

**OPEN UNEQUIPPED**

| WGT  | Squat                       | Bench Press | Deadlift                       |
|------|-----------------------------|-------------|--------------------------------|
| 52   |                             |             |                                |
| 56   | BAILEY Joe (2016) EC        | 111         | BAILEY Joe (2016) EC 80        |
| 60   | HAMPSON Ben (2018) EC       | 172.5       | HAMPSON Ben (2019) EC 112.5    |
| 67.5 | WATTS David (2017) EC       | 180         | HAYNES Cliff (2012) EC 133     |
| 75   | BEVERLY Jack (2019) EC      | 187.5       | JOSEPH Mike (2012) EC 180      |
| 82.5 | DAVIES Alex (2017) EC       | 182.5       | JOSEPH Mike () EC 190.5        |
| 90   | JACKSON Mark (2017) EC      | 263         | McCONNACHIE Ross (2017) EC 165 |
| 100  | JONES Phil (2014) EC        | 202.5       | MC COMISH John (2010) EC 160   |
| 110  | STEVENS Aaron (2017) EC     | 222.5       | THOMAS Neil (2010) EC 190      |
| 125  | DEEMER-EVANS Jake (2016) EC | 210         | JACK Denzil (2015) EC 190      |
| 145  | HARRIGAN Adam (2019) EC     | 220         | HARRIGAN Adam (2019) EC 160    |
| 145+ |                             |             | COOK Ash (2018) EC 207.5       |

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

| WGT  | Squat                       | Bench Press             | Deadlift                          |
|------|-----------------------------|-------------------------|-----------------------------------|
| 52   |                             | Noah Kerrison (2020) EC | 55                                |
| 56   |                             |                         |                                   |
| 60   |                             |                         |                                   |
| 67.5 |                             |                         |                                   |
| 75   |                             |                         |                                   |
| 82.5 |                             |                         |                                   |
| 90   |                             |                         |                                   |
| 100  | Daniel Van Kempen (2020) EC | 112.5                   | PACKWOOD Lennon (2017) EC 62.5    |
| 110  | Daniel Van Kempen (2021) EC | 142.5                   | Daniel Van Kempen (2021) EC 142.5 |
| 125  |                             |                         |                                   |
| 145  |                             |                         |                                   |
| 145+ |                             |                         |                                   |

**TEENAGE 2 (16-17 yrs) UNEQUIPPED**

| WGT  | Squat                       | Bench Press           | Deadlift                        |
|------|-----------------------------|-----------------------|---------------------------------|
| 52   |                             |                       |                                 |
| 56   |                             |                       |                                 |
| 60   |                             |                       |                                 |
| 67.5 |                             |                       |                                 |
| 75   |                             |                       | STANNARD Owen (2016) EC 220     |
| 82.5 |                             |                       |                                 |
| 90   |                             |                       |                                 |
| 100  |                             |                       |                                 |
| 110  | Daniel Van Kempen (2023) EC | 170                   | Daniel Van Kempen (2023) EC 190 |
| 125  |                             | JACK Denzil (2015) EC | 190                             |
| 145  |                             |                       |                                 |
| 145+ |                             |                       |                                 |

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

| WGT  | Squat                       |     | Bench Press                    |     | Deadlift                    |     |
|------|-----------------------------|-----|--------------------------------|-----|-----------------------------|-----|
| 52   |                             |     |                                |     |                             |     |
| 56   |                             |     |                                |     |                             |     |
| 60   |                             |     |                                |     |                             |     |
| 67.5 |                             |     |                                |     |                             |     |
| 75   |                             |     | TURNBALL-BESTER Rhys (2019) EC | 100 | PETRINE Daniel (2018) EC    | 235 |
| 82.5 |                             |     |                                |     |                             |     |
| 90   |                             |     |                                |     |                             |     |
| 100  |                             |     |                                |     |                             |     |
| 110  |                             |     |                                |     |                             |     |
| 125  | DEEMER-EVANS Jake (2016) EC | 210 | DEEMER-EVANS Jake (2016) EC    | 150 | DEEMER-EVANS Jake (2016) EC | 250 |
| 145  |                             |     |                                |     |                             |     |
| 145+ |                             |     |                                |     |                             |     |

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

| WGT  | Squat                       |       | Bench Press              |       | Deadlift                    |       |
|------|-----------------------------|-------|--------------------------|-------|-----------------------------|-------|
| 52   |                             |       |                          |       |                             |       |
| 56   | BAILEY Joe (2016) EC        | 111   | BAILEY Joe (2016) EC     | 80    | BAILEY Joe (2016) EC        | 181   |
| 60   | KITCHENER Michael (2017) EC | 110   |                          |       | KITCHENER Michael (2017) EC | 182.5 |
| 67.5 |                             |       |                          |       |                             |       |
| 75   | BEVERLY Jack (2019) EC      | 187.5 |                          |       | LONGDON Matt (2015) EC      | 195   |
| 82.5 | MYNETT Cameron (2018) EC    | 160   | MYNETT Cameron (2018) EC | 127.5 | MYNETT Cameron (2018) EC    | 240   |
| 90   |                             |       | MYNETT Cameron (2018) EC | 132.5 | McCONNACHIE Ross (2016) EC  | 260   |
| 100  | CARLYN Ryan (2019) EC       | 200   |                          |       | CARLYN Ryan (2019) EC       | 260   |
| 110  |                             |       |                          |       |                             |       |
| 125  |                             |       |                          |       | MOORE Lewis (2015) EC       | 262.5 |
| 145  |                             |       |                          |       |                             |       |
| 145+ |                             |       |                          |       |                             |       |

