

**OPEN UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift		Total	
52	MERRIMAN Owen (2019) WM	107.5	BAILEY Joe (2016) EC	67.5	BAILEY Joe (2016) EC	175	BAILEY Joe (2016) EC	333
56	GREEN Mark (2010) SC	130	GREEN Mark (2010) SC	95	BAILEY Joe (2016) EC	176	GREEN Mark (2010) SC	385
60	HAMPSON Ben (2018) EC	177.5	PEACOCK Tian (2015) SW	107.5	FAARIS Sheikh (2017) EM	210	BATES Chris (2023) SC	480
67.5	WATTS David (2019) EC	200	GRAY David (2013) WM	145.5	WATTS David (2019) EC	261	GRAY David (2013) WM	588
75	ROGERS Luke (2015) WM	222.5	BLINDT Adrian (1992) NM	165	EDMED Scott (2018) WM	265	BARNEY Callum (2017) SE	620
82.5	MC CAFFREY Paul (2010) NE	260	JOSEPH Mike ( ) EC	190.5	AWALA Joey (2021) EC	287.5	DEW Sam (2014) WAL	683
90	HARRIS Daniel (2019) SE	255	RIGBY Andrew (1997) NW	205	BURTON Ramone (2016) WAL	320	MINY Terrence (2019) SC	698
100	MARSHALL Simon (2009) EM	270	RIGBY Andrew (1993) NW	215	FAMUTIMI Hendrick (2017) EM	325	MARSHALL Simon (2009) EM	763
110	MITCHELL John (2011) WM	301	MURDOCH Alistair (2013) SE	222.5	HASWELL Steve (2015) SC	324	MARSHALL Simon (2014) EM	793
125	NAYLER Sam (2023)	300	LYTHGOE Simon (2018) SC	232.5	USECKAS Justin (2019) WM	330.5	NAYLER Sam (2023)	815
145	HEAD Steven (2023) WM	301	BAKER Chris (2010) NE	227.5	USECKAS Justin (2022) WM	335.5	SUTTON Peter (2011) WAL	800
145+	KELLY Tom (2013) SC	312.5	KELLY Tom (2013) SC	212.5	KELLY Tom (2012) SC	320	KELLY Tom (2012) SC	835

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

WGT	Squat		Bench Press		Deadlift		Total	
52			PERKINS Callum (2015) SC	50	PERKINS Callum (2015) SC	125		
56	GREEN Mark (2010) SC	130	GREEN Mark (2010) SC	95	GREEN Mark (2010) SC	160	GREEN Mark (2010) SC	385
60	GREEN Mark (2010) SC	137.5	GREEN Mark (2010) SC	95	GREEN Mark (2010) SC	160	GREEN Mark (2010) SC	393
67.5	BARBATO Max (2010) SC	102.5	HIGHFIELD Finley (2021) EC	86.5	BARBATO Max (2010) SC	155	BARBATO Max (2010) SC	333
75	TAYLOR Evan (2023) EM	152.5	TAYLOR Evan (2023) EM	102.5	RAINE Jordan (2011) SE	190	RAINE Jordan (2011) SE	410
82.5	GONZAGA Joseph (2023) SCO	190	BRADSHAW Laurence (2006) NW	110	BRADSHAW Laurence (2006) NW	202.5	GONZAGA Joseph (2023) SCO	468
90	HUGHES Alex (2011) NW	125	CLARKE Oliver (2016) SE	117.5	HUGHES Alex (2011) NW	155	HUGHES Alex (2011) NW	348
100	CLARKE Oliver (2016) SE	202.5	CLARKE Oliver (2016) SE	137.5	O'DONNELL Connor (2018) NE	217.5	CLARKE Oliver (2016) SE	550
110	O'DONNELL Connor (2019) NE	207.5	O'DONNELL Connor (2019) NE	135	O'DONNELL Connor (2019) NE	260	O'DONNELL Connor (2019) NE	603
125								
145								
145+								

