

Open Men

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat	200kg	BRIGHT, William	14-Mar-15	180kg	BRIGHT, William	21-Nov-14
	Bench	140kg	BRIGHT, William	14-Mar-15	135kg	BRIGHT, William	21-Nov-14
	Deadlift	170kg	BRIGHT, William	21-Nov-14			
	Total	510kg	BRIGHT, William	14-Mar-15	485kg	BRIGHT, William	21-Nov-14
56kg	Squat	112.5kg	FAULKNER, Ben	01-Aug-14			
	Bench	80kg	FAULKNER, Ben	01-Aug-14			
	Deadlift	130kg	FAULKNER, Ben	01-Aug-14			
	Total	322.5kg	FAULKNER, Ben	01-Aug-14			
60kg	Squat	180kg	CANHAO, Alex	29-Apr-18	155kg	ANSTEE, Reuben	01-Aug-14
	Bench	105kg	ANSTEE, Reuben	01-Aug-14			
	Deadlift	212.5kg	CANHAO, Alex	29-Apr-18	190kg	ANSTEE, Reuben	01-Aug-14
	Total	492.5kg	CANHAO, Alex	29-Apr-18	450kg	ANSTEE, Reuben	01-Aug-14
67.5kg	Squat	215kg	BROWN, Lauchlan	18-Aug-18	202.5kg	BROWN, Lauchlan	30-Apr-17
	Bench	135kg	ROCK, Shane	18-Aug-18	130kg	ROCK, Shane	29-Apr-18
	Deadlift	242.5kg	ROCK, Shane	18-Aug-18	235kg	ROCK, Shane	29-Apr-18
	Total	582.5kg	ROCK, Shane	18-Aug-18	560kg	ROCK, Shane	29-Apr-18
75kg	Squat	260kg	ETTIA, Corey	02-Aug-14	210kg	GALATI, Ange	11-Aug-13
	Bench	200kg	GALATI, Ange	11-Aug-13			
	Deadlift	300kg	MAGOULIAS, Yianni	14-Jun-15	260kg	ETTIA, Corey	02-Aug-14
	Total	700kg	MAGOULIAS, Yianni	14-Jun-15	650kg	ETTIA, Corey	02-Aug-14
82.5kg	Squat	295kg	HULEMAH, Ahmed	06-Oct-18	260kg	LIEBE-NOLAN, Gary	29-May-16
	Bench	200kg	GALATI, Ange	29-Nov-12	162.5kg	PARMITER, David	26-Aug-12
	Deadlift	300kg	LIEBE-NOLAN, Gary	29-May-16	290kg	PARMITER, David	26-Aug-12
	Total	737.5kg	HULEMAH, Ahmed	06-Oct-18	725kg	LIEBE-NOLAN, Gary	29-May-16
90kg	Squat	300kg	BURROWS, Jesse	10-Aug-13			
	Bench	200kg	LAM, Jeff	15-Aug-15	195kg	PARMITER, David	21-Nov-14
	Deadlift	335kg	PARMITER, David	21-Nov-14	280kg	BURROWS, Jesse	10-Aug-13
	Total	805kg	PARMITER, David	21-Nov-14	730kg	JACOBSEN, Shannon	14-Mar-15
100kg	Squat	320kg	LOWE, Alex	15-Dec-13			
	Bench	217.5kg	LOWE, Alex	15-Dec-13			
	Deadlift	320kg	LOWE, Alex	15-Dec-13			
	Total	857.5kg	LOWE, Alex	15-Dec-13			
110kg	Squat	360kg	WALSH, Connor	06-Oct-18	350kg	WALSH, Connor	08-Oct-17
	Bench	227.5kg	LLOYD, KEVIN	08-Oct-17	205kg	WILSON, Jeremy	03-Jun-17
	Deadlift	335.5kg	REECE, Jarryd	18-Aug-18	335kg	NAY, Paul	16-Aug-15
	Total	850kg	WALSH, Connor	06-Oct-18	835kg	WALSH, Connor	08-Oct-17
125kg	Squat	360kg	HOWLETT, Wayne	11-Aug-13	300kg	FLORISSEN, Shannon	26-Aug-12
	Bench	230.5kg	FLORISSEN, Shannon	26-Aug-12			
	Deadlift	360kg	BURROWS, Cory	14-Aug-16	345kg	NAY, Paul	14-Mar-15
	Total	892.5kg	BURROWS, Cory	14-Aug-16	860kg	FLORISSEN, Shannon	26-Aug-12
140kg	Squat	375kg	HOWLETT, Wayne				
	Bench	240kg	FLORISSEN, Shannon	16-Aug-15	235kg	HOWLETT, Wayne	
	Deadlift	352.5kg	FLORISSEN, Shannon	16-Aug-15	325kg	HOWLETT, Wayne	
	Total	937.5kg	FLORISSEN, Shannon	16-Aug-15	935kg	HOWLETT, Wayne	
SHW	Squat	340kg	OKUNEV, George	18-Aug-18	330kg	OKUNEV, George	08-Oct-17
	Bench	230kg	TULLO, Adrian	12-Apr-14	180kg	JONES, Mike	11-Aug-13
	Deadlift	375kg	HELLRIEGEL, Dylan	08-Oct-17	365kg	JONES, Mike	11-Aug-13
	Total	915kg	HELLRIEGEL, Dylan	08-Oct-17	900kg	TULLO, Adrian	12-Apr-14

