

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60					Justin Kelly (2016) NM	191
67.5	Hayden Carr (2014) NM	140	Ted Byrne (2010) NM	80	Singh Johal Ranveer (2015) NM	232.5
75	Raminder Mulla (2022) NM	165	Daniel Richardson (2022) NM	142.5	Daniel Richardson (2022) NM	250
82.5	Richard Crossland (2017) NM	217.5	Phil Tempest (2022) NM	105	Daniel Saunders (2010) NM	200
90	Lee Parkers (2009) NM	190	Lee Parkin (2009) NM	137.5	John-King Usoro-Brown (2015) NM	250
100	Ashley Thompson (2022) NM	220	Richard Whisker (2010) NM	182.5	Nathan Harvey (2016) NM	307.5
110			Jeremy Wilson (2022) NM	165	Sam Hodgett (2022) NM	225
125	James Lovell (2023) NM	217.5	John Bernasconi (2012) NM	180.5	Phil Laing (2009) NM	307.5
145			John Bernasconi (2014) NM	207.5		
145+			Haydn Rowlands (2009) NM	197.5	Graham Mellor (2010) NM	180

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5			Taylor Perkins (2022) NM	40	Taylor Perkins (2022) NM	107.5
75			Taylor Perkins (2023) NM	45	Harry Lovell (2022) NM	100
82.5						
90			Joe Webb (2010) NM	95		
100						
110						
125						
145						
145+			Graham Mellor (2010) NM	110	Graham Mellor (2010) NM	180

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5			Max Pursey (2022) NM	77.5	Declan Templeton (2022) NM	170
75	Jay Allen-James(2023)	130	Declan Templeton (2022) NM	92.5	Declan Templeton (2023)	180
82.5			Jay Allen James (2022) NM	75	Jay Allen James (2022) NM	155
90						
100						
110						
125			James Lovell (2022) NM	140	James Lovell (2022) NM	230
145						
145+			Graham Mellor (2010) NM	132.5	Graham Mellor (2010) NM	170

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						

82.5					Alex Sargeant (2009) NM	180
90					Matthew Inchley (2010) NM	227.5
100					Matthew Houldershaw (2009)	220
110			Adam Harrigan (2012) NM	156		
125	James Lovell (2023)	217.5	James Lovell (2023)	155	James Lovell (2022)	251
145						
145+						

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5	Hayden Carr (2014) NM	140			Hayden Carr (2014) NM	200
75						
82.5					Daniel Saunders (2009) NM	172.5
90			Michael Atrissi	107.5	Matthew Inchley (2010) NM	210
100			Ollie Roberts (2022) NM	122.5	Ollie Roberts (2022) NM	225
110			Liam Macdonald (2022) NM	80	Liam Macdonald (2022) NM	182.5
125						
145						
145+						

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60					Justin Kelly (2016) NM	191
67.5						
75						
82.5	Richard Crossland (2017) N	217.5				
90						
100						
110						
125			Paul Burman (2022) NM	77.5	Paul Burman (2023) NM	220
145						
145+						

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90					Richard Scott (2010) NM	160
100	Ashley Thompson (2022) NM	220	Ashley Thompson (2022) NM	162.5	Thomas Celestin (2023) NM	306
110						
125			John Bernasconi (2012) NM	180.5	Phil Laing (2009) NM	307.5
145						
145+						

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75	Robert Wright () NM	142.5		
82.5		Neil Jones (2023) NM	120	
90		Gary Halsworth (2012) NM	135	
100		Martin Flett (2009) NM	157.5	
110			Jim O'Leary (2016) NM	250
125		Haydn Rowlands (2011) NM	175	
145		John Bernasconi (2014) NM	207.5	
145+		Haydn Rowlands (2009) NM	197.5	

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5		Ted Byrne (2010) NM	80	
75			Ted Byrne (2010) NM	172.5
82.5				
90		Kev Barrs (2022) NM	120	
100		Martin Flett (2011) NM	145	
110		Darren Lloyd (2022) NM	125	
125		Haydn Rowlands (2011) NM	180	
145		Haydn Rowlands (2012) NM	182.5	
145+				

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75		Bill Taylor (2023) NM	95	
82.5			Bill Taylor (2022) NM	157.5
90		Kevin Barrs (2022) NM	132.5	
100		Richard Scott (2023) NM	105	
110			Richard Scott (2023) NM	167.5
125				
145				
145+				

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5			Roger Little (2009) NM	125
75				
82.5				
90				
100				

110			Robert Baxter (2022) NM	130		
125						
145						
145+						

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			Ted Byrne (2023) 190 (WR)
75			
82.5			Mike Davies (2012) 132.5
90			Mike Davies (2009) 150
100			
110			
125		Roy Olsen (2015) NM	150
145			
145+			

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			Roger Little (2022) NM 120
75			
82.5			Brian Winslow (2014) NM 130
90			
100			
110		Roy Olsen (2017) NM	140
125			
145			
145+			

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		Roger Little (2022) NM	62.5 Roger Little (2023) 130
75			
82.5			
90			
100			
110			
125			
145			
145+			

MASTER 10 (85-89yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			

60					
67.5					
75					
82.5			Gren Elmore (2012) NM	75	
90					
100					
110					
125					
145					
145+					

M/P/F UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5			Phil Tempest (2022) NM	105		
90	Lee Parkin (2009) NM	190	Lee Parkin (2009) NM	137.5	John-King Usboro-Brown (2015) NM	250
100			James Oldfield (2015) NM	147.5	Nathan Harvey (2016) NM	307.5
110					Sam Hodgett (2022) NM	225
125					Phil Laing (2009) NM	307.5
145			Alan Pearson (2009) NM	202.5		
145+						