

## Open Men

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	135kg	LOY, Sky	18-May-24	125kg	LITTLE, Johnathan	18-Nov-23
	Bench	100kg	QUADROS, Ashley	22-Jan-23	80kg	FAULKNER, Ben	01-Aug-14
	Deadlift	210kg	QUADROS, Ashley	22-Jan-23	130kg	FAULKNER, Ben	01-Aug-14
	Total	430kg	QUADROS, Ashley	22-Jan-23	322.5kg	FAULKNER, Ben	01-Aug-14
60kg	Squat	191kg	NGUYEN, Quyen	03-Aug-24	190kg	NGUYEN, Quyen	13-Apr-24
	Bench	105kg	ANSTEE, Reuben	01-Aug-14			
	Deadlift	215kg	MILLAR, Corey	20-May-23	212.5kg	CANHAO, Alex	29-Apr-18
	Total	492.5kg	CANHAO, Alex	29-Apr-18	450kg	ANSTEE, Reuben	01-Aug-14
67.5kg	Squat	220kg	ELPITIYA BADALGE, Vidu	03-Aug-24	217.5kg	SGRO, Julian	18-May-24
	Bench	135kg	ROCK, Shane	18-Aug-18	130kg	ROCK, Shane	29-Apr-18
	Deadlift	280kg	SGRO, Julian	18-May-24	255kg	HEJDUK, Robert	20-Apr-24
	Total	632.5kg	SGRO, Julian	18-May-24	582.5kg	ROCK, Shane	18-Aug-18
75kg	Squat	262.5kg	SECCOMBE, Zach	15-Sep-24	260kg	ETTIA, Corey	02-Aug-14
	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	340kg	MORRISON, Patrick	21-May-23	295kg	HULEMAH, Ahmed	06-Oct-18
	Bench	200kg	GALATI, Ange	29-Nov-12	162.5kg	PARMITER, David	26-Aug-12
	Deadlift	342.5kg	MORRISON, Patrick	21-May-23	325kg	McGRATH, Tommy-Lee	17-Oct-20
	Total	845kg	MORRISON, Patrick	21-May-23	755kg	McGRATH, Tommy-Lee	17-Oct-20
90kg	Squat	350kg	MORRISON, Patrick	28-Mar-21	305kg	NAZIRUL, Muhammad	11-May-19
	Bench	201kg	SPITERI, Jacob	25-Apr-19	200kg	LAM, Jeff	15-Aug-15
	Deadlift	355kg	SUTEERAWANIT, Darwin	20-May-23	340kg	MORRISON, Patrick	28-Mar-21
	Total	855kg	MORRISON, Patrick	28-Mar-21	805kg	PARMITER, David	21-Nov-14
100kg	Squat	352.5kg	WALSH, Connor	22-Aug-21	320kg	LOWE, Alex	15-Dec-13
	Bench	217.5kg	LOWE, Alex	15-Dec-13			
	Deadlift	367.5kg	SUTEERAWANIT, Darwin	18-May-24	320kg	LOWE, Alex	15-Dec-13
	Total	887.5kg	SUTEERAWANIT, Darwin	18-May-24	857.5kg	LOWE, Alex	15-Dec-13
110kg	Squat	365kg	WALSH, Connor	20-May-23	360kg	WALSH, Connor	06-Oct-18
	Bench	227.5kg	LLOYD, KEVIN	08-Oct-17	205kg	WILSON, Jeremy	03-Jun-17
	Deadlift	367.5kg	SAGOR, Rait	20-May-23	340kg	BRENNAN, Luke	14-May-23
	Total	927.5kg	SAGOR, Rait	20-May-23	850kg	WALSH, Connor	06-Oct-18
125kg	Squat	400kg	WALSH, Connor	18-May-24	362.5kg	WILSON, Jeremy	29-Oct-22
	Bench	235kg	PHILLIPS, Zac	13-Apr-24	230.5kg	FLORISSEN, Shannon	26-Aug-12
	Deadlift	370kg	MURPHY, Sam	22-May-21	362.5kg	MURPHY, Sam	29-Aug-20
	Total	927.5kg	MURPHY, Sam	15-Sep-24	905kg	PHILLIPS, Zac	13-Apr-24
140kg	Squat	375kg	HOWLETT, Wayne	29-Nov-12			
	Bench	240.5kg	POLI, Luke	18-Jun-23	240kg	FLORISSEN, Shannon	16-Aug-15
	Deadlift	375kg	KEENE, Rhyss	18-Jun-23	352.5kg	FLORISSEN, Shannon	16-Aug-15
	Total	950kg	KEENE, Rhyss	18-Jun-23	937.5kg	FLORISSEN, Shannon	16-Aug-15
SHW	Squat	420kg	ROBERTSON, Brandon	24-Oct-21	400kg	ROBERTSON, Brandon	28-Mar-21
	Bench	260kg	SAMATAUA, Vasa	05-Aug-23	230kg	TULLO, Adrian	12-Apr-14
	Deadlift	375kg	HELLRIEGEL, Dylan	08-Oct-17	365kg	JONES, Mike	11-Aug-13
	Total	965kg	SAMATAUA, Vasa	05-Aug-23	915kg	HELLRIEGEL, Dylan	08-Oct-17

## Sub Teen Men (10-12)

Unofficial WPC

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat	70kg	O'SHEA, Mitchell	13-Apr-24			
	Bench	37.5kg	O'SHEA, Mitchell	13-Apr-24			
	Deadlift	100kg	O'SHEA, Mitchell	13-Apr-24			
	Total	207.5kg	O'SHEA, Mitchell	13-Apr-24			
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	90kg	GARDE, Chayse	18-Jun-22			
	Bench	40kg	GARDE, Chayse	18-Jun-22			
	Deadlift	120kg	GARDE, Chayse	18-Jun-22			
	Total	245kg	GARDE, Chayse	18-Jun-22			
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						