Teenage Men (13-15)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	122.5kg	MARSHALL, Sam	14-May-16			
	Bench	92.5kg	MARSHALL, Sam	14-May-16			
	Deadlift	140kg	MARSHALL, Sam	14-May-16			
	Total	355kg	MARSHALL, Sam	14-May-16			
90kg	Squat	160kg	BARRINGTON-JACOBI, Mackenzie	12-Aug-17	125kg	MARSHALL, Sam	13-Aug-16
	Bench	95kg	MARSHALL, Sam	13-Aug-16			
	Deadlift	162.5kg	BARRINGTON-JACOBI, Mackenzie	12-Aug-17	146kg	MARSHALL, Sam	13-Aug-16
	Total	382.5kg	BARRINGTON-JACOBI, Mackenzie	12-Aug-17	365kg	MARSHALL, Sam	13-Aug-16
100kg	Squat	155kg	HEATH, Dane	29-Apr-18			
	Bench	100kg	HEATH, Dane	29-Apr-18			
	Deadlift	165kg	HEATH, Dane	29-Apr-18			
	Total	420kg	HEATH, Dane	29-Apr-18			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Teenage Men (16-17)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	191kg	CHARD, Daniel	01-Aug-14			
	Bench	107.5kg	CHARD, Daniel	01-Aug-14			
	Deadlift	220kg	CHARD, Daniel	01-Aug-14			
	Total	507.5kg	CHARD, Daniel	01-Aug-14			
82.5kg	Squat	212.5kg	BURROWS, Jesse	25-Aug-12			
	Bench	135.5kg	BURROWS, Jesse	25-Aug-12			
	Deadlift	252.5kg	BURROWS, Jesse	25-Aug-12			
	Total	597.5kg	BURROWS, Jesse	25-Aug-12			
90kg	Squat	215kg	HARRIS, Trent	10-Aug-13			
	Bench	140kg	HARRIS, Trent	10-Aug-13			
	Deadlift	230kg	HARRIS, Trent	10-Aug-13			
	Total	585kg	HARRIS, Trent	10-Aug-13			
100kg	Squat	190kg	GORDON, Dijon				
	Bench	125kg	GORDON, Dijon				
	Deadlift	195kg	GORDON, Dijon				
	Total	510kg	GORDON, Dijon				
110kg	Squat	260kg	McNALLY, Brodie	12-Aug-16	225kg	McNALLY, Brodie	29-May-16
	Bench	140kg	McNALLY, Brodie	12-Aug-16	132.5kg	McNALLY, Brodie	29-May-16
	Deadlift	260kg	McNALLY, Brodie	12-Aug-16	240kg	McNALLY, Brodie	29-May-16
	Total	642.5kg	McNALLY, Brodie	12-Aug-16	597.5kg	McNALLY, Brodie	29-May-16
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Teenage Men (18-19)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	202.5kg	BROWN, Lauchlan	30-Apr-17			
	Bench	122.5kg	BROWN, Lauchlan	30-Apr-17			
	Deadlift	205kg	BROWN, Lauchlan	30-Apr-17			
	Total	530kg	BROWN, Lauchlan	30-Apr-17			
75kg	Squat	210kg	CHARD, Daniel	21-Nov-14	191kg	CHARD, Daniel	02-Aug-14
	Bench	115kg	CHARD, Daniel	21-Nov-14	107.5kg	CHARD, Daniel	02-Aug-14
	Deadlift	232.5kg	CHARD, Daniel	21-Nov-14	220kg	CHARD, Daniel	02-Aug-14
	Total	557.5kg	CHARD, Daniel	21-Nov-14	507.5kg	CHARD, Daniel	02-Aug-14
82.5kg	Squat	240kg	SHAKESPEARE, Luke	25-May-14	160kg	EVANS, Thomas	12-Apr-14
	Bench	140kg	SHAKESPEARE, Luke	25-May-14	85kg	EVANS, Thomas	12-Apr-14
	Deadlift	260kg	SHAKESPEARE, Luke	25-May-14	200kg	EVANS, Thomas	12-Apr-14
	Total	640kg	SHAKESPEARE, Luke	25-May-14	445kg	EVANS, Thomas	12-Apr-14
90kg	Squat	300kg	BURROWS, Jesse	10-Aug-13			
	Bench	175kg	YUAN, Kevin	25-May-14	150kg	BURROWS, Jesse	10-Aug-13
	Deadlift	280kg	BURROWS, Jesse	10-Aug-13			
	Total	725kg	BURROWS, Jesse	10-Aug-13			
100kg	Squat	307.5kg	HARRIS, Trent	14-Jun-15	230kg	EARLE, Jarrod	01-Aug-14
	Bench	170kg	HARRIS, Trent	14-Jun-15	155kg	EARLE, Jarrod	01-Aug-14
	Deadlift	260kg	HARRIS, Trent	14-Jun-15	255kg	EARLE, Jarrod	01-Aug-14
