

**OPEN UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52	MERRIMAN Owen (2019) WM	105	ANDERSON Ryan (2018) SW	80	DUMBILL Luke (2009) SW	116
56	BAILEY Joe (2016) EC	111	MCGAULEY Daniel (2019) EC	87.5	BAILEY Joe (2016) EC	181
60	HAMPSON Ben (2018) EC	172.5	HAMPSON Ben (2022) EC	118	KELLY Justin (2016) NM	191
67.5	GRAY David (2015) WM	191	PRUTEANU Stefan (2022) EM	148	WATTS David (2017) EC	252.5
75	PHILLIPS Luke (2016) WAL	203	JOSEPH Mike (2012) EC	180	HARDY Sam (2017) SE	280
82.5	HEATH David (2019) SC	237.5	JOSEPH Mike ( ) EC	190.5	WHARMBY Carn (2023) NM	320
90	HARRIS Daniel (2022) SE	272.5	RIGBY Andrew (1997) NW	200.5	STEVENS Nick (2012) SCO	320
100	JOHN Richard (2022) SC	290	RIGBY Andrew (1995) NW	220	HARVEY Nathan (2017) EC	320
110	WILLIAMS Dugal (2017) SW	270	MURDOCH Alistair (2014) SE	227.5	HASWELL Steve (2014) SC	310
125	MacCONNACHIE Iain (2015) SC	302.5	LYTHGOE Simon (2018) SC	231	AWOLOLA Daniel (2023) NW	335.5
145	HASKINS Jason (2018) SW	300	MERRICKS Paul (2010) WM	230	WESTON Liam (2024) WM	330
145+			MERRICKS Paul (2015) WM	235.5	PYE Christopher (2009) NW	255

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

WGT	Squat		Bench Press		Deadlift	
52					DUMBILL Luke (2009) SW	116
56					OSBOURNE-KEDDY Liam (2016) WAL	102.5
60	JONES Samuel (2019) EC	100	JONES Samuel (2019) EC	75	JONES Samuel (2019) EC	150
67.5	HIGHFIELD Finley (2022) EC	130.5	HIGHFIELD Finley (2022) EC	87.5	BUCHANAN Jordan (2009) SW	190
75	GULLIVER Harvey (2023) EC	137.5	WHITE Thomas (2021) EM	105.5	GULLIVER Harvey (2023) EC	195
82.5			WILLIAMS Corey (2013) SW	105	SHELTON George (2009) WM	170
90	LYNCH Henry (2024) EM	151	WEBB Joe (2010) NM	95	LYNCH Henry (2024) EM	205
100					LADD Oscar (2024) NM	170
110	VAN KEMPEN Daniel (2021) EC	142.5			VAN KEMPEN Daniel (2021) EC	157.5
125					WRIGHT James (2015) WAL	201
145						
145+			MELLOR Graham (2010) NM	110	MELLOR Graham (2010) NM	180

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

WGT	Squat		Bench Press		Deadlift	
52			ANDERSON Ryan (2016) SW	55		
56					SUTTON Mikey (2010) SW	130
60	FLETCHER Nathaniel (2014) NW	130	MUNRO Max (2022) SCO	92.5	WHYTE Dean (2019) SCO	167.5
67.5	HIGHFIELD Finley (2022)	137.5	HIGHFIELD Finley (2022)	92.5	BUCHANAN Jordan (2011) SW	215
75	WILSON-GREEN Jack (2024) EM	157.5	DAVIES Nathan (2015) WM	102.5	STANNARD Owen (2016) EC	220
82.5	PARKS Frank (2019) EC	180	GRIFFITHS Ben (2010) WM	127.5	FENOL Marianne (2019) NW	220
90	GOLDSTRAW Henry (2023) SE	235	MEPHAM Matt (2016) SE	150	GOLDSTRAW Henry (2023) SE	250
100	LEES Alastair (2015) NW	167.5	LEES Alastair (2015) NW	115	COLE-WILKIN Freddie (2023) EC	215
110	VAN KEMPEN Daniel (2023) EC	170				
125			JACK Denzil (2015) EC	190	LOVELL James (2022) NM	230
145	EVANS Morgan (2017) NW	185			EVANS Morgan (2017) NW	205
145+			MELLOR Graham (2010) NM	132.5	MELLOR Graham (2010) NM	170

