

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	MERRIMAN Owen (2019) WM	107.5	FORBES Brian (1997) SC	97.5	BAILEY Joe (2016) EC	175	BAILEY Joe (2016) EC	332.5
56	GREEN Mark (2010) SC	130	FORBES Brian (1998) SC	103	BAILEY Joe (2016) EC	176	GREEN Mark (2010) SC	385
60	HAMPSON Ben (2018) EC	177.5	GUTTERIDGE Alan (1989) NM	145	FAARIS Sheikh (2017) EM	210	BATES Chris (2023) SC	480
67.5	WATTS David (2019) EC	200	GRAY David (2013) WM	145.5	WATTS David (2019) EC	261	GRAY David (2013) WM	587.5
75	ROGERS Luke (2015) WM	222.5	BLINDT Adrian (1992) NM	165	EDMED Scott (2018) WM	265	BARNEY Callum (2017) SE	620
82.5	MC CAFFREY Paul (2010) NE	260	JOSEPH Mike (2001) EC	193.5	AWALA Joey (2021) EC	287.5	DEW Sam (2014) WAL	682.5
90	HARRIS Daniel (2019) SE	255	RIGBY Andy (1997) NW	205	BURTON Ramone (2016) WAL	320	MINTY Terrence (2019) SC	697.5
100	BOYHAM Philip (2008) NW	273	RIGBY Andy (1993) NW	215	FAMUTIMI Hendrick (2017) EM	325	MARSHALL Simon (2009) EM	762.5
110	MITCHELL John (2011) WM	301	MURDOCH Alistair (2013) SE	222.5	HASWELL Steve (2015) SC	324	MARSHALL Simon (2014) EM	792.5
125	NAYLER Sam (2023)	300	LYTHGOE Simon (2018) SC	232.5	USECKAS Justin (2019) WM	330.5	NAYLER Sam (2023)	815
145	HEAD Steven (2023) WM	301	BAKER Chris (2010) NE	227.5	USECKAS Justin (2022) WM	335.5	SUTTON Peter (2008) WAL	807.5
145+	KELLY Tom (2013) SC	312.5	KELLY Tom (2013) SC	212.5	KELLY Tom (2012) SC	320	KELLY Tom (2012) SC	835

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	HANOMAN Shaun (2007) NW	92.5	PERKINS Callum (2015) SC	50	PERKINS Callum (2015) SC	125	HANOMAN Shaun (2007) NW	262.5
56	GREEN Mark (2010) SC	130	GREEN Mark (2010) SC	95	GREEN Mark (2010) SC	160	GREEN Mark (2010) SC	385
60	GREEN Mark (2010) SC	137.5	GREEN Mark (2010) SC	95	BELL Darren R (2006) SCO	162.5	GREEN Mark (2010) SC	392.5
67.5	BELL Darren R (2007) SCO	145	HIGHFIELD Finley (2021) EC	86.5	BELL Darren R (2007) SCO	187.5	BELL Darren R (2007) SCO	415
75	TAYLOR Evan (2023) EM	152.5	TAYLOR Evan (2023) EM	102.5	RAINE Jordan (2011) SE	190	RAINE Jordan (2011) SE	410
82.5	GONZAGA Joseph (2023) SCO	190	BRADSHAW Laurence (2006) EN	110	BRADSHAW Laurence (2006) EN	202.5	GONZAGA Joseph (2023) SCO	467.5
90	BRADSHAW Laurence (2006) NV	162.5	CLARKE Oliver (2016) SE	117.5	BRADSHAW Laurence (2006) NV	227.5	BRADSHAW Laurence (2006) NV	492.5
100	CLARKE Oliver (2016) SE	202.5	CLARKE Oliver (2016) SE	137.5	O'DONNELL Connor (2018) NE	217.5	CLARKE Oliver (2016) SE	550
110	O'DONNELL Connor (2019) NE	207.5	O'DONNELL Connor (2019) NE	135	O'DONNELL Connor (2019) NE	260	O'DONNELL Connor (2019) NE	602.5
125								
145								
145+								