	Total	737.5kg	HARRIS, Trent	14-Jun-15	640kg	EARLE, Jarrod	01-Aug-14
110kg	Squat	360kg	WALSH, Connor	06-Oct-18	350kg	WALSH, Connor	08-Oct-17
	Bench	200kg	BURROWS, Jesse	01-Aug-14	145kg	BUCHANEK, Jeremy	
	Deadlift	300kg	BURROWS, Jesse	01-Aug-14	257.5kg	BUCHANEK, Jeremy	
	Total	850kg	WALSH, Connor	06-Oct-18	835kg	WALSH, Connor	08-Oct-17
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat	150kg	OAKENFULL, Dylan	01-Aug-14			
	Bench	100kg	OAKENFULL, Dylan	01-Aug-14			
	Deadlift	170kg	OAKENFULL, Dylan	01-Aug-14			
	Total	420kg	OAKENFULL, Dylan	01-Aug-14			
SHW	Squat	155kg	OAKENFULL, Dylan	10-Aug-13			
	Bench	92.5kg	OAKENFULL, Dylan	10-Aug-13			
	Deadlift	190kg	OAKENFULL, Dylan	10-Aug-13			
	Total	427.5kg	OAKENFULL, Dylan	10-Aug-13			

Junior Men (20-23)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	112.5kg	FAULKNER, Ben	01-Aug-14			
	Bench	80kg	FAULKNER, Ben	01-Aug-14			
	Deadlift	130kg	FAULKNER, Ben	01-Aug-14			
	Total	322.5kg	FAULKNER, Ben	01-Aug-14			
60kg	Squat	155kg	ANSTEE, Reuben	01-Aug-14			
	Bench	105kg	ANSTEE, Reuben	01-Aug-14			
	Deadlift	190kg	ANSTEE, Reuben	01-Aug-14			
	Total	450kg	ANSTEE, Reuben	01-Aug-14			
67.5kg	Squat	215kg	BROWN, Lauchlan	18-Aug-18	197.5kg	BROWN, Lauchlan	28-Apr-18
	Bench	122kg	BROWN, Lauchlan	18-Aug-18	120kg	HO, Steven	25-Aug-12
	Deadlift	218kg	BROWN, Lauchlan	18-Aug-18	217.5kg	HO, Steven	25-Aug-12
	Total	555kg	BROWN, Lauchlan	18-Aug-18	522.5kg	BROWN, Lauchlan	28-Apr-18
75kg	Squat	260kg	ETTIA, Corey	02-Aug-14			
	Bench	150kg	MAGOULIAS, Yianni	14-Jun-15	145kg	PETKOVIC, Aleks	14-Mar-15
	Deadlift	300kg	MAGOULIAS, Yianni	14-Jun-15	260kg	ETTIA, Corey	02-Aug-14
	Total	700kg	MAGOULIAS, Yianni	14-Jun-15	650kg	ETTIA, Corey	02-Aug-14
82.5kg	Squat	246kg	BISSET, Jamie	15-Aug-15	235kg	BISSET, Jamie	09-May-15
	Bench	142.5kg	BISSET, Jamie	09-May-15	130kg	SMALL, Tyler	26-Apr-14
	Deadlift	267.5kg	DENNET, Andrew	09-May-15	242.5kg	ANTHONY, Ryan	01-Aug-14
	Total	621kg	BISSET, Jamie	15-Aug-15	612.5kg	BISSET, Jamie	09-May-15
90kg	Squat	266kg	THOMPSON, Shannan	20-May-17	265kg	SHAKESPEARE, Luke	01-Aug-14
	Bench	160kg	SHAKESPEARE, Luke	01-Aug-14	140kg	BIRD, Oliver	12-Apr-14
	Deadlift	290kg	THOMPSON, Shannan	20-May-17	280kg	SHAKESPEARE, Luke	01-Aug-14
	Total	710kg	THOMPSON, Shannan	20-May-17	705kg	SHAKESPEARE, Luke	01-Aug-14
100kg	Squat	277.5kg	MORRISSY, Tyson	09-May-15	275kg	MORRISSY, Tyson	01-Aug-14
	Bench	170kg	GRAY, Samuel	15-Aug-15	160kg	RILEY, Johnny	14-Jun-15
	Deadlift	310kg	MORRISSY, Tyson	09-May-15	300kg	MORRISSY, Tyson	01-Aug-14
	Total	737.5kg	MORRISSY, Tyson	09-May-15	732.5kg	MORRISSY, Tyson	01-Aug-14
110kg	Squat	317.5kg	MORRISSY, Tyson	16-Aug-15	297.5kg	EL ACHKAR, Firas	10-Aug-13
	Bench	190kg	MORRISSY, Tyson	16-Aug-15	160kg	MISSAGHI, Francis	31-May-15
	Deadlift	332.5kg	EL ACHKAR, Firas	10-Aug-13			
	Total	800kg	MORRISSY, Tyson	16-Aug-15	780kg	EL ACHKAR, Firas	10-Aug-13
125kg	Squat	315kg	ANDERSON, Miles	21-Nov-14	305kg	ANDERSON, Miles	01-Aug-14
	Bench	190kg	OAKENFULL, Jacob	03-Aug-14	150kg	HUNTER, Wayde	01-Aug-14
	Deadlift	305kg	ANDERSON, Miles	21-Nov-14	300kg	FISHER, Jake	01-Aug-14