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

WGT	Squat		Bench Press		Deadlift	
52			ANDERSON Ryan (2018) SW	80		
56						
60	FLETCHER Nathaniel (2015) NW	130	FLETCHER Nathaniel (2015) NW	87.5	FLETCHER Nathaniel (2015) NW	170
67.5	PRUTEANU Stefan (2022) EM	171	PRUTEANU Stefan (2022) EM	148	BUCHANAN Jordan (2012) SW	210
75	WIGGINS Corey (2015) SC	200	WILKINSON Steve ( ) EM	120	PETRINE Daniel (2018) EC	235
82.5	RAINE Jordan (2013) SC	190	PENNINGTON Daniel (2009) NW	127.5	AWALA Joey (2021) EC	272.5
90	JONES Charlie (2023) WC	215	PENNINGTON Daniel (2010) NW	143	CUTLER Craig (2010) SW	245
100	PALIN Harry (2015) SC	190	PALIN Harry (2015) SC	150	WATSON Josh (2012) SW	270.5
110			HARRIGAN Adam (2012) NM	156	MacQUEEN Mark (2014) SCO	255
125	LOVELL James (2023) NM	217.5	LOVELL James (2023) NM	155	LOVELL James (2023) NM	251
145	EVANS Morgan (2018) NW	215			EVANS Morgan (2017) NW	215

145+					
------	--	--	--	--	--

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

WGT	Squat		Bench Press		Deadlift	
52	MERRIMAN Owen (2019) WM	105				
56	BAILEY Joe (2016) EC	111	BAILEY Joe (2016) EC	80	BAILEY Joe (2016) EC	181
60	KITCHENER Michael (2017) EC	110	SIMMONDS Aaron (2013) SE	107.5	BLACK Aaron (2016) SE	190
67.5	TAIT Stuart (2017) SCO	165	PRUTEANU Stefan (2022) EM	145	WARDLEY Jonathan (2017) WM	227.5
75	EVANS Jamie (2018) WM	190.5	PENNINGTON Kallum (2010) NW	135	BLACKWOOD Lewis (2016) WM	255
82.5			WILSON Brodie (2023) NW	162.5	TOBIAS Owain (2016) WAL	275
90	CORDWELL Callum (2015) WM	236	McCONNACHIE Ross (2016) EC	155	STEVENS Nick (2012) SCO	320
100	EDWARDS Joshua (2015) WAL	225	RIDDICK Darius (2018) EC	183.5	RIDDICK Darius (2018) EC	286.5
110	SMITH Bradley (2015) SE	230.5	BENSON James (2017) SE	190.5	LE CRAS Brett (2012) SC	300.5
125	SEABRA Marcelo (2022) SC	220	HEADFORD Thomas (2016) SE	165	SEABRA Marcelo (2022) SC	263
145	BRIDGES Rob (2015) WM	200	PERRY Joseph (2022) EM	193	WESTON Liam (2024) WM	330
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60					KELLY Justin (2016) NM	191
67.5			MURRAY Greig (2015) SC	122.5	MURRAY Greig (2016) NE	218
75	WEBB Richard (2015) NW	202.5	JOSEPH Mike (2012) EC	180	RICHARDSON Daniel (2023) NW	250
82.5	CROSSLAND Richard (2019) NM	218	CHEPA Dan (2024) WM	165	BAIN Russell (2009) NW	242.5
90	KERR Glen (2016) EC	232.5	MAKSYM CZUK Jan (2016) SW	165	SMITHSON Sean (2017) NM	262.5
100	CRISP Philippe M (2010) SE	205	MURDOCH Alistair (2010) SE	202.5	CLANCY Peter (2014) EC	260
110	HORROCKS Terry (2019) NM	245	MURDOCH Alistair (2012) SE	222.5	HORROCKS Terry (2018) NM	285
125	WOOD Darren (2015) WM	272.5	LYTHGOE Simon (2018) SC	231	WOOD Darren (2015) WM	306
145					SMITH Donavan (2019) WAL	300
145+					PYE Christopher (2009) NW	255

