

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56	BAILEY Joe (2016) EC	120	BAILEY Joe (2015) EC	82.5	BAILEY Joe (2016) EC
60	HAMPSON Ben (2018) EC	177.5	HAMPSON Ben (2017) EC	112.5	HAMPSON Ben (2017) EC
67.5	WATTS David (2018) EC	192.5	FORD Stuart (2009) EC	137.5	WATTS David (2018) EC
75	HAYNES Cliff (2013) EC	192.5	HAYNES Cliff (2013) EC	150	HAYNES Cliff (2009) EC
82.5	HALL Michael (2017) EC	215	JOSEPH Mike () EC	190.5	MADEIRA Ricardo (2019) EC
90	JACKSON Mark (2017) EC	245	McCONNACHIE Ross (2017) EC	170	BRANCH Glenn (2015) EC
100	HARVEY Nathan (2016) EC	237.5	RIDDICK Darius (2018) EC	175	HARVEY Nathan (2016) EC
110	KOZLOVAS Ruslanas (2016) EC	220	TUDOR Ian () EC	190	KOZLOVAS Ruslanas (2016) EC
125	COX Paul (2018) EC	210	COX Paul (2018) EC	150	WILKES Jeff (2017) EC
145	WAITES Paul (2014) EC	200	WAITES Paul (2014) EC	140	WAITES Paul (2014) EC
145+					

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60	JONES Samuel (2018) EC	80	JONES Samuel (2018) EC	60	JONES Samuel (2018) EC
67.5					
75	GULLIVER Harvey (2023) EC	140			GULLIVER Harvey (2023) EC
82.5					
90					
100	PACKWOOD Lennon (2018) EC	135	PACKWOOD Lennon (2018) EC	92.5	PACKWOOD Lennon (2018) EC
110	Daniel Van Kempen (2021) EC	140	Daniel Van Kempen (2021) EC	85	Daniel Van Kempen (2021) EC
125					
145					
145+					

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75	PETRINE Daniel (2017) EC	142.5	PETRINE Daniel (2017) EC	95	PETRINE Daniel (2017) EC
82.5					
90	TIPPLE Preston (2023) EC	162.5	HURRELL Ben (2010) EC	110	HURRELL Ben (2010) EC
100	WOODING Ted (2019) EC	170	COLE-WILKIN Freddie (2022) EC	115	WOODING Ted (2019) EC
110					
125	Ben Spicer (2020) EC	170	Ben Spicer (2020) EC	110	Ben Spicer (2020) EC
145					
145+					

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5	JONES Samuel (2022) EC	127.5	JONES Samuel (2022) EC	95	JONES Samuel (2022) EC
75	PETRINE Daniel (2018) EC	160	KHALIL Haleem (2011) EC	110	PETRINE Daniel (2018) EC
82.5	AWALA Joey (2022) EC	180	AWALA Joey (2022) EC	135	AWALA Joey (2022) EC
90	SAYER Albie (2017) EC	175	SAYER Albie (2017) EC	120	SIMMONS Nathan (2011) EC
100	NICHOLLS Sam (2021) EC	165	NICHOLLS Sam (2021) EC	130	NICHOLLS Sam (2021) EC
110	DEEMER-EVANS Jake (2016) EC	200	DEEMER-EVANS Jake (2016) EC	145	DEEMER-EVANS Jake (2016) EC
125					
145					
145+					

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56	BAILEY Joe (2016) EC	120	BAILEY Joe (2015) EC	82.5	BAILEY Joe (2016) EC
60	KITCHENER Michael (2017) EC	105	KITCHENER Michael (2017) EC	70	KITCHENER Michael (2017) EC
67.5	SEAL Ronan (2020) EC	157.5	SEAL Ronan (2020) EC	97.5	SEAL Ronan (2020) EC
75	EASTWOOD James (2016) EC	185	PRYOR-WOODS Jayme (2019) EC	125	PRYOR-WOODS Jayme (2019) EC
82.5	Cameron Clarke (2021) EC	210	Cameron Clarke (2021) EC	160	BARNES Christian (2018) EC
90	McCONNACHIE Ross (2016) EC	202.5	McCONNACHIE Ross (2016) EC	155	YOUNG Will (2016) EC
100	WILLGOSS Daniel (2014) EC	190	WILLGOSS Daniel (2014) EC	127.5	CARLYN Ryan (2018) EC
110	Rhys Steggles (2021) EC	230	Rhys Steggles (2021) EC	150	CHAMBRE Hugo (2019) EC
125					
145					
145+					

