

## Men's Single Lifts Unequipped

### OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			LIAM OSBORNE-KEDDY 95
56			LIAM OSBORNE-KEDDY 102.5
60	SEAN WILLIAMS 90	SEAN WILLIAMS	60 SEAN WILLIAMS 120
67.5	MARL BARBOSA 155		ALED THOMAS 200
75	LUKE PHILLIPS 203	LUKE PHILLIPS	132.5 LUKE PHILLIPS 240
82.5	ANDREW NORTON 125	RHYS BLAKE (28.11.2018)	145 OWAIN TOBIAS 275
90	DEAN ROBERTS 210	GERAINT LLEWELLYN	160 CERI JONES 272.5
100	AARON LEWIS 260	AARON LEWIS	172.5 AARON LEWIS 287.5
110	DAN YUILL 205	JOE ZEN SMITH	170 DAN YUILL 252.5
125	PETE SUTTON 210	MARIUSZ ARENDACZ	215 MARIUSZ ARENDACZ 290
145	DYLAN DAVIES 200	RICHARD MORRIS	202.5 DONOVAN SMITH (09.12.2018) 300
145+		GERARD MATTHEWS	190

### TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			LIAM OSBORNE-KEDDY 95
56			LIAM OSBORNE-KEDDY 102.5
60	SEAN WILLIAMS 90	SEAN WILLIAMS	60 SEAN WILLIAMS 120
67.5		KIERON PRICE	70 KIERON PRICE 145
75			
82.5			
90	JOSH JONES 122.5		
100			
110			
125			JAMES WRIGHT 201
145			
145+			

### TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		HASNAIN IKRAM	110 HASNIN IKRAM 190
82.5			
90	MICHAEL JOHNSON 155.5	MORGAN ANDREWS	132.5 MICHAEL JOHNSON 195
100			
110			
125			CALLUM WILLIAMS 170
145			
145+			

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

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75	GERAINT DAVIES 140	GERAINT DAVEIS	100 GERAINT DAVIES 180
82.5		SAMUEL READ	75 SAMUEL READ 185
90	JARRAD COMBELLACK 185	DARREN WILLIAMS	125 DARREN WILLIAMS 250
100			
110			HARRY OWEN 240
125			
145			
145+			

### JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5	MARL BARBOSA 155		ALED THOMAS 200
75	BENJAMIN GIBBS 175	LUKE PHILLIPS	127.5 LUKE PHILLIPS 230
82.5			OWAIN TOBIAS 275
90	NICKY MAY 180	JONATHON BRITTON	130 OWAIN TOBIAS 260
100	JOSHUA EDWARDS 225	ADAM BEATTIE (29.04.2018)	115 JOSHUA EDWARDS 285.5
110		ORRAN SAUNDERS	170 MATHEW KIDNER 190
125			MATHEW KIDNER 240
145			JACK MORRIS (29.04.2018) 245
145+			

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

WGT	Squat	Bench Press	Deadlift
52			
56			
60			

67.5						
75						
82.5						
90			NEIL HARRIES (2017)	127.5	NEIL HARRIES	205
100			MARK JENKINS	100	MARK JENKINS	190
110					CLINT TRAYHERN	235
125						
145	DYLAN DAVIES	200	DYLAN DAVIES	155	DONOVAN SMITH (09.12.2018)	300
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			JONATHAN DAVIES	110		
82.5						
90	JONATHAN GOODING	170	JONATHAN GOODING	125	JONATHAN GOODING	200
100						
110	MARC JENKINS (09.2019)	195	JASON JOHNSON	125	ANDREW COTTERELL	220
125	PETE SUTTON	210	PETE SUTTON	180	PETE SUTTON	280
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					LYNDON JAMES	165
75					DAVE THOMAS	202.5
82.5						
90						
100	RICHARD BANNER (13.11.2022)	210	ROBERT JONES	95		
110						
125						
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100			CHRISTOPHER WARREN	120	ROBERT JONES (09.12.2018)	190
110						
125						
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125			DAVID OWEN (20.08.2023)	145		
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90			STEWART JAMES	120		
100			STEWART JAMES	120		
110						

125					
145					
145+					

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

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
110		STEWART JAMES (2018)	140.5
125			
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			
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+			