

Southwest: Men's Single Lifts Unequipped

OPEN UNEQUIPPED

WGT	Squat	Bench press	Deadlift
52	SUTTON	45	MOSES
56			HEANE
60	LUSTY	110.5	CROOK
67.5	MEREDITH	170	ARGALL
75	CLARKE	177.5	DEW
82.5	McGUINNESS	212.5	PARKIN
90	LOWE	232.5	LOWE
100	SIVELL	205	HARRIS
110	MAJOR	252.5	HARRIS
125	TAYLOR	187.5	SANDERS
145	HASKINS	300	TAYLOR
145+			

TEENAGE 1 (14-15 years) UNEQUIPPED

WGT	Squat	Bench press	Deadlift
52	SUTTON	45	MOSES
56			HEANE
60	BUCHANAN	110	BUCHANAN
67.5	BUCHANAN	125	PAULS
75	HOLLAND	130	FRANCE
82.5			WILLIAMS
90			BRENNAN
100			
110			
125			
145			
145+			

TEENAGE 2 (16-17 years) UNEQUIPPED

WGT	Squat	Bench press	Deadlift
52			ANDERSON
56			
60			AHMED
67.5	BUCHANAN	135	MURRAY
75	WATTS	120	JENKIN
82.5	FRANCE	140	WATSON
90			WATSON
100			
110			
125			JENKINS
145			
145+			

TEENAGE 3 (18-19 years) UNEQUIPPED

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			AL-RUFAIEE
75	CAMM	152.5	CAMM
82.5	MINEAR	185.5	TREVASKIS
90	PERRY	145	CUTLER
100			WATSON
110			
125			SANDERS
145			
145+			

JUNIOR (20-23 years) UNEQUIPPED

WGT	Squat	Bench press	Deadlift
52			
56			
60			SPINA
67.5			GAFFNEY
75	BURNARD	140	GAFFNEY
82.5	GEACH	167.5	HEAD
90	McGUINNESS	173	McGUINNESS
100			LEGGETT
110			
125			SANDERS
145			
145+			

MASTER 1 (40-44 years) UNEQUIPPED

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			WEBB

75						
82.5	SHELSER	180	PARKIN	165	SHELSHER	240
90			MAKSYM CZUK	165	MAKSYM CZUK	167.5
100			PARKIN	160		
110	MANSELL	170	WOZNAK	162.5	MANSELL	250
125			ALWAYS	145	ALWAY	172.5
145						
145+						

MASTER 2 (45-49 years) UNEQUIPPED

WGT	Squat		Bench press		Deadlift	
52						
56						
60						
67.5	RATTENBURY	140	RATTENBURY	90		
75	MEREDITH	165	MEREDITH	122.5	DALBRY	200
82.5			G. EDWARDS	140	ROWE	235
90			COLLINSON	155	COLLINSON	210
100			MEREDITH	140	WARD	250
110	MANSELL	170			MANSELL	252.5
125						
145						
145+						

MASTER 3 (50-54 years) UNEQUIPPED

WGT	Squat		Bench press		Deadlift	
52						
56						
60						
67.5	MEREDITH	170	MEREDITH	127.5	MEREDITH	200
75	MEREDITH	175.5	ISLES-WRIGHT	130	MEREDITH	205.5
82.5	ROWE	188.5	COLLINSON	161	BUCHANAN	286
90	GUNBIE	85	COLLINSON	160	SHORT	185
100	CONGREVE	180	HARPHAM	140	CONGREVE	240
110						
125						
145						
145+						

MASTER 4 (55-59 years) UNEQUIPPED

WGT	Squat		Bench press		Deadlift	
52						
56						
60						
67.5						
75	MEREDITH	175	MEREDITH	115	MEREDITH	210
82.5	EDWARDS	170	COLLINSON	155	BUCHANAN	292.5
90			P. COLLINSON	150	BUCHANAN	300
100					MANSELL	220
110						
125						
145			BOYDE	135		
145+						

MASTER 5 (60-64 years) UNEQUIPPED

WGT	Squat		Bench press		Deadlift	
52						
56						
60						
67.5	RATTENBURY	115			RATTENBURY	152.5
75			ENDEAN	97.5		
82.5			WILLIAMS	120	BUCHANAN	280
90						
100						
110						
125						
145						
145+						

MASTER 6 (65-69 years) UNEQUIPPED

WGT	Squat		Bench press		Deadlift	
52						
56						
60						
67.5						
75			ENDEAN	90		
82.5			WALLINGTON	110	WALLINGTON	180
90						
100						
110						
125						
145						
145+						

MASTER 7 (70-74 years) UNEQUIPPED

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			
75			
82.5			HOLLOWAY 150
90	McKEE	117.5	McKEE 140
100			
110			
125			
145			
145+			

MASTER 8 (75-79 years) UNEQUIPPED

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

MASTER 9 (80-84 years) EQUIPPED

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

MASTER 10 (85-89 years) UNEQUIPPED

WGT	Squat	Bench press	Deadlift
2			
56			
60			
67.5			
75			
82.5			
90			
100			
110			
125			
145			
145+			