## Teenage Men (13-15)

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat	100kg	LITTLE, Johnathan	18-Jun-22	85kg	RYAN, Mitchell	30-Nov-19
	Bench	50kg	LITTLE, Johnathan	18-Jun-22	35kg	RYAN, Mitchell	30-Nov-19
	Deadlift	112.5kg	GLEDHILL, Blake	01-Aug-24	110kg	RYAN, Mitchell	30-Nov-19
	Total	255kg	LITTLE, Johnathan	18-Jun-22	230kg	RYAN, Mitchell	30-Nov-19
56kg	Squat	125kg	LITTLE, Johnathan	18-Nov-23	95kg	ZIERNICKI, Kylan	11-Aug-23
	Bench	67.5kg	LITTLE, Johnathan	18-Nov-23	55kg	ZIERNICKI, Kylan	11-Aug-23
	Deadlift	140kg	LITTLE, Johnathan	18-Nov-23	127.5kg	ZIERNICKI, Kylan	11-Aug-23
	Total	332.5kg	LITTLE, Johnathan	18-Nov-23	277.5kg	ZIERNICKI, Kylan	11-Aug-23
60kg	Squat	147.5kg	HOVAGIMIAN, Hugo	01-Aug-24	135kg	HOVAGIMIAN, Hugo	20-Apr-24
	Bench	95kg	HOVAGIMIAN, Hugo	01-Aug-24	75kg	HOVAGIMIAN, Hugo	20-Apr-24
	Deadlift	187.5kg	HOVAGIMIAN, Hugo	16-Nov-24	185kg	HOVAGIMIAN, Hugo	01-Aug-24
	Total	427.5kg	HOVAGIMIAN, Hugo	01-Aug-24	390kg	HOVAGIMIAN, Hugo	20-Apr-24
67.5kg	Squat	130kg	BOROS, Daniel	10-Nov-19			
	Bench	70kg	DELANEY, Aiden	30-Mar-24	55kg	HOLDEN, Joshua	29-Aug-20
	Deadlift	165kg	DELANEY, Aiden	30-Mar-24	140kg	BOROS, Daniel	10-Nov-19
	Total	360kg	DELANEY, Aiden	30-Mar-24	322.5kg	BOROS, Daniel	10-Nov-19
75kg	Squat	170kg	BOROS, Daniel	22-Aug-21	167.5kg	BOROS, Daniel	22-May-21
	Bench	70kg	BOROS, Daniel	21-Mar-21			
	Deadlift	182.5kg	BOROS, Daniel	22-Aug-21	175kg	BOROS, Daniel	22-May-21
	Total	420kg	BOROS, Daniel	22-Aug-21	407.5kg	BOROS, Daniel	22-May-21
82.5kg	Squat	185kg	JORDAN, Luke	30-Apr-23	155kg	DOWLEY, Owen	17-Aug-19
	Bench	102.5kg	JORDAN, Luke	30-Apr-23	92.5kg	MARSHALL, Sam	14-May-16
	Deadlift	200kg	JORDAN, Luke	30-Apr-23	165kg	DOWLEY, Owen	09-Jun-19
	Total	487.5kg	JORDAN, Luke	30-Apr-23	400kg	DOWLEY, Owen	09-Jun-19
90kg	Squat	167.5kg	CRAWFORD, Cadel	30-Nov-19	160kg	BARRINGTON-JACOBI, Mackenzie	12-Aug-17
	Bench	96kg	DOWLEY, Owen	10-Nov-19	95kg	MARSHALL, Sam	13-Aug-16
	Deadlift	170kg	CRAWFORD, Cadel	30-Nov-19	162.5kg	BARRINGTON-JACOBI, Mackenzie	12-Aug-17
	Total	430kg	CRAWFORD, Cadel	30-Nov-19	382.5kg	BARRINGTON-JACOBI, Mackenzie	12-Aug-17
100kg	Squat	157.5kg	MURPHY, Kobi	01-Aug-24	155.5kg	MURPHY, Kobi	27-Aug-23
	Bench	100kg	HEATH, Dane	29-Apr-18			
	Deadlift	195.5kg	MURPHY, Kobi	01-Aug-24	182.5kg	MURPHY, Kobi	27-Aug-23
	Total	430kg	MURPHY, Kobi	01-Aug-24	420kg	HEATH, Dane	29-Apr-18
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat	220kg	SIPPLE, Alex	25-Feb-24			
	Bench	130kg	SIPPLE, Alex	01-Aug-24	120kg	SIPPLE, Alex	25-Feb-24
	Deadlift	205kg	SIPPLE, Alex	01-Aug-24	200kg	SIPPLE, Alex	25-Feb-24
	Total	540kg	SIPPLE, Alex	25-Feb-24			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

**Teenage Men (16-17)**

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	182.5kg	VONGPHACHANH, Danny	11-Aug-23	170kg	VONGPHACHANH, Danny	14-May-23
	Bench	100kg	VONGPHACHANH, Danny	14-May-23	75kg	NAUNG, Hain	18-Jun-22
	Deadlift	210kg	VONGPHACHANH, Danny	14-May-23	165kg	NAUNG, Hain	18-Jun-22
	Total	492.5kg	VONGPHACHANH, Danny	11-Aug-23	480kg	VONGPHACHANH, Danny	14-May-23
67.5kg	Squat	150kg	LENON, CALEB	10-Jun-23	140kg	ROSE, Liam	12-Nov-22
	Bench	107.5kg	LENON, CALEB	10-Jun-23	80kg	ROSE, Liam	12-Nov-22
	Deadlift	190kg	COURTNEY, Eli	11-Aug-23	162.5kg	LENON, CALEB	10-Jun-23
	Total	420kg	COURTNEY, Eli	11-Aug-23	417.5kg	LENON, CALEB	10-Jun-23
75kg	Squat	191kg	CHARD, Daniel	01-Aug-14			
	Bench	120kg	ADINA, Carlos	19-Aug-22	107.5kg	CHARD, Daniel	01-Aug-14
	Deadlift	230kg	ADINA, Carlos	19-Aug-22	225kg	LAM, Pho	17-Oct-20
	Total	535kg	ADINA, Carlos	19-Aug-22	507.5kg	CHARD, Daniel	01-Aug-14
82.5kg	Squat	212.5kg	BURROWS, Jesse	25-Aug-12			
	Bench	142.5kg	HORSFIELD, Tybias	11-Aug-23	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	260kg	GIUGNI, Luca	16-Mar-24	242.5kg	McAUSLIN, Zeke	11-Aug-23
	Total	585kg	HARRIS, Trent	10-Aug-13			
100kg	Squat	215kg	DOWLEY, Owen	19-Aug-22	205kg	PICCININ, Thomas	25-Apr-21
	Bench	130kg	PICCININ, Thomas	25-Apr-21	125kg	GORDON, Dijon	
	Deadlift	230kg	PICCININ, Thomas	25-Apr-21	215kg	HARTIGAN, Connor	17-Oct-20
	Total	560kg	DOWLEY, Owen	19-Aug-22	555kg	PICCININ, Thomas	25-Apr-21
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	210kg	SIPPLE, Alex	16-Nov-24			
	Bench	140kg	SIPPLE, Alex	16-Nov-24			
	Deadlift	180kg	SIPPLE, Alex	16-Nov-24			
	Total	530kg	SIPPLE, Alex	16-Nov-24			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat	100kg	BUBA, Zachary	22-Jan-23			
	Bench	107.5kg	BUBA, Zachary	22-Jan-23			
	Deadlift	160kg	BUBA, Zachary	22-Jan-23			
	Total	367.5kg	BUBA, Zachary	22-Jan-23			

