

**OPEN EQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56	McGauley Daniel (2018) EC	110	
60			
67.5			
75	AMEY Mick (2012) EC	180	MEACHEN Lee (2017) EC 185
82.5	AMEY Mick (2015) EC	192.5	JOSEPH Mike () EC 191
90	DOWNTON Ben (2018) EC	137.5	JEFFRIES James (2017) EC 250
100			JEFFRIES James (2011) EC 245.5
110			THOMAS Neil (2019) EC 231.5
125	JONES Shaun (2009) EC	230	JONES Phil (2016) EC
145	WAITES Paul (2019) EC	202.5	WAITES Paul (2019) EC
145+			

**TEENAGE 1 (14-15 yrs) EQUIPPED**

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

**TEENAGE 3 (18-19 yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75	BULLEN Keiron (2009) EC	145	BULLEN Keiron (2009) EC	100	BULLEN Keiron (2009) EC	185
82.5						
90						
100						
110						
125						
145						
145+						

**JUNIOR (20-23 yrs) EQUIPPED**

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

**MASTER 1 (40-44yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift		
52					
56					
60					
67.5					
75		MEACHEN Lee James (2010) EC	172.5		
82.5			SNOWLING Stephen (2022) EC	240	
90					
100		JEFFRIES James (2011) EC	245.5	VAN KEMPEN Steve (2010) EC	220
110		THOMAS Neil (2013) EC	230	VAN KEMPEN Steve (2009) EC	225
125					
145					
145+					

**MASTER 2 (45-49yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75		MEACHEN Lee (2015) EC	182.5	
82.5				
90		JEFFRIES James (2017) EC	250	
100		JEFFRIES James (2019) EC	232.5	
110		THOMAS Neil (2019) EC	231.5	
125	JONES Shaun (2009) EC	230	JONES Phil (2016) EC	275
145				
145+				

**MASTER 3 (50-54yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75		MEACHEN Lee (2017) EC	185	
82.5				
90				
100			VAN KEMPEN Steve (2018) EC	202.5
110			VAN KEMPEN Steve (2020) EC	190
125				
145				
145+				

**MASTER 4 (55-59yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75				
82.5				
90				
100	Steve Van Kempen (2023)	147.5		
110				
125				
145	WAITES Paul (2019) EC	202.5	WAITES Paul (2019) EC	227.5
145+				

**MASTER 5 (60-64yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift
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52						
56						
60						
67.5						
75	AMEY Mick (2012) EC	180	AMEY Mick (2012) EC	95	AMEY Mick (2012) EC	220
82.5						
90						
100			BURDEN Ron (2011) EC	130		
110						
125						
145						
145+						

**MASTER 6 (65-69yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5	AMEY Mick (2015) EC	192.5	AMEY Mick (2015) EC	105	AMEY Mick (2015) EC	230
90						
100						
110			BURDEN Ronald (2016) EC	155	BURDEN Ronald (2016) EC	220
125						
145						
145+						

**MASTER 7 (70-74yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110			BURDEN Ronald (2017) EC	160	BURDEN Ronald (2016) EC	230
125						
145						
145+						

**MASTER 8 (75-79yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						

56					
60					
67.5					
75					
82.5					
90					
100					
110					
125					
145					
145+					

**MASTER 9 (80-84yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
110			
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					
82.5					
90					
100				VAN KEMPEN Steve (2010) EC	220
110		THOMAS Neil (2013) EC	230	JONES Phil (2016) EC	275
125					
145					
145+					