

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52					BRAY Leigh (1996)	140
56						
60	GIDEON Aaron (2008) SE	160	GIDEON Aaron (2010) SE	147.5	MELTON Bradley (1999)	140
67.5	TYERS Steven (2012) SC	200	GIDEON Aaron (2012) SE	152.5	ROGERSON Paul () SE	220
75	MIKOSZ Dean (2000) SC	265.5	MEACHEN Lee (2017) EC	185	HOLLOWAY Steve (1996) SC	277.5
82.5	ABERY Neil (2015) EM	283.5	JOSEPH Mike (2008) EC	200	WILKINSON Stephen (2023) EM	285
90	ABERY Neil (2010) EM	300	JEFFRIES James (2017) EC	250	BRANCH Glenn (2019) EC	302.5
100	GIBSON Matt (2016) SC	303	JEFFRIES James (2011) EC	245.5	SAUNDERS Matt (2000) EC	330
110	KIRBY Russell (2023) SE	332.5	FEEHAN John (2001) EM	252.5	HARRIOTT Les (1999) EM	320
125	CHARLESWORTH Rhys (2022) E	311	CHARLESWORTH Rhys (2021) E	272.5	PILLING Gerald (2009) NE	322.5
145	BAKER Audley (1999) EM	385	CHARLESWORTH Rhys (2023) E	275	BAKER Audley (2000) EM	350
145+	PYE Christopher (2009) NW	255	MACKEY Matthew J (2009) EM	230		

TEENAGE 1 (14-15 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			WHITEMAN Tony (1996)	97.5	WHITEMAN Tony (1996)	170
82.5						
90						
100						
110						
125						
145						
145+						

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52					BRAY Leigh (1996)	140
56						
60						
67.5					YOUNG Andrew (2001) ENG	142.5
75	BRYAN Harrison (2018) WM	180			WILDING Regan (1996)	185
82.5	BRYAN Harrison (2019) WM	200.5			WATSON Josh (2009) SW	220
90						
100			SPENCER Paul (1995) NM	92.5	LYNG Andrew (1999) EM	190
110					DEXTER John (1996)	220
125						
145						
145+						

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60	MELTON Bradley (1999)	130	HUSBAND Ben (1997) SW	52.5	MELTON Bradley (1999)	140
67.5	JONES Hadley (2007) EC	160			SANDBACH HARRY (2009)	186
75	BULLEN Keiron (2009) EC	145	BULLEN Keiron (2009) EC	100	BULLEN Keiron (2009) EC	185
82.5	MINEAR James (2014) SW	232.5				
90					INCHLEY Matthew (2010) NM	230
100			HAGUE Paul (1995) NM	127.5		

110					
125					
145					
145+					

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5	TYERS Steven (2012) SC	200	TYERS Steven (2012) SC	150		
75			McKEAN Daniel (2009) SCO	120	KEMP-TAYLOR David (1999)	200
82.5	ABERY Neil (2001) EM	270	HARTLEY Ben (2023) NM	170	ABERY Neil (2001) EM	242.5
90	MINEAR James (2015) SW	265.5	KING Gary (1999)	155	WHEAL Ryan J (2008) EM	266
100	ROBERTS Oliver (2023) NM	237.5	VERENAKIS Yiannis (2015) NW	160	BELL James (2009) NM	227.5
110	SMITH Bradley (2016) SW	267.5	HAGUE Paul (1998) NM	172.5	SMITH Bradley (2016) SW	230
125			HAYNES John M (1995) NM	170		
145						
145+						

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60			BROWN Steve (2006) NE	95		
67.5	BEVAN David (2005) EM	165	BEVAN David (2005) EM	102.5	BEVAN David (2005) EM	195
75	MIKOSZ Dean (2009) SC	240	MIKOSZ Dean (2012) SE	173.5	HOLLOWAY Steve (1996) SC	277.5
82.5	MELDON Rick (2009) SE	265	TEMPEST Phil (2012) NE	185	TROULLIS George (2005) SC	282.5
90	MELDON Rick (2008) SE	282.5	MAKSYM CZUK Jan (2015) SW	185.5	JEX Terry (1996) SC	300
100	SINCLAIR Frank (2005) SCO	290	JEFFRIES James (2011) EC	245.5	PILLING Les (1996) NW	320
110	NORTON Mark (2009) NE	330.5	MARTIN Chris (2017) SCO	237.5	COPE Derek (2000) EM	282.5
125	RUSSELL Graham (2004) SCO	260	MARTIN Chris (2019) SCO	257.5	LAING Phil (2008) NM	305
145	WRIGHT John (2004) SCO	275	ROWLANDS Haydn (1999) NM	227.5		
145+	PYE Christopher (2009) NW	255				

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5			HAYNES Cliff (2008) EC	150		
75			MEACHEN Lee (2015) EC	182.5		
82.5	RATCLIFFE Neil (2016) NW	220	TEMPEST Phil (2016) EM	185.5	TROULLIS George (2005) SC	275
90	MELDON Rick (2009) SE	277.5	JEFFRIES James (2017) EC	250	WHYTE Larry (2006) WM	258.5
100	JOHN Richard (2021) SC	290	JEFFRIES James (2018) EC	242.5	PILLING Les (2000) NW	300
110	PILLING Les (2002) NW	300	THOMAS Neil (2019) EC	232.5	PILLING Les (2002) NW	300
125	STOKES John (2008) NE	250	SIDNEY Marc (2010) SE	206	STANISLAUS Steve (2010) SE	282.5
145			ROWLANDS Haydn (2005) NM	192.5		
145+			MACKEY Matthew J (2009) EM	230		