## Teenage Men (18-19)

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	135kg	LOY, Sky	18-May-24	120kg	Quadros, Ashley	22-Jan-23
	Bench	100kg	QUADROS, Ashley	22-Jan-23			
	Deadlift	210kg	QUADROS, Ashley	22-Jan-23			
	Total	430kg	QUADROS, Ashley	22-Jan-23			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	202.5kg	BROWN, Lauchlan	30-Apr-17			
	Bench	122.5kg	BROWN, Lauchlan	30-Apr-17			
	Deadlift	255kg	HEJDUK, Robert	20-Apr-24	205kg	BROWN, Lauchlan	30-Apr-17
	Total	555kg	HEJDUK, Robert	20-Apr-24	530kg	BROWN, Lauchlan	30-Apr-17
75kg	Squat	227.5kg	ARCUS, Kristian	14-May-23	210kg	CHARD, Daniel	21-Nov-14
	Bench	132.5kg	ARCUS, Kristian	11-Aug-23	122.5kg	ARCUS, Kristian	14-May-23
	Deadlift	250kg	GIBSON, Louis	25-Apr-23	237.5kg	BENNETT, William	22-Aug-21
	Total	590kg	ARCUS, Kristian	11-Aug-23	585kg	ARCUS, Kristian	14-May-23
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	290kg	MADDERN, Finn	21-May-23	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	280kg	ELLIOTT, Ethan	18-May-24	260kg	HARRIS, Trent	14-Jun-15
	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	235kg	SPIRES, Reuben	29-Oct-22	225kg	NICHOLSON, Joshua T	28-May-22
	Bench	150kg	NICHOLSON, Joshua T	28-May-22			
	Deadlift	280kg	SPIRES, Reuben	29-Oct-22	270kg	NICHOLSON, Joshua T	28-May-22
	Total	645kg	NICHOLSON, Joshua T	28-May-22			
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)

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	123kg	GAMBRELL, Connor	09-Feb-25	122.5kg	CHIU, Alan	18-Feb-24
	Deadlift	240kg	CHIU, Alan	18-Feb-24	230kg	CROCKETT, Tristan	17-Oct-20
	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	300kg	EMERY, Reid	12-Aug-23	280kg	EMERY, Reid	20-Aug-22
	Bench	177.5kg	GENEVER, Joshua	20-Aug-22	170kg	EMERY, Reid	07-May-22
	Deadlift	295kg	EMERY, Reid	12-Aug-23	285kg	EMERY, Reid	20-Aug-22
	Total	770kg	EMERY, Reid	12-Aug-23	740kg	EMERY, Reid	20-Aug-22
90kg	Squat	280kg	PARR, Jakob	22-May-22	266kg	THOMPSON, Shannan	20-May-17
	Bench	160kg	SHAKESPEARE, Luke	01-Aug-14	140kg	BIRD, Oliver	12-Apr-14
	Deadlift	310kg	ADALA, Amose	19-May-24	296kg	ADALA, Amose	21-May-23
	Total	715kg	NEWMAN, Chris	09-Jun-19	710kg	THOMPSON, Shannan	20-May-17
100kg	Squat	352.5kg	WALSH, Connor	22-Aug-21	295kg	WALSH, Connor	22-May-21
	Bench	185kg	WALSH, Connor	22-Aug-21	170kg	GRAY, Samuel	15-Aug-15
	Deadlift	315kg	GIUBILATO, Matteo	18-May-24	310kg	MORRISSY, Tyson	09-May-15
	Total	812.5kg	WALSH, Connor	22-Aug-21	737.5kg	MORRISSY, Tyson	09-May-15
110kg	Squat	325kg	GIUBILATO, Matteo	03-Aug-24	317.5kg	MORRISSY, Tyson	16-Aug-15
	Bench	190kg	MORRISSY, Tyson	16-Aug-15	160kg	MISSAGHI, Francis	31-May-15
	Deadlift	332.5kg	EL ACHKAR, Firas	10-Aug-13			
	Total	820kg	GIUBILATO, Matteo	03-Aug-24	800kg	MORRISSY, Tyson	16-Aug-15
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	330kg	OPARAOCHA, Tochi	25-Apr-23	285kg	WALLACE, Sam	14-Aug-16
	Bench	180kg	OPARAOCHA, Tochi	25-Apr-23	162.5kg	DAVIS, Andy	03-Aug-14
	Deadlift	285kg	WALLACE, Sam	14-Aug-16	255kg	DAVIS, Andy	03-Aug-14
	Total	790kg	OPARAOCHA, Tochi	25-Apr-23	730kg	WALLACE, Sam	14-Aug-16
SHW	Squat	420kg	ROBERTSON, Brandon	24-Oct-21	400kg	ROBERTSON, Brandon	28-Mar-21
	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)

