

**OPEN UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56	BAILEY Joe (2016) EC 120	BAILEY Joe (2015) EC 82.5	BAILEY Joe (2016) EC 176	BAILEY Joe (2016) EC 365
60	HAMPSON Ben (2018) EC 177.5	HAMPSON Ben (2017) EC 112.5	HAMPSON Ben (2017) EC 200	HAMPSON Ben (2018) EC 477.5
67.5	WATTS David (2018) EC 192.5	FORD Stuart (2009) EC 137.5	WATTS David (2018) EC 260.5	FORD Stuart (2009) EC 572.5
75	HAYNES Cliff (2013) EC 192.5	HAYNES Cliff (2013) EC 150	HAYNES Cliff (2009) EC 242.5	HAYNES Cliff (2009) EC 572.5
82.5	HALL Michael (2017) EC 215	JOSEPH Mike () EC 190.5	MADEIRA Ricardo (2019) EC 260	JOSEPH Mike () EC 610
90	JACKSON Mark (2017) EC 245	McCONNACHIE Ross (2017) EC 170	BRANCH Glenn (2015) EC 277.5	JACKSON Mark (2017) EC 675
100	HARVEY Nathan (2016) EC 237.5	RIDDICK Darius (2018) EC 175	HARVEY Nathan (2016) EC 300	HARVEY Nathan (2016) EC 692.5
110	KOZLOVAS Ruslanas (2016) EC 220	TUDOR Ian () EC 190	KOZLOVAS Ruslanas (2016) EC 275	WAGHORN Matt (2018) EC 652.5
125	COX Paul (2018) EC 210	COX Paul (2018) EC 150	WILKES Jeff (2017) EC 255	COX Paul (2018) EC 605
145	WAITES Paul (2014) EC 200	RANDOLPH Kyrone (2024) EC 197.5	WAITES Paul (2014) EC 235	WAITES Paul (2014) EC 572.5
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60	JONES Samuel (2018) EC 80	JONES Samuel (2018) EC 60	JONES Samuel (2018) EC 125	JONES Samuel (2018) EC 265
67.5				
75	GULLIVER Harvey (2023) EC 140		GULLIVER Harvey (2023) EC 200	
82.5				
90				
100	PACKWOOD Lennon (2018) EC 135	PACKWOOD Lennon (2018) EC 92.5	PACKWOOD Lennon (2018) EC 185	PACKWOOD Lennon (2018) EC 412.5
110	Daniel Van Kempen (2021) EC 140	Daniel Van Kempen (2021) EC 85	Daniel Van Kempen (2021) EC 165	
125	BRIGGS Josh (2024) EC 90	BRIGGS Josh (2024) EC 100	BRIGGS Josh (2024) EC 130	BRIGGS Josh (2024) EC 320
145				
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	BARTLETT Terence (2024) 112.5	BARTLETT Terence (2024) 80	BARTLETT Terence (2024) 155	BARTLETT Terence (2024) 347.5
75	PETRINE Daniel (2017) EC 142.5	PETRINE Daniel (2017) EC 95	PETRINE Daniel (2017) EC 200	PETRINE Daniel (2017) EC 437.5
82.5		WHITEMAN Caiden (2024) EC 77.5		
90	TIPPLE Preston (2023) EC 162.5	HURRELL Ben (2010) EC 110	HURRELL Ben (2010) EC 205	TIPPLE Preston (2023) EC 452.5
100	WOODING Ted (2019) EC 170	COLE-WILKIN Freddie (2022) EC 115	WOODING Ted (2019) EC 210	COLE-WILKIN Freddie (2022) EC 505
110				
125	Ben Spicer (2020) EC 170	Ben Spicer (2020) EC 110	Ben Spicer (2020) EC 200	
145				
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	BARLOW Callum (2024) EC 140	JONES Samuel (2022) EC 95	JONES Samuel (2022) EC 180	JONES Samuel (2022) EC 402.5
75	PETRINE Daniel (2018) EC 160	KHALIL Haleem (2011) EC 110	PETRINE Daniel (2018) EC 235	PETRINE Daniel (2018) EC 485
