

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52	MERRIMAN Owen (2019) WM	105	ANDERSON Ryan (2018) SW	80	DUMBILL Luke (2009) SW	116
56	BAILEY Joe (2016) EC	111	MCGAULEY Daniel (2019) EC	87.5	BAILEY Joe (2016) EC	181
60	HAMPSON Ben (2018) EC	172.5	HAMPSON Ben (2022) EC	118	BROWN Stephen (2008) NE	210
67.5	GRAY David (2015) WM	191	PRUTEANU Stefan (2022) EM	148	WATTS David (2017) EC	252.5
75	PHILLIPS Luke (2016) WAL	203	JOSEPH Mike (2012) EC	180	HARDY Sam (2017) SE	280
82.5	HEATH David (2019) SC	237.5	JOSEPH Mike (2005) EC	198	WHARMBY Carn (2023) NM	320
90	HARRIS Daniel (2022) SE	272.5	RIGBY Andy (1997) NW	200.5	STEVENS Nick (2012) SCO	320
100	JOHN Richard (2022) SC	290	RIGBY Andrew (1995) NW	220	HARVEY Nathan (2017) EC	320
110	PILLING Les (2002) NW	300	RIGBY Andrew (2015) NW	228	HASWELL Steve (2014) SC	310
125	MacCONNACHIE Iain (2015) SC	302.5	LYTHGOE Simon (2018) SC	231	AWOLOLA Daniel (2023) NW	335.5
145	HASKINS Jason (2018) SW	300	MERRICKS Paul (2010) WM	230	HAYDOCK Mark (2007) NW	312.5
145+			MERRICKS Paul (2015) WM	235.5	PYE Christopher (2009) NW	255

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52					DUMBILL Luke (2009) SW	116
56					OSBOURNE-KEDDY Liam (2016)	102.5
60	JONES Samuel (2019) EC	100	JONES Samuel (2019) EC	75	JONES Samuel (2019) EC	150
67.5	HIGHFIELD Finley (2022) EC	130.5	HIGHFIELD Finley (2022) EC	87.5	BUCHANAN Jordan (2009) SW	190
75	GULLIVER Harvey (2023) EC	137.5	WHITE Thomas (2021) EM	105.5	GULLIVER Harvey (2023) EC	195
82.5	GHAFOUR James (2006) NE	125	WILLIAMS Corey (2013) SW	105	SHELTON George (2009) WM	170
90			WEBB Joe (2010) NM	95	LYNCH Henry (2023) EM	185
100						
110	VAN KEMPEN Daniel (2021) EC	142.5			VAN KEMPEN Daniel (2021) EC	157.5
125					WRIGHT James (2015) WAL	201
145						
145+			MELLOR Graham (2010) NM	110	MELLOR Graham (2009) NM	180

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52			ANDERSON Ryan (2016) SW	55		
56					SUTTON Mikey (2010) SW	130
60	FLETCHER Nathaniel (2014) NW	130	MUNRO Max (2022) SCO	92.5	WHYTE Dean (2019) SCO	167.5
67.5	HIGHFIELD Finley (2022)	137.5	HIGHFIELD Finley (2022)	92.5	BUCHANAN Jordan (2011) SW	215
75	GULLIVER Harvey (2023) EC	147.5	FOLEY James (2011) WM	105	STANNARD Owen (2016) EC	220
82.5	PARKS Frank (2019) EC	180	GRIFFITHS Ben (2010) WM	127.5	FENOL Marionne (2019) NW	220
90	GOLDSTRAW Henry (2023) SE	235	MEPHAM Matt (2016) SE	150	GOLDSTRAW Henry (2023) SE	250
100	LEES Alastair (2015) NW	167.5	LEES Alastair (2015) NW	115	COLE-WILKIN Freddie (2023) EC	215
110	VAN KEMPEN Daniel (2023) EC	170	GHAFOOR James (2008) NE	125	GHAFOOR James (2008) NE	210
125			JACK Denzil (2015) EC	190	LOVELL James (2022) NM	230
145	EVANS Morgan (2017) NW	185			EVANS Morgan (2017) NW	205
145+			MELLOR Graham (2010) NM	132.5	MELLOR Graham (2010) NM	170

