

145					
145+					

JUNIOR (20-23 yrs) EQUIPPED

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

MASTER 1 (40-44yrs) EQUIPPED

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

MASTER 2 (45-49yrs) EQUIPPED

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

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			WHYTE Larry (2009) WM 250
100			
110			

125					
145					
145+					

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110	SINGH Jagir (2015) WM	202.5	SINGH Jagir (2015) WM	222.5
125				
145				
145+				

MASTER 5 (60-64yrs) EQUIPPED

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

MASTER 6 (65-69yrs) EQUIPPED

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

MASTER 7 (70-74yrs) EQUIPPED

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

110					
125					
145					
145+					

MASTER 8 (75-79yrs) EQUIPPED

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

MASTER 9 (80-84yrs) EQUIPPED

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

MASTER 10 (85-89yrs) EQUIPPED

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

M/P/F EQUIPPED

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

100					
110					
125					
145					
145+					