

**OPEN EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					Harry Sandbach (2009) NM	186
75					Declan Templeton (2022) NM	190
82.5			Ben Hartley (2023) NM	170	George Fletcher (2009) NM	215
90	Richard Scott (2022) NM	172.5	Ben Hartley (2022) NM	140	Matthew Inchley (2010) NM	230
100	Oliver Roberts (2023) NM	240	Richard Whisker(2010) NM	215	James Bell (2009) NM	227.5
110			Roy Olsen (2016) NM	150	Marc Giles (2010) NM	272.5
125			James Lovell (2022) NM	190	Roy Olsen (2014) NM	220
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					Declan Templeton (2022) NM	190
82.5						
90						
100						
110						
125						
145						
145+						

**TEENAGE 3 (18-19 yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					Harry Sandbach (2009) NM	186
75						

82.5					
90				Matthew Inchley (2010) NM	230
100					
110					
125			James Lovell (2022) NM	190	
145					
145+					

**JUNIOR (20-23 yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75				
82.5		Ben Hartley (2023) NM	170	
90		Ben Hartley (2022) NM	140	
100	Oliver Roberts (2023) NM	240	Matthew Inchley (2010) NM	220
110			James Bell (2009) NM	227.5
125				
145				
145+				

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

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110			Marc Giles (2009) NM	240
125				
145		Graeme Reid (2022) NM	212.5	
145+				

**MASTER 2 (45-49yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75				
82.5				
90				
100	Alan Murphy (2010) NM	170	Paul Hammond (2010) NM	150
110			Marc Giles (2010) NM	272.5
125				
145				
145+				

**MASTER 3 (50-54yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100			Martin Flett (2009) NM	192.5	Matin Flett (2010) NM	180
110						
125						
145						
145+						

**MASTER 4 (55-59yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					Ted Byrne (2010) NM	181.5
75						
82.5						
90	Richard Scott (2022) NM	172.5				
100			Martin Flett (2011) NM	182.5		
110						
125						
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100	Richard Scott (2022) NM	190	Glyn Belsher (2022) NM	140		
110						
125						
145						
145+						

**MASTER 6 (65-69yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					Roger Little (2011) NM	150
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		Roy Olsen (2012) NM	170	Roy Olsen (2014) NM	220
145					
145+					

**MASTER 8 (75-79yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift		
52					
56					
60					
67.5					
75					
82.5					
90					
100					
110		Roy Olsen (2016) NM	150	Roy Olsen (2016) NM	200
125		Roy Olsen (2016) NM	160	Roy Olsen (2016) NM	210
145					
145+					

**MASTER 9 (80-84yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift		
52					
56					
60					
67.5			Roy Little (2023) NM	130	
75					
82.5					
90					
100					
110		Roy Olsen (2022) NM	140	Roy Olsen (2022) NM	205
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+						