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	215kg	MILLAR, Corey	20-May-23	212.5kg	CANHAO, Alex	29-Apr-18
	Total	492.5kg	CANHAO, Alex	29-Apr-18			
67.5kg	Squat	217kg	WEYMARK, Jordan	10-Jun-23	216kg	KANDER, Tharen	22-Aug-21
	Bench	130kg	WEYMARK, Jordan	10-Jun-23	127.5kg	WEYMARK, Jordan	18-Jun-22
	Deadlift	243kg	KANDER, Tharen	22-Aug-21	235kg	KANDER, Tharen	22-May-21
	Total	575kg	WEYMARK, Jordan	10-Jun-23	572.5kg	KANDER, Tharen	22-Aug-21
75kg	Squat	262.5kg	SECCOMBE, Zach	15-Sep-24	252.5kg	JOHNSON, Anton	12-Aug-23
	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	302.5kg	GENEVER, Josh	18-May-24	260kg	LIEBE-NOLAN, Gary	29-May-16
	Bench	195kg	GENEVER, Josh	18-May-24	172.5kg	DOMNEY, Morgan	20-Aug-22
	Deadlift	325kg	McGRATH, Tommy-Lee	17-Oct-20	300kg	LIEBE-NOLAN, Gary	29-May-16
	Total	800kg	GENEVER, Josh	18-May-24	755kg	McGRATH, Tommy-Lee	17-Oct-20
90kg	Squat	350kg	MORRISON, Patrick	28-Mar-21	305kg	NAZIRUL, Muhammad	11-May-19
	Bench	201kg	SPITERI, Jacob	25-Apr-19	195kg	PARMITER, David	21-Nov-14
	Deadlift	355kg	SUTEERAWANIT, Darwin	20-May-23	340kg	MORRISON, Patrick	28-Mar-21
	Total	855kg	MORRISON, Patrick	28-Mar-21	805kg	PARMITER, David	21-Nov-14
100kg	Squat	342.5kg	FORREST, Kyle	19-May-24	330kg	SUTEERAWANIT, Darwin	18-May-24
	Bench	217.5kg	LOWE, Alex	15-Dec-13			
	Deadlift	367.5kg	SUTEERAWANIT, Darwin	18-May-24	320kg	LOWE, Alex	15-Dec-13
	Total	887.5kg	SUTEERAWANIT, Darwin	18-May-24	857.5kg	LOWE, Alex	15-Dec-13
110kg	Squat	365kg	WALSH, Connor	20-May-23	322.5kg	WILSON, Jeremy	03-Jun-17
	Bench	222.5kg	LOVE, Kyle	22-May-21	220kg	LOVE, Kyle	18-Aug-19
	Deadlift	340kg	BRENNAN, Luke	14-May-23	335.5kg	REECE, Jarryd	18-Aug-18
	Total	852.5kg	WALSH, Connor	20-May-23	832.5kg	WILSON, Jeremy	03-Jun-17
125kg	Squat	400kg	WALSH, Connor	18-May-24	362.5kg	WILSON, Jeremy	29-Oct-22
	Bench	225kg	WILSON, Jeremy	29-Oct-22	200kg	LANG, Benji	07-May-22
	Deadlift	360kg	BURROWS, Cory	14-Aug-16	285kg	BRENNAN, Jacob	14-May-16
	Total	900kg	WILSON, Jeremy	29-Oct-22	892.5kg	BURROWS, Cory	14-Aug-16
140kg	Squat	350kg	DJAKOVICH, Joseph	20-Jan-24	305kg	GALUVAO, Conrad	22-May-16
	Bench	210kg	LANG, Benji	03-Aug-14	205kg	TOOMER, David	03-Aug-14
	Deadlift	357.5kg	ROBERTSON, Brandon	19-May-24	340kg	WELCH, Jack	12-Aug-23
	Total	857.5kg	ROBERTSON, Brandon	19-May-24	835kg	DJAKOVICH, Joseph	20-Jan-24
SHW	Squat	370kg	ROBERTSON, Brandon	20-Oct-24	350kg	McKENZIE, Ashford	17-Oct-20
	Bench	220kg	LOLOHEA, Boss (Kit)	13-Aug-17	202.5kg	LOLOHEA, Boss (Kit)	14-Aug-16
	Deadlift	350kg	ROBERTSON, Brandon	20-Oct-24	345kg	McKENZIE, Ashford	07-May-22
	Total	880kg	McKENZIE, Ashford	17-Oct-20	825kg	LOLOHEA, Boss (Kit)	13-Aug-17

## Sub Masters Men (33-39)

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	190kg	NGUYEN, Quyen	13-Apr-24	187.5kg	NGUYEN, Quyen	22-Oct-23
	Bench	95kg	TAYLOR, Shaun	29-Apr-18			
	Deadlift	202.5kg	TAYLOR, Shaun	29-Apr-18			
	Total	460kg	NGUYEN, Quyen	13-Apr-24	457.5kg	TAYLOR, Shaun	29-Apr-18
67.5kg	Squat	217.5kg	SGRO, Julian	18-May-24	190kg	LOVELOCK, Jeffrey	20-Aug-22
	Bench	135kg	SGRO, Julian	18-May-24	112.5kg	MAY, Reuben	22-May-21
	Deadlift	280kg	SGRO, Julian	18-May-24	200kg	LOVELOCK, Jeffrey	20-Aug-22
	Total	632.5kg	SGRO, Julian	18-May-24	480kg	LOVELOCK, Jeffrey	20-Aug-22
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	260kg	WATT, Michael	07-May-22	230kg	TAY, Russell	29-Aug-20
	Total	612.5kg	WATT, Michael	07-May-22	585kg	HARRIS, Clifford	14-Aug-16
82.5kg	Squat	340kg	MORRISON, Patrick	21-May-23	295kg	HULEMAH, Ahmed	06-Oct-18
	Bench	166kg	BUDDEN, Jason	09-Jun-19	165kg	SAMUELS, Braddon	06-Oct-18
	Deadlift	342.5kg	MORRISON, Patrick	21-May-23	305kg	HULEMAH, Ahmed	29-Aug-20
	Total	845kg	MORRISON, Patrick	21-May-23	740kg	HULEMAH, Ahmed	29-Aug-20
90kg	Squat	285kg	WILLIAMS, Daniel	12-Aug-23	262.5kg	WALKER, Scott	14-May-23
	Bench	200kg	LAM, Jeff	15-Aug-15	190kg	JACOBSON, Shannon	14-Mar-15
	Deadlift	305kg	WALKER, Scott	14-May-23	282.5kg	CARROLL, Dean	22-May-16
	Total	740kg	LAM, Jeff	15-Aug-15	730kg	JACOBSON, Shannon	14-Mar-15
100kg	Squat	330kg	MORRISON, Patrick	19-May-24	307.5kg	BROWN, Josh	20-Aug-22
	Bench	207.5kg	SPITERI, Jacob	20-Aug-22	190kg	TYLER, Jay	11-May-19
	Deadlift	340kg	MORRISON, Patrick	19-May-24	310kg	McCARTAN, Gary	09-Jun-19
	Total	835kg	MORRISON, Patrick	19-May-24	800kg	BROWN, Josh	20-Aug-22
110kg	Squat	360kg	SAGOR, Rait	20-May-23	310kg	JONES, Nathan	03-Aug-14
	Bench	227.5kg	LLOYD, KEVIN	08-Oct-17	200kg	BURTON, Ed	30-Apr-17
	Deadlift	367.5kg	SAGOR, Rait	20-May-23	325kg	McCARTAN, Gary	22-Aug-21
	Total	927.5kg	SAGOR, Rait	20-May-23	802.5kg	SUMNER, Darcey	26-Jun-21
125kg	Squat	342.5kg	MURPHY, Sam	22-May-22	330kg	MURPHY, Sam	22-May-21
	Bench	235kg	PHILLIPS, Zac	13-Apr-24	230kg	FLORISSEN, Shannon	26-Aug-12
	Deadlift	370kg	MURPHY, Sam	22-May-21	362.5kg	MURPHY, Sam	29-Aug-20
	Total	905kg	PHILLIPS, Zac	13-Apr-24	900kg	MURPHY, Sam	22-May-22
140kg	Squat	360kg	KEENE, Rhyss	18-Jun-23	345kg	FLORISSEN, Shannon	16-Aug-15
	Bench	240kg	FLORISSEN, Shannon	16-Aug-15			
	Deadlift	375kg	KEENE, Rhyss	18-Jun-23	352.5kg	FLORISSEN, Shannon	16-Aug-15
	Total	950kg	KEENE, Rhyss	18-Jun-23	937.5kg	FLORISSEN, Shannon	16-Aug-15
SHW	Squat	385kg	SAMATAUA, Vasa	05-Aug-23	340kg	OKUNEV, George	18-Aug-18
	Bench	260kg	SAMATAUA, Vasa	05-Aug-23	230kg	OKUNEV, George	18-Aug-18
	Deadlift	355kg	JONES, Mike	14-Mar-15	75kg	JONES, Mike	03-Aug-14
	Total	965kg	SAMATAUA, Vasa	05-Aug-23	880kg	JONES, Mike	14-Mar-15