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

| WGT  | Squat |  | Bench Press              |       | Deadlift                |       |
|------|-------|--|--------------------------|-------|-------------------------|-------|
| 52   |       |  |                          |       |                         |       |
| 56   |       |  |                          |       |                         |       |
| 60   |       |  |                          |       |                         |       |
| 67.5 |       |  |                          |       |                         |       |
| 75   |       |  | JOSEPH Mike (2012) EC    | 180   |                         |       |
| 82.5 |       |  |                          |       | PAISLEY Brett (2017) EC | 252.5 |
| 90   |       |  | KING Curtis (2015) EC    | 135   |                         |       |
| 100  |       |  | MC COMISH John (2010) EC | 160   |                         |       |
| 110  |       |  | THOMAS Neil (2013) EC    | 185   |                         |       |
| 125  |       |  | FUNNELL Dave (2018) EC   | 147.5 |                         |       |
| 145  |       |  |                          |       |                         |       |
| 145+ |       |  |                          |       |                         |       |

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

| WGT  | Squat                      | Bench Press                  | Deadlift                    |
|------|----------------------------|------------------------------|-----------------------------|
| 52   |                            |                              |                             |
| 56   |                            |                              |                             |
| 60   |                            |                              |                             |
| 67.5 |                            |                              |                             |
| 75   |                            |                              |                             |
| 82.5 | WELLS Barry (2019) EC 170  | WELLS Barry (2019) EC 112.5  | PAISLEY Brett (2019) EC 258 |
| 90   | MEARS Rob (2017) EC 120    | JEFFRIES James (2016) EC 125 | NEVILLE Tony (2018) EC 200  |
| 100  | JONES Phil (2014) EC 202.5 | MCOMISH John (2016) EC 140   | JONES Phil (2014) EC 240    |
| 110  | JONES Phil (2015) EC 205   | THOMAS Neil (2017) EC 187.5  |                             |
| 125  | JONES Shaun (2009) EC 200  | McCOMISH (2017) EC 160       |                             |
| 145  |                            |                              |                             |
| 145+ |                            |                              |                             |

### MASTER 3 (50-54yrs) UNEQUIPPED

| WGT  | Squat                        | Bench Press                  | Deadlift                       |
|------|------------------------------|------------------------------|--------------------------------|
| 52   |                              |                              |                                |
| 56   |                              |                              |                                |
| 60   |                              |                              |                                |
| 67.5 | HAYNES Cliff (2012) EC 173   | HAYNES Cliff (2012) EC 133   | HAYNES Cliff (2012) EC 205     |
| 75   |                              | MEACHEN Lee (2017) EC 145    |                                |
| 82.5 | HYNE Lee (2018) EC 170       | HYNE Lee (2018) EC 130       |                                |
| 90   | HYNE Lee (2017) EC 175       | HYNE Lee (2018) EC 132.5     | HYNE Lee (2017) EC 230         |
| 100  | McCORMISH John (2019) EC 170 | McCORMISH John (2022) EC 145 | VAN KEMPEN Steve (2018) EC 195 |
| 110  | BLOCK Stephen (2017) EC 190  | TUDOR Ian () EC 185          | BLOCK Stephen (2017) EC 242.5  |
| 125  |                              |                              |                                |
| 145  | WAITES Paul (2015) EC 190    |                              |                                |
| 145+ |                              |                              |                                |

### MASTER 4 (55-59yrs) UNEQUIPPED

| WGT  | Squat                          | Bench Press                 | Deadlift                 |
|------|--------------------------------|-----------------------------|--------------------------|
| 52   |                                |                             |                          |
| 56   |                                |                             |                          |
| 60   |                                |                             |                          |
| 67.5 |                                |                             |                          |
| 75   |                                |                             |                          |
| 82.5 |                                |                             |                          |
| 90   |                                |                             |                          |
| 100  |                                |                             | MORAN John (2017) EC 195 |
| 110  | Steve Van Kempen (2021) EC 150 | CLAYDON Chris (2024) 125    |                          |
| 125  |                                |                             |                          |
| 145  |                                | WAITES Paul (2018) EC 142.5 |                          |
| 145+ |                                |                             |                          |

