

Men's Single Lifts Equipped

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75	PHIL WEBLEY-PARRY	225	PHIL WEBLEY-PARRY	165	PHIL WEBLEY-PARRY	230
82.5						
90	BRAD CULVERWELL	190	BRAD CULVERWELL	77.5	CERI JONES	240
100						
110	SHANE PRITCHARD (09.12.2018)	220				
125						
145	DAVID WILLIAMS	250				
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						
82.5						
90						
100						
110						
125						
145						
145+						

TEENAGE 3 (18-19 yrs) EQUIPPED

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

JUNIOR (20-23 yrs) EQUIPPED

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

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						

90					
100					
110					
125					
145	DAVID WILLIAMS	250			
145+					

MASTER 2 (45-49yrs) EQUIPPED

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

MASTER 3 (50-54yrs) EQUIPPED

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

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75						
82.5						
90	BRAD CULVERWELL	190	BRAD CULVERWELL	77.5	BRAD CULVERWELL	235
100						
110						
125						
145						
145+						

MASTER 5 (60-64yrs) EQUIPPED

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

MASTER 6 (65-69yrs) EQUIPPED

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

MASTER 7 (70-74yrs) EQUIPPED

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

MASTER 8 (75-79yrs) EQUIPPED

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

MASTER 9 (80-84yrs) EQUIPPED

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