**Masters Men (40-44)**

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	191kg	NGUYEN, Quyen	03-Aug-24	155kg	DULLONA, Francisco	19-Apr-15
	Bench	102.5kg	DULLONA, Francisco	19-Apr-15			
	Deadlift	185kg	DULLONA, Francisco	19-Apr-15			
	Total	447.5kg	NGUYEN, Quyen	03-Aug-24	442.5kg	DULLONA, Francisco	19-Apr-15
67.5kg	Squat	220kg	ELPITIYA BADALGE, Vidu	03-Aug-24	200kg	ELPITIYA BADALGE, Vidu	30-Apr-23
	Bench	105kg	ELPITIYA BADALGE, Vidu	22-May-21			
	Deadlift	260kg	ELPITIYA BADALGE, Vidu	03-Aug-24	235kg	ELPITIYA BADALGE, Vidu	30-Apr-23
	Total	582.5kg	ELPITIYA BADALGE, Vidu	03-Aug-24	525kg	ELPITIYA BADALGE, Vidu	24-Sep-23
75kg	Squat	240KG	WATT, Michael	02-Aug-24	235KG	RYAN, Heath	09-Nov-18
	Bench	155kg	RYAN, Heath	09-Nov-18	145kg	RYAN, Heath	29-Apr-18
	Deadlift	260kg	WATT, Michael	02-Aug-24	250kg	RYAN, Heath	09-Nov-18
	Total	652.5kg	WATT, Michael	02-Aug-24	640kg	RYAN, Heath	09-Nov-18
82.5kg	Squat	260kg	BECKER, Xavier	09-Feb-25	225kg	SIMMONS, Matthew	02-Aug-24
	Bench	200kg	GALATI, Angelo	02-Dec-12			
	Deadlift	272.5kg	SIMMONS, Matthew	02-Aug-24	262.5kg	SIMMONS, Matthew	02-Jun-24
	Total	630kg	BECKER, Xavier	09-Feb-25	622.5kg	WINCHESTER, Grant	28-Oct-18
90kg	Squat	245kg	WATT, Michael	13-Apr-24	232.5kg	DEBONO, Joe	02-Aug-14
	Bench	175kg	HEWLETT, Luke	02-Aug-24	160kg	HEWLETT, Luke	20-Apr-24
	Deadlift	288kg	DEBONO, Joe	02-Aug-14	237.5kg	DEAN, Colin	25-May-14
	Total	677.5kg	WATT, Michael	13-Apr-24	648kg	DEBONO, Joe	02-Aug-14
100kg	Squat	315kg	BROWN, Josh	12-Aug-23	273kg	PUOPOLO, Vito	25-Apr-22
	Bench	182.5kg	BROWN, Josh	12-Aug-23	180kg	McDONALD, Damon	21-May-23
	Deadlift	300kg	CARROLL, Dean	30-Apr-17	270kg	RAHBAN, Feyde	29-May-16
	Total	797.5kg	BROWN, Josh	12-Aug-23	725kg	McDONALD, Damon	21-May-23
110kg	Squat	330kg	BROWN, Josh	09-Jun-24	312.5kg	HEWARD, Gavin	22-May-21
	Bench	200kg	BROWN, Josh	15-Nov-24	192.5kg	PARNELL, Shane	25-Apr-24
	Deadlift	320kg	PARNELL, Shane	25-Apr-24	312.5kg	KEETCH, Dave	22-Oct-23
	Total	825kg	BROWN, Josh	15-Nov-24	812.5kg	PARNELL, Shane	25-Apr-24
125kg	Squat	352.5kg	MURPHY, Sam	15-Sep-24	325kg	MURPHY, Sam	03-Aug-24
	Bench	215kg	MURPHY, Sam	15-Sep-24	212.5kg	MURPHY, Sam	03-Aug-24
	Deadlift	362.5kg	MURPHY, Sam	03-Aug-24	330kg	ALAND, Marcus	28-Mar-21
	Total	927.5kg	MURPHY, Sam	15-Sep-24	900kg	MURPHY, Sam	03-Aug-24
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)**

