

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60			GIDEON Aaron (2010) SE	147.5		
67.5	TYERS Steven (2012) SC	200	GIDEON Aaron (2012) SE	152.5	ROGERSON Paul () SE	220
75	MIKOSZ Dean (2009) SC	240	MEACHEN Lee (2017) EC	185	HODSON David (2016) WM	240
82.5	ABERY Neil (2015) EM	283.5	JOSEPH Mike () EC	191	WILKINSON Stephen (2023) EM	285
90	ABERY Neil (2010) EM	300	JEFFRIES James (2017) EC	250	BRANCH Glenn (2019) EC	302.5
100	GIBSON Matt (2016) SC	303	JEFFRIES James (2011) EC	245.5	PILLING Les () NW	300
110	KIRBY Russell (2023) SE	332.5	MARTIN Chris (2024) SCO	242.5	GIBSON Matt (2016) SC	275
125	CHARLESWORTH Rhys (2022) EM	311	CHARLESWORTH Rhys (2021) EC	272.5	PILLING Gerald (2009) NE	322.5
145	BAKER Audley () EM	360	CHARLESWORTH Rhys (2024) EC	302.5	PILLING Gerald (2009) NE	310
145+	PYE Christopher (2009) NW	255	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	BRYAN Harrison (2018) WM	180				
82.5	BRYAN Harrison (2019) WM	200.5			WATSON Josh (2009) SW	220
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					SANDBACH Harry (2009) NM	186
75	BULLEN Keiron (2009) EC	145	BULLEN Keiron (2009) EC	100	BULLEN Keiron (2009) EC	185
82.5	MINEAR James (2014) SW	232.5				
90					INCHLEY Matthew (2010) NM	230
100						
110						
125						

145						
145+						

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5	TYERS Steven (2012) SC	200	TYERS Steven (2012) SC	150		
75			McKEAN Daniel (2009) SCO	120		
82.5	MINEAR James (2015) SW	245	HARTLEY Ben (2023) NM	170	ABERY Neil (2001) EM	242.5
90	MINEAR James (2015) SW	265.5			INCHLEY Matthew (2010) NM	220
100	ROBERTS Oliver (2023) NM	237.5	VERENAKIS Yiannis (2015) NW	160	BELL James (2009) NM	227.5
110	SMITH Bradley (2016) SW	267.5	SMITH Bradley (2016) SW	172.5	SMITH Bradley (2016) SW	230
125						
145						
145+						

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75	MIKOSZ Dean (2009) SC	240	MIKOSZ Dean (2012) SE	173.5		
82.5	MELDON Rick (2009) SE	265	TEMPEST Phil (2012) NE	185	TROULLIS George () SC	280
90			MAKSYMCIK Jan (2015) SW	185.5		
100	JOHN Richard (2019) SC	280.5	JEFFRIES James (2011) EC	245.5	PILLING Les () NW	300
110	NORTON Mark (2009) NE	330.5	MARTIN Chris (2017) SCO	237.5	GILES Marc (2009) NM	240
125			MARTIN Chris (2019) SCO	257.5		
145	WRIGHT John () SCO	275				
145+	PYE Christopher (2009) NW	255				

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			MEACHEN Lee (2015) EC	182.5		
82.5	RATCLIFFE Neil (2016) NW	220	TEMPEST Phil (2016) EM	185.5	TAYLOR James (2018) SW	222.5
90	MELDON Rick (2009) SE	277.5	JEFFRIES James (2017) EC	250		
100	JOHN Richard (2022) SC	290	JEFFRIES James (2018) EC	242.5	SPARKS Pete (2015) EC	235
110			MARTIN Chris (2024) SCO	242.5	SINCLAIR Frank (2009) SCO	270
125	JONES Shaun (2009) EC	230	SIDNEY Marc (2010) SE	206	STANISLAUS Steve (2010) SE	282.5
145					HORROCKS Terry (2024) NM	260
145+			MACKEY Matthew J (2009) EM	230		

