OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52	FORBES Brian (1997) SC	170.5	FORBES Brian (1997) SC	97.5	PRICE Graham (1989) NW	195	FORBES Brian (1997) SC	460
56	FORBES Brian (1998) SC	183	FORBES Brian (1998) SC	103	KHAN Mo (1994)	213	FORBES Brian (1998) SC	482.5
60	GUTTERIDGE Alan (1990) NM	205	GIDEON Aaron (2010) SE	147.5	HOLLOWAY Steve (1991) SC	250	GUTTERIDGE Alan (1989) NM	570
67.5	SWALLOW Toby (1996) EM	230.5	BLINDT Adrian (1990) NM	145	HOLLOWAY Steve (1996) SC	275	BLINDT Adrian (1990) NM	630
75	CANNINGS Alistair (2011) SC	267.5	MIKOSZ Dean (2009) SC	167.5	BURDEN Andrew (1996) SW	293	BLINDT Adrian (1991) NM	707.5
82.5	ABERY Neil (2015) EM	294	EMPSON Chris (2019) SCO	186	OAKLEY Dave (1991) WM	300	BROWN Wullie (2011) SCO	740
90	ABERY Neil (2010) EM	320	RIGBY Andy (1997) NW	205	STEVENS Nick (2011) SCO	320	BROWN Wullie (2012) SCO	765
100	SAUNDERS Matt (2007) EC	317.5	SAUNDERS Matt (2007) EC	230	SAUNDERS Matt (2007) EC	335	SAUNDERS Matt (2007) EC	880
110	HARRIOTT Les (1998) EM	350	MARTIN Chris (2023) SCO	246	HARRIOTT Les (1999) EM	340	HARRIOTT Les (1999) EM	900
125	PILLING Gerald (2007) NE	342.5	CHARLESWORTH Rhys (2021) E	268	PILLING Gerald (2007) NE	342.5	PILLING Gerald (2007) NE	902.5
145	BAKER Audley (2000) EM	390	BAKER Audley (2000) EM	232.5	BAKER Audley (2002) EM	350	BAKER Audley (2000) EM	970
145+	THOMAS Howard (1992) WAL	352.5	KELLY Tim Lee (1996) WAL	170	THOMAS Howard (1994) WAL	315	THOMAS Howard (1994) WAL	830

TEENAGE 1 (14-15 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52	DAVIES Gary (1993) WAL	75	DAVIES Gary (1993) WAL	45	DAVIES Gary (1993) WAL	125.5	DAVIES Gary (1993) WAL	230
56	PRINCE Louis (1990) SC	105	PRINCE Louis (1990) SC	60	PRINCE Louis (1990) SC	135	PRINCE Louis (1990) SC	285
60	WARREN Graham (1991) WM	131	WARREN Graham (1991) WM	65	WARREN Graham (1991) WM	152.5	WARREN Graham (1991) WM	347.5
67.5	ABERY Neil (1993) EM	150	ABERY Neil (1993) EM	75	ABERY Neil (1993) EM	160	EARL Darren (1989)	400
75	LYNG Andrew (1998) EM	140	BRYAN Harrison (2017) WM	85	LYNG Andrew (1998) EM	170	LYNG Andrew (1998) EM	375
82.5	LYNG Andrew (1998) EM	160	NUTKINS Gavin (1993) EM	100	LYNG Andrew (1998) EM	185	LYNG Andrew (1998) EM	430
90	PROCTOR Brian (1989)	175	PYE Lee (1994) EM	87.5	PYE Lee (1994) EM	195	PROCTOR Brian (1989)	452.5
100								
110	DEXTER John (1995)	115	DEXTER John (1996)	80	DEXTER John (1996)	200	DEXTER John (1996)	395
125								
145								
145+								