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	130kg	KILBY, Matt	16-Mar-25	125kg	KILBY, Matt	02-Aug-24
	Bench	60kg	KILBY, Matt	02-Aug-24	57.5kg	KILBY, Matt	20-Apr-24
	Deadlift	150kg	KILBY, Matt	16-Mar-25	135kg	KILBY, Matt	02-Aug-24
	Total	340kg	KILBY, Matt	16-Mar-25	320kg	KILBY, Matt	02-Aug-24
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	250kg	ROCK, Shane	18-Aug-19	245kg	ROCK, Shane	11-May-19
	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	210kg	HARDWOOD, David	27-Aug-23	205kg	HARDWOOD, David	22-May-22
	Bench	200kg	GALATI, Ange	08-Dec-13			
	Deadlift	235kg	HARDWOOD, David	27-Aug-23	230kg	HARDWOOD, David	22-May-22
	Total	620kg	GALATI, Ange	08-Dec-13			
90kg	Squat	265kg	BRAMMALL, Beau	07-May-22	251kg	JARROTT, Brian	02-Aug-14
	Bench	145kg	MULLINS, Luke	20-Mar-22	130kg	JARROTT, Brian	02-Aug-14
	Deadlift	285kg	BRAMMALL, Beau	07-May-22	240kg	JARROTT, Brian	02-Aug-14
	Total	695kg	BRAMMALL, Beau	07-May-22	621kg	JARROTT, Brian	02-Aug-14
100kg	Squat	285kg	HARNETT, Bill	10-Nov-19	250kg	JARROTT, Brian	14-Mar-15
	Bench	177.5kg	McDONALD, Damon	12-Aug-23	175kg	ANDREWS, Chris	02-Aug-14
	Deadlift	300.5kg	BRAMMALL, Beau	02-Aug-24	300kg	BIGGS, John	19-May-18
	Total	740kg	BRAMMALL, Beau	02-Aug-24	730kg	BRAMMALL, Beau	30-Apr-22
110kg	Squat	280kg	PUOPOLO, Vito	02-Mar-24	277.5kg	FREEMAN, Lee	06-May-23
	Bench	192.5kg	DRUMMOND, Brad	02-Aug-24	190kg	DRUMMOND, Brad	13-Apr-24
	Deadlift	335kg	NAY, Paul	16-Aug-15	260kg	NICHOLAS, Michael	02-Dec-12
	Total	745kg	PUOPOLO, Vito	02-Mar-24	707.5kg	HARNETT, Bill	22-May-21
125kg	Squat	325kg	NAY, Paul	21-Nov-14	300kg	NAY, Paul	02-Aug-14
	Bench	200kg	PARK, Gavin	16-Mar-25	192.5kg	McDONALD, Graham	01-Dec-24
	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	350kg	POLI, Luke	18-Jun-23	320kg	WRIGHT, Dan	21-Nov-14
	Bench	240.5kg	POLI, Luke	18-Jun-23	192.5kg	NAPPER, George	22-May-21
	Deadlift	322.5kg	McDonald, Graham	14-May-23	315kg	ROBERTSON, Blane	17-Oct-20
	Total	890kg	POLI, Luke	18-Jun-23	807.5kg	McDonald, Graham	14-May-23
SHW	Squat	380kg	POLI, Luke	20-Jan-24	315kg	PILIPOVIC, Damir	21-Nov-14
	Bench	245kg	POLI, Luke	20-Jan-24	220kg	RUSTERHOLZ, Marco	31-Mar-12
	Deadlift	320kg	POLI, Luke	20-Jan-24	300kg	PILIPOVIC, Damir	21-Nov-14
	Total	945kg	POLI, Luke	20-Jan-24	750kg	PILIPOVIC, Damir	21-Nov-14

## Masters Men (50-54)

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	142.5kg	DULLONA, Francisco	22-Oct-23	122.5kg	PANAGIOTIDIS, Jim	25-Apr-22
	Bench	102.5kg	PANAGIOTIDIS, Jim	25-Apr-22			
	Deadlift	182.5kg	PANAGIOTIDIS, Jim	25-Apr-22			
	Total	407.5kg	DULLONA, Francisco	22-Oct-23	405kg	PANAGIOTIDIS, Jim	25-Apr-22
67.5kg	Squat	155kg	CHAUHAN, Jagdish	30-Apr-22	145kg	RAMSAY, Stephen	29-Aug-20
	Bench	97.5kg	DULLONA, Francisco	29-May-22	95kg	RAMSAY, Stephen	29-Aug-20
	Deadlift	182.5kg	CHAUHAN, Jagdish	30-Apr-22	175kg	RAMSAY, Stephen	29-Aug-20
	Total	427.5kg	DULLONA, Francisco	29-May-22	420kg	CHAUHAN, Jagdish	30-Apr-22
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	195kg	HANSSON, Chris	19-Jan-25	190kg	HANSSON, Chris	02-Aug-24
	Bench	130kg	HANSSON, Chris	19-Jan-25	126kg	HANSSON, Chris	02-Aug-24
	Deadlift	225kg	NICHOLSON, Matthew	14-May-16			
	Total	535kg	HANSSON, Chris	19-Jan-25	530kg	NICHOLSON, Matthew	14-May-16
90kg	Squat	200kg	JONES, Eddie	28-Oct-18			
	Bench	145kg	HAINS, Brendan	02-Jul-22	140kg	HAINS, Brendan	28-Mar-21
	Deadlift	202.5kg	WEISE, Mike	18-Feb-24	200kg	JONES, Eddie	28-Oct-18
	Total	535kg	JONES, Eddie	28-Oct-18			
100kg	Squat	280kg	COOPER, Brad	12-Aug-23	270kg	COOPER, Brad	28-Mar-21
	Bench	175kg	COOPER, Brad	12-Aug-23	167.5kg	JONES, Gary	18-Aug-19
	Deadlift	290kg	COOPER, Brad	12-Aug-23	270kg	HARNETT, Bill	20-May-23
	Total	745kg	COOPER, Brad	12-Aug-23	670kg	COOPER, Brad	28-Mar-21
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	270kg	HARNETT, Bill	28-Aug-22	260kg	BROWN, Steve	10-May-14
	Total	737.5kg	DAY, Henry	21-Nov-14	713kg	DAY, Henry	02-Aug-14
125kg	Squat	287.5kg	FREEMAN, Lee	02-Aug-24	285kg	FREEMAN, Lee	16-Mar-24
	Bench	190kg	MAUFF, Andrew	02-Mar-24	180kg	JONES, Gary	25-Apr-18
	Deadlift	280kg	BICKERS, Harry	20-Apr-24	270kg	FREEMAN, Lee	16-Mar-24
	Total	737.5kg	FREEMAN, Lee	02-Aug-24	725kg	FREEMAN, Lee	16-Mar-24
140kg	Squat	275kg	NAPPER, George	20-May-23			
	Bench	180kg	NAPPER, George	20-May-23			
	Deadlift	275kg	NAPPER, George	20-May-23			
	Total	730kg	NAPPER, George	20-May-23			
SHW	Squat	260kg	ROBERTSON, Kitchener	12-Aug-23	160kg	ROBERTSON, Kitchener	21-May-23
	Bench	155kg	ROBERTSON, Kitchener	12-Aug-23	140kg	ROBERTSON, Kitchener	21-May-23
	Deadlift	265kg	ROBERTSON, Kitchener	21-May-23			
	Total	680kg	ROBERTSON, Kitchener	12-Aug-23	565kg	ROBERTSON, Kitchener	21-May-23