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	SANDERS Ashley (2008) WM	105	BRAY Leigh (1997)	62.5	SANDERS Ashley (2008) WM	140	SANDERS Ashley (2008) WM	305
56	AIKMAN JNR David (2009) SCO	110	AIKMAN JNR David (2009) SCO	75	AIKMAN JNR David (2009) SCO	163	AIKMAN JNR David (2009) SCO	347.5
60	MULLER Harry (2014) SE	141	AIKMAN David Jnr (2010) SCO	98	AIKMAN David Jnr (2010) SCO	172.5	AIKMAN David Jnr (2010) SCO	410
67.5	GREEN Mark (2013) SC	170	GREEN Mark (2013) SC	130	BELL Darren (2008) SCO	201	GREEN Mark (2013) SC	480
75	ROWLES Liam (2014) SE	205	RIDETT Lewis (2011) SC	132.5	RIDETT Lewis (2011) SC	240	RIDETT Lewis (2011) SC	537.5
82.5	JENKIN Steve (2003) SW	200	BIGGIN Jonathan (2006) SCO	130	KUTI Sam (2017) SW	240	JENKIN Steve (2003) SW	537.5
90	MORRISON McKenzie (2022) SC	195	MORRISON McKenzie (2022) SC	140	MORRISON McKenzie (2022) SC	225	MORRISON McKenzie (2022) SC	550
100	GOLDSTRAW Henry (2023) SE	255	GOLDSTRAW Henry (2023) SE	160.5	GOLDSTRAW Henry (2023) SE	260	GOLDSTRAW Henry (2023) SE	675
110	KAYA James (2019) SCO	215	KESHTA Omar (2016) SE	160	KESHTA Omar (2016) SE	260	KESHTA Omar (2016) SE	630
125	OSBORN Jack (2016) SC	212.5	KESHTA Omar (2016) SE	170	KESHTA Omar (2016) SE	260	KESHTA Omar (2016) SE	630
145								
145+	McGONIGLE Charlie (2017) SCO	210	McGONIGLE Charlie (2017) SCO	125	McGONIGLE Charlie (2017) SCO	252.5	McGONIGLE Charlie (2017) SCO	587.5

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	MEHTA Amrik (2013) SW	117.5	LEWIS Simon (1991) EM	92.5	MEHTA Amrik (2013) SW	165	MEHTA Amrik (2013) SW	370
60	TYERS Steven (2009) SC	140	TYERS Steven (2009) SC	105	TYERS Steven (2009) SC	200	TYERS Steven (2009) SC	445
67.5	CANNINGS Alistair (2010) SC	180	VIVIAN Alex (2010) SC	112.5	SHAFEI Hesham El (2017) SCO	215.5	CANNINGS Alistair (2010) SC	497.5
75	CANNINGS Alistair (2011) SC	195	CANNINGS Alistair (2011) SC	130	PETRINE Daniel (2018) EC	235	CANNINGS Alistair (2011) SC	545
82.5	AWALA Joey (2021) EC	215.5	AWALA Joey (2021) EC	140	AWALA Joey (2021) EC	287.5	AWALA Joey (2021) EC	642.5
90	ROBINSON Harvey (2013) EC	215	BAKER Alex (2011) SC	145	ROBINSON Harvey (2013) EC	270	ROBINSON Harvey (2013) EC	615
100	GOODHALL Sam (2011) SC	240	WEBB Joe (2014) EM	147	GOODHALL Sam (2011) SC	275	GOODHALL Sam (2011) SC	650
110	MacQUEEN Mark (2014) SCO	240	MacQUEEN Mark (2014) SCO	145	AYETUOMA Ewoma (2022) EC	285	MacQUEEN Mark (2014) SCO	665
125	OSBORN Jack (2017) SC	250	OSBORN Jack (2017) SC	162.5	RUSHTON Josh (2010) SC	265	RUSHTON Josh (2011) SC	667.5
145	SPICER Ben (2023) EC	251	SPICER Ben (2023) EC	155	SIEVEWRIGHT Carl (2008) SC	250	SPICER Ben (2023) EC	635
145+	McGONIGLE Charlie (2017) SCO	240	McGONIGLE Charlie (2017) SCO	130	McGONIGLE Charlie (2017) SCO	272.5	McGONIGLE Charlie (2017) SCO	642.5

