

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56	McGauley Daniel (2018) EC	110			
60					
67.5					
75	AMEY Mick (2012) EC	180	MEACHEN Lee (2017) EC	185	AMEY Mick (2012) EC
82.5	AMEY Mick (2015) EC	192.5	JOSEPH Mike () EC	191	SNOWLING Stephen (2022) EC
90	DOWNTON Ben (2018) EC	137.5	JEFFRIES James (2017) EC	250	BRANCH Glenn (2017) EC
100			JEFFRIES James (2011) EC	245.5	SPARKS Pete (2015) EC
110			THOMAS Neil (2019) EC	231.5	JONES Phil (2016) EC
125	JONES Shaun (2009) EC	230			
145	WAITES Paul (2019) EC	202.5			WAITES Paul (2019) EC
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	BULLEN Keiron (2009) EC	145	BULLEN Keiron (2009) EC	100	BULLEN Keiron (2009) EC
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		MEACHEN Lee James (2010) EC	172.5
82.5			SNOWLING Stephen (2022) EC
90			
100		JEFFRIES James (2011) EC	245.5
110		THOMAS Neil (2013) EC	230
125			
145			
145+			

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
-----	-------	-------------	----------

52					
56					
60					
67.5					
75			MEACHEN Lee (2015) EC	182.5	
82.5					
90			JEFFRIES James (2017) EC	250	
100			JEFFRIES James (2019) EC	232.5	SPARKS Pete (2015) EC
110			THOMAS Neil (2019) EC	231.5	JONES Phil (2016) EC
125	JONES Shaun (2009) EC	230			
145					
145+					

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75			MEACHEN Lee (2017) EC	185	
82.5					
90					
100					VAN KEMPEN Steve (2018) EC
110					VAN KEMPEN Steve (2020) EC
125					
145					
145+					

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					

56					
60					
67.5					
75					
82.5					
90					
100	Steve Van Kempen (2023)	147.5			
110					
125					
145	WAITES Paul (2019) EC	202.5			WAITES Paul (2019) EC
145+					

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75	AMEY Mick (2012) EC	180	AMEY Mick (2012) EC	95	AMEY Mick (2012) EC
82.5					
90					
100			BURDEN Ron (2011) EC	130	
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	192.5	AMEY Mick (2015) EC	105	AMEY Mick (2015) EC
90					
100					
110			BURDEN Ronald (2016) EC	155	BURDEN Ronald (2016) EC
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 (2017) 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			VAN KEMPEN Steve (2010) EC
110		THOMAS Neil (2013) EC	230 JONES Phil (2016) EC
125			
145			
145+			

185

—

240
220
225

--

235
275

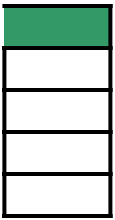
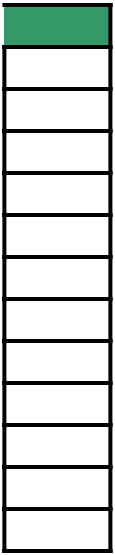
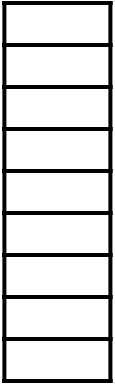
202.5
190

227.5

220

230
220

230



220
275