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52	BRAY Leigh (1997)	120	BRAY Leigh (1997)	62.5	BRAY Leigh (1997)	150	BRAY Leigh (1997)	332.5
56								
60	DAVIES Gary (1995) WAL	105	DAVIES Gary (1995) WAL	62.5	DAVIES Gary (1995) WAL	145	DAVIES Gary (1995) WAL	312.5
67.5	RUTHERFORD Ryan (2015) SCO	190	RUTHERFORD Ryan (2015) SCO	110	RUTHERFORD Ryan (2015) SCO	190	RUTHERFORD Ryan (2015) SCO	475
75	ABERY Neil (1995) EM	215	SWALLOW Toby (1992) EM	107.5	SWALLOW Toby (1992) EM	240	ABERY Neil (1995) EM	505
82.5	OWEN George (2008) SE	165	GOSLING Scott (2005) EC	140	OWEN George (2008) SE	202.5	OWEN George (2008) SE	500
90	LYNG Andrew (1999) EM	170	LYNG Andrew (1999) EM	85	LYNG Andrew (1999) EM	192.5	LYNG Andrew (1999) EM	437.5
100	BENTLEY Chris (1996) NM	165	BENTLEY Chris (1996) NM	110.5	BROADHURST William (1993)	200	BENTLEY Chris (1996) NM	447.5
110								
125								
145								
145+								

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52	SINGH Kulbir (1990) EM	105.5						
56	GERRARD Luke (1992) SC	143	LEWIS Simon (1991) EM	92.5	CROOKS Paul (1991) WM	175	GERRARD Luke (1992) SC	392.5
60	TYERS Steven (2009) SC	165	TYERS Steven (2009) SC	117.5	TYERS Steven (2009) SC	210.5	TYERS Steven (2009) SC	492.5
67.5	SWALLOW Toby (1994) EM	212.5	SWALLOW Toby (1994) EM	110	SWALLOW Toby (1994) EM	252.5	SWALLOW Toby (1994) EM	575
75	CANNINGS Alistair (2011) SC	267.5	CANNINGS Alistair (2011) SC	160	CANNINGS Alistair (2011) SC	240	CANNINGS Alistair (2011) SC	667.5
82.5	BELL Darren (2011) SCO	225	BELL Darren (2011) SCO	122.5	BELL Darren (2011) SCO	215	BELL Darren (2011) SCO	562.5
90	HOLMES Craig (1993) NM	235	HOLMES Craig (1993) NM	135.5	HOLMES Craig (1994) NM	247.5	HOLMES Craig (1993) NM	605
100	LYNG Andrew (2002) EM	225	HAGUE Paul (1995) NM	122.5	HAGUE Paul (1995) NM	240	LYNG Andrew (2002) EM	560
110	LYNG Andrew (2002) EM	235	LYNG Andrew (2002) EM	135	LYNG Andrew (2002) EM	215	LYNG Andrew (2002) EM	585
125	RAWLING Adrian (1998)	155	RAWLING Adrian (1998)	90	RAWLING Adrian (1998)	205	RAWLING Adrian (1998)	445
145								
145+								

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56	FINN A (1999)	90	FINN A (1999)	50	DULAGHAN Graham (1990)	145	FINN A (1999)	270
60	TYERS Steven (2011) SC	200	TYERS Steven (2011) SC	132.5	TYERS Steven (2011) SC	225	TYERS Steven (2011) SC	557.5
67.5	SWALLOW Toby (1996) EM	230.5	JOHNSON Warren (1993) SCO	120	BURDEN Andrew (1990) SW	270	SWALLOW Toby (1996) EM	602.5
75	SWALLOW Toby (1998) EM	242.5	RUTHERFORD Ryan (2019) SCO	140	BAMFORD Andy (1994) SC	232.5	HORTON Martin (1996)	540
82.5	CANNINGS Alistair (2013) SC	293.5	CANNINGS Alistair (2013) SC	180	CANNINGS Alistair (2013) SC	265	CANNINGS Alistair (2013) SC	727.5
90	BELL Darren (2015) SCO	272.5	BELL Darren (2014) SCO	156	STEVENS Nick (2011) SCO	320	STEVENS Nick (2011) SCO	670
100	STEWART Ryan (2017) SCO	255	NOSKO Philip (2005) SC	180	NOSKO Philip (2005) SC	290	NOSKO Philip (2005) SC	720
110	SMITH Bradley (2016) SW	280	SMITH Bradley (2016) SW	180	BAKER Michael (2007) NW	262.5	SMITH Bradley (2016) SW	700
125	UNSWORTH David (2019) WAL	242.5	HAYNES John M (1995) NM	170	HAYNES John M (1995) NM	265	HAYNES John M (1995) NM	652.5
145	HAYNES John M (1996) NM	230	HAYNES John M (1996) NM	180	HAYNES John M (1996) NM	260	HAYNES John M (1996) NM	670