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52	MERRIMAN Owen (2019) WM	107.5	BAILEY Joe (2016) EC	67.5	BAILEY Joe (2016) EC	175	BAILEY Joe (2016) EC	332.5
56	BAILEY Joe (2016) EC	120	BAILEY Joe (2015) EC	82.5	BAILEY Joe (2016) EC	176	BAILEY Joe (2016) EC	365
60	FAARIS Sheikh (2017) EM	170	PEACOCK Tian (2015) SW	107.5	FAARIS Sheikh (2017) EM	210	FAARIS Sheikh (2017) EM	477.5
67.5	TYERS Steven (2012) SC	170	SOMERS Jack (2013) SC	120.5	WARDLEY Jonathan (2018) WM	240	TYERS Steven (2012) SC	502.5
75	ALI Asif (2019) WM	210	BARNEY Callum (2017) SE	138	BARNEY Callum (2016) SC	252.5	BARNEY Callum (2017) SE	587.5
82.5	HUBBARD Owen (2013) SC	237.5	HUBBARD Owen (2013) SC	187.5	DEACON-SMITH Matt (2013) SC	280	HUBBARD Owen (2013) SC	680
90	CORDWELL Callum (2015) WM	230	PERCIVAL Daniel (2008) WM	170	FERNANDEZ Julian (2011) SC	280.5	MEAKIN Reece (2014) SW	642.5
100	BECKER Zachary (2013) SE	255	GIBSON Matthew (2013) SC	170	EDWARDS Josh (2016) WAL	320	EDWARDS Josh (2016) WAL	705
110	HAMILTON Alexander (2021) SC	255	BENSON James (2017) SE	180	PIPE Matthew (2010) NE	320	PIPE Matthew (2010) NE	690
125	RAMSBOTTOM Karl (2011) WM	250	McKERRROW Julian (2014) SE	181	PIPE Matthew (2009) NE	320	PIPE Matthew (2009) NE	730
145	GODDARD Richard (2012) NW	245	HAYNES John M (1996) NM	180	GODDARD Richard (2012) NW	252.5	SIEVEWRIGHT Carl (2011) SC	655
145+								

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52		FORBES Brian (1998) SC	97.5	

56			FORBES Brian (1998) SC	103				
60	FORBES Brian (2000) SC	145	GUTTERIDGE Alan (1991) NM	136.5	BROWN Steve (2007) NE	200	FORBES Brian (2002) SC	437.5
67.5	BEDFORD Peter (2007) SC	182.5	BEDFORD Peter (2006) SC	130	BEDFORD Peter (2007) SC	227.5	BEDFORD Peter (2007) SC	540
75	WEBB Richard (2015) NW	200	WILLIAMS John (2002) NW	135	HANNAH David (2005) SCO	247.5	WEBB Richard (2015) NW	562.5
82.5	CROSSLAND Richard (2016) NW	217.5	CROMBIE David (2014) SCO	155	CROMBIE David (2014) SCO	272.5	CROMBIE David (2014) SCO	625
90	PROTHERO Chris (2016) WAL	238	MINTY Vince (2009) SC	167.5	LANE Mark (2001) EM	290	PROTHERO Chris (2016) WAL	647.5
100	SPRANGE Steven (2011) SW	260.5	TUDOR Ian (1990) EC	175	LANE Mark (2002) EM	295	PILLING Les (1999) NW	710
110	MARSHALL Simon (2014) EM	272.5	MURDOCH Alistair (2011) SE	217.5	MARSHALL Simon (2014) EM	323	MARSHALL Simon (2014) EM	792.5
125	SUTTON Peter (2005) WAL	270	LYTHGOE Simon (2017) SC	230	LAING Phil (2008) NM	310	LYTHGOE Simon (2017) SC	765
145	SUTTON Peter (2008) WAL	285	ROWLANDS Haydn (1998) NM	223	SUTTON Peter (2009) WAL	312.5	SUTTON Peter (2008) WAL	807.5
145+			DAVIES Dilwyn (1991) WAL	140				