	Total	750kg	OAKENFULL, Jacob	03-Aug-14	730kg	ANDERSON, Miles	01-Aug-14
140kg	Squat	285kg	WALLACE, Sam	14-Aug-16	242.5kg	DAVIS, Andy	03-Aug-14
	Bench	162.5kg	DAVIS, Andy	03-Aug-14			
	Deadlift	285kg	WALLACE, Sam	14-Aug-16	255kg	DAVIS, Andy	03-Aug-14
	Total	730kg	WALLACE, Sam	14-Aug-16	660kg	DAVIS, Andy	03-Aug-14
SHW	Squat	310kg	HELLRIEGEL, Dylan	08-Oct-17	275kg	MAYNE, Luke	01-Aug-14
	Bench	230kg	HELLRIEGEL, Dylan	08-Oct-17	157.5kg	BERTUNA, Joshua	10-May-14
	Deadlift	375kg	HELLRIEGEL, Dylan	08-Oct-17	275kg	MAYNE, Luke	01-Aug-14
	Total	915kg	HELLRIEGEL, Dylan	08-Oct-17	687.5kg	BERTUNA, Joshua	10-May-14

Senior Men (24-32)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat	200kg	BRIGHT, William	14-Mar-15	180kg	BRIGHT, William	21-Nov-14
	Bench	140kg	BRIGHT, William	14-Mar-15	135kg	BRIGHT, William	21-Nov-14
	Deadlift	170kg	BRIGHT, William	21-Nov-14			
	Total	510kg	BRIGHT, William	14-Mar-15	485kg	BRIGHT, William	21-Nov-14
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	180kg	CANHAO, Alex	29-Apr-18			
	Bench	100kg	CANHAO, Alex	29-Apr-18			
	Deadlift	212.5kg	CANHAO, Alex	29-Apr-18			
	Total	492.5kg	CANHAO, Alex	29-Apr-18			
67.5kg	Squat	195kg	CANHAO, Alex	30-Apr-17	165kg	WINTER, Daniel	14-Aug-16
	Bench	112.5kg	CHAMBERS, Scott	15-Aug-15	110kg	VERVAART, Troy	12-Apr-14
	Deadlift	203kg	CANHAO, Alex	30-Apr-17	202.5kg	CHAMBERS, Scott	15-Aug-15
	Total	500kg	CANHAO, Alex	30-Apr-17	470kg	VERVAART, Troy	12-Apr-14
75kg	Squat	230kg	CHRISTENSEN, Jamie	22-May-16	180kg	WATT, Michael	26-Apr-14
	Bench	157.5kg	CHRISTENSEN, Jamie	14-Aug-16	150kg	CHRISTENSEN, Jamie	22-May-16
	Deadlift	270kg	HO, Jarod	21-May-17	255kg	CHRISTENSEN, Jamie	14-Aug-16
	Total	642.5kg	CHRISTENSEN, Jamie	14-Aug-16	630kg	CHRISTENSEN, Jamie	22-May-16
82.5kg	Squat	260kg	LIEBE-NOLAN, Gary	29-May-16	245kg	VISONA, Aaron	14-Mar-15
	Bench	170kg	VISONA, Aaron	14-Mar-15	162.5kg	PARMITER, David	26-Aug-12
	Deadlift	300kg	LIEBE-NOLAN, Gary	29-May-16	290kg	PARMITER, David	26-Aug-12
	Total	725kg	LIEBE-NOLAN, Gary	29-May-16	695kg	VISONA, Aaron	14-Mar-15
90kg	Squat	275kg	PARMITER, David	21-Nov-14	250kg	RITCHIE, Jack	15-Dec-13
	Bench	195kg	PARMITER, David	21-Nov-14	145kg	RITCHIE, Jack	15-Dec-13
	Deadlift	335kg	PARMITER, David	21-Nov-14	280kg	RITCHIE, Jack	15-Dec-13
	Total	805kg	PARMITER, David	21-Nov-14	675kg	RITCHIE, Jack	15-Dec-13
100kg	Squat	320kg	LOWE, Alex	15-Dec-13			
	Bench	217.5kg	LOWE, Alex	15-Dec-13			
	Deadlift	320kg	LOWE, Alex	15-Dec-13			
	Total	857.5kg	LOWE, Alex	15-Dec-13			
110kg	Squat	322.5kg	WILSON, Jeremy	03-Jun-17	320kg	LEE, Mitchell	03-Aug-14
	Bench	205kg	WILSON, Jeremy	03-Jun-17	202.5kg	LEE, Mitchell	03-Aug-14
	Deadlift	335.5kg	REECE, Jarryd	18-Aug-18	327.5kg	BURROWS, Cory	14-Mar-15
	Total	832.5kg	WILSON, Jeremy	03-Jun-17	822.5kg	LEE, Mitchell	03-Aug-14
125kg	Squat	342.5kg	BURROWS, Cory	14-Aug-16	285kg	BRENNAN, Jacob	14-May-16
	Bench	195kg	MISSAGHI, Francis	14-Aug-16	160kg	BOURNE, Joshua	03-Aug-14
	Deadlift	360kg	BURROWS, Cory	14-Aug-16	285kg	BRENNAN, Jacob	14-May-16
	Total	892.5kg	BURROWS, Cory	14-Aug-16	725kg	BRENNAN, Jacob	14-May-16