82.5	AWALA Joey (2022) EC 180	AWALA Joey (2022) EC 135	AWALA Joey (2022) EC 262.5	AWALA Joey (2022) EC 577.5
90	SAYER Albie (2017) EC 175	SAYER Albie (2017) EC 120	SIMMONS Nathan (2011) EC 230	SAYER Albie (2017) EC 500
100	NICHOLLS Sam (2021) EC 165	NICHOLLS Sam (2021) EC 130	NICHOLLS Sam (2021) EC 205	NICHOLLS Sam (2021) EC 500
110	DEEMER-EVANS Jake (2016) EC 200	DEEMER-EVANS Jake (2016) EC 145	DEEMER-EVANS Jake (2016) EC 242.5	DEEMER-EVANS Jake (2016) EC 587.5
125				
145				
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56	BAILEY Joe (2016) EC 120	BAILEY Joe (2015) EC 82.5	BAILEY Joe (2016) EC 176	BAILEY Joe (2016) EC 365
60	KITCHENER Michael (2017) EC 105	KITCHENER Michael (2017) EC 70	KITCHENER Michael (2017) EC 180	KITCHENER Michael (2017) EC 355
67.5	SEAL Ronan (2020) EC 157.5	SEAL Ronan (2020) EC 97.5	SEAL Ronan (2020) EC 205	SEAL Ronan (2020) EC 460
75	EASTWOOD James (2016) EC 185	PRYOR-WOODS Jayme (2019) EC 125	PRYOR-WOODS Jayme (2019) EC 220	PRYOR-WOODS Jayme (2019) EC 525
82.5	Cameron Clarke (2021) EC 210	Cameron Clarke (2021) EC 160	BARNES Christian (2018) EC 255	BARNES Christian (2018) EC 567.5
90	McCONNACHIE Ross (2016) EC 202.5	McCONNACHIE Ross (2016) EC 155	YOUNG Will (2016) EC 270	McCONNACHIE Ross (2016) EC 617.5
100	WILLGOSS Daniel (2014) EC 190	WILLGOSS Daniel (2014) EC 127.5	CARLYN Ryan (2018) EC 235	WILLGOSS Daniel (2014) EC 532.5
110	Rhys Steggles (2021) EC 230	Rhys Steggles (2021) EC 150	CHAMBRE Hugo (2019) EC 260	CHAMBRE Hugo (2019) EC 625
125				
145				
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	STOLWORTHY Steven (2018) EC 120	STOLWORTHY Steven (2018) EC 92.5	STOLWORTHY Steven (2018) EC 170	STOLWORTHY Steven (2018) EC 382.5
75	DURRAN Keith (2023) EC 150	DURRAN Keith (2023) EC 105	DURRAN Keith (2023) EC 165	DURRAN Keith (2023) EC 420
82.5	WILKES Dan (2024) 175	WILKES Dan (2024) 120	PAISLEY Brett (2016) EC 240	WILKES Dan (2024) 525
90	MAGNUS-CATLEY Andrew (2019) EC 165	MAGNUS-CATLEY Andrew (2019) EC 130	COX Mark (2024) EC 205	MAGNUS-CATLEY Andrew (2019) EC 495
100	KING Curtis (2018) EC 200	KING Curtis (2018) EC 135	KING Curtis (2018) EC 235	KING Curtis (2018) EC 570
110	FUNNELL David (2016) EC 140	TUDOR Ian () EC 190	FUNNELL David (2016) EC 160	FUNNELL David (2016) EC 425
125				
145				
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75	HAYNES Cliff (2009) EC 190	HAYNES Cliff (2009) EC 145	HAYNES Cliff (2009) EC 242.5	HAYNES Cliff (2009) EC 572.5
82.5	WELLS Barry (2018) EC 160	PAISLEY Brett (2018) EC 120	PAISLEY Brett (2018) EC 252.5	PAISLEY Brett (2018) EC 500
90	MANNING Sean (2017) EC 172.5	MANNING Sean (2016) EC 135	MANNING Sean (2016) EC 240	MANNING Sean (2017) EC 537.5