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52			ANDERSON Ryan (2018) SW	80		
56						
60	FLETCHER Nathaniel (2015) NW	130	FLETCHER Nathaniel (2015) NW	87.5	FLETCHER Nathaniel (2015) NW	170
67.5	PRUTEANU Stefan (2022) EM	171	PRUTEANU Stefan (2022) EM	148	BUCHANAN Jordan (2012) SW	210
75	WIGGINS Corey (2015) SC	200	CORRIGAN Phil (2007) NW	130	PETRINE Daniel (2018) EC	235
82.5	RAINE Jordan (2013) SC	190	TREVASKIS Troy (2007) SW	132.5	AWALA Joey (2021) EC	272.5
90	JONES Charlie (2023) WC	215	PENNINGTON Daniel (2010) NW	143	CUTLER Craig (2010) SW	245
100	PALIN Harry (2015) SC	190	PALIN Harry (2015) SC	150	WATSON Josh (2012) SW	270.5
110	ARKELL Jake (2008) WM	185	HARRIGAN Adam (2012) NM	156	MacQUEEN Mark (2014) SCO	255
125	LOVELL James (2023) NM	217.5	LOVELL James (2023) NM	155	LOVELL James (2023) NM	251
145	EVANS Morgan (2018) NW	215			EVANS Morgan (2017) NW	215
145+						

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52	MERRIMAN Owen (2019) WM	105	
56	BAILEY Joe (2016) EC	111	BAILEY Joe (2016) EC 80
60	KITCHENER Michael (2017) EC	110	SIMMONDS Aaron (2013) SE 107.5
67.5	TAIT Stuart (2017) SCO	165	PRUTEANU Stefan (2022) 145
75	EVANS Jamie (2018) WM	190.5	PENNINGTON Kallum (2010) NV 135
82.5	ABERY Neil (2000) EM	210	WILSON Brodie (2023) NW 162.5
90	CORDWELL Callum (2015) WM	236	PERCIVAL Daniel (2007) WM 160
100	EDWARDS Joshua (2015) WAL	225	RIDDICK Darius (2018) EC 183.5
110	SMITH Bradley (2015) SE	230.5	BENSON James (2017) SE 190.5
125	SEABRA Marcelo (2022) SC	220	SANDERS Kevin (2007) SW 180
145	BRIDGES Rob (2015) WM	200	PERRY Joseph (2022) EM 193
145+			

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			KELLY Justin (2016) NM 191
67.5	BEDFORD Peter (2005) SC 160	MURRAY Greig (2015) SC 122.5	MURRAY Greig (2016) NE 218
75	WEBB Richard (2015) NW 202.5	JOSEPH Mike (2012) EC 180	RICHARDSON Daniel (2023) NW 250
82.5	CROSSLAND Richard (2019) NM 218	TEMPEST Phil (2012) NE 155	LANE Mark (2005) EM 283
90	KERR Glen (2016) EC 232.5	LOWE Mark (2014) SW 165	SMITHSON Sean (2017) NM 262.5
100	PILLING Les (1999) NW 265	MURDOCH Alistair (2010) SE 202.5	PILLING Les (1999) NW 300
110	HORROCKS Terry (2019) NM 245	MURDOCH Alistair (2012) SE 222.5	HORROCKS Terry (2018) NM 285
125	WOOD Darren (2015) WM 272.5	LYTHGOE Simon (2018) SC 231	WOOD Darren (2015) WM 306
145		ROWLANDS Haydn (1998) NM 220	SMITH Donavan (2019) 300
145+			PYE Christopher (2009) NW 255

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60	BROWN Stephen (2008) NE 152.5	ANDERSON Mark (2016) SW 100	BROWN Stephen (2008) NE 210
67.5	GRAY David (2012) WM 182.5	GUTTERIDGE Alan (1996) NM 147.5	GRAY David (2012) WM 250
75	MEREDITH Tommy (2005) SW 167.5	AIKMAN SNR David (2009) SCO 145	PAISLEY Brett (2022) EC 252.5
82.5	ROWE Matt (2018) SC 207.5	PATEL Rasheed (2006) WM 152.5	PAISLEY Brett (2019) EC 260
90	VAN NIEKERK Edward (2005) S 230	RIGBY Andrew (2008) NW 190	WARD Chris (1999) SW 257.5
100	JOHN Richard (2022) SC 290	RIGBY Andy (2010) NW 205	CELESTIN Thomas (2023) NM 306
110	PILLING Les (2002) NW 300	MURDOCH Alistair (2014) SE 227.5	PILLING Les (2002) NW 300
125	DAVIDSON Hamish (2000) SCO 225	MURDOCH Alistair (2012) SE 230.5	LAING Phil (2009) NM 307.5
145	FITZPATRICK Adrian (2019) EC 200	ROWLANDS Haydn (2006) NM 195	PHILLIPS Gary (2015) WM 275
145+			PRIDDLE Andrew (2023) EM 235