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60	BROWN Stephen (2008) NE	150	BROWN Stephen (2008) NE	90	BROWN Stephen (2008) NE	207.5	BROWN Stephen (2008) NE	447.5
67.5	GRAY David (2013) WM	196	GRAY David (2013) WM	145.5	GRAY David (2013) WM	260	GRAY David (2013) WM	587.5
75	HAYNES Cliff (2009) EC	190	HAYNES Cliff (2009) EC	145	HAYNES Cliff (2009) EC	242.5	HAYNES Cliff (2009) EC	572.5
82.5	LOWE Mark (2017) SW	227.5	MINTY Vince (2015) SC	155	ROWE Matt (2016) SC	262.5	ROWE Matt (2016) SC	610
90	VAN_NIEKERK Edward (2005) S	241	BONNER Andy (2002) SC	165	BONNER Andy (2002) SC	290.5	BONNER Andy (2002) SC	687.5
100	PILLING Les (2001) NW	272.5	SIMPSON Alan (1997)	181	PILLING Les (2001) NW	300	PILLING Les (2001) NW	732.5
110	PILLING Les (2002) NW	300	MURDOCH Alistair (2013) SE	222.5	PILLING Les (2002) NW	310	PILLING Les (2002) NW	760
125	FORSYTH Derek (2021) SCO	261	LYTHGOE Simon (2018) SC	232.5	SUTTON Peter (2011) WAL	307.5	SUTTON Peter (2011) WAL	772.5
145	SUTTON Peter (2011) WAL	285	SUTTON Peter (2011) WAL	210	SUTTON Peter (2011) WAL	305	SUTTON Peter (2011) WAL	800
145+			DAVIES Dilwyn (1992) WAL	147.5				

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60		DURDEY Graham (1995)	86					
67.5	GRAY David (2015) WM	187.5	GRAY David (2014) WM	140	GRAY David (2015) WM	253	GRAY David (2015) WM	577.5
75	HAYNES Cliff (2013) EC	192.5	HAYNES Cliff (2013) EC	150	PAISLEY Brett (2023) EC	250.5	HAYNES Cliff (2012) EM	585
82.5	BONNER Andy (2008) SC	237.5	BONNER Andy (2007) SC	155	BONNER Andy (2008) SC	275	BONNER Andy (2008) SC	657.5
90	BONNER Andy (2009) SC	250	AMBLER Derek (1998) EM	167.5	BONNER Andy (2009) SC	287.5	BONNER Andy (2009) SC	687.5
100	MITCHELL John (2010) WM	250	MITCHELL John (2010) WM	157.5	JEX Terry (2009) SC	295	MITCHELL John (2010) WM	682.5
110	MITCHELL John (2011) WM	301	TUDOR Ian (2001) EC	190	PILLING Les (2005) NW	290	MITCHELL John (2011) WM	725
125	ALLISON Raymond (2008) WM	270	ADAMS Michael (2015) SC	187.5	FORSYTH Derek (2023) SCO	300	FORSYTH Derek (2023) SCO	750
145	WAITES Paul (2014) EC	200	PEARCE Martin (2015) SW	160	WAITES Paul (2014) EC	235	WAITES Paul (2014) EC	572.5
145+								

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60	GOULD Richard (2016) NW	92.5	DURDEY Graham (1996)	82.5	GOULD Richard (2016) NW	132.5	GOULD Richard (2016) NW	290
67.5	HAYNES Cliff (2016) EC	150	HAYNES Cliff (2016) EC	130	HAYNES Cliff (2016) EC	210	HAYNES Cliff (2016) EC	490
75	HAYNES Cliff (2016) EC	180	HAYNES Cliff (2017) EC	137.5	HAYNES Cliff (2016) EC	225	HAYNES Cliff (2016) EC	535
82.5	ROUND Michael (2015) EM	187.5	ROUND Michael (2013) EM	145	SUGARMAN Grant (2017) EM	250	BONNER Andy (2012) SC	552.5
90	BONNER Andy (2012) SC	252.5	BONNER Andy (2011) SC	157.5	BONNER Andy (2012) SC	282.5	BONNER Andy (2012) SC	690
100	BONNER Andy (2014) SC	242.5	LEPPARD Mike (2010) SC	160	JEX Terry (2011) SC	290	BONNER Andy (2014) SC	672.5
110	PILLING Les (2012) NW	232.5	WEST John (1998) EM	160	LAMBERT Steve (2016) NE	276	COWLEY Arthur (2014) SCO	635
125	PILLING Les (2013) NW	241.5	OLSEN Roy (1998) NM	175	LEADBETTER Mike (2009) NW	285	PILLING Les (2011) NW	660
145	O'DONNELL Frank (2019) NE	220	O'DONNELL Frank (2019) NE	152.5	O'DONNELL Frank (2019) NE	287.5	O'DONNELL Frank (2019) NE	660
145+								