100	JONES Phil (2013) EC 195	ELLIOTT Lee (2019) EC 125	JONES Phil (2013) EC 225	JONES Phil (2013) EC 540
110	JONES Phil (2014) EC 210	JONES Phil (2014) EC 127.5	JONES Phil (2014) EC 225	JONES Phil (2014) EC 562.5
125				
145				
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	GREEN Mark (2024) EC 85	HAYNES Cliff (2011) EC 135	HAYNES Cliff (2011) EC 210	
75	HAYNES Cliff (2013) EC 192.5	HAYNES Cliff (2013) EC 150	HAYNES Cliff (2013) EC 230	HAYNES Cliff (2013) EC 565
82.5	HYNE Lee (2017) EC 165	HYNE Lee (2016) EC 132.5	HYNE Lee (2017) EC 212.5	HYNE Lee (2017) EC 505
90	HYNE Lee (2017) EC 185	HYNE Lee (2017) EC 135	HYNE Lee (2017) EC 225	HYNE Lee (2017) EC 542.5
100	BLOCK Stephen (2016) EC 225	Lee Elliott (2021) EC 140	BLOCK Stephen (2016) EC 250	BLOCK Stephen (2016) EC 595
110	BLOCK Steven (2018) EC 220	BLOCK Stephen (2017) EC 120	BLOCK Steven (2018) EC 252.5	BLOCK Steven (2018) EC 592.5
125				
145	WAITES Paul (2014) EC 200	WAITES Paul (2014) EC 140	WAITES Paul (2014) EC 235	WAITES Paul (2014) EC 572.5
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	HAYNES Cliff (2016) EC 150	HAYNES Cliff (2016) EC 130	HAYNES Cliff (2016) EC 210	HAYNES Cliff (2016) EC 490
75	HAYNES Cliff (2017) EC 170	HAYNES Cliff (2017) EC 137.5	HAYNES Cliff (2016) EC 220	HAYNES Cliff (2017) EC 527.5
82.5	MURDY Keith (2001) EC 140			
90	Lee Hyne (2021) EC 180	Lee Hyne (2021) EC 122.5	Lee Hyne (2021) EC 212.5	Lee Hyne (2021) EC 520
100	HYNE Lee (2024) EC 170	HYNE Lee (2024) EC 132.5	HYNE Lee (2024) EC 217.5	CLAYDON Chris (2023) EC 455
110	Steve Van Kempen (2021) EC 145	Steve Van Kempen (2022) EC 102.5	Steve Van Kempen (2021) EC 182.5	Steve Van Kempen (2021) EC 422.5
125	RICKETTS William (2016) EC 120	RICKETTS William (2016) EC 50	RICKETTS William (2016) EC 70	RICKETTS William (2016) EC 240
145				
145+				

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

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

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100		Jim Bird (2021) EC	80	
110				
125				
145				
145+				

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

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

**M/P/F UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				

60								
67.5								
75	KHALIL Haleem (2011) EC	140	KHALIL Haleem (2011) EC	110	KHALIL Haleem (2011) EC	205	KHALIL Haleem (2011) EC	455
82.5							MURDIE Keith () EC	437.5
90	YOUNG Will Ellis (2016) EC	185	SIMMONS Nathan (2011) EC	100	SIMMONS Nathan (2011) EC	230	SIMMONS Nathan (2011) EC	495
100	JONES Phil (2013) EC	195	JONES Phil (2013) EC	120	JONES Phil (2013) EC	225	JONES Phil (2013) EC	540
110	JONES Phil (2014) EC	210	JONES Phil (2014) EC	127.5	JONES Phil (2014) EC	225	JONES Phil (2014) EC	562.5
125								
145								
145+								