

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56	James Donnelly (2018) WM	102.5	KHALFEY Kader (2009) WM 70	James Donnelly (2018) WM 162	KHALFEY Kader (2009) WM 325
60	STANSBIE Terry (2010) WM	135	STANSBIE Terry (2010) WM 100	EAST John (2011) WM 200	STANSBIE Terry (2010) WM 417.5
67.5	GRAY David (2013) WM	196	GRAY David (2013) WM 145.5	GRAY David (2013) WM 260	GRAY David (2013) WM 587.5
75	ROGERS Luke (2015) WM	222.5	HARDY Oliver (2010) WM 130	ROGERS Luke (2014) WM 260.5	ROGERS Luke (2015) WM 600
82.5	Charles Micah (2018) WM	222.5	TOSH Alex (2011) WM 160	Charles Micah (2018) WM 267.5	TOSH Alex (2011) WM 605
90	CORDWELL Callum (2015) WM	230	TOSH Henry (2010) WM 175	TOSH Henry (2010) WM 275	TOSH Henry (2010) WM 660
100	MITCHELL John (2010) WM	250	TOSH Henry (2011) WM 190	MITCHELL John (2010) WM 282.5	TOSH Henry (2011) WM 730
110	MITCHELL John (2011) WM	301	MITCHELL John (2011) WM 165	MITCHELL John (2011) WM 290	MITCHELL John (2011) WM 725
125	GOZDECKI Richard (2016) WM	290	GOZDECKI Richard (2016) WM 185	GOZDECKI Richard (2016) WM 320	GOZDECKI Richard (2016) WM 795
145	Ajay Sharma (2018) WM	300	JAMES Anthony (2016) WM 185	JAMES Anthony (2016) WM 285	JAMES Anthony (2016) WM 735
145+					

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60					
67.5					
75			SNOOK Conrad () WM	140	SNOOK Conrad () WM 290
82.5					
90					
100					
110					
125					
145					
145+					

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56	James Donnelly (2018) WM	102.5	James Donnelly (2018) WM 65	James Donnelly (2018) WM 162	
60					
67.5					
75					
82.5	SIMPSON Doug (2013) WM	175	SIMPSON Doug (2013) WM 100	SIMPSON Doug (2013) WM 205	SIMPSON Doug (2013) WM 480
90					
100	TRING Rob (2013) WM	172.5	TRING Rob (2013) WM 102.5	TAYLOR Jack (2013) WM 202.5	TRING Rob (2013) WM 470
110					
125					
145					
145+					

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60	SANDERS Ashley (2009) WM	120	SANDERS Ashley (2009) WM 70	SANDERS Ashley (2009) WM 155	SANDERS Ashley (2009) WM 345
67.5	CHEEMA Baljit Singh (2006) WM	137.5	CHEEMA Baljit Singh (2006) WM 97.5	CHEEMA Baljit Singh (2006) WM 175	CHEEMA Baljit Singh (2006) WM 410
75					
82.5	MARSDEN Jacob (2016) WM	167.5	MC LAUGHLAN Scott R (2009) WM 135	MC LAUGHLAN Scott R (2009) WM 220	MC LAUGHLAN Scott R (2009) WM 520
90					
100					
110	ALLISON Dean () WM	180	COLLISHAW Tommy (2014) WM	237.5	ALLISON Dean () WM 532.5
125					
145					
145+					

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60					
67.5	GRANT Guy (2009) WM	150	GRANT Guy (2009) WM 100	GRANT Guy (2009) WM 210	GRANT Guy (2009) WM 460
75					
82.5	CHEEMA Baljit (2011) WM	165	CHEEMA Baljit (2011) WM 122.5	CHEEMA Baljit (2011) WM 230	CHEEMA Baljit (2011) WM 517.5
90	CORDWELL Callum (2015) WM	230	CORDWELL Callum (2015) WM 135	CORDWELL Callum (2015) WM 237.5	CORDWELL Callum (2015) WM 602.5
100	REES Robbie (2010) WM	226	REES Robert (2009) WM 135	ALLISON Liam (2010) WM 267.5	REES Robbie (2010) WM 658.5
110	PAYNE Jon () WM	180	BROOKES Jake (2016) WM 130	BROOKES Jake (2016) WM 240	PAYNE Jon () WM 520
125	RAMSBOTTOM Karl (2011) WM	250	RAMSBOTTOM Karl (2011) WM 175	RAMSBOTTOM Karl (2011) WM 250	RAMSBOTTOM Karl (2011) WM 675
145	Ajay Sharma (2018) WM	300	Ajay Sharma (2018) WM 185		
145+					

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60	STANSBIE Terry (2010) WM	135	STANSBIE Terry (2010) WM 95	STANSBIE Terry (2010) WM 185	STANSBIE Terry (2010) WM 415
67.5	PROBERT David (2016) WM	145	STANSBIE Terry (2011) WM 100	STANSBIE Terry (2011) WM 190	PROBERT David (2016) WM 420
75					
82.5					
90					

60	PINSON Roy (2014) WM	87.5	PINSON Roy (2014) WM	67.5	PINSON Roy (2015) WM	135	PINSON Roy (2014) WM	282.5
67.5								
75								
82.5								
90								
100								
110								
125								
145								
145+								

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5	HARVEY Patrick (2013) WM	95	HARVEY Patrick (2013) WM	70	HARVEY Patrick (2012) WM	140	HARVEY Patrick (2013) WM	300
75								
82.5								
90								
100								
110								
125								
145								
145+								

MASTER 9 (80-84yrs) UNEQUIPPED

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

MASTER 10 (85-89yrs) UNEQUIPPED

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

M/P/F UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60					EAST John (2011) WM	200		
67.5								
75	HARDY Oliver (2010) WM	170	HARDY Oliver (2010) WM	130	HARDY Oliver (2010) WM	235	HARDY Oliver (2010) WM	535
82.5								
90								
100								
110	SCHRAM Patrick (2009) WM	205	SCHRAM Patrick (2009) WM	130	SCHRAM Patrick (2009) WM	220	SCHRAM Patrick (2009) WM	555
125								
145								
145+								