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

WGT	Squat		Bench Press		Deadlift		Total	
52								
56	AIKMAN JNR David (2009) SCO	110	AIKMAN JNR David (2009) SCO	75	AIKMAN JNR David (2009) SCO	163	AIKMAN JNR David (2009) SCO	348
60	MULLER Harry (2014) SE	141	AIKMAN David Jnr (2010) SCO	98	AIKMAN David Jnr (2010) SCO	172.5	AIKMAN David Jnr (2010) SCO	410
67.5	GREEN Mark (2013) SC	170	GREEN Mark (2013) SC	130	CANNINGS Alistair (2009) SC	190	GREEN Mark (2013) SC	480
75	ROWLES Liam (2014) SE	205	RIDETT Lewis (2011) SC	132.5	RIDETT Lewis (2011) SC	240	RIDETT Lewis (2011) SC	538
82.5	TREHAN Prajesh (2015) SE	192.5	TREHAN Prajesh (2015) SE	125	KUTI Sam (2017) SW	240	TREHAN Prajesh (2015) SE	538
90	MORRISON McKenzie (2022) SCO	195	MORRISON McKenzie (2022) SCO	140	MORRISON McKenzie (2022) SCO	225	MORRISON McKenzie (2022) SCO	550
100	GOLDSTRAW Henry (2023) SE	255	GOLDSTRAW Henry (2023) SE	160.5	GOLDSTRAW Henry (2023) SE	260	GOLDSTRAW Henry (2023) SE	675
110	KAYA James (2019) SCO	215	KESHTA Omar (2016) SE	160	KESHTA Omar (2016) SE	260	KESHTA Omar (2016) SE	630
125	OSBORN Jack (2016) SC	212.5	KESHTA Omar (2016) SE	170	KESHTA Omar (2016) SE	260	KESHTA Omar (2016) SE	630
145								
145+	McGONIGLE Charlie (2017) SCO	210	McGONIGLE Charlie (2017) SCO	125	McGONIGLE Charlie (2017) SCO	252.5	McGONIGLE Charlie (2017) SCO	588

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

WGT	Squat		Bench Press		Deadlift		Total	
52								
56	MEHTA Amrik (2013) SW	117.5	MEHTA Amrik (2013) SW	87.5	MEHTA Amrik (2013) SW	165	MEHTA Amrik (2013) SW	370
60	TYERS Steven (2009) SC	140	TYERS Steven (2009) SC	105	TYERS Steven (2009) SC	200	TYERS Steven (2009) SC	445
67.5	CANNINGS Alistair (2010) SC	180	VIVIAN Alex (2010) SC	112.5	SHAFEI Hesham El (2017) SCO	215.5	CANNINGS Alistair (2010) SC	498
75	CANNINGS Alistair (2011) SC	195	CANNINGS Alistair (2011) SC	130	PETRINE Daniel (2018) EC	235	CANNINGS Alistair (2011) SC	545
82.5	AWALA Joey (2021) EC	215.5	AWALA Joey (2021) EC	140	AWALA Joey (2021) EC	287.5	AWALA Joey (2021) EC	643
90	ROBINSON Harvey (2013) EC	215	BAKER Alex (2011) SC	145	ROBINSON Harvey (2013) EC	270	ROBINSON Harvey (2013) EC	615
100	GOODHALL Sam (2011) SC	240	WEBB Joe (2014) EM	147	GOODHALL Sam (2011) SC	275	GOODHALL Sam (2011) SC	650
110	MacQUEEN Mark (2014) SCO	240	MacQUEEN Mark (2014) SCO	145	AYETUOMA Ewoma (2022) EC	285	MacQUEEN Mark (2014) SCO	665
125	OSBORN Jack (2017) SC	250	OSBORN Jack (2017) SC	162.5	RUSHTON Josh (2010) SC	265	RUSHTON Josh (2011) SC	668
145	SPICER Ben (2023) EC	251	SPICER Ben (2023) EC	155			SPICER Ben (2023) EC	635
145+	McGONIGLE Charlie (2017) SCO	240	McGONIGLE Charlie (2017) SCO	130	McGONIGLE Charlie (2017) SCO	272.5	McGONIGLE Charlie (2017) SCO	643

