

**OPEN EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5	Paul Campbell (2023) NM	310	Richard Crossland (2013) NM	185	Richard Crossland (2013) NM	262.5	Paul Campbell (2023) NM	735
90								
100	Khalon Hodson (2023) NM	300	Khalon Hodson (2023) NM	185	Khalon Hodson (2023) NM	250	Khalon Hodson (2023) NM	735
110			Roy Olsen (2016) NM	150	Roy Olsen (2016) NM	200		
125	Roy Olsen (2009) NM	215	Roy Olsen (2011) NM	185	Roy Olsen (2011) NM	230	Roy Olsen (2009) NM	595
145								
145+								

**TEENAGE 1 (14-15 yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
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	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				
82.5				
90				

100							
110							
125							
145							
145+							

**MASTER 1 (40-44yrs) EQUIPPED**

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

**MASTER 5 (60-64yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				



