

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56	BAILEY Joe (2016) EC	111	BAILEY Joe (2016) EC	80	BAILEY Joe (2016) EC
60	HAMPSON Ben (2018) EC	172.5	HAMPSON Ben (2019) EC	112.5	HAMPSON Ben (2019) EC
67.5	WATTS David (2017) EC	180	HAYNES Cliff (2012) EC	133	WATTS David (2017) EC
75	BEVERLY Jack (2019) EC	187.5	JOSEPH Mike (2012) EC	180	PETRINE Daniel (2018) EC
82.5	DAVIES Alex (2017) EC	182.5	JOSEPH Mike () EC	190.5	PAISLEY Brett (2019) EC
90	JACKSON Mark (2017) EC	263	McCONNACHIE Ross (2017) EC	165	JACKSON Mark (2017) EC
100	JONES Phil (2014) EC	202.5	MC COMISH John (2010) EC	160	HARVEY Nathan (2016) EC
110	STEVENS Aaron (2017) EC	222.5	THOMAS Neil (2010) EC	190	STEVENS Aaron (2017) EC
125	DEEMER-EVANS Jake (2016) EC	210	JACK Denzil (2015) EC	190	WILKES Jeff (2017) EC
145	HARRIGAN Adam (2019) EC	220	HARRIGAN Adam (2019) EC	160	
145+			COOK Ash (2018) EC	207.5	

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52			Noah Kerrison (2020) EC	55	
56					
60					
67.5					
75					
82.5					
90					
100	Daniel Van Kempen (2020) EC	112.5	PACKWOOD Lennon (2017) EC	62.5	PACKWOOD Lennon (2017) EC
110	Daniel Van Kempen (2021) EC	142.5			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					STANNARD Owen (2016) EC
82.5					
90					
100					
110	Daniel Van Kempen (2023) EC	170			Daniel Van Kempen (2023) EC
125			JACK Denzil (2015) EC	190	
145					
145+					

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75			TURNBALL-BESTER Rhys (2019) E	100	PETRINE Daniel (2018) EC
82.5					
90					
100					
110					
125	DEEMER-EVANS Jake (2016) EC	210	DEEMER-EVANS Jake (2016) EC	150	DEEMER-EVANS Jake (2016) EC
145					
145+					

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56	BAILEY Joe (2016) EC	111	BAILEY Joe (2016) EC 80
60	KITCHENER Michael (2017) EC	110	KITCHENER Michael (2017) EC
67.5			
75	BEVERLY Jack (2019) EC	187.5	LONGDON Matt (2015) EC
82.5	MYNETT Cameron (2018) EC	160	MYNETT Cameron (2018) EC 127.5
90			MYNETT Cameron (2018) EC 132.5
100	CARLYN Ryan (2019) EC	200	McCONNACHIE Ross (2016) EC
110			CARLYN Ryan (2019) EC
125			MOORE Lewis (2015) EC
145			
145+			

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		JOSEPH Mike (2012) EC	180
82.5			PAISLEY Brett (2017) EC
90		KING Curtis (2015) EC	135
100		MC COMISH John (2010) EC	160
110		THOMAS Neil (2013) EC	185
125		FUNNELL Dave (2018) EC	147.5
145			
145+			

MASTER 2 (45-49yrs) UNEQUIPPED

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

52					
56					
60					
67.5					
75					
82.5	WELLS Barry (2019) EC	170	WELLS Barry (2019) EC	112.5	PAISLEY Brett (2019) EC
90	MEARS Rob (2017) EC	120	JEFFRIES James (2016) EC	125	NEVILLE Tony (2018) EC
100	JONES Phil (2014) EC	202.5	MCOMISH John (2016) EC	140	JONES Phil (2014) EC
110	JONES Phil (2015) EC	205	THOMAS Neil (2017) EC	187.5	
125	JONES Shaun (2009) EC	200	McCOMISH (2017) EC	160	
145					
145+					

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5	HAYNES Cliff (2012) EC	173	HAYNES Cliff (2012) EC	133	HAYNES Cliff (2012) EC
75			MEACHEN Lee (2017) EC	145	
82.5	HYNE Lee (2018) EC	170	HYNE Lee (2018) EC	130	
90	HYNE Lee (2017) EC	175	HYNE Lee (2018) EC	132.5	HYNE Lee (2017) EC
100	McCORMISH John (2019) EC	170	McCORMISH John (2022) EC	145	VAN KEMPEN Steve (2018) EC
110	BLOCK Stephen (2017) EC	190	TUDOR Ian () EC	185	BLOCK Stephen (2017) EC
125					
145	WAITES Paul (2015) EC	190			
145+					

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					

56					
60					
67.5					
75					
82.5					
90					
100					MORAN John (2017) EC
110	Steve Van Kempen (2021) EC	150			
125					
145			WAITES Paul (2018) EC	142.5	
145+					

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75					
82.5					
90					
100			BURDEN Ron (2011) EC	127.5	
110			TUDOR Ian (2009) EC	155	
125					
145					
145+					

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					

60					
67.5					
75					
82.5					
90					
100			BURDEN Ronald (2013) EC	133.5	BURDEN Ronald (2013) EC
110	BURDEN Ronald (2015) EC	165.5	BURDEN Ronald (2016) EC	140.5	BURDEN Ronald (2016) 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 (2017) EC
90			
100		FULTON John () EC	137.5 BURDEN Ronald (2016) EC
110		BURDEN Ronald (2018) EC	140 BURDEN Jim (2019) EC
125			
145			
145+			

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			

67.5					
75					PARKES Ernie (2018) EC
82.5					
90			BIRD Jim (2016) EC	92.5	
100			BIRD Jim (2016) EC	85	
110					
125					
145					
145+					

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75					
82.5					
90			FULTON John (2009) EC	90	
100			BIRD Jim (2018) EC	87.5	
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	LEACH Nathan (2015) EC	175	
75			LONGDON Matt (2015) EC
82.5			
90			
100	JONES Phil (2014) EC	202.5	JONES Phil (2014) EC
110	JONES Phil (2015) EC	205	THOMAS Neil (2013) EC 185
125			MOORE Lewis (2015) EC
145			
145+			

181
200
252.5
235
258
290
307.5
305
265

165
142.5

220
190

235
250

181
182.5
195
240
260
260
262.5

252.5



258
200
240

205
230
195
242.5

195

220
235

160
235
225
235.5

222.5

195
240
262.5