

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60					CAITHNESS James (2016) EM	162.5
67.5						
75	FREEMAN David (2014) EM	145	CONSTANTIN Laurie (2014) EM	122.5	FREEMAN David (2013) EM	182.5
82.5	DANBURY Glen (2015) EM	216	ROUND Michael (2014) EM	147.5	LANE Mark (2005) EM	283
90			HOLLIS Harry (2018) EM	185	HOBSON Matthew (2018) EM	237.5
100			KEEN Laurence (2015) EM	195	VAN DANZIG Paul (2010) EM	250
110	WEBB Kevin (2017) EM	210	MARSHALL Simon (2010) EM	187.5	THURGOOD STUART (2021) EM	235
125	BURFORD Chris (2012) EM	250	MASSEY William (2009) EM	207.5	BURFORD Chris (2012) EM	305
145			MACKEY Matt () EM	217.5		
145+						

TEENAGE 1 (14-15 yrs) UNEQUIPPED

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

TEENAGE 2 (16-17 yrs) UNEQUIPPED

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

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			WILKINSON Steve () EM	120		
82.5						
90						
100			WEBB Joe (2014) EM	147.5		
110						
125						
145						
145+						

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5					CLARK Ben (2015) EM	235
90						
100						
110						
125						
145						
145+						

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5					LANE Mark (2005) EM	283
90						
100						
110					THURGOOD STUART (2021) EM	235
125	BURFORD Chris (2012) EM	250			BURFORD Chris (2012) EM	305
145						
145+						

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5			TEMPEST Phil (2018) EM	140	KERR Darren (2015) EM	222.5
90						
100						
110			FRANKLIN David (2015) EM	180		
125						
145						
145+						

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			CONSTANTIN Laurie (2014) EM	122.5		
82.5			ROUND Michael (2013) EM	146		
90						
100						
110						
125						
145						
145+						

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						

56					
60					
67.5					
75					
82.5	ROUND Michael (2014) EM	180	ROUND Michael (2014) EM	147.5	
90					
100					
110					
125					
145					
145+					

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75	FREEMAN David (2014) EM	145			FREEMAN David (2013) EM 182.5
82.5	BENN Jonn () EM	90	BENN Jonn () EM	90	BENN Jonn () EM 140
90					
100					
110					
125					
145					
145+					

MASTER 6 (65-69yrs) UNEQUIPPED

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

MASTER 7 (70-74yrs) UNEQUIPPED

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

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
52					
56					
60					

67.5					
75					
82.5					
90					
100					
110					
125					
145					
145+					

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
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			
75		WILKINSON Steve () EM	120
82.5		TEMPEST Phil (2010) EM	145
90			
100			
110			
125			
145			
145+			