## Masters Men (55-59)

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	137.5kg	PANAGIOTIDIS, Jim	02-Aug-24	125kg	GILL, Peter	29-Oct-22
	Bench	107.5kg	PANAGIOTIDIS, Jim	02-Aug-24	70kg	GILL, Peter	29-Oct-22
	Deadlift	180kg	PANAGIOTIDIS, Jim	02-Aug-24	172.5kg	GILL, Peter	29-Oct-22
	Total	425kg	PANAGIOTIDIS, Jim	02-Aug-24	367.5kg	GILL, Peter	29-Oct-22
75kg	Squat	172.5kg	CROCKETT, Sifu	07-May-22	170kg	CROCKETT, Sifu	24-Oct-21
	Bench	107.5kg	CROCKETT, Sifu	22-May-21	85kg	TORCASIO, Tony	25-Apr-21
	Deadlift	192.5kg	TORCASIO, Tony	25-Apr-21			
	Total	460kg	CROCKETT, Sifu	24-Oct-21	447.5kg	CROCKETT, Sifu	26-Jun-21
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	182.5kg	BARKER, David	09-Feb-25	180kg	LIMNIOS, Jim	15-Sep-24
	Bench	150kg	BARKER, David	09-Feb-25	147.5kg	BARKER, David	18-Feb-24
	Deadlift	245kg	PAZIOS, Spiro	29-Oct-22	225kg	SMITH, Greg	14-May-16
	Total	532.5kg	BARKER, David	09-Feb-25	530kg	BARKER, David	18-Feb-24
100kg	Squat	327.5kg	STEWART, Glen	28-Oct-23	240kg	SIMONETTA, Vince	18-Aug-18
	Bench	175kg	JONES, Gary	27-Oct-19	130kg	GREGORY, Garnet	09-Jun-19
	Deadlift	275kg	SIMONETTA, Vince	27-May-18	250kg	CONWAY, Kevin	21-May-17
	Total	640kg	JARROTT, Brian	02-Aug-24	632.5kg	JONES, Gary	27-Oct-19
110kg	Squat	265kg	ZOLLO, Joe	14-May-16	260kg	ZOLLO, Joe	16-Aug-15
	Bench	177.5kg	JONES, Gary	22-May-22	173kg	JONES, Gary	22-Aug-21
	Deadlift	263kg	JONES, Gary	22-May-22	262.5kg	CONWAY, Kevin	18-Aug-18
	Total	665kg	JONES, Gary	22-May-22	652.5kg	ZOLLO, Joe	14-May-16
125kg	Squat	285kg	DAVIS, Anthony	20-Apr-24	255kg	TITUS, Terrence	02-Aug-14
	Bench	176kg	JONES, Gary	11-Oct-20	175kg	TITUS, Terrence	02-Aug-14
	Deadlift	320kg	DAVIS, Anthony	20-Apr-24	310kg	TITUS, Terrence	02-Aug-14
	Total	755kg	DAVIS, Anthony	20-Apr-24	740kg	TITUS, Terrence	02-Aug-14
140kg	Squat	260kg	PERRETT, Tim	13-Apr-24			
	Bench	160kg	PERRETT, Tim	16-Nov-24	150kg	PERRETT, Tim	13-Apr-24
	Deadlift	280.5kg	PERRETT, Tim	16-Nov-24	260kg	PERRETT, Tim	13-Apr-24
	Total	695kg	PERRETT, Tim	16-Nov-24	670kg	PERRETT, Tim	13-Apr-24
SHW	Squat	250kg	ROBERTSON, Kitchener	19-May-24			
	Bench	150kg	ROBERTSON, Kitchener	19-May-24			
	Deadlift	270kg	ROBERTSON, Kitchener	19-May-24			
	Total	670kg	ROBERTSON, Kitchener	19-May-24			

**Masters Men (60-64)**

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	105kg	MAYHEW, Peter	02-Aug-24			
	Bench	90kg	MAYHEW, Peter	02-Aug-24			
	Deadlift	151kg	MAYHEW, Peter	02-Aug-24			
	Total	340kg	MAYHEW, Peter	02-Aug-24			
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	205kg	SMALL, Gareth	02-Aug-24	192.5kg	SMALL, Gareth	13-Apr-24
	Bench	105kg	SMALL, Gareth	02-Aug-24	102.5kg	SMALL, Gareth	13-Apr-24
	Deadlift	200kg	SMALL, Gareth	13-Apr-24	172.5kg	MAYHEW, Peter	20-Aug-22
	Total	510kg	SMALL, Gareth	02-Aug-24	495kg	SMALL, Gareth	13-Apr-24
90kg	Squat	200kg	WATKINS, Simon	13-Apr-24	196kg	WATKINS, Simon	07-May-22
	Bench	130kg	WATKINS, Simon	13-Apr-24	122.5kg	WATKINS, Simon	07-May-22
	Deadlift	217.5kg	WATKINS, Simon	02-Aug-24	207.5kg	WATKINS, Simon	13-Apr-24
	Total	545kg	WATKINS, Simon	02-Aug-24	535kg	WATKINS, Simon	13-Apr-24
100kg	Squat	260kg	SIMONETTA, Vince	20-Aug-22	235kg	SIMONETTA, Vince	28-Mar-21
	Bench	140kg	GREGORY, Garnet	18-Aug-19	90kg	BASKERVILLE, Peter	18-Aug-18
	Deadlift	295kg	SIMONETTA, Vince	12-Aug-23	275kg	SIMONETTA, Vince	27-Feb-22
	Total	660kg	SIMONETTA, Vince	12-Aug-23	647.5kg	SIMONETTA, Vince	20-Aug-22
110kg	Squat	270kg	SIMONETTA, Vince	02-Aug-24	225kg	SIMONETTA, Vince	18-Feb-24
	Bench	160kg	JONES, Gary	16-Nov-24	140kg	SMITH, Andrew	18-Feb-24
	Deadlift	300kg	SIMONETTA, Vince	02-Aug-24	270kg	SIMONETTA, Vince	18-Feb-24
	Total	695kg	SIMONETTA, Vince	02-Aug-24	607.5kg	SIMONETTA, Vince	18-Feb-24
125kg	Squat	260kg	ZOLLO, Joe	20-Aug-22	257.5kg	ZOLLO, Joe	28-May-22
	Bench	162.5kg	TITUS, Terrence	11-May-19			
	Deadlift	315kg	TITUS, Terrence	11-May-19			
	Total	705kg	TITUS, Terrence	18-Aug-19	702.5kg	TITUS, Terrence	11-May-19
140kg	Squat	290kg	McMURRAY, Steve	02-Aug-24	285kg	McMURRAY, Steve	25-Apr-24
	Bench	200kg	McMURRAY, Steve	02-Aug-24	185kg	McMURRAY, Steve	25-Apr-24
	Deadlift	240kg	McMURRAY, Steve	25-Apr-24			
	Total	730kg	McMURRAY, Steve	02-Aug-24	710kg	McMURRAY, Steve	25-Apr-24
SHW	Squat						
	Bench						
	Deadlift						
	Total						