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			MEACHEN Lee (2017) EC	185	THOMAS Dave (2017) SC	218
82.5	ROWE Matthew (2022) SC	221	MEACHEN Lee (2016) EC	185	ROWE Matt (2018) SW	245.5

90	CARGILL Robert (2019) NW	195	LOVETT Gary (2023) NE	165	WHYTE Larry (2009) WM	250
100			JEFFRIES James (2022) EC	200	COWLEY Arthur (2014) SCO	280.5
110	KIRBY Russell (2023) SE	332.5	LOVETT Gary (2024) NE	193	PILLING Chris (2017) NW	245
125	PILLING Les (2009) NW	250	THOMAS Neil (2024) EC	250.5	PILLING Les (2009) NW	260
145						
145+						

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					BYRNE Ted (2010) NM	181.5
75						
82.5	ROWE Mathew (2024) SC	215	COLLINSON Neal Paul (2022) SW	168	ROWE Mathew (2024) SC	240
90					GREEN Andrew (2016) SC	220
100			FLETT Martin (2011) NM	182.5	MANSELL Simon (2016) SW	232.5
110	SINGH Jagir (2015) WM	202.5	FLETT Martin (2013) SCO	190	PILLING Chris (2023) NW	232.5
125	PILLING Les (2012) NW	252.5	WRIGHT John (2018) SCO	180	PILLING Les (2012) NW	261
145	WAITES Paul (2019) EC	202.5			WAITES Paul (2019) EC	227.5
145+						

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75	AMEY Mick (2012) EC	180	AMEY Mick (2012) EC	95	AMEY Mick (2012) EC	220
82.5			WILLIAMS David (2014) SW	170	PHILLIPS Michael (2016) SCO	227.5
90	BONNER Andy (2019) SC	210	WILLIAMS David (2016) SW	197.5	BONNER Andy (2019) SC	255
100	SCOTT Richard (2022)	180	BELSHER Glyn (2022) NM	137.5	HOWARTH David (2009) NW	232.5
110			MITCHELL Brian (2015) SC	117.5	COWLEY Arthur (2019) SCO	240
125						
145	WAITES Paul (2021) EC	200			WAITES Paul (2021) EC	212.5
145+						

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					LITTLE Roger (2011) NM	150
75						
82.5	AMEY Mick (2015) EC	192.5	AMEY Mick (2015) EC	105	AMEY Mick (2015) EC	230
90	MARKS Ronnie (2023)	180	MARKS Ronnie (2023)	155	HOWARTH David (2013) NW	220
100					HOWARTH David (2013) NW	215
110			BURDEN Ronald (2016) EC	155	BURDEN Ronald (2016) EC	220
125						
145						
145+						

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						

60						
67.5						
75						
82.5			WILLIAMS David (2023) SW	150	TWIGG Alan (2023) NE	185
90	DAVIES Andy (2015) NW	150			DAVIES Andy (2015) NW	185
100					WALKER John (2012) NE	230
110	WALKER John (2014) NE	200	BURDEN Ronald (2017) EC	160	BURDEN Ronald (2016) EC	230
125			OLSEN Roy (2012) NM	170	OLSEN Roy (2014) NM	220
145						
145+						

MASTER 8 (75-79yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5					TWIGG Alan (2024) NE	175
90			HEARN David (2017) SCO	95	HEARN David (2017) SCO	150
100	BURDEN Jim (2021) EC	150				
110			OLSEN Roy (2017) NM	150	OLSEN Roy (2016) NM	200
125			OLSEN Roy (2016) NM	160	OLSEN Roy (2016) NM	210
145						
145+						

MASTER 9 (80-84yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5					LITTLE Roger (2023) NM	132.5
75						
82.5						
90						
100						
110			OLSEN Roy (2022) NW	140	OLSEN Roy (2022) NW	205
125						
145						
145+						

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				VAN KEMPEN Steve (2010) EC 220
110		MARTIN Chris (2017) SCO	237.5	VAN KEMPEN Steve (2009) EC 225
125		MARTIN Chris (2019) SCO	257.5	
145				
145+				