140kg	Squat	305kg	GALUVAO, Conrad	22-May-16	285kg	TOOMER, David	03-Aug-14
	Bench	205kg	TOOMER, David	03-Aug-14			
	Deadlift	312.5kg	TAUFA, David	30-Apr-17	305kg	TOOMER, David	03-Aug-14
	Total	795kg	TOOMER, David	03-Aug-14			
SHW	Squat	326kg	RUMASEI, Adrian	13-Aug-17	310kg	RUMASEI, Adrian	14-Aug-16
	Bench	220kg	LOLOHEA, Boss (Kit)	13-Aug-17	202.5kg	LOLOHEA, Boss (Kit)	14-Aug-16
	Deadlift	310kg	TAUFA, David	13-Aug-17	301kg	RUMASEI, Adrian	14-Aug-16
	Total	825kg	LOLOHEA, Boss (Kit)	13-Aug-17	805kg	WILDE, Phil	14-Jun-15

Sub Masters Men (33-39)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	160kg	TAYLOR, Shaun	29-Apr-18			
	Bench	95kg	TAYLOR, Shaun	29-Apr-18			
	Deadlift	202.5kg	TAYLOR, Shaun	29-Apr-18			
	Total	457.5kg	TAYLOR, Shaun	29-Apr-18			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	225kg	HARRIS, Clifford	14-Aug-16	160kg	GINN, Ken	15-Dec-13
	Bench	150kg	HARRIS, Clifford	14-Aug-16	105kg	GINN, Ken	15-Dec-13
	Deadlift	220kg	GINN, Ken	15-Dec-13			
	Total	585kg	HARRIS, Clifford	14-Aug-16	485kg	GINN, Ken	15-Dec-13
82.5kg	Squat	295kg	HULEMAH, Ahmed	06-Oct-18	220kg	HULEMAH, Ahmed	08-Oct-17
	Bench	165kg	SAMUELS, Braddon	06-Oct-18	145kg	TRENTIN, Michael	13-Aug-16
	Deadlift	295kg	HULEMAH, Ahmed	06-Oct-18	285kg	HULEMAH, Ahmed	08-Oct-17
	Total	737.5kg	HULEMAH, Ahmed	06-Oct-18	637.5kg	HULEMAH, Ahmed	08-Oct-17
90kg	Squat	260kg	JACOBSON, Shannon	14-Mar-15	250kg	NEWMAN, Neil	03-Aug-14
	Bench	200kg	LAM, Jeff	15-Aug-15	190kg	JACOBSON, Shannon	14-Mar-15
	Deadlift	282.5kg	CARROLL, Dean	22-May-16	280kg	JACOBSON, Shannon	14-Mar-15
	Total	740kg	LAM, Jeff	15-Aug-15	730kg	JACOBSON, Shannon	14-Mar-15
100kg	Squat	280kg	JACOBSON, Shannon	03-Aug-14	240kg	DRAKE, Brent	27-Apr-14
	Bench	180kg	JACOBSON, Shannon	03-Aug-14	155kg	DRAKE, Brent	27-Apr-14
	Deadlift	290kg	NEWWAN, Neil	09-May-15	280kg	JACOBSON, Shannon	03-Aug-14
	Total	740kg	JACOBSON, Shannon	03-Aug-14	660kg	DRAKE, Brent	27-Apr-14
110kg	Squat	310kg	JONES, Nathan	03-Aug-14	200kg	SAMUPO-TAGAMOTU, D	26-Apr-14
	Bench	227.5kg	LLOYD, KEVIN	08-Oct-17	200kg	BURTON, Ed	30-Apr-17
	Deadlift	315kg	JONES, Nathan	03-Aug-14	260kg	SAMUPO-TAGAMOTU, D	26-Apr-14
	Total	795kg	JONES, Nathan	03-Aug-14	620kg	SAMUPO-TAGAMOTU, D	26-Apr-14
125kg	Squat	300kg	FLORISSEN, Shannon	26-Aug-12			
	Bench	230kg	FLORISSEN, Shannon	26-Aug-12			
	Deadlift	342.5kg	FLORISSEN, Shannon	26-Aug-12			
	Total	860kg	FLORISSEN, Shannon	26-Aug-12			
140kg	Squat	345kg	FLORISSEN, Shannon	16-Aug-15			
	Bench	240kg	FLORISSEN, Shannon	16-Aug-15			
	Deadlift	352.5kg	FLORISSEN, Shannon	16-Aug-15			
	Total	937.5kg	FLORISSEN, Shannon	16-Aug-15			
SHW	Squat	340kg	OKUNEV, George	18-Aug-18	330kg	OKUNEV, George	08-Oct-17
	Bench	230kg	OKUNEV, George	18-Aug-18	220kg	OKUNEV, George	08-Oct-17
	Deadlift	355kg	JONES, Mike	14-Mar-15	75kg	JONES, Mike	03-Aug-14
	Total	880kg	JONES, Mike	14-Mar-15	565kg	JONES, Mike	03-Aug-14

Masters Men (40-44)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	155kg	DULLONA, Francisco	19-Apr-15			
	Bench	102.5kg	DULLONA, Francisco	19-Apr-15			
	Deadlift	185kg	DULLONA, Francisco	19-Apr-15			
