

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60	Neil Cook (2013) NM	142.5	Neil Cook (2013) NM	105	Neil Cook (2012) NM	208	Neil Cook (2012) NM	450
67.5	Ranveer Singh Johal (2015) NM	140	Ranveer Singh Johal (2015) NM	117.5	Ranveer Singh Johal (2015) NM	220	Ranveer Singh Johal (2015) NM	477.5
75	Peter Roberts (2009) NM	165	Adrian Blindt (1992) NM	165	Ranveer Singh Johal (2014) NM	220	Tom Humphreys (2017) NM	497.5
82.5	Richard Crossland (2016) N	217.5	James Burke (2017) NM	155	Leslie Attewell (2011) NM	230	Joel Dowey (2017) NM	565
90	Sean Smithson (2017) NM	220	Mark Fletcher (2009) NM	170	Sean Smithson (2017) NM	260	Sean Smithson (2017) NM	620
100	Ryan Archer (2017) NM	220	Ashley Thomson (2023) NM	162.5	Ryan Archer (2017) NM	260	Ryan Archer (2017) NM	640
110	Terry Horrocks (2017) NM	225	Terry Horrocks (2017) NM	150	Terry Horrocks (2017) NM	280	Terry Horrocks (2017) NM	625
125	Junior Gelsthorpe (2023) NM	250.5	Haydn Rowlands () NM	215	Phil Laing(2009)) NM	300	Junior Gelsthorpe(2023) NM	731.5
145	Alan Pearson (2008) NM	225	Alan Pearson (2008) NM	195	Alan Pearson (2008) NM	285	Alan Pearson (2008) NM	705
145+								

TEENAGE 1 (14-15 yrs) UNEQUIPPED

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) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	Max Pursey (2023) NM	107.5	Max Pursey(2023)	75	Max Pursey (2023)	150	Max Pursey	332.5
75	Jay Allen-James(2023) NM	125	Jordan Lane (2017) NM	97.5	Jordan Lane (2017) NM	160	Jordan Lane (2017) NM	367.5
82.5								
90								
100								
110								
125								
145								
145+								

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75	Jordan Lane (2017) NM	115	Jordan Lane (2017) NM	100	Jordan Lane (2017) NM	165	Jordan Lane (2017) NM	380
82.5								
90								
100	Samuel Mason (2017) NM	140	Samuel Mason (2017) NM	90	Samuel Mason (2017) NM	190	Samuel Mason (2017) NM	420
110								
125								
145								
145+								

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75	Tom Humphreys (2017) NM	150	Tom Humphreys (2017) NM	130	Tom Humphreys (2017) NM	217.5	Tom Humphreys (2017) NM	497.5
82.5								
90	Ryan Norbury (2017) NM	180	Ryan Norbury (2017) NM	140	Ryan Norbury (2017) NM	230	Ryan Norbury (2017) NM	550

100							
110	Liam MacDonald (2023) NM	135	Liam MacDonald (2023) NM	85	Liam MacDonald (2023) NM	170	Liam MacDonald (2023) NM 390
125							
145	Courtney Holleworth (2017) NM	200	Courtney Holleworth (2017) NM	120	Courtney Holleworth (2017) NM	202.5	Courtney Holleworth (2017) NM 522.5
145+							

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75	Richard Lagoe (2017) NM	127.5	Richard Lagoe (2017) NM 77.5	Richard Lagoe (2017) NM 142.5
82.5	Richard Crossland (2016) N	217.5	Richard Crossland (2017) NM 135	Leslie Attewell (2011) NM 230
90	Sean Smithson (2017) NM	220	Derran Langston (2017) NM 152.5	Sean Smithson (2017) NM 260
100	Ashley Thompson (2023) NM	227.5	Ashley Thompson (2023) NM 162.5	Robert Mason (2017) NM 240
110	Terry Horrocks (2017) NM	225	Terry Horrocks (2017) NM 150	Terry Horrocks (2017) NM 280
125			Haydn Rowlands () NM 215	
145				
145+				

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5	Leslie Attewell (2011) NM	160	Leslie Attewell (2011) NM 110	Leslie Attewell (2011) NM 220
90				
100	Mark Price (2010) NM	185	Mark Price (2010) NM 160	Mark Price (2010) NM 190
110				
125	Phil Laing (2009) NM	250	Phil Laing (2009) NM 180	Phil Laing (2009) NM 300
145				
145+				

MASTER 3 (50-54yrs) UNEQUIPPED

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

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	Ted Byrne (2010) NM	115	Ted Byrne (2010) NM 82.5	Ted Byrne (2010) NM 170
75	Peter Roberts (2009) NM	165	Peter Roberts (2009) NM 115	Peter Roberts (2009) NM 200
82.5				
90				
100				
110				
125				
145				
145+				

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				

67.5							
75							
82.5							
90							
100							
110							
125							
145							
145+							

MASTER 6 (65-69yrs) UNEQUIPPED

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

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125		Roy Olsen (2013) NM	130	
145				
145+				

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110		Roy Olsen (2016) NM	130	
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+				