145+								

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52	FORBES Brian (1998) SC	167.5	FORBES Brian (1998) SC	97.5	FORBES Brian (1998) SC	185	FORBES Brian (1998) SC	450
56	FORBES Brian (1998) SC	183	FORBES Brian (1998) SC	103	FORBES Brian (1998) SC	197.5	FORBES Brian (1998) SC	482.5
60	GUTTERIDGE Alan (1991) NM	201	GUTTERIDGE Alan (1991) NM	136.5	GUTTERIDGE Alan (1991) NM	225	GUTTERIDGE Alan (1991) NM	560
67.5	HOLLOWAY Steve (1995) SC	212.5	RUTHERFORD Paul (2014) SCO	138	HOLLOWAY Steve (1996) SC	275	HOLLOWAY Steve (1996) SC	612.5
75	MIKOSZ Dean (2011) SC	255	MIKOSZ Dean (2009) SC	167.5	TROULLIS George (2004) SC	277.5	TROULLIS George (2004) SC	650
82.5	VAN_NIEKERK Edward (1997) S	290	MELDON Rick (2008) SE	180	OTTOLANGUI Allen (2001) EM	282.5	MELDON Rick (2008) SE	700
90	BROWN Wullie (2014) SCO	305	SHERLOCK Vince (2008) WM	185	PILLING Les (1997) NW	315	PILLING Les (1997) NW	760
100	PILLING Les (1996) NW	315	SAUNDERS Matt (2010) EC	220	SAUNDERS Matt (2010) EC	320.5	SAUNDERS Matt (2010) EC	840
110	NORTON Mark (2008) NE	345	NORTON Mark (2006) NE	242.5	ANDREWS Phillip (1996) WM	332.5	HARRIOTT Les (2001) EM	885
125	ELLIOTT Neil (2013) SCO	320	ELLIOTT Neil (2014) SCO	265	O'NEILL Terrence (2001)	315	ELLIOTT Neil (2013) SCO	870
145	NICOL Alan (1994) NW	275	ROWLANDS Haydn (1998) NM	223	NICOL Alan (1994) NW	272.5	NICOL Alan (1994) NW	697.5
145+	DAVIES Dilwyn (1991) WAL	250	DAVIES Dilwyn (1991) WAL	140	DAVIES Dilwyn (1991) WAL	250	DAVIES Dilwyn (1991) WAL	640

