

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75					THOMAS Dave (2016) EM	215
82.5	ABERY Neil (2015) EM	283.5	TEMPEST Phil (2016) EM	185.5	ABERY Neil (2001) EM	242.5
90	ABERY Neil (2010) EM	300	JEFFERIES James (2015) EM	192.5		
100			GREEN Martin (2009) EM	235	COPE Derek (2009) EM	222.5
110					LYNG Andrew () EM	210
125			CHANTLER Tom (2009) EM	200		
145	BAKER Audley () EM	360	BAKER Audley () EM	230		
145+			MACKEY Matthew J (2009) EM	230		

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				LYNG Andrew () EM	210
125					
145					
145+					

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
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		ABERY Neil (2001) EM	150	
			ABERY Neil (2001) EM	242.5

90					
100					
110					
125					
145					
145+					

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5		TEMPEST Phil (2015) EM	170
90			
100			
110			
125			
145			
145+			

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	
52				
56				
60				
67.5				
75				
82.5		TEMPEST Phil (2016) EM	185.5	
90	LANE Mark (2005) EM	260	JEFFERIES James (2015) EM	192.5
100				
110				
125				
145				

145+		MACKEY Matthew J (2009) EM	230	
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MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			THOMAS Dave (2016) EM 215
82.5			
90			
100			COPE Derek (2009) EM 222.5
110			
125		WEBB Steve (2015) EM 195	
145			
145+			

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
110			
125			
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+					
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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		TEMPEST Phil (2016) EM	185.5
90			
100			
110			
125			
145			
145+			