	Total	442.5kg	DULLONA, Francisco	19-Apr-15			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	235KG	RYAN, Heath	09-Nov-18	230KG	RYAN, Heath	29-Apr-18
	Bench	155kg	RYAN, Heath	09-Nov-18	145kg	RYAN, Heath	29-Apr-18
	Deadlift	250kg	RYAN, Heath	09-Nov-18	245kg	RYAN, Heath	29-Apr-18
	Total	640kg	RYAN, Heath	09-Nov-18	620kg	RYAN, Heath	29-Apr-18
82.5kg	Squat	220kg	WINCHESTER, Grant	28-Oct-18	202.5kg	RYAN, Heath	22-May-16
	Bench	200kg	GALATI, Angelo	02-Dec-12			
	Deadlift	252.5kg	WINCHESTER, Grant	28-Oct-18	227.5kg	RYAN, Heath	22-May-16
	Total	622.5kg	WINCHESTER, Grant	28-Oct-18	620kg	GALATI, Angelo	02-Dec-12
90kg	Squat	232.5kg	DEBONO, Joe	02-Aug-14	195kg	DEAN, Colin	25-May-14
	Bench	131kg	JAMES, Paul	14-Aug-16	127.5kg	DEBONO, Joe	02-Aug-14
	Deadlift	288kg	DEBONO, Joe	02-Aug-14	237.5kg	DEAN, Colin	25-May-14
	Total	648kg	DEBONO, Joe	02-Aug-14	550kg	DEAN, Colin	25-May-14
100kg	Squat	260kg	CARROLL, Dean	30-Apr-17	220kg	RAHBAN, Feyde	29-May-16
	Bench	155kg	CARROLL, Dean	30-Apr-17	127.5kg	JOHNSON, Cam	09-May-15
	Deadlift	300kg	CARROLL, Dean	30-Apr-17	270kg	RAHBAN, Feyde	29-May-16
	Total	715kg	CARROLL, Dean	30-Apr-17	610kg	RAHBAN, Feyde	29-May-16
110kg	Squat	260kg	WEATHERALL, Peter	29-Sep-12			
	Bench	190kg	HAMPTON, Paul	16-Aug-15	187.5kg	HAMPTON, Paul	06-Jun-15
	Deadlift	276kg	HAMPTON, Paul	06-Jun-15	265kg	HAMPTON, Paul	15-Mar-15
	Total	708.5kg	HAMPTON, Paul	06-Jun-15	691kg	HAMPTON, Paul	15-Mar-15
125kg	Squat	265kg	BEECHAM, Tony	29-May-16	240kg	BEECHAM, Tony	31-May-15
	Bench	182.5kg	ALAND, Marcus	28-Oct-18	155kg	BEECHAM, Tony	29-May-16
	Deadlift	305kg	ALAND, Marcus	28-Oct-18	290kg	BEECHAM, Tony	29-May-16
	Total	752.5kg	ALAND, Marcus	28-Oct-18	710kg	BEECHAM, Tony	29-May-16
140kg	Squat	350kg	WRIGHT, Dan	05-May-12			
	Bench	195kg	WRIGHT, Dan	05-May-12			
	Deadlift	335kg	WRIGHT, Dan	05-May-12			
	Total	880kg	WRIGHT, Dan	05-May-12			
SHW	Squat	360kg	WRIGHT, Dan	26-Aug-12			
	Bench	230kg	TULLO, Adrian				
	Deadlift	340kg	TULLO, Adrian				
	Total	910kg	TULLO, Adrian				

Masters Men (45-49)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	205kg	ROCK, Shane	18-Aug-18	195kg	ROCK, Shane	29-Apr-18
	Bench	135kg	ROCK, Shane	18-Aug-18	130kg	ROCK, Shane	29-Apr-18
	Deadlift	242.5kg	ROCK, Shane	18-Aug-18	235kg	ROCK, Shane	29-Apr-18
	Total	582.5kg	ROCK, Shane	18-Aug-18	560kg	ROCK, Shane	29-Apr-18
75kg	Squat	210kg	GALATI, Ange	11-Aug-13	170kg	RETALLACK, Jack	09-Jun-13
	Bench	200kg	GALATI, Ange	11-Aug-13	120kg	RETALLACK, Jack	09-Jun-13
	Deadlift	232.5kg	RAMSAY, Stephen	02-Aug-14	220kg	GALATI, Ange	11-Aug-13
	Total	630kg	GALATI, Ange	11-Aug-13	495kg	RETALLACK, Jack	09-Jun-13
82.5kg	Squat	200kg	GALATI, Ange	08-Dec-13			
	Bench	200kg	GALATI, Ange	08-Dec-13			
	Deadlift	220kg	GALATI, Ange	08-Dec-13			
	Total	620kg	GALATI, Ange	08-Dec-13			
90kg	Squat	251kg	JARROTT, Brian	02-Aug-14	215kg	JARROTT, Brian	27-Apr-14
	Bench	130kg	JARROTT, Brian	02-Aug-14	125kg	JARROTT, Brian	27-Apr-14
	Deadlift	240kg	JARROTT, Brian	02-Aug-14	235kg	JARROTT, Brian	27-Apr-14
	Total	621kg	JARROTT, Brian	02-Aug-14	575kg	JARROTT, Brian	27-Apr-14