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60		ANDERSON Mark (2018) SW 113	
67.5	GRAY David (2015) WM 191	GRAY David (2015) WM 142.5	GRAY David (2015) WM 250
75	MEREDITH Tommy (2010) SW 175.5	MEACHEN Lee (2017) EC 145	PAISLEY Brett (2023) EC 247.5
82.5	ROWE Matthew (2022) SC 192.5	COLLINSON Neal Paul (2014) SW 161	BUCHANAN Charles (2010) SW 286
90	HYNE Lee (2019) EC 186	COLLINSON Neal Paul (2018) SW 161	WHYTE Larry (2006) WM 270
100	BANNER Richard (2023) WAL 227.5	RIGBY Andrew (2017) NW 200	JEX Terry (2010) SC 285
110	PILLING Les (2007) NW 260.5	RIGBY Andrew (2015) NW 228	PILLING Les (2007) NW 283
125	PILLING Les (2009) NW 240	RIGBY Andrew (2014) NW 225	NICOL Alan (1999) NW 270
145	WAITES Paul (2015) EC 190	BERNASCONI John (2014) NM 207.5	O'DONNELL Frank (2016) NW 275
145+		ROWLANDS Haydn (2009) NM 197.5	

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			

56						
60					GOULD Richard (2017) NW	135
67.5	GRAY David (2023) WM	140	GRAY David (2023) WM	121	GRAY David (2023) WM	220
75	MEREDITH Tommy (2012) SW	182.5	HEYBROCK David (2022) EM	121	MEREDITH Tommy (2012) SW	210.5
82.5	CHARTERS Stephen (2017) SW	187.5	COLLINSON Neal Paul (2019) SW	155	BUCHANAN Charles (2013) SW	291
90	CHARTERS Brian (2022) SW	190	RIGBY Andrew (2019) NW	182.5	BUCHANAN Charles (2014) SW	300
100	LAMBERT Steve (2019) NE	220	RIGBY Andrew (2017) NW	195	JEX Terry (2015) SC	267.5
110	LAMBERT Steve (2016) NE	217.5	TUDOR Ian (2006) EC	167.5	LAMBERT Steve (2016) NE	275
125	PILLING Les (2013) NW	235	ROWLANDS Haydn (2011) NM	180	LEADBETTER Mike (2009) NW	285
145			BERNASCONI John (2018) WM	200	COVENTRY Neil (2023) NW	280
145+						

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5			GODDEN Martin J (2009) SC	87.5	CAMPION Tommy (2018) NE	140
75	MEREDITH Tommy (2019) SW	170.5	CONWAY Gary (2016) WM	120	MEREDITH Tommy (2019) SW	200.5
82.5	ROUND Michael (2019) EM	175	SINCLAIR Ashley (2010) SCO	125	BUCHANAN Charles (2018) SW	265
90	BONNER Andy (2019) SC	210	SINCLAIR Ashley (2012) SCO	140	BONNER Andy (2016) SC	272.5
100	BONNER Andy (2017) SC	240	BONNER Andy (2017) SC	147.5	BONNER Andy (2017) SC	278
110	LEADBETTER Mike (2013) NW	182.5	BERNASCONI John (2023) WM	162.5	COWLEY Arthur (2019) SCO	250
125	PILLING Les (2015) NW	213	OWEN David (2023) WAL	145	LAMBERT Steve (2021) NE	265
145						
145+						

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5	GODDEN Martin (2011) SC	102.5	CONWAY Gary (2021) WM	107.5	GODDEN Martin J (2009) SC	135
75	FREEMAN David (2019) EM	130	WALLIS David (2005) NE	117.5	FREEMAN David (2019) EM	172.5
82.5			SINCLAIR Ashley (2018) SCO	142.5	PHILLIPS Michael (2022) SCO	191
90	DAVIES Andy (2009) NW	170	SINCLAIR Ashley (2018) SCO	140	DAVIES Andy (2009) NW	220
100	DAVIES Andy (2010) NW	170	BURDEN Ronald (2013) EC	133.5	JEX Terry (2022) SC	251
110	LEADBETTER Mike (2016) NW	170	BURDEN Ronald (2016) EC	140.5	LEADBETTER Mike (2016) NW	240
125			GRANT Peter (2021) WM	125	LEADBETTER Mike (2017) NW	232.5
145						
145+						

