

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52	Owen Merriman (2019) WM	105	
56			
60		PINSON Roy (2013) WM	55
67.5	GRAY David (2015) WM	191	142.5
75	Lucas Meacham (2019) WM	185	125
82.5	Lucas Meacham (2018) WM	190	220
90	CORDWELL Callum (2015) WM	236	190
100		HARBANS Bansal (2015) WM	195
110	WOOD Darren (2018) WM	240	175
125	WOOD Darren (2015) WM	272.5	182.5
145	BRIDGES Rob (2015) WM	200	230
145+		MERRICKS Paul (2015) WM	235.5

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		CLARK Michael (2011) WM	85
75			
82.5		SHELTON George (2009) WM	82.5
90			
100			
110			
125			
145			
145+			

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			BALLINGER Adam (2009) WM
75		DAVIES Nathan (2015) WM	102.5
82.5		GRIFFITHS Ben (2010) WM	127.5
90		CLARK Michael (2012) WM	122.5
100			
110			
125			
145			
145+			

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75	DALDRY Michael (2009) WM	155	115
82.5			O'BOYLE Josh (2009) WM
90		BALLINGER Joe (2010) WM	100
100			
110			
125			
145			
145+			

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52	Owen Merriman (2019) WM	105	
56			
60			
67.5		GARRITY Daniel (2013) WM	122.5
75		GARRITY Daniel (2015) WM	125
82.5		BRAZIER Adam (2014) WM	137.5
90	CORDWELL Callum (2015) WM	236	
100		WALL Gareth (2010) WM	127.5
110			
125		PHILLIPS-MARTIN Ryan (2015) WM	170
145	BRIDGES Rob (2015) WM	200	
145+			

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100		SMITH Lee (2015) WM	175
110	WOOD Darren (2018) WM	240	THOMAS Neil (2016) WM
125	WOOD Darren (2015) WM	272.5	THOMAS Neil (2015) WM
145			
145+			

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5	GRAY David (2012) WM	182.5	
75			
82.5		JOHN Michael (2009) WM	125
90			
100		FLETCHER Dean (2014) WM	122.5
110			
125			
145			PHILLIPS Gary (2015) WM
145+			

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5	GRAY David (2015) WM	191	GRAY David (2015) WM
75			
82.5		CONWAY Gary (2010) WM	137.5
90		Dean Fletcher (2019) WM	110
100		O'GRADY Martin (2015) WM	120
110	MIDDLETON Phil (2016) WM	175	
125		BERNASCONI John (2015) WM	182.5
145			
145+			

MASTER 4 (55-59yrs) UNEQUIPPED

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

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		CONWAY Gary (2016) WM	120
82.5	Michael Round (2019) WM	172.5	
90			
100			
110			
125			
145			
145+			

MASTER 6 (65-69yrs) UNEQUIPPED

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

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	
52				
56				
60		PINSON Roy (2013) WM	55	
67.5			PINSON Roy (2013) WM	120
75				
82.5		GARNER Roy D (2009) WM	82.5	
90				
100				
110				
125				
145				
145+				

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
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52					
56					
60					
67.5	HARVEY Patrick (2013) WM	85	HARVEY Patrick (2013) WM	67.5	
75					
82.5					
90					
100					
110					
125					
145					
145+					

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5		ELMORE Gren (2009) WM	79
90			ELMORE Gren (2010) WM
100			118.5
110			
125			
145			
145+			

MASTER 10 (85-89yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		ELMORE Gren (2014) WM	61
82.5		ELMORE Gren (2012) WM	78
90			ELMORE Gren (2014) WM
100			86
110			ELMORE Gren (2012) WM
125			109
145			
145+			

M/P/F UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		THOMPSON Ray (2015) WM	120
82.5			
90			BALLINGER Joe (2009) WM
100		FLETCHER Dean (2014) WM	122.5
110		THOMAS Neil (2016) WM	175
125		THOMAS Neil (2015) WM	182.5
145			FLETCHER Dean (2013) WM
145+			205
			225