100kg	Squat	250kg	JARROTT, Brian	14-Mar-15	140kg	ANDREWS, Chris	02-Aug-14
	Bench	175kg	ANDREWS, Chris	02-Aug-14			
	Deadlift	300kg	BIGGS, John	19-May-18	240kg	JARROTT, Brian	14-Mar-15
	Total	677.5kg	BIGGS, John	19-May-18	637.5kg	JARROTT, Brian	14-Mar-15
110kg	Squat	252.5kg	WEATHERALL, Peter	16-Aug-15	251kg	WEATHERALL, Peter	02-Aug-14
	Bench	181kg	WEATHERALL, Peter	15-Mar-15	180kg	WEATHERALL, Peter	21-Nov-14
	Deadlift	335kg	NAY, Paul	16-Aug-15	260kg	NICHOLAS, Michael	02-Dec-12
	Total	681kg	WEATHERALL, Peter	15-Mar-15	675kg	WEATHERALL, Peter	21-Nov-14
125kg	Squat	325kg	NAY, Paul	21-Nov-14	300kg	NAY, Paul	02-Aug-14
	Bench	180kg	NAY, Paul	02-Aug-14	170kg	NICHOLAS, Michael	10-Jun-12
	Deadlift	345kg	NAY, Paul	15-Mar-15	335kg	NAY, Paul	21-Nov-14
	Total	840kg	NAY, Paul	21-Nov-14	800kg	NAY, Paul	02-Aug-14
140kg	Squat	320kg	WRIGHT, Dan	21-Nov-14	245kg	NICHOLAS, Michael	31-Mar-12
	Bench	180kg	WRIGHT, Dan	21-Nov-14	170kg	NICHOLAS, Michael	31-Mar-12
	Deadlift	310kg	ROBERTSON, Blane	18-Aug-18	300kg	WRIGHT, Dan	21-Nov-14
	Total	805kg	ROBERTSON, Blane	18-Aug-18	800kg	WRIGHT, Dan	21-Nov-14
SHW	Squat	315kg	PILIPOVIC, Damir	21-Nov-14	215kg	RUSTERHOLZ, Marco	31-Mar-12
	Bench	220kg	RUSTERHOLZ, Marco	31-Mar-12			
	Deadlift	300kg	PILIPOVIC, Damir	21-Nov-14	215kg	RUSTERHOLZ, Marco	31-Mar-12
	Total	750kg	PILIPOVIC, Damir	21-Nov-14	650kg	RUSTERHOLZ, Marco	31-Mar-12

Masters Men (50-54)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	170kg	RAMSAY, Stephen	06-Oct-18	160kg	JOLLY, Geoff	27-May-18
	Bench	145kg	JOLLY, Geoff	27-May-18			
	Deadlift	225kg	RAMSAY, Stephen	06-Oct-18	200kg	JOLLY, Geoff	27-May-18
	Total	505kg	JOLLY, Geoff	27-May-18			
82.5kg	Squat	180kg	NICHOLSON, Matthew	14-May-16			
	Bench	125kg	NICHOLSON, Matthew	14-May-16			
	Deadlift	225kg	NICHOLSON, Matthew	14-May-16			
	Total	530kg	NICHOLSON, Matthew	14-May-16			
90kg	Squat	200kg	JONES, Eddie	28-Oct-18			
	Bench	135kg	JONES, Eddie	28-Oct-18			
	Deadlift	200kg	JONES, Eddie	28-Oct-18			
	Total	535kg	JONES, Eddie	28-Oct-18			
100kg	Squat	210kg	STRINGER, Shane	15-Aug-15	205kg	RINGIN, Brad	31-May-15
	Bench	155kg	STRINGER, Shane	15-Aug-15	115kg	RINGIN, Brad	31-May-15
	Deadlift	240kg	RINGIN, Brad	31-May-15			
	Total	585kg	STRINGER, Shane	15-Aug-15	550kg	RINGIN, Brad	31-May-15
110kg	Squat	307.5kg	DAY, Henry	21-Nov-14	303kg	DAY, Henry	02-Aug-14
	Bench	185kg	DAY, Henry	21-Nov-14	183kg	DAY, Henry	02-Aug-14
	Deadlift	260kg	BROWN, Steve	10-May-14			
	Total	737.5kg	DAY, Henry	21-Nov-14	713kg	DAY, Henry	02-Aug-14
125kg	Squat	235kg	JONES, Gary	27-May-18	220kg	JONES, Gary	25-Apr-18
	Bench	180kg	JONES, Gary	25-Apr-18			
	Deadlift	245kg	JONES, Gary	27-May-18	230kg	JONES, Gary	25-Apr-18
	Total	657.5kg	JONES, Gary	27-May-18	630kg	JONES, Gary	25-Apr-18
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (55-59)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	210kg	NICHOLSON, Matthew	25-Apr-18			
	Bench	140kg	NICHOLSON, Matthew	25-Apr-18			
	Deadlift	245.5kg	NICHOLSON, Matthew	25-Apr-18			
	Total	590kg	NICHOLSON, Matthew	25-Apr-18			
90kg	Squat	145kg	SMITH, Greg	14-May-16			