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	KIERNAN Laurence (2019) EC	127.5	KIERNAN Laurence (2019) EC	95.5	MULLEN Budgie (2005) SE	170	KIERNAN Laurence (2019) EC	367.5
75	MEREDITH Tommy (2018) SW	175	MEREDITH Tommy (2018) SW	115	FAIRHURST David (2014) NE	197.5	MEREDITH Tommy (2018) SW	475
82.5	ROUND Michael (2019) EM	170	ROUND Michael (2019) EM	143	ROUND Michael (2019) EM	202.5	ROUND Michael (2019) EM	535
90	BONNER Andy (2016) SC	245	BONNER Andy (2015) SC	140	BONNER Andy (2016) SC	280	BONNER Andy (2016) SC	660
100	BONNER Andy (2016) EC	250	BONNER Andy (2016) EC	140	BONNER Andy (2017) SC	277.5	BONNER Andy (2017) SC	657.5
110	COWLEY Arthur (2019) SCO	207.5	DA ROCHA-AFODU Ped (2023)	145	DA ROCHA-AFODU Ped (2023)	250.5	LEADBETTER Mike (2013) NW	570
125	LEADBETTER Mike (2011) NW	195	LEADBETTER Mike (2014) NW	140	LEADBETTER Mike (2014) NW	253	LEADBETTER Mike (2012) NW	582.5
145	GELSTHORPE Tony (2023) NM	170	GELSTHORPE Tony (2023) NM	156	GELSTHORPE Tony (2023) NM	236	GELSTHORPE Tony (2023) NM	560
145+								

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60	PINSON Roy (2013) WM	82.5	DUFFIELD Jack (1992)	77.5	FOXWELL Gerald (2002) WAL	152.5	FOXWELL Gerald (2002) WAL	297.5
67.5	KEIRNAN Laurence (2023) EC	125	KEIRNAN Laurence (2023) EC	95	KEIRNAN Laurence (2023) EC	147.5	KEIRNAN Laurence (2023) EC	360
75	FREEMAN David (2015) EM	140	KERR Ronnie (2023) SCO	111	FREEMAN David (2015) EM	180	FREEMAN David (2015) EM	412.5
82.5	AMEY Mick (2015) EC	160	RODGER Dave (1993) NW	133	AMEY Mick (2015) EC	205	AMEY Mick (2015) EC	465

90	DAVIES Andy (2009) NW	170	FULTON John (1992) EC	120	DAVIES Andy (2009) NW	220	DAVIES Andy (2009) NW	495
100	JEWELL Ron (2015) SW	177.5	FULTON John (1995) EC	132.5	JEWELL Ron (2015) SW	220	JEWELL Ron (2015) SW	522.5
110	LEADBETTER Mike (2017) NW	170	BURDEN Ronald (2016) EC	138	LEADBETTER Mike (2017) NW	232.5	LEADBETTER Mike (2017) NW	522.5
125	LEADBETTER Mike (2017) NW	170	LEADBETTER Mike (2017) NW	122.5	LEADBETTER Mike (2017) NW	230	LEADBETTER Mike (2017) NW	520
145								
145+								

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60	LILLEY Barry (2022) SE	107.5	LILLEY Barry (2022) SE	70	LILLEY Barry (2022) SE	145.5	LILLEY Barry (2022) SE	322.5
67.5	GODDEN Martin (2015) SC	102.5	GODDEN Martin (2015) SC	70	GODDEN Martin (2015) SC	132.5	GODDEN Martin (2015) SC	305
75	FREEMAN David (2021) EM	135	PASSMORE George (2004) SC	100.5	TARRAN Edward () EC	180	TARRAN Edward (2001) EC	355
82.5	PARKES Ernie (2016) EC	150	DAVIES Andy (2014) NW	87.5	PARKES Ernie (2016) EC	230	PARKES Ernie (2016) EC	465
90	DAVIES Andy (2014) NW	150	MORRIS Eric (2005) NW	105	DAVIES Andy (2014) NW	192.5	DAVIES Andy (2014) NW	427.5
100	WALKER John (2012) NE	185	FULTON John (1997) EC	140	WALKER John (2012) NE	232.5	WALKER John (2012) NE	532.5
110	WALKER John (2013) NE	191	BURDEN Ronald (2018) EC	142.5	BURDEN Ronald (2016) EC	237.5	BURDEN Ronald (2019) EC	537.5
125	BURDEN Ronald (2019) EC	172.5	BURDEN Ronald (2018) EC	142.5	BURDEN Ronald (2019) EC	240	BURDEN Ronald (2019) EC	537.5
145								
145+								

