

UPDATED: 24 Mar 24- Men Equipped Single Records**OPEN EQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5	Harrison Bryan (2018) WM	200	HODSON David (2016) WM 240
90			HARDY Oliver (2015) WM 260
100	MAKOVIC Michal (2015) WM	255	WHYTE Larry (2009) WM 250
110	SINGH Jagir (2015) WM	202.5	SINGH Jagir (2015) WM 222.5
125			
145			
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			Harrison Bryan (2018) WM 195
90			
100			
110			
125			
145			
145+			

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5	Harrison Bryan (2018) WM	200	
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			
82.5			
90			
100		Gabinder Cheema	172.5
110			
125			
145			
145+			

MASTER 2 (45-49yrs) EQUIPPED

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

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			WHYTE Larry (2009) WM 250
100			
110			

125					
145					
145+					

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
110	SINGH Jagir (2015) WM	202.5	SINGH Jagir (2015) WM
125			222.5
145			
145+			

MASTER 5 (60-64yrs) EQUIPPED

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

MASTER 6 (65-69yrs) EQUIPPED

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

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			

110					
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					
110					
125					
145					
145+					