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60			ANDERSON Mark (2016) SW	100		
67.5	GRAY David (2012) WM	182.5			GRAY David (2012) WM	250
75			AIKMAN SNR David (2009) SCO	145	PAISLEY Brett (2022) EC	252.5
82.5	ROWE Matt (2018) SC	207.5	TEMPEST Phil (2018) EM	140	PAISLEY Brett (2019) EC	260
90	HESKETH Mark (2009) NW	180	RIGBY Andrew (2008) NW	185	WARD Chris () SW	252.5
100	JOHN Richard (2022) SC	290	RIGBY Andy (2010) NW	205	CELESTIN Thomas (2023) NM	306
110	CRISP Philippe M (2015) SE	230	MURDOCH Alistair (2014) SE	227.5	MURDOCH Alistair (2013) SE	290
125	JONES Shaun (2009) EC	200	MURDOCH Alistair (2012) SE	230.5	LAING Phil (2009) NM	307.5
145	JAMES Anthony (2024) WM	245.5	JAMES Anthony (2024) WM	185	HORROCKS Terry (2024) NM	285
145+					PRIDDLE Andrew (2023) EM	235

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60			ANDERSON Mark (2018) SW	113	KELLY Justin (2024) NW	160
67.5	GRAY David (2015) WM	191	GRAY David (2015) WM	142.5	GRAY David (2015) WM	250
75	MEREDITH Tommy (2010) SW	175.5	MEACHEN Lee (2017) EC	145	PAISLEY Brett (2024) EC	248.5
82.5	ROWE Matthew (2022) SC	192.5	COLLINSON Neal Paul (2014) SW	161	BUCHANAN Charles (2010) SW	286
90	HYNE Lee (2019) EC	186	COLLINSON Neal Paul (2018) SW	161	WHYTE Larry (2009) WM	260
100	BANNER Richard (2023) WAL	227.5	RIGBY Andrew (2017) NW	200	JEX Terry (2010) SC	285

110	VAN KEMPEN Steve (2018) EC	150	RIGBY Andrew (2015) NW	228	LAMBERT Steve (2012) NE	262.5
125	PILLING Les (2009) NW	240	RIGBY Andrew (2014) NW	225	NICOL Alan (2001) NW	260
145	WAITES Paul (2015) EC	190	BERNASCONI John (2014) NM	207.5	O'DONNELL Frank (2016) NW	275
145+			ROWLANDS Haydn (2009) NM	197.5		

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60					GOULD Richard (2017) NW	135
67.5	GRAY David (2023) WM	140	GRAY David (2023) WM	121	GRAY David (2023) WM	220
75	MEREDITH Tommy (2012) SW	182.5	HEYBROCK David (2022) EM	121	MEREDITH Tommy (2012) SW	210.5
82.5	ROWE Mathew (2024) SC	195.5	COLLINSON Neal Paul (2019) SW	155	BUCHANAN Charles (2013) SW	291
90	CHARTERS Brian (2022) SW	190	RIGBY Andrew (2019) NW	182.5	BUCHANAN Charles (2014) SW	300
100	LAMBERT Steve (2019) NE	220	RIGBY Andrew (2017) NW	195	JEX Terry (2015) SC	267.5
110	LAMBERT Steve (2016) NE	217.5	FLETT Martin (2013) SCO	160	LAMBERT Steve (2016) NE	275
125	PILLING Les (2013) NW	235	ROWLANDS Haydn (2011) NM	180	LEADBETTER Mike (2009) NW	285
145			BERNASCONI John (2018) WM	200	COVENTRY Neil (2023) NW	280
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5	RATTENBERRY Mark (2024)	122.5	GODDEN Martin J (2009) SC	87.5	CAMPION Tommy (2018) NE	140
75	MEREDITH Tommy (2019) SW	170.5	CONWAY Gary (2016) WM	120	MEREDITH Tommy (2019) SW	200.5
82.5	ROUND Michael (2019) EM	175	ROUND Michael (2019) EM	142.5	BUCHANAN Charles (2018) SW	265
90	BONNER Andy (2019) SC	210	COLLINSON Paul (2024) SW	165	BONNER Andy (2016) SC	272.5
100	BONNER Andy (2017) SC	240	SHIELDS Brian (2024) NW	148	BONNER Andy (2017) SC	278
110	LEADBETTER Mike (2013) NW	182.5	BERNASCONI John (2023) WM	162.5	COWLEY Arthur (2019) SCO	250
125	PILLING Les (2015) NW	213	OWEN David (2023) WAL	145	LAMBERT Steve (2021) NE	265
145	GELSTHORPE Tony (2024) NM	185			GELSTHORPE Tony (2024) NM	250
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5	GODDEN Martin (2011) SC	102.5	CONWAY Gary (2021) WM	107.5	GODDEN Martin J (2009) SC	135
75	FREEMAN David (2019) EM	130	PASSMORE George () SC	92.5	FREEMAN David (2019) EM	172.5
82.5			SINCLAIR Ashley (2018) SCO	142.5	PHILLIPS Michael (2022) SCO	191
90	DAVIES Andy (2009) NW	170	SINCLAIR Ashley (2018) SCO	140	DAVIES Andy (2009) NW	220
100	DAVIES Andy (2010) NW	170	BURDEN Ronald (2013) EC	133.5	JEX Terry (2022) SC	251
110	LEADBETTER Mike (2016) NW	170	BURDEN Ronald (2016) EC	140.5	LEADBETTER Mike (2016) NW	240
125			GRANT Peter (2021) WM	125	LEADBETTER Mike (2017) NW	232.5
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60	LILLEY Barry (2022) SE	110	LILLEY Barry (2022) SE	70	LILLEY Barry (2022) SE	145
67.5			WADE Mike (2016) SCO	82.5	BYRNE Ted (2023) NM	190
75	FREEMAN David (2022)	135	WALLIS David (2009) NE	102.5	FREEMAN David (2022)	175