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60	LILLEY Barry (2022) SE	110	LILLEY Barry (2022) SE	70	LILLEY Barry (2022) SE	145
67.5			WADE Mike (2016) SCO	82.5	BYRNE Ted (2023) NM	190
75	FREEMAN David (2022)	135	WALLIS David (2009) NE	102.5	FREEMAN David (2022)	175
82.5			SINCLAIR Ashley (2021) SCO	135	PARKES Ernie (2017) EC	235
90	McKEE Anderson (2008) SW	120	SINCLAIR Ashley (2022) SCO	143.5	HOWARTH Dave (2017) NW	200
100	WALKER John (2012) NE	180	FULTON John (1997) EC	140	WALKER John (2012) NE	225
110	WALKER John (2014) NE	195	JAMES Stuart (2018) WAL	142.5	BURDEN Ronald (2019) EC	235.5
125	WALKER Trevor (2019) NW	150	OLSEN Roy (2015) M7	150	WALKER Trevor (2017) NW	200
145						
145+						

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60			CLUER Ron (1995) SE	60		

67.5	HARVEY Patrick (2013) WM	85	WADE Michael (2019) SCO	73	TARRAN Edward (2004) EC	170
75	JOHNSTON Thomas (2008) EC	75	KEFFERTY Jack (2017) SCO	75	PARKS Ernie (2017) EC	220
82.5	LEGG Bill (2015) SC	102.5	LEE Alexander (2023) NE	120	WINSLOW Brian (2014) NM	130
90	HEARN David (2017) SCO	112.5	WHITEBROOK Timothy (2019) N	100	HEARN David (2016) SCO	152
100	BURDEN Jim (2021) EC	145	BURDEN Jim (2021) EC	120	BURDEN Jim (2023) EC	190.5
110			OLSEN Roy (2017) NM	140	WALKER John (2017) NE	190
125			OLSEN Roy (2019) NM	140		
145						
145+						

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5			LITTLE Roger (2023) NM	62.5	HARVEY Patrick (2017) WM	135
75	LEGG Bill (2022) SC	90	KEFFERTY Jack (2018) SCO	70		
82.5	LEGG Bill (2019) SC	92.5	ELMORE Gren (2009) WM	79	GALLACHER John (2015) SC	180
90			FULTON John (2007) EC	105		
100			BIRD Jim (2019) EC	85		
110			WALKER John Gavin (2021) NE	95	TUFF Ernest (2022)	215
125						
145						
145+						

MASTER 10 (85-89yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60			CLUER Ron (2003) SE	40	WINSLOW Brian (2023) NW	77.5
67.5						
75			ELMORE Gren (2014) WM	61	FLATMAN Brian (2023)	115
82.5			ELMORE Gren (2012) WM	78	ELMORE Gren (2012) WM	109
90						
100						
110						
125						
145						
145+						

M/P/F UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60					BLACK Aaron (2016) SE	190
67.5	LEACH Nathan (2015) EC	175	McCONNELL Scott (2005) NI	135	COLE Sean (2009) SC	242.5
75	GILBERT Oliver (2014) SE	197.5	RUSSELL Luke (2015) SE	160	SINGH Diljeet (2013) NE	248
82.5	HEATH David (2015) SC	220	YULE Michael (2009) SC	162.5	HEATH David (2015) SC	250
90	HARRISON Colin (2013) NW	235	GOLDING Paul C () SE	165	MACKIE Chris (2005) SE	291
100	DHILLON Inderraj Singh (2017) V	250	THOMAS Neil (2007) EC	172.5	DHILLON Inderraj Singh (2017) V	315
110	WILLIAMS Dugal (2017) SW	270	HOLLINGSWORTH Jay (2010) N	195	HASWELL Steve (2014) SC	310
125	TRIBBLE Nick (2005) SC	225	LYTHGOE Simon (2018) SC	231	LAING Phil (2009) NM	307.5
145			PEARSON Alan (2009) NM	202.5		
145+						