

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56	McGAULEY Daniel (2019) EC	125	McGAULEY Daniel (2018) EC	80	McGAULEY Daniel (2019) EC
60					
67.5			JOHNSTON Thomas () EC	80	JOHNSTON Thomas () EC
75					
82.5	AMEY Mick (2013) EC	215.5	AMEY Mick (2013) EC	110	MURDIE Keith () EC
90	WILKES Daniel (2017) EC	200	WILKES Daniel (2017) EC	122.5	WILKES Daniel (2017) EC
100	SAUNDERS Matt (2006) EC	312.5	SAUNDERS Matt (2006) EC	222.5	SAUNDERS Matt (2006) EC
110	JONES Phil (2015) EC	245	JONES Phil (2016) EC	162.5	JONES Phil (2015) EC
125					
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					
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	SAUNDERS Matt (2010) EC	300	SAUNDERS Matt (2010) EC	220	SAUNDERS Matt (2010) EC
110					
125					
145					
145+					

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift
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52					
56					
60					
67.5					
75					
82.5					
90					
100					
110	JONES Phil (2015) EC	245	JONES Phil (2016) EC	162.5	JONES Phil (2015) EC
125					
145					
145+					

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75					
82.5					MURDIE Keith () EC
90					
100					
110					
125					
145					
145+					

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					

56					
60					
67.5			JOHNSTON Thomas () EC	80	JOHNSTON Thomas () EC
75					
82.5					
90					
100					
110					
125					
145					
145+					

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75					
82.5	AMEY Mick (2013) EC	215.5	AMEY Mick (2013) EC	110	AMEY Mick (2013) EC
90					
100					
110					
125					
145					
145+					

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					

60					
67.5					
75					
82.5	AMEY Mick (2015) EC	205	AMEY Mick (2015) EC	107.5	AMEY Mick (2015) EC
90					
100					
110			BURDEN Ronald (2016) EC	155	
125					
145					
145+					

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75					
82.5					
90					
100					
110	BURDEN Ronald (2016) EC	145	BURDEN Ronald (2016) EC	160	BURDEN Ronald (2016) EC
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+				

M/P/F EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75					
82.5					
90					
100	SAUNDERS Matt (2005) EC	310	SAUNDERS Matt () EC	221	SAUNDERS Matt (2005) EC
110	JONES Phil (2015) EC	245	JONES Phil (2016) EC	162.5	JONES Phil (2015) EC
125					
145					
145+					

Total		

Total		
320.5	SAUNDERS Matt (2010) EC	840

Total		
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272.5	JONES Phil (2015) EC	677.5

	Total	
235.5		

	Total	

155	JOHNSTON Thomas () EC	345

	Total	
235	AMEY Mick (2013) EC	560
	FULTON John () EC	465

	Total	

232.5	AMEY Mick (2015) EC	545

	Total	
	JOHNSTON Thomas () EC	355
220	BURDEN Ronald (2016) EC	525

	Total	

	Total	

	Total	

Total		
310	SAUNDERS Matt () EC	855
272.5	JONES Phil (2015) EC	677.5