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60	BROWN Steve (2007) NE	187.5	BROWN Steve (2007) NE	95	BROWN Steve (2007) NE	215	BROWN Steve (2007) NE	495
67.5	RUTHERFORD Paul (2018) SCO	207.5	GUTTERIDGE Alan (1996) NM	142.5	GUERIN John (1989)	250	GUERIN John (1989)	550
75	McGURK Bernie (2013) SCO	235	McGURK Bernie (2013) SCO	145	TROULLIS George (2007) SC	275	McGURK Bernie (2013) SCO	640
82.5	MELDON Rick (2011) SE	293	MELDON Rick (2011) SE	182.5	OTTOLANGUI David (1998) EM	262.5	MELDON Rick (2009) SE	715
90	BONNER Andy (2001) SC	287.5	BONNER Andy (2001) SC	165	JEX Terry (2001) SC	290	BONNER Andy (2001) SC	737.5
100	PILLING Les (2001) NW	310	MARTIN Chris (2022) SCO	215	PILLING Les (2000) NW	305	PILLING Les (2001) NW	790
110	NORTON Mark (2011) NE	327.5	MARTIN Chris (2023) SCO	246	PILLING Les (2002) NW	305	NORTON Mark (2011) NE	825
125	TUDOR Ian (1997) EC	280	TUDOR Ian (1997) EC	195	WILLAN Andrew (1995) NW	300	TUDOR Ian (1997) EC	760
145	NICOL Alan (1998) NW	270	SUTTON Peter (2012) WAL	215	SUTTON Peter (2012) WAL	320	SUTTON Peter (2012) WAL	800
145+	DAVIES Dilwyn (1992) WAL	280	DAVIES Dilwyn (1992) WAL	147.5	DAVIES Dilwyn (1992) WAL	230	DAVIES Dilwyn (1992) WAL	657.5

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60	DURDEY Graham (1995)	152.5	DURDEY Graham (1995)	86	DURDEY Graham (1995)	195	DURDEY Graham (1995)	430
67.5	McBRIDE Mike (2005) SCO	200	RUTHERFORD Paul (2022) SCO	132.5	McBRIDE Mike (2005) SCO	240	McBRIDE Mike (2005) SCO	550
75	SHAW Mike (1992) NW	227.5	FAIRHURST David (2005) NW	132.5	SHAW Mike (1991) NW	255.5	SHAW Mike (1991) NW	600
82.5	ROWE Mathew (2022) SC	217.5	ROWE Mathew (2022) SC	133	ROWE Mathew (2022) SC	247.5	ROWE Mathew (2022) SC	597.5
90	VAN NIEKERK Eddie (2009) SC	276	AMBLER Derek (1998) EM	167.5	AMBLER Derek (1998) EM	275	AMBLER Derek (1998) EM	700
100	COWLEY Arthur (2011) SCO	287.5	COWLEY Arthur (2011) SCO	195	JEX Terry (2010) SC	290	COWLEY Arthur (2011) SCO	750
110	PILLING Les (2007) NW	302.5	PILLING Les (2005) NW	200	PILLING Les (2004) NW	300	PILLING Les (2004) NW	790
125	ALLISON Raymond (2009) WM	320	ALLISON Raymond (2007) WM	208	ALLISON Raymond (2007) WM	282.5	ALLISON Raymond (2007) WM	800
145	NICOL Alan (1999) NW	250	NICOL Alan (1999) NW	150	NICOL Alan (1999) NW	260	NICOL Alan (1999) NW	660
145+								

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60	DURDEY Graham (1996)	140	DURDEY Graham (1996)	82.5	DURDEY Graham (1996)	187.5	DURDEY Graham (1996)	410
67.5	McBRIDE Mike (2007) SCO	206	McBRIDE Mike (2007) SCO	120	McBRIDE Mike (2007) SCO	237.5	McBRIDE Mike (2007) SCO	560
75	FAIRHURST David (2009) NW	197.5	FAIRHURST David (2009) NE	125	SHAW Mike (1996) NW	227.5	FAIRHURST David (2009) NW	542.5
82.5	HIRST Geoff (1992) NE	205	CAMPBELL Alexander (2006) SC	142.5	MURDIE Keith (1993) EC	235	WEST Eric (1996) SE	522.5
90	BONNER Andy (2012) SC	257.5	BONNER Andy (2012) SC	153	BONNER Andy (2012) SC	280	BONNER Andy (2012) SC	690
100	WEST John (1998) EM	252.5	BARKER Tony (2008) NW	160	WEST John (1998) EM	280	WEST John (1998) EM	690
110	PILLING Les (2012) NW	265	WEST John (2000) EM	162.5	PILLING Les (2011) NW	280.5	WEST John (2000) EM	700
125	ALLISON Ray (2012) WM	301	ALLISON Ray (2012) WM	200	ALLISON Ray (2012) WM	285	ALLISON Ray (2012) WM	785
145								
145+								

