



145							
145+							

### TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75	CALLUM WILLIAMS 130	CALLUM WILLIAMS 95	JOSH JONES 202.5	JOSH JONES 412.5
82.5	DARREN WILLIAMS 160	DARREN WILLIAMS 115	DARREN WILLIAMS 242.5	DARREN WILLIAMS 517.5
90	RYAN JONES 227.5	DARREN WILLIAMS 132	DARREN WILLIAMS 250	RYAN JONES 587.5
100	JACOB WILLIAMS (13.08.2023) 207.5	JACOB WILLIAMS (13.08.2023) 135	JOSHUA EDWARDS 240	JACOB WILLIAMS (13.08.2023) 532.5
110	DANIEL DAVIES 180	LUKE DAVEY 125	JAMES WILLIAMS 255	JAMES WILLIAMS 535
125				
145	DANIEL JAMES 170	DANIEL JAMES 122.5	DANIEL JAMES 230	DANIEL JAMES 522.5
145+				

### JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	COREY PANES (26.10.2019) 152.5	COREY PANES (26.10.2019) 105	COREY PANES (21.07.2019) 210	COREY PANES (26.10.2019) 465
75	STEPHEN EDWARDS 182.5	ALYN MORRIS 130	LUKE PHILLIPS 227.5	STEPHEN EDWARDS 515
82.5	THOMAS DRINKWATER 190	JAC LEWIS 157.5	LUKE PHILLIPS 230	JAC LEWIS 575
90	JARRAD COMBELLACK 200	JONATHON BRITTAN 145	OWAIN TOBIAS 285	OWAIN TOBIAS 605
100	JOSHUA EDWARDS 242.5	ALYN MORRIS 160	JOSHUA EDWARDS 320	JOSHUA EDWARDS 705
110	CHARLES FAJEMISIN 247.5	JOSHUA EDWARDS 150	CHARLES FAJEMISIN 275	CHARLES FAJEMISIN 672.5
125	JARRYD EDWARDS 215	ROBBIE VENABES 150	MATHEW KIDNER 255	MATHEW KIDNER 577.5
145				
145+				

### MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	STEPHEN JEFFRIES 180	STEPHEN JEFFRIES 127.5	STEPHEN JEFFRIES 200	STEPHEN JEFFRIES 507.5
75	JOHN WILLIAMS 185	JOHN WILLIAMS 153	JOHN WILLIAMS 240	JOHN WILLIAMS 557.5
82.5	MATTHEW WEST 190	MATTHEW WEST 145	GRANT DE-ST-CROIX (09.12.2018) 216	MATTHEW WEST 550
90	CHRISTOPHER PROTHEROE 238	CHRISTOPHER PROTHEROE 155	CHRISTOPHER PROTHEROE 275	CHRISTOPHER PROTHEROE 660
100				

110	ANDREW STONE	220	ANDREW STONE	157.5	ANDREW STONE	270	ANDREW STONE	640
125	PETE SUTTON	220	PETE SUTTON	180	PETE SUTTON	260	PETE SUTTON	660
145	MATT GODFREY	225	MATT GODFREY	200	MATT GODFREY	250	MATT GODFREY	675
145+								

### MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	JOHN WILLIAMS	132.5	JOHN WILLIAMS	87.5	JOHN WILLIAMS	185	JOHN WILLIAMS	405
75								
82.5								
90	JON GOODING	175	ROSS MCFARLANE	140	ROSS MCFARLANE	220	ROSS MCFARLANE	510
100	RICHARD BANNER (09.12.2018)	200	RICHARD BANNER (06.04.2019)	140	RICHARD BANNER (06.04.2019)	230	RICHARD BANNER (06.04.2019)	570
110	PETE SUTTON	200	PETE SUTTON	182.5	PETE SUTTON	267.5	PETE SUTTON	650
125	PETE SUTTON	230	PETE SUTTON	200	PETE SUTTON	292.5	PETE SUTTON	722.5
145	PETE SUTTON	285	PETE SUTTON	215	PETE SUTTON	305	PETE SUTTON	800
145+								

### MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5								
90								
100	RICHARD BANNER (28.01.2023)	220	RICHARD BANNER (13.11.2021)	135	RICHARD BANNER (13.11.2022)	240	RICHARD BANNER (28.01.2023)	595
110								
125	PETE SUTTON	225	PETE SUTTON	190	PETE SUTTON	285	PETE SUTTON	700
145								
145+								

### MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				

90								
100								
110								
125								
145								
145+								

**MASTER 5 (60-64yrs) UNEQUIPPED**

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

**MASTER 6 (65-69yrs) UNEQUIPPED**

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

**MASTER 7 (70-74yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				

75								
82.5								
90								
100								
110								
125								
145								
145+								

**MASTER 8 (75-79yrs) UNEQUIPPED**

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

**MASTER 9 (80-84yrs) UNEQUIPPED**

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

**MASTER 10 (85-89yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				

60								
67.5								
75								
82.5								
90								
100								
110								
125								
145								
145+								