### MASTER 5 (60-64yrs) UNEQUIPPED

| WGT | Squat | Bench Press | Deadlift |
|-----|-------|-------------|----------|
|-----|-------|-------------|----------|

|      |  |  |                      |       |  |
|------|--|--|----------------------|-------|--|
| 52   |  |  |                      |       |  |
| 56   |  |  |                      |       |  |
| 60   |  |  |                      |       |  |
| 67.5 |  |  |                      |       |  |
| 75   |  |  |                      |       |  |
| 82.5 |  |  |                      |       |  |
| 90   |  |  |                      |       |  |
| 100  |  |  | BURDEN Ron (2011) EC | 127.5 |  |
| 110  |  |  | TUDOR Ian (2009) EC  | 155   |  |
| 125  |  |  |                      |       |  |
| 145  |  |  |                      |       |  |
| 145+ |  |  |                      |       |  |

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

| WGT  | Squat                   | Bench Press             | Deadlift                |                         |                         |     |
|------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-----|
| 52   |                         |                         |                         |                         |                         |     |
| 56   |                         |                         |                         |                         |                         |     |
| 60   |                         |                         |                         |                         |                         |     |
| 67.5 |                         |                         |                         |                         |                         |     |
| 75   |                         |                         |                         |                         |                         |     |
| 82.5 |                         |                         |                         |                         |                         |     |
| 90   |                         |                         |                         |                         |                         |     |
| 100  |                         | BURDEN Ronald (2013) EC | 133.5                   |                         |                         |     |
| 110  | BURDEN Ronald (2015) EC | 165.5                   | BURDEN Ronald (2016) EC | 140.5                   | BURDEN Ronald (2013) EC | 220 |
| 125  |                         |                         |                         | BURDEN Ronald (2016) EC | 235                     |     |
| 145  |                         |                         |                         |                         |                         |     |
| 145+ |                         |                         |                         |                         |                         |     |

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

| WGT  | Squat | Bench Press             | Deadlift               |                         |       |
|------|-------|-------------------------|------------------------|-------------------------|-------|
| 52   |       |                         |                        |                         |       |
| 56   |       |                         |                        |                         |       |
| 60   |       |                         |                        |                         |       |
| 67.5 |       |                         |                        |                         |       |
| 75   |       |                         | TARRAN Edward () EC    | 160                     |       |
| 82.5 |       |                         | PARKES Ernie (2017) EC | 235                     |       |
| 90   |       |                         |                        |                         |       |
| 100  |       | FULTON John () EC       | 137.5                  | BURDEN Ronald (2016) EC | 225   |
| 110  |       | BURDEN Ronald (2018) EC | 140                    | BURDEN Jim (2019) EC    | 235.5 |
| 125  |       |                         |                        |                         |       |
| 145  |       |                         |                        |                         |       |
| 145+ |       |                         |                        |                         |       |

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

| WGT | Squat | Bench Press | Deadlift |
|-----|-------|-------------|----------|
| 52  |       |             |          |

|      |  |  |                    |                        |       |
|------|--|--|--------------------|------------------------|-------|
| 56   |  |  |                    |                        |       |
| 60   |  |  |                    |                        |       |
| 67.5 |  |  |                    |                        |       |
| 75   |  |  |                    | PARKES Ernie (2018) EC | 222.5 |
| 82.5 |  |  |                    |                        |       |
| 90   |  |  | BIRD Jim (2016) EC | 92.5                   |       |
| 100  |  |  | BIRD Jim (2016) EC | 85                     |       |
| 110  |  |  |                    |                        |       |
| 125  |  |  |                    |                        |       |
| 145  |  |  |                    |                        |       |
| 145+ |  |  |                    |                        |       |

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

| WGT  | Squat | Bench Press           | Deadlift |
|------|-------|-----------------------|----------|
| 52   |       |                       |          |
| 56   |       |                       |          |
| 60   |       |                       |          |
| 67.5 |       |                       |          |
| 75   |       |                       |          |
| 82.5 |       |                       |          |
| 90   |       | FULTON John (2009) EC | 90       |
| 100  |       | BIRD Jim (2018) EC    | 87.5     |
| 110  |       |                       |          |
| 125  |       |                       |          |
| 145  |       |                       |          |
| 145+ |       |                       |          |

**MASTER 10 (85-89yrs) UNEQUIPPED**

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

**M/P/F UNEQUIPPED**

| WGT | Squat | Bench Press | Deadlift |
|-----|-------|-------------|----------|
| 52  |       |             |          |
| 56  |       |             |          |

|      |                        |       |                       |                        |       |
|------|------------------------|-------|-----------------------|------------------------|-------|
| 60   |                        |       |                       |                        |       |
| 67.5 | LEACH Nathan (2015) EC | 175   |                       |                        |       |
| 75   |                        |       |                       | LONGDON Matt (2015) EC | 195   |
| 82.5 |                        |       |                       |                        |       |
| 90   |                        |       |                       |                        |       |
| 100  | JONES Phil (2014) EC   | 202.5 |                       | JONES Phil (2014) EC   | 240   |
| 110  | JONES Phil (2015) EC   | 205   | THOMAS Neil (2013) EC | 185                    |       |
| 125  |                        |       |                       | MOORE Lewis (2015) EC  | 262.5 |
| 145  |                        |       |                       |                        |       |
| 145+ |                        |       |                       |                        |       |