

OPEN EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	McGAULEY Daniel (2019) EC	125	McGAULEY Daniel (2018) EC	80	McGAULEY Daniel (2019) EC	110	McGAULEY Daniel (2019) EC	315
60								
67.5			JOHNSTON Thomas () EC	80	JOHNSTON Thomas () EC	155	JOHNSTON Thomas () EC	355
75								
82.5	AMEY Mick (2013) EC	215.5	AMEY Mick (2013) EC	110	MURDIE Keith () EC	235.5	AMEY Mick (2013) EC	560
90	WILKES Daniel (2017) EC	200	WILKES Daniel (2017) EC	122.5	WILKES Daniel (2017) EC	252.5	WILKES Daniel (2017) EC	575
100	SAUNDERS Matt (2006) EC	312.5	SAUNDERS Matt (2006) EC	222.5	SAUNDERS Matt (2006) EC	322.5	SAUNDERS Matt (2006) EC	857.5
110	JONES Phil (2015) EC	245	JONES Phil (2016) EC	162.5	JONES Phil (2015) EC	272.5	JONES Phil (2015) EC	677.5
125								
145								
145+								

TEENAGE 1 (14-15 yrs) EQUIPPED

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

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60					
67.5					
75					
82.5				GOSLING Scott () EC	490
90					
100					
110					
125					
145					
145+					

TEENAGE 3 (18-19 yrs) EQUIPPED

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

JUNIOR (20-23 yrs) EQUIPPED

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

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5								
90								
100	SAUNDERS Matt (2010) EC	300	SAUNDERS Matt (2010) EC	220	SAUNDERS Matt (2010) EC	320.5	SAUNDERS Matt (2010) EC	840
110								
125								
145								
145+								

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5								
90								
100								
110	JONES Phil (2015) EC	245	JONES Phil (2016) EC	162.5	JONES Phil (2015) EC	272.5	JONES Phil (2015) EC	677.5
125								
145								
145+								

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5			MURDIE Keith () EC	235.5
90				
100				
110				
125				
145				
145+				

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total			
52							
56							
60							
67.5		JOHNSTON Thomas () EC	80	JOHNSTON Thomas () EC	155	JOHNSTON Thomas () EC	345
75							
82.5							
90							
100							
110							
125							
145							
145+							

MASTER 5 (60-64yrs) EQUIPPED

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

MASTER 9 (80-84yrs) EQUIPPED

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

MASTER 10 (85-89yrs) EQUIPPED

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

M/P/F EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				

60								
67.5								
75								
82.5								
90								
100	SAUNDERS Matt (2005) EC	310	SAUNDERS Matt () EC	221	SAUNDERS Matt (2005) EC	310	SAUNDERS Matt () EC	855
110	JONES Phil (2015) EC	245	JONES Phil (2016) EC	162.5	JONES Phil (2015) EC	272.5	JONES Phil (2015) EC	677.5
125								
145								
145+								