## Masters Men (65-69)

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	165kg	AMBROSE, Jim	10-Nov-19	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	80kg	McILWRAITH, Ronald	22-May-21			
	Bench	70kg	McILWRAITH, Ronald	22-May-21			
	Deadlift	130kg	McILWRAITH, Ronald	22-May-21			
	Total	280kg	McILWRAITH, Ronald	22-May-21			
90kg	Squat	125kg	HILLBRICK, Jeff	20-May-23			
	Bench	120kg	LABSON, Steve	16-Mar-24	75kg	HILLBRICK, Jeff	20-May-23
	Deadlift	160kg	LABSON, Steve	16-Mar-24	150kg	HILLBRICK, Jeff	20-May-23
	Total	405kg	LABSON, Steve	16-Mar-24	350kg	HILLBRICK, Jeff	20-May-23
100kg	Squat	212.5kg	BASKERVILLE, Peter	22-Aug-21	130kg	BIRCH, Ron	02-Aug-14
	Bench	100kg	BIRCH, Ron	02-Aug-14			
	Deadlift	230kg	BASKERVILLE, Peter	22-Aug-21	185kg	BIRCH, Ron	02-Aug-14
	Total	537.5kg	BASKERVILLE, Peter	22-Aug-21	415kg	BIRCH, Ron	02-Aug-14
110kg	Squat	235kg	TITUS, Terrence	20-Aug-22	225kg	TITUS, Terrence	07-May-22
	Bench	145kg	TITUS, Terrence	07-May-22			
	Deadlift	305kg	TITUS, Terrence	07-May-22			
	Total	675kg	TITUS, Terrence	07-May-22			
125kg	Squat	265kg	Zollo, Joe	03-Jun-23	215kg	TITUS, Terrence	22-May-21
	Bench	160kg	TITUS, Terrence	16-Nov-24	155kg	TITUS, Terrence	02-Aug-24
	Deadlift	305kg	TITUS, Terrence	22-May-21			
	Total	680kg	TITUS, Terrence	12-Aug-23	665kg	TITUS, Terrence	22-May-21
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

## Masters Men (70-74)

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	151kg	AMBROSE, Jim	22-Aug-21			
	Bench	112.5kg	AMBROSE, Jim	22-Aug-21			
	Deadlift	215kg	AMBROSE, Jim	22-Aug-21			
	Total	477.5kg	AMBROSE, Jim	22-Aug-21			
82.5kg	Squat	160kg	McLERNON, Peter	20-May-23	60kg	ROSS, Steve	25-Apr-23
	Bench	92.5kg	ROSS, Steve	25-Apr-23			
	Deadlift	180kg	McLERNON, Peter	18-May-24	170kg	McLERNON, Peter	20-May-23
	Total	425kg	McLERNON, Peter	02-Aug-24	420kg	McLERNON, Peter	20-May-23
90kg	Squat	165kg	McLERNON, Peter	22-May-22			
	Bench	95kg	McLERNON, Peter	22-May-22			
	Deadlift	185kg	McLERNON, Peter	22-May-22			
	Total	445kg	McLERNON, Peter	22-May-22			
100kg	Squat	187.5kg	NEIL, Ian	09-Jun-24			
	Bench	142.5kg	NEIL, Ian	09-Jun-24			
	Deadlift	195kg	NEIL, Ian	09-Jun-24			
	Total	525kg	NEIL, Ian	09-Jun-24			
110kg	Squat	215.5kg	BASKERVILLE, Peter	20-Oct-24			
	Bench	92.5kg	BASKERVILLE, Peter	20-Oct-24			
	Deadlift	217.5kg	BASKERVILLE, Peter	20-Oct-24			
	Total	525kg	BASKERVILLE, Peter	20-Oct-24			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

**Masters Men (75-79)**

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	90.5kg	TRENTIN, Maurice	02-Aug-24	90kg	TRENTIN, Maurice	02-Jun-24
	Bench	62.5kg	TRENTIN, Maurice	02-Jun-24			
	Deadlift	135kg	TRENTIN, Maurice	02-Aug-24	125kg	TRENTIN, Maurice	02-Jun-24
	Total	282.5kg	TRENTIN, Maurice	02-Aug-24	277.5kg	TRENTIN, Maurice	02-Jun-24
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	100kg	BIRCH, Ron	22-May-21			
	Bench	85kg	BIRCH, Ron	22-May-21			
	Deadlift	145kg	BIRCH, Ron	22-May-21			
	Total	330kg	BIRCH, Ron	22-May-21			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						



**Masters Men (80-84)**

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	100kg	ZWAAN, Adrian	25-Apr-22			
	Bench	55kg	ZWAAN, Adrian	25-Apr-22			
	Deadlift	150kg	ZWAAN, Adrian	25-Apr-22			
	Total	305kg	ZWAAN, Adrian	25-Apr-22			
90kg	Squat	107.5kg	ZWAAN, Adrian	18-May-19			
	Bench	70kg	ZWAAN, Adrian	18-May-19			
	Deadlift	160kg	LEITCH, Campbell	20-May-23	155kg	ZWAAN, Adrian	18-May-19
	Total	332.5kg	ZWAAN, Adrian	18-May-19			
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)**

RAW PLUS KNEE WRAPS (or Sleeves up to Nats 2024)

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	80kg	ZWAAN, Adrian	25-Apr-23			
	Bench	45kg	ZWAAN, Adrian	25-Apr-23			
	Deadlift	135kg	ZWAAN, Adrian	25-Apr-23			
	Total	260kg	ZWAAN, Adrian	25-Apr-23			
90kg	Squat	80kg	ZWAAN, Adrian	25-Apr-24			
	Bench	50kg	ZWAAN, Adrian	25-Apr-24			
	Deadlift	140kg	ZWAAN, Adrian	25-Apr-24			
	Total	270kg	ZWAAN, Adrian	25-Apr-24			
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						