

**OPEN UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56	BAILEY Joe (2016) EC	111	BAILEY Joe (2016) EC 80
60	HAMPSON Ben (2018) EC	172.5	HAMPSON Ben (2019) EC 112.5
67.5	WATTS David (2017) EC	180	HAYNES Cliff (2012) EC 133
75	BEVERLY Jack (2019) EC	187.5	JOSEPH Mike (2012) EC 180
82.5	DAVIES Alex (2017) EC	182.5	JOSEPH Mike () EC 190.5
90	JACKSON Mark (2017) EC	263	McCONNACHIE Ross (2017) EC 165
100	JONES Phil (2014) EC	202.5	MC COMISH John (2010) EC 160
110	STEVENS Aaron (2017) EC	222.5	THOMAS Neil (2010) EC 190
125	DEEMER-EVANS Jake (2016) EC	210	JACK Denzil (2015) EC 190
145	HARRIGAN Adam (2019) EC	220	HARRIGAN Adam (2019) EC 160
145+			COOK Ash (2018) EC 207.5

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

WGT	Squat	Bench Press	Deadlift
52		Noah Kerrison (2020) EC	55
56			
60			
67.5			
75			
82.5			
90			
100	Daniel Van Kempen (2020) EC	112.5	PACKWOOD Lennon (2017) EC 62.5
110	Daniel Van Kempen (2021) EC	142.5	Daniel Van Kempen (2021) EC 165
125			
145			
145+			

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

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			STANNARD Owen (2016) EC 220
82.5			
90			
100			
110	Daniel Van Kempen (2023) EC	170	Daniel Van Kempen (2023) EC 192.5
125		JACK Denzil (2015) EC	190
145			
145+			

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			TURNBALL-BESTER Rhys (2019) EC	100	PETRINE Daniel (2018) EC	235
82.5						
90						
100					Daniel Van Kempen (2024) EC	195
110						
125	DEEMER-EVANS Jake (2016) EC	210	DEEMER-EVANS Jake (2016) EC	150	DEEMER-EVANS Jake (2016) EC	250
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56	BAILEY Joe (2016) EC	111	BAILEY Joe (2016) EC	80	BAILEY Joe (2016) EC	181
60	KITCHENER Michael (2017) EC	110			KITCHENER Michael (2017) EC	182.5
67.5						
75	BEVERLY Jack (2019) EC	187.5			LONGDON Matt (2015) EC	195
82.5	MYNETT Cameron (2018) EC	160	MYNETT Cameron (2018) EC	127.5	MYNETT Cameron (2018) EC	240
90			MYNETT Cameron (2018) EC	132.5	McCONNACHIE Ross (2016) EC	260
100	CARLYN Ryan (2019) EC	200			CARLYN Ryan (2019) EC	260
110						
125					MOORE Lewis (2015) EC	262.5
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			JOSEPH Mike (2012) EC	180		
82.5					PAISLEY Brett (2017) EC	252.5
90			KING Curtis (2015) EC	135		
100			MC COMISH John (2010) EC	160		
110			THOMAS Neil (2013) EC	185		
125			FUNNELL Dave (2018) EC	147.5		
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5	WELLS Barry (2019) EC	170	WELLS Barry (2019) EC	112.5	PAISLEY Brett (2019) EC	258
90	MEARS Rob (2017) EC	120	JEFFRIES James (2016) EC	125	NEVILLE Tony (2018) EC	200
100	JONES Phil (2014) EC	202.5	MCOMISH John (2016) EC	140	JONES Phil (2014) EC	240
110	JONES Phil (2015) EC	205	THOMAS Neil (2017) EC	187.5		
125	JONES Shaun (2009) EC	200	McCOMISH (2017) EC	160		
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5	HAYNES Cliff (2012) EC	173	HAYNES Cliff (2012) EC	133	HAYNES Cliff (2012) EC	205
75			MEACHEN Lee (2017) EC	145		
82.5	HYNE Lee (2018) EC	170	HYNE Lee (2018) EC	130		
90	HYNE Lee (2017) EC	175	HYNE Lee (2018) EC	132.5	HYNE Lee (2017) EC	230
100	McCORMISH John (2019) EC	170	McCORMISH John (2022) EC	145	VAN KEMPEN Steve (2018) EC	195
110	BLOCK Stephen (2017) EC	190	TUDOR Ian () EC	185	BLOCK Stephen (2017) EC	242.5
125						
145	WAITES Paul (2015) EC	190				
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100					MORAN John (2017) EC	195
110	Steve Van Kempen (2021) EC	150	MCCOMISH John (2024)	145		
125						
145			WAITES Paul (2018) EC	142.5		
145+						

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

WGT	Squat		Bench Press		Deadlift	
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52					
56					
60					
67.5					
75					
82.5					
90					
100			BURDEN Ron (2011) EC	127.5	
110			TUDOR Ian (2009) EC	155	
125					
145					
145+					

**MASTER 6 (65-69yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75					
82.5					
90					
100			BURDEN Ronald (2013) EC	133.5	BURDEN Ronald (2013) EC 220
110	BURDEN Ronald (2015) EC	165.5	BURDEN Ronald (2016) EC	140.5	BURDEN Ronald (2016) EC 235
125					
145					
145+					

**MASTER 7 (70-74yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift
52					
56					
60					
67.5					
75					TARRAN Edward () EC 160
82.5					PARKES Ernie (2017) EC 235
90					
100			FULTON John () EC	137.5	BURDEN Ronald (2016) EC 225
110			BURDEN Ronald (2018) EC	140	BURDEN Jim (2019) EC 235.5
125					
145					
145+					

**MASTER 8 (75-79yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift
52					

56					
60					
67.5					
75				PARKES Ernie (2018) EC	222.5
82.5					
90			BIRD Jim (2016) EC	92.5	
100			BIRD Jim (2016) EC	85	
110					
125					
145					
145+					

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

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90		FULTON John (2009) EC	90
100		BIRD Jim (2018) EC	87.5
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	LEACH Nathan (2015) EC	175			
75				LONGDON Matt (2015) EC	195
82.5					
90					
100	JONES Phil (2014) EC	202.5		JONES Phil (2014) EC	240
110	JONES Phil (2015) EC	205	THOMAS Neil (2013) EC	185	
125				MOORE Lewis (2015) EC	262.5
145					
145+					