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60		CLUER Ron (1995) SE	60.5					
67.5	HARVEY Patrick (2013) WM	95	HARVEY Patrick (2013) WM	70	HARVEY Patrick (2012) WM	140	HARVEY Patrick (2013) WM	300
75	TARRAN Edward (2003) EC	100	TARRAN Edward (2003) EC	65	TARRAN Edward (2003) EC	175	TARRAN Edward (2003) EC	335
82.5								
90	HEARN David (2016) SCO	105	HEARN David (2018) SCO	85.5	HEARN David (2016) SCO	155	HEARN David (2016) SCO	345
100	BURDEN Jim (2023) EC	143.5	WALKER John (2019) NE	135	BURDEN Jim (2023) EC	202.5	BURDEN Jim (2022) EC	462.5
110	WALKER John (2014) NE	180	WALKER John (2014) NE	105	WALKER John (2014) NE	215	WALKER John (2014) NE	500
125	WALKER Trevor (2021) NW	140	WALKER Trevor (2022) NW	105	WALKER Trevor (2022) NW	200	WALKER Trevor (2022) NW	445
145								
145+								

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60	BROWN Ted (2013) EM	90	BROWN Ted (2013) EM	78	BROWN Ted (2013) EM	130	BROWN Ted (2013) EM	297.5
67.5			CLUER Ron (1997) SE	52.5				
75	BAKER Arthur (2019) NE	82.5	BAKER Arthur (2019) NE	72.5	BAKER Arthur (2019) NE	160	BAKER Arthur (2019) NE	315
82.5	GALLACHER John (2013) SC	105	GALLACHER John (2013) SC	75	GALLACHER John (2013) SC	180.5	GALLACHER John (2013) SC	355
90			HEARN David (2019) SCO	86				
100	WALKER John (2019) NE	125	WALKER John (2019) NE	95	WALKER John (2019) NE	180	WALKER John (2019) NE	400
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+				

M/P/F UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	SPICER Craig (2015) SC	122.5	KHAN Mo (1991)	90	SPICER Craig (2015) SC	167.5	SPICER Craig (2015) SC	375
60	COOK Neil (2012) NM	142.5	COOK Neil (2013) NM	105	COOK Neil (2012) NM	208	COOK Neil (2012) NM	450
67.5	COLE Sean (2009) SC	170	ROBERTS Dennis (2012) WAL	125	COLE Sean (2009) SC	240	COLE Sean (2009) SC	527.5
75	DEW Sam (2011) WAL	200	DEW Sam (2011) WAL	150	SINGH Diljeet (2013) NE	253	DEW Sam (2011) WAL	580
82.5	DEW Sam (2014) WAL	255	DEW Sam (2014) SW	170	DEW Sam (2016) SW	260	DEW Sam (2014) WAL	682.5
90	ROBERTSON Phil (2012) SCO	245	FLETCHER Mark (2009) NM	170	ROBB Simon (2015) SW	290	ROBB Simon (2015) SW	692.5
100	HULL Aaron (2015) SW	262.5	HULL Aaron (2015) SW	192.5	HARVEY Nathan (2017) EC	320	HULL Aaron (2015) SW	735
110	WILLIAMS Dugal (2017) SW	270	BENSON James (2018) SE	192.5	CURRAN Liam (2017) SCO	302.5	CURRAN Liam (2017) SCO	720
125	HOLLINGSWORTH Jay (2013) N	285	LYTHGOE Simon (2018) SC	232.5	HOLLINGSWORTH Jay (2013) N	330	HOLLINGSWORTH Jay (2013) N	805
145	ROBERTS Stuart (2018) NW	230	PEARSON Alan (2008) NM	195	PEARSON Alan (2008) NM	285	PEARSON Alan (2008) NM	705