82.5			SINCLAIR Ashley (2021) SCO	135	PARKES Ernie (2017) EC	235
90			SINCLAIR Ashley (2022) SCO	143.5	HOWARTH Dave (2017) NW	200
100	WALKER John (2012) NE	180	FULTON John () EC	137.5	WALKER John (2012) NE	225
110	WALKER John (2014) NE	195	JAMES Stuart (2018) WAL	142.5	BURDEN Ronald (2019) EC	235.5
125	WALKER Trevor (2019) NW	150	OLSEN Roy (2015) NM	150	WALKER Trevor (2017) NW	200
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5	HARVEY Patrick (2013) WM	85	WADE Michael (2019) SCO	73		
75			KEFFERTY Jack (2017) SCO	75	PARKS Ernie (2017) EC	220
82.5	LEGG Bill (2015) SC	102.5	LEE Alexander (2024) NE	120.5	WINSLOW Brian (2014) NM	130
90	HEARN David (2017) SCO	112.5	WHITEBROOK Timothy (2019) NW	100	HEARN David (2016) SCO	152
100	BURDEN Jim (2021) EC	145	BURDEN Jim (2021) EC	120	BURDEN Jim (2023) EC	190.5
110			OLSEN Roy (2017) NM	140	WALKER John (2017) NE	190
125			OLSEN Roy (2019) NM	140		
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5			LITTLE Roger (2023) NM	62.5	HARVEY Patrick (2018) WM	135
75	LEGG Bill (2022) SC	90	KEFFERTY Jack (2018) SCO	70		
82.5	LEGG Bill (2019) SC	92.5	ELMORE Gren (2009) WM	79	GALLACHER John (2015) SC	180
90			FULTON John (2009) EC	90		
100			WALKER Gavin (2024) NE	85.5		
110			WALKER John Gavin (2021) NE	95	TUFF Ernest (2022)	215
125						
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60					WINSLOW Brian (2023) NW	77.5
67.5						
75			ELMORE Gren (2014) WM	61	FLATMAN Brian (2024) SE	125
82.5			ELMORE Gren (2012) WM	78	BYNG George (2024) SCO	112.5
90						
100						
110						
125						
145						
145+						

#### M/P/F UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						

60					BLACK Aaron (2016) SE	190
67.5	LEACH Nathan (2015) EC	175	WHITWORTH David (2015) SE	127.5	COLE Sean (2009) SC	242.5
75	GILBERT Oliver (2014) SE	197.5	RUSSELL Luke (2015) SE	160	SINGH Diljeet (2013) NE	248
82.5	HEATH David (2015) SC	220	YULE Michael (2009) SC	162.5	HEATH David (2015) SC	250
90	HARRISON Colin (2013) NW	235	GOLDING Paul C () SE	165	HARRISON Colin (2010) NW	285
100	DHILLON Inderraj Singh (2017) WAL	250	BENSON James (2016) SE	172.5	DHILLON Inderraj Singh (2017) WAL	315
110	WILLIAMS Dugal (2017) SW	270	HOLLINGSWORTH Jay (2010) NE	195	HASWELL Steve (2014) SC	310
125			LYTHGOE Simon (2018) SC	231	LAING Phil (2009) NM	307.5
145			PEARSON Alan (2009) NM	202.5		
145+						