	Bench	92.5kg	SMITH, Greg	20-May-17	90kg	SMITH, Greg	14-May-16
	Deadlift	225kg	SMITH, Greg	14-May-16			
	Total	460kg	SMITH, Greg	14-May-16			
100kg	Squat	240kg	SIMONETTA, Vince	18-Aug-18	225kg	SIMONETTA, Vince	27-May-18
	Bench	120kg	GREGORY, Garnet	08-Oct-17	105kg	CONWAY, Kevin	21-May-17
	Deadlift	275kg	SIMONETTA, Vince	27-May-18	250kg	CONWAY, Kevin	21-May-17
	Total	597.5kg	SIMONETTA, Vince	27-May-18	515kg	GREGORY, Garnet	08-Oct-17
110kg	Squat	265kg	ZOLLO, Joe	14-May-16	260kg	ZOLLO, Joe	16-Aug-15
	Bench	127.5kg	ZOLLO, Joe	14-May-16	123kg	ZOLLO, Joe	16-Aug-15
	Deadlift	262.5kg	CONWAY, Kevin	18-Aug-18	260kg	ZOLLO, Joe	14-May-16
	Total	652.5kg	ZOLLO, Joe	14-May-16	630kg	ZOLLO, Joe	14-Mar-15
125kg	Squat	255kg	TITUS, Terrance	02-Aug-14			
	Bench	175kg	TITUS, Terrance	02-Aug-14			
	Deadlift	310kg	TITUS, Terrance	02-Aug-14			
	Total	740kg	TITUS, Terrance	02-Aug-14			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (60-64)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	176kg	AMBROSE, Jim	14-Mar-15	175kg	AMBROSE, Jim	02-Aug-14
	Bench	127.5kg	AMBROSE, Jim	11-Aug-13			
	Deadlift	225kg	AMBROSE, Jim	14-Mar-15	222.5kg	AMBROSE, Jim	02-Aug-14
	Total	526kg	AMBROSE, Jim	14-Mar-15	522.5kg	AMBROSE, Jim	02-Aug-14
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	180kg	BASKERVILLE, Peter	13-Aug-17	165kg	BASKERVILLE, Peter	14-Aug-16
	Bench	80kg	BASKERVILLE, Peter	13-Aug-17	75kg	BASKERVILLE, Peter	14-Aug-16
	Deadlift	205kg	BASKERVILLE, Peter	13-Aug-17	200kg	BASKERVILLE, Peter	14-Aug-16
	Total	465kg	BASKERVILLE, Peter	13-Aug-17	440kg	BASKERVILLE, Peter	14-Aug-16
100kg	Squat	205kg	BASKERVILLE, Peter	18-Aug-18	200kg	BASKERVILLE, Peter	29-Apr-18
	Bench	90kg	BASKERVILLE, Peter	18-Aug-18	85kg	BASKERVILLE, Peter	29-Apr-18
	Deadlift	225kg	BASKERVILLE, Peter	18-Aug-18	215kg	BASKERVILLE, Peter	29-Apr-18
	Total	512.5kg	BASKERVILLE, Peter	18-Aug-18	500kg	BASKERVILLE, Peter	29-Apr-18
110kg	Squat	220kg	TODD, Allan	22-May-16			
	Bench	130kg	TODD, Allan	22-May-16			
	Deadlift	263kg	CONWAY, Kevin	09-Nov-18	240kg	TODD, Allan	22-May-16
	Total	585kg	TODD, Allan	22-May-16			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (65-69)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	160kg	AMBROSE, Jim	12-Aug-16			
	Bench	120kg	AMBROSE, Jim	12-Aug-16			
	Deadlift	220kg	AMBROSE, Jim	12-Aug-16			
	Total	500kg	AMBROSE, Jim	12-Aug-16			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	130kg	BIRCH, Ron	02-Aug-14			
	Bench	100kg	BIRCH, Ron	02-Aug-14			
	Deadlift	185kg	BIRCH, Ron	02-Aug-14			
	Total	415kg	BIRCH, Ron	02-Aug-14			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (70-74)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (75-79)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	155kg	BORG, Reno	21-Nov-14			
	Bench	112.5kg	BORG, Reno	21-Nov-14			
	Deadlift	190kg	BORG, Reno	21-Nov-14			
	Total	455kg	BORG, Reno	21-Nov-14			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (80-84)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (85-89)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						