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

WGT	Squat		Bench Press		Deadlift		Total	
52	MERRIMAN Owen (2019) WM	107.5	BAILEY Joe (2016) EC	67.5	BAILEY Joe (2016) EC	175	BAILEY Joe (2016) EC	333
56	BAILEY Joe (2016) EC	120	BAILEY Joe (2015) EC	82.5	BAILEY Joe (2016) EC	176	BAILEY Joe (2016) EC	365
60	FAARIS Sheikh (2017) EM	170	PEACOCK Tian (2015) SW	107.5	FAARIS Sheikh (2017) EM	210	FAARIS Sheikh (2017) EM	478
67.5	TYERS Steven (2012) SC	170	SOMERS Jack (2013) SC	120.5	WARDLEY Jonathan (2018) WM	240	TYERS Steven (2012) SC	503
75	ALI Asif (2019) WM	210	BARNEY Callum (2017) SE	138	BARNEY Callum (2016) SC	252.5	BARNEY Callum (2017) SE	588
82.5	HUBBARD Owen (2013) SC	237.5	HUBBARD Owen (2013) SC	187.5	DEACON-SMITH Matt (2013) SC	280	HUBBARD Owen (2013) SC	680
90	CORDWELL Callum (2015) WM	230	MEAKIN Reece (2014) SW	165	FERNANDEZ Julian (2011) SC	280.5	MEAKIN Reece (2014) SW	643
100	BECKER Zachary (2013) SE	255	GIBSON Matthew (2013) SC	170	EDWARDS Josh (2016) WAL	320	EDWARDS Josh (2016) WAL	705
110	HAMILTON Alexander (2021) SCO	255	BENSON James (2017) SE	180	PIPE Matthew (2010) NE	320	PIPE Matthew (2010) NE	690
125	RAMSBOTTOM Karl (2011) WM	250	McKERRROW Julian (2014) SE	181	PIPE Matthew (2009) NE	320	PIPE Matthew (2009) NE	730
145	GODDARD Richard (2012) NW	245	SIEVEWRIGHT Carl (2011) SC	175	GODDARD Richard (2012) NW	252.5	SIEVEWRIGHT Carl (2011) SC	655

145+							

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

WGT	Squat		Bench Press		Deadlift		Total
52							
56							
60	STANSBIE Terry (2010) WM	135	STANSBIE Terry (2010) WM	95	STANSBIE Terry (2010) WM	185	STANSBIE Terry (2010) WM
67.5	RUTHERFORD Paul (2010) SCO	157.5	BEDFORD Peter () SC	122.5	PROBERT David (2017) WM	192.5	ROGERSON Paul () SE
75	WEBB Richard (2015) NW	200	WEBB Richard (2015) NW	132.5	HANNAH David (2005) SCO	240	WEBB Richard (2015) NW
82.5	CROSSLAND Richard (2016) NW	217.5	CROMBIE David (2014) SCO	155	CROMBIE David (2014) SCO	272.5	CROMBIE David (2014) SCO
90	PROTHERO Chris (2016) WAL	238	MINTY Vince (2009) SC	167.5	SMITHSON Sean (2017) NM	270	PROTHERO Chris (2016) WAL
100	SPRANGE Steven (2011) SW	260.5	GREVILLE Darren (2012) SE	157.5	SPRANGE Steven (2011) SW	275	SPRANGE Steven (2011) SW
110	MARSHALL Simon (2014) EM	272.5	MURDOCH Alistair (2011) SE	217.5	MARSHALL Simon (2014) EM	323	MARSHALL Simon (2014) EM
125	LYTHGOE Simon (2017) SC	260	LYTHGOE Simon (2017) SC	230	SUTTON Peter (2010) GBR	292.5	LYTHGOE Simon (2017) SC
145	SUTTON Peter (2010) WAL	280	SUTTON Peter (2010) WAL	217.5	SUTTON Peter (2009) WAL	312.5	SUTTON Peter (2010) WAL
145+							

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

WGT	Squat		Bench Press		Deadlift		Total
52							
56							
60							
67.5	GRAY David (2013) WM	196	GRAY David (2013) WM	145.5	GRAY David (2013) WM	260	GRAY David (2013) WM
75	HAYNES Cliff (2009) EC	190	HAYNES Cliff (2009) EC	145	HAYNES Cliff (2009) EC	242.5	HAYNES Cliff (2009) EC
82.5	LOWE Mark (2017) SW	227.5	MINTY Vince (2015) SC	155	ROWE Matt (2016) SC	262.5	ROWE Matt (2016) SC
90	BONNER Andy (2002) SC	240	BONNER Andy (2002) SC	165	BONNER Andy (2002) SC	290.5	BONNER Andy (2002) SC
100	HOOKER Paul (2011) SC	240	PRICE Mark (2010) NM	160	GREEN Andrew (2009) SC	245	HOOKER Paul (2011) SC
110	HOOKER Paul (2011) SC	255	MURDOCH Alistair (2013) SE	222.5	STANISLAUS Steve (2009) SE	295	MURDOCH Alistair (2012) SE
125	FORSYTH Derek (2021) SCO	261	LYTHGOE Simon (2018) SC	232.5	SUTTON Peter (2011) WAL	307.5	SUTTON Peter (2011) WAL
145	SUTTON Peter (2011) WAL	285	SUTTON Peter (2011) WAL	210	SUTTON Peter (2011) WAL	305	SUTTON Peter (2011) WAL
145+							