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5	STOLWORTHY Steven (2018) EC	120	STOLWORTHY Steven (2018) EC	92.5	STOLWORTHY Steven (2018) EC
75	DURRAN Keith (2023) EC	150	DURRAN Keith (2023) EC	105	DURRAN Keith (2023) EC
82.5	WELLS Barry (2018) EC	160	PAISLEY Brett (2016) EC	115	PAISLEY Brett (2016) EC
90	MAGNUS-CATLEY Andrew (2019) EC	165	MAGNUS-CATLEY Andrew (2019) EC	130	MAGNUS-CATLEY Andrew (2019) EC
100	KING Curtis (2018) EC	200	KING Curtis (2018) EC	135	KING Curtis (2018) EC
110	FUNNELL David (2016) EC	140	TUDOR Ian () EC	190	FUNNELL David (2016) EC
125					
145					
145+					

MASTER 2 (45-49yrs) UNEQUIPPED

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

52					
56					
60					
67.5					
75	HAYNES Cliff (2009) EC	190	HAYNES Cliff (2009) EC	145	HAYNES Cliff (2009) EC
82.5	WELLS Barry (2018) EC	160	PAISLEY Brett (2018) EC	120	PAISLEY Brett (2018) EC
90	MANNING Sean (2017) EC	172.5	MANNING Sean (2016) EC	135	MANNING Sean (2016) EC
100	JONES Phil (2013) EC	195	ELLIOTT Lee (2019) EC	125	JONES Phil (2013) EC
110	JONES Phil (2014) EC	210	JONES Phil (2014) EC	127.5	JONES Phil (2014) EC
125					
145					
145+					

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5			HAYNES Cliff (2011) EC	135	HAYNES Cliff (2011) EC
75	HAYNES Cliff (2013) EC	192.5	HAYNES Cliff (2013) EC	150	HAYNES Cliff (2013) EC
82.5	HYNE Lee (2017) EC	165	HYNE Lee (2016) EC	132.5	HYNE Lee (2017) EC
90	HYNE Lee (2017) EC	185	HYNE Lee (2017) EC	135	HYNE Lee (2017) EC
100	BLOCK Stephen (2016) EC	225	Lee Elliott (2021) EC	140	BLOCK Stephen (2016) EC
110	BLOCK Steven (2018) EC	220	BLOCK Stephen (2017) EC	120	BLOCK Steven (2018) EC
125					
145	WAITES Paul (2014) EC	200	WAITES Paul (2014) EC	140	WAITES Paul (2014) EC
145+					

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					

56					
60					
67.5	HAYNES Cliff (2016) EC	150	HAYNES Cliff (2016) EC	130	HAYNES Cliff (2016) EC
75	HAYNES Cliff (2017) EC	170	HAYNES Cliff (2017) EC	137.5	HAYNES Cliff (2016) EC
82.5	MURDY Keith (2001) EC	140			
90	Lee Hyne (2021) EC	180	Lee Hyne (2021) EC	122.5	Lee Hyne (2021) EC
100	CLAYDON Chris (2023) EC	160	CLAYDON Chris (2023) EC	115	CLAYDON Chris (2023) EC
110	Steve Van Kempen (2021) EC	145	Steve Van Kempen (2022) EC	102.5	Steve Van Kempen (2021) EC
125	RICKETTS William (2016) EC	120	RICKETTS William (2016) EC	50	RICKETTS William (2016) EC
145					
145+					

MASTER 5 (60-64yrs) UNEQUIPPED

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

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			

60					
67.5					
75	ELLINGTON Daniel (2016) EC	80	ELLINGTON Daniel (2016) EC	90	ELLINGTON Daniel (2016) EC
82.5	AMEY Mick (2015) EC	160			AMEY Mick (2015) EC
90					
100					
110	BURDEN Ronald (2016) EC	160.5	BURDEN Ronald (2016) EC	138	BURDEN Ronald (2013) EC
125					
145					
145+					

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75					TARRAN Edward () EC
82.5	PARKES Ernie (2016) EC	150	PARKES Ernie (2016) EC	85	PARKES Ernie (2016) EC
90					
100					
110	BURDEN Ronald (2017) EC	165	BURDEN Jim (2018) EC	137.5	BURDEN Ronald (2016) EC
125	BURDEN Jim (2019) EC	152.5	BURDEN Jim (2019) EC	117.5	BURDEN Jim (2019) EC
145					
145+					