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			

75			MEACHEN Lee (2017) EC	185	THOMAS Dave (2017) SC	218
82.5	ROWE Matthew (2022) SC	221	MEACHEN Lee (2016) EC	185	ROWE Matt (2018) SW	245.5
90	CARGILL Robert (2019) NW	195	LOVETT Gary (2023) NE	165	WHYTE Larry (2007) WM	265
100	MITCHELL Brian (2008) SC	182.5	JEFFRIES James (2022) EC	200	COWLEY Arthur (2014) SCO	280.5
110	KIRBY Russell (2023) SE	332.5	TUDOR Ian (1999) EC	192.5	PILLING Les (2007) NW	300
125	PILLING Les (2007) NW	270	THOMAS Neil (2023) EC	250	PILLING Les (2009) NW	260
145	NICOL Alan (1999) NW	250			NICOL Alan (1999) NW	260
145+						

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					BYRNE Ted (2010) NM	181.5
75			BRIGGS David (1993)	120		
82.5			COLLINSON Neal Paul (2022)	168	PHILLIPS Michael (2014) SCO	225
90	COX Tom (2004) WM	190	COX Tom (2004) WM	150	GREEN Andrew (2016) SC	220
100	COX Tom (2006) WM	222.5	FLETT Martin (2011) NM	182.5	MANSELL Simon (2016) SW	232.5
110	SINGH Jagir (2015) WM	202.5	FLETT Martin (2013) SCO	190	PILLING Chris (2023) NW	232.5
125	PILLING Les (2012) NW	252.5	WRIGHT John (2018) SCO	180	PILLING Les (2012) NW	261
145	WAITES Paul (2019) EC	202.5			WAITES Paul (2019) EC	227.5
145+						

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					JOHNSTON Thomas (1996) EC	160
75	AMEY Mick (2012) SC	180	AMEY Mick (2012) SC	95	AMEY Mick (2012) SC	220
82.5			WILLIAMS David (2014) SW	170	PHILLIPS Michael (2016) SCO	227.5
90	BONNER Andy (2019) SC	210	WILLIAMS David (2016) SW	197.5	BONNER Andy (2019) SC	255
100	SCOTT Richard (2022)	180	BELSHER Glyn (2022)	137.5	HOWARTH David (2009) NW	232.5
110			MITCHELL Brian (2015) SC	117.5	COWLEY Arthur (2019) SCO	240
125						
145	WAITES Paul (2021) EC	200			WAITES Paul (2021) EC	212.5
145+						

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					LITTLE Roger (2011) NM	150
75			WALLIS David (2005) NE	130		
82.5	AMEY Mick (2015) EC	192.5	AMEY Mick (2015) EC	105	AMEY Mick (2015) EC	230
90	MARKS Ronnie (2023) NI	180	MARKS Ronnie (2023) NI	155	HOWARTH David (2013) NW	220
100			FULTON John (1995) EC	132.5	HOWARTH David (2013) NW	215
110			BURDEN Ronald (2016) EC	155	BURDEN Ronald (2016) EC	220
125						
145						
145+						

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
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52						
56						
60						
67.5						
75	MARSHALL Derek (1999)	150			MARSHALL Derek (1999)	182.5
82.5			WILLIAMS David (2023) SW	150	TWIGG Alan (2023) NE	185
90	DAVIES Andy (2015) NW	150	MILLER John (1998)	87.5	DAVIES Andy (2015) NW	185
100			FULTON John (1997) EC	140	WALKER John (2012) NE	230
110	WALKER John (2014) NE	200	BURDEN Ronald (2017) EC	160	WALKER John (2014) NE	230
125			OLSEN Roy (2012) NM	170	OLSEN Roy (2014) NM	220
145						
145+						

MASTER 8 (75-79yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60			CLUER Ron (1995) SE	60		
67.5						
75						
82.5						
90			HEARN David (2017) SCO	95	HEARN David (2017) SCO	150
100	BURDEN Jim (2021) EC	150				
110	BURDEN Jim (2021) EC	150	OLSEN Roy (2016) NM	150	OLSEN Roy (2016) NM	200
125			OLSEN Roy (2016) NM	160	OLSEN Roy (2016) NM	210
145						
145+						

MASTER 9 (80-84yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60					CLUER Ron (1996) SE	100
67.5			CLUER Ron (1997) SE	61	LITTLE Roger (2023) NM	132.5
75						
82.5						
90						
100						
110			OLSEN Roy (2022) NW	140	OLSEN Roy (2022) NW	205
125						
145						
145+						

MASTER 10 (85-89yrs) EQUIPPED

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

M/P/F EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75					BAMFORD Andy (2005) SC	235
82.5			TEMPEST Phil (2016) EM	185.5		
90	COOK Steve (2008) WAL	250	MADEN Stephen (2004) SE	157.5	WHEAL Ryan J (2008) EM	266
100	SAUNDERS Matt (1999) EC	300	SAUNDERS Matt (2001) ENG	212.5	SAUNDERS Matt (2000) EC	330
110			MARTIN Chris (2017) SCO	237.5	EAGER Mark (2008) SW	270
125			MARTIN Chris (2019) SCO	257.5	ALLISON Dave (1999)	285
145						
145+						