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

WGT	Squat		Bench Press		Deadlift		Total
52							
56							
60							
67.5	GRAY David (2015) WM	187.5	GRAY David (2014) WM	140	GRAY David (2015) WM	253	GRAY David (2015) WM
75	HAYNES Cliff (2013) EC	192.5	HAYNES Cliff (2013) EC	150	PAISLEY Brett (2023) EC	250.5	HAYNES Cliff (2012) EM
82.5	BONNER Andy (2009) SC	200	BONNER Andy (2009) SC	135	BONNER Andy (2009) SC	265	BONNER Andy (2009) SC
90	BONNER Andy (2009) SC	250	BONNER Andy (2010) SC	152.5	BONNER Andy (2009) SC	287.5	BONNER Andy (2009) SC
100	MITCHELL John (2010) WM	250	MITCHELL John (2010) WM	157.5	JEX Terry (2009) SC	295	MITCHELL John (2010) WM
110	MITCHELL John (2011) WM	301	MITCHELL John (2011) WM	165	MITCHELL John (2011) WM	290	MITCHELL John (2011) WM
125	ADAMS Michael (2015) SC	235	ADAMS Michael (2015) SC	187.5	FORSYTH Derek (2022) SCO	295	FORSYTH Derek (2023) SCO
145	PEARCE Martin (2015) SW	200	PEARCE Martin (2015) SW	160	WAITES Paul (2014) EC	235	WAITES Paul (2014) EC
145+							

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

WGT	Squat		Bench Press		Deadlift		Total
52							
56							
60	GOULD Richard (2016) NW	92.5	GOULD Richard (2016) NW	65	GOULD Richard (2016) NW	132.5	GOULD Richard (2016) NW
67.5	HAYNES Cliff (2016) EC	150	HAYNES Cliff (2016) EC	130	HAYNES Cliff (2016) EC	210	HAYNES Cliff (2016) EC
75	HAYNES Cliff (2016) EC	180	HAYNES Cliff (2017) EC	137.5	HAYNES Cliff (2016) EC	225	HAYNES Cliff (2016) EC
82.5	ROUND Michael (2015) EM	187.5	ROUND Michael (2013) EM	145	SUGARMAN Grant (2017) EM	250	BONNER Andy (2012) SC
90	BONNER Andy (2012) SC	252.5	BONNER Andy (2011) SC	157.5	BONNER Andy (2012) SC	282.5	BONNER Andy (2012) SC
100	BONNER Andy (2014) SC	242.5	LEPPARD Mike (2010) SC	160	JEX Terry (2011) SC	290	BONNER Andy (2014) SC
110	PILLING Les (2012) NW	232.5	COWLEY Arthur (2014) SCO	150	LAMBERT Steve (2016) NE	276	COWLEY Arthur (2014) SCO
125	PILLING Les (2013) NW	241.5	LEADBETTER Mike (2009) NW	145	LEADBETTER Mike (2009) NW	285	PILLING Les (2011) NW
145	O'DONNELL Frank (2019) NE	220	O'DONNELL Frank (2019) NE	152.5	O'DONNELL Frank (2019) NE	287.5	O'DONNELL Frank (2019) NE
145+							

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

WGT	Squat		Bench Press		Deadlift		Total
52							
56							
60							
67.5	KIERNAN Laurence (2019) EC	127.5	KIERNAN Laurence (2019) EC	95.5	MULLEN Budgie () SE	160	KIERNAN Laurence (2019) EC
75	MEREDITH Tommy (2018) SW	175	MEREDITH Tommy (2018) SW	115	FAIRHURST David (2014) NE	197.5	MEREDITH Tommy (2018) SW
82.5	ROUND Michael (2019) EM	170	ROUND Michael (2019) EM	143	ROUND Michael (2019) EM	202.5	ROUND Michael (2019) EM
90	BONNER Andy (2016) SC	245	BONNER Andy (2015) SC	140	BONNER Andy (2016) SC	280	BONNER Andy (2016) SC
100	BONNER Andy (2016) EC	250	BONNER Andy (2016) EC	140	BONNER Andy (2017) SC	277.5	BONNER Andy (2017) SC