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					

67.5					
75					
82.5					
90					
100					
110					
125					
145					
145+					

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100		Jim Bird (2021) EC	80
110			
125			
145			
145+			

MASTER 10 (85-89yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			

75					
82.5					
90					
100					
110					
125					
145					
145+					

M/P/F UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75	KHALIL Haleem (2011) EC	140	KHALIL Haleem (2011) EC	110	KHALIL Haleem (2011) EC
82.5					
90	YOUNG Will Ellis (2016) EC	185	SIMMONS Nathan (2011) EC	100	SIMMONS Nathan (2011) EC
100	JONES Phil (2013) EC	195	JONES Phil (2013) EC	120	JONES Phil (2013) EC
110	JONES Phil (2014) EC	210	JONES Phil (2014) EC	127.5	JONES Phil (2014) EC
125					
145					
145+					

Total		
176	BAILEY Joe (2016) EC	365
200	HAMPSON Ben (2018) EC	477.5
260.5	FORD Stuart (2009) EC	572.5
242.5	HAYNES Cliff (2009) EC	572.5
260	JOSEPH Mike () EC	610
277.5	JACKSON Mark (2017) EC	675
300	HARVEY Nathan (2016) EC	692.5
275	WAGHORN Matt (2018) EC	652.5
255	COX Paul (2018) EC	605
235	WAITES Paul (2014) EC	572.5

Total		
125	JONES Samuel (2018) EC	265
200		
185	PACKWOOD Lennon (2018) EC	412.5
165		

Total		
200	PETRINE Daniel (2017) EC	437.5
205	TIPPLE Preston (2023) EC	452.5
210	COLE-WILKIN Freddie (2022) EC	505
200		

Total		
180	JONES Samuel (2022) EC	402.5
235	PETRINE Daniel (2018) EC	485
262.5	AWALA Joey (2022) EC	577.5
230	SAYER Albie (2017) EC	500
205	NICHOLLS Sam (2021) EC	500
242.5	DEEMER-EVANS Jake (2016) EC	587.5

Total		
176	BAILEY Joe (2016) EC	365
180	KITCHENER Michael (2017) EC	355
205	SEAL Ronan (2020) EC	460
220	PRYOR-WOODS Jayme (2019) EC	525
255	BARNES Christian (2018) EC	567.5
270	McCONNACHIE Ross (2016) EC	617.5
235	WILLGOSS Daniel (2014) EC	532.5
260	CHAMBRE Hugo (2019) EC	625

Total		
170	STOLWORTHY Steven (2018) EC	382.5
165	DURRAN Keith (2023) EC	420
240	PAISLEY Brett (2016) EC	490
200	MAGNUS-CATLEY Andrew (2019) EC	495
235	KING Curtis (2018) EC	570
160	FUNNELL David (2016) EC	425

Total		
-------	--	--

242.5	HAYNES Cliff (2009) EC	572.5
252.5	PAISLEY Brett (2018) EC	500
240	MANNING Sean (2017) EC	537.5
225	JONES Phil (2013) EC	540
225	JONES Phil (2014) EC	562.5

	Total	
210		
230	HAYNES Cliff (2013) EC	565
212.5	HYNE Lee (2017) EC	505
225	HYNE Lee (2017) EC	542.5
250	BLOCK Stephen (2016) EC	595
252.5	BLOCK Steven (2018) EC	592.5
235	WAITES Paul (2014) EC	572.5

	Total	

210	HAYNES Cliff (2016) EC	490
220	HAYNES Cliff (2017) EC	527.5
212.5		
180	CLAYDON Chris (2023) EC	455
182.5	Steve Van Kempen (2021) EC	422.5
70	RICKETTS William (2016) EC	240

	Total	
190	MURDIE Keith () EC	437.5

	Total	

120	ELLINGTON Daniel (2016) EC	290
205	AMEY Mick (2015) EC	465
225	BURDEN Ronald (2016) EC	520

	Total	
180		
230	PARKES Ernie (2016) EC	465
237.5	BURDEN Jim (2018) EC	545
240	BURDEN Jim (2019) EC	510

	Total	

	Total	

	Total	

Total		
205	KHALIL Haleem (2011) EC	455
	MURDIE Keith () EC	437.5
230	SIMMONS Nathan (2011) EC	495
225	JONES Phil (2013) EC	540
225	JONES Phil (2014) EC	562.5