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5	MARSHALL Derek (1990)	155	MARSHALL Derek (1992)	85	MARSHALL Derek (1990)	195	MARSHALL Derek (1992)	430
75	MARSHALL Derek (1993)	157.5			MARSHALL Derek (1993)	187.5	MARSHALL Derek (1992)	425
82.5	AMEY Mick (2013) EC	215.5	ASKEW John (1998)	142.5	AMEY Mick (2013) EC	235	AMEY Mick (2013) EC	560
90	HUDSON Peter (1995) NW	220	FULTON John (1990) EC	125	HUDSON Peter (1996) NW	252.5	HUDSON Peter (1995) NW	592.5
100	WEST John (2002) EM	240	WEST John (2002) EM	155	WEST John (2002) EM	270.5	WEST John (2002) EM	665
110	WEST John (2003) EM	245	WEST John (2003) EM	157.5	WEST John (2003) EM	265	WEST John (2003) EM	667.5
125	OLSEN Roy (2001) NM	240	OLSEN Roy (2001) ENG	165	OLSEN Roy (2001) NM	250	OLSEN Roy (2001) NM	650
145								

145+								

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60	DUFFIELD Jack (1994)	127.5	DUFFIELD Jack (1992)	77.5	DUFFIELD Jack (1993)	185	DUFFIELD Jack (1992)	380
67.5	JOHNSTON Thomas (1999) EC	125	JOHNSTON Thomas (1997) EC	80	JOHNSTON Thomas (1998) EC	165	JOHNSTON Thomas (1999) EC	367.5
75	MARSHALL Derek (1995)	160	JOHNSTON Thomas (2001) EC	85	MARSHALL Derek (1995)	190	MARSHALL Derek (1995)	422.5
82.5	AMEY Mick (2015) EC	205	RODGER Dave (1993) NW	133	AMEY Mick (2015) EC	232.5	AMEY Mick (2015) EC	545
90	RODGER Dave (1994) NW	192.5	MARKS Ronnie (2023) NI	156	RODGER Dave (1994) NW	215	MARKS Ronnie (2023) NI	535
100	HUDSON Peter (2000) NW	215	FULTON John (1995) EC	132.5	HUDSON Peter (2000) NW	260	HUDSON Peter (2000) NW	595
110			BURDEN Ronald (2016) EC	155				
125	OLSEN Roy (2009) NM	215	OLSEN Roy (2008) NM	160	OLSEN Roy (2008) NM	240	OLSEN Roy (2008) NM	600
145								
145+								

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5	LUI Peter (2005) SCO	165			LUI Peter (2005) SCO	170	LUI Peter (2005) SCO	405
75	MARSHALL Derek (2000)	152.5	MARSHALL Derek (2001)	83.5	MARSHALL Derek (2000)	185	MARSHALL Derek (2000)	417.5
82.5	CLARK Henry MD (2010) EM	152.5	CLARK Henry MD (2010) EM	65	CLARK Henry MD (2010) EM	160	CLARK Henry MD (2010) EM	377.5
90	WILLIAMS Douglas H (2010) WA	170	WILLIAMS Douglas H (2010) WA	95	WILLIAMS Douglas H (2010) GB	180	WILLIAMS Douglas H (2010) WA	435
100	WALKER John (2012) NE	195	FULTON John (1997) EC	140	WALKER John (2012) NE	225	WALKER John (2012) NE	532.5
110	WALKER John (2014) NE	195	BURDEN Ronald (2016) EC	160	WALKER John (2014) NE	225	WALKER John (2014) NE	535
125	OLSEN Roy (2011) NM	200	OLSEN Roy (2011) NM	185	OLSEN Roy (2011) NM	230	OLSEN Roy (2011) NM	585
145								
145+								

MASTER 8 (75-79yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60	BROWN Ted (2010) EM	105	BROWN Ted (2010) EM	70	BROWN Ted (2010) EM	140	BROWN Ted (2010) EM	305
67.5	CLUER Ron (1994) SE	82.5	CLUER Ron (1993) SE	55	CLUER Ron (1994) SE	97.5	CLUER Ron (1994) SE	235
75								
82.5	GALLACHER John (2009)	80	GALLACHER John (2009)	70	GALLACHER John (2009)	180	GALLACHER John (2009)	330
90	WILLIAMS Doug (2014) WAL	150	WILLIAMS Doug (2014) WAL	85	WILLIAMS Doug (2014) WAL	160	WILLIAMS Doug (2014) WAL	395
100	WALKER John (2018) NE	125	WALKER John (2018) NE	102.5	WALKER John (2018) NE	190	WALKER John (2018) NE	417.5
110								
125								
145								
145+								

MASTER 9 (80-84yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60	BROWN Ted (2011) EM	107.5	BROWN Ted (2011) EM	85	BROWN Ted (2011) EM	145	BROWN Ted (2011) EM	337.5
67.5	CLUER Ron (1998) SE	82.5	CLUER Ron (1997) SE	52.5	CLUER Ron (1998) SE	103	CLUER Ron (1999) SE	230
75								
82.5	GALLACHER John (2010) SC	120	GALLACHER John (2010) SC	70	GALLACHER John (2010) SC	180	GALLACHER John (2010) SC	370
90								
100								
110								
125								
145								
145+								

MASTER 10 (85-89yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5	CLUER Ron (2001) SE	60	CLUER Ron (2001) ENG	50	CLUER Ron (2001) SE	80	CLUER Ron (2001) SE	185
75								
82.5								
90								
100								
110								
125								
145								

145+								

M/P/F EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56	KHAN Mo (1990)	180	KHAN Mo (1991)	90	KHAN Mo (1994)	213	KHAN Mo (1991)	475
60	KHAN Mo (1995)	185	KHAN Mo (1995)	80	KHAN Mo (1995)	210	KHAN Mo (1995)	475
67.5	EAST John (2013) WM	190	EAST John (2013) WM	132.5	EAST John (2013) WM	210	EAST John (2013) WM	532.5
75	McGURK Bernie (2013) SCO	235	McGURK Bernie (2013) SCO	145	OAKLEY Dave (1990) WM	275	McGURK Bernie (2013) SCO	640
82.5	OAKLEY Dave (1992) WM	285	SMITH Kevin (2013) SE	170	OAKLEY Dave (1991) WM	300	OAKLEY Dave (1991) WM	700
90	OAKLEY Dave (1992) WM	290	MADEN Stephen (2005) SE	170	SPICER Selby (2005) WM	270	COOK Steve (2007) WAL	687.5
100	SAUNDERS Matt (2007) EC	317.5	SAUNDERS Matt (2007) EC	230	SAUNDERS Matt (2007) EC	335	SAUNDERS Matt (2007) EC	880
110	SMITH Bradley (2016) SW	280	MARTIN Chris (2017) SCO	225	JONES Phil (2015) EC	272.5	MARTIN Chris (2017) SCO	727.5
125	STONE Andrew (2011) WAL	290	STONE Andrew (2011) WAL	245	LAING Phil (2005) NM	310	STONE Andrew (2011) WAL	805
145	PEARSON Alan (2007) NM	270	PEARSON Alan (2007) NM	212.5	PEARSON Alan (2007) NM	295	PEARSON Alan (2007) NM	777.5
145+								