

## Open Men

| BWT    | Lift     | Weight Lifted | Athlete              | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------------|--------------|---------------|---------------------------|--------------|
| 52kg   | Squat    | 60kg          | SMITH, L             | 13-Aug-05    |               |                           |              |
|        | Bench    | 25kg          | SMITH, L             | 13-Aug-05    |               |                           |              |
|        | Deadlift | 82.5kg        | SMITH, L             | 13-Aug-05    |               |                           |              |
|        | Total    | 167.5kg       | SMITH, L             | 13-Aug-05    |               |                           |              |
| 56kg   | Squat    | 170kg         | ZALCMAN, Adrian      | 30-Mar-03    |               |                           |              |
|        | Bench    | 95kg          | ZALCMAN, Adrian      | 30-Mar-03    |               |                           |              |
|        | Deadlift | 185.5kg       | ZALCMAN, Adrian      | 03-May-03    |               |                           |              |
|        | Total    | 450kg         | ZALCMAN, Adrian      | 30-Mar-03    |               |                           |              |
| 60kg   | Squat    | 227.5kg       | ZALCMAN, Adrian      | 03-Nov-06    |               |                           |              |
|        | Bench    | 130kg         | ZALCMAN, Adrian      | 03-Nov-06    |               |                           |              |
|        | Deadlift | 217.5kg       | BEVINS, Derek        | 23-Apr-05    |               |                           |              |
|        | Total    | 552.5kg       | ZALCMAN, Adrian      | 03-Nov-06    |               |                           |              |
| 67.5kg | Squat    | 250kg         | HILLS, Greg          | 09-Aug-09    | 250kg         | HILLS, Greg               | 09-Aug-09    |
|        | Bench    | 140kg         | HILLS, Greg          | 09-Aug-09    | 120kg         | ZALCMAN, Adrian           | 06-Mar-04    |
|        | Deadlift | 251kg         | HILLS, Greg          | 09-Aug-09    |               |                           |              |
|        | Total    | 640kg         | HILLS, Greg          | 09-Aug-09    | 547.5kg       | ZALCMAN, Adrian           | 07-Aug-04    |
| 75kg   | Squat    | 250.5kg       | GALATI, Ange         | 05-Aug-06    | 200kg         | GAUD, Gerard              | 07-Aug-04    |
|        | Bench    | 240kg         | GALATI, Ange         | 05-Aug-06    | 120kg         | TRENTIN, Michael          | 07-Aug-04    |
|        | Deadlift | 260kg         | STANTON, J           | 14-Aug-05    | 240kg         | GAUD, Gerard              | 07-Aug-04    |
|        | Total    | 740kg         | GALATI, Ange         | 05-Aug-06    | 560kg         | GAUD, Gerard              | 07-Aug-04    |
| 82.5kg | Squat    | 290kg         | LINDLEY, Cameron     | 03-Nov-05    | 200kg         | WEISNER, Andrew           | 07-Aug-04    |
|        | Bench    | 237.5kg       | GALATI, Ange         | 08-Aug-04    |               |                           |              |
|        | Deadlift | 260kg         | TRENTIN, Michael     | 27-Aug-11    | 205kg         | WEISNER, Andrew           | 07-Aug-04    |
|        | Total    | 677.5kg       | LINDLEY, Cameron     | 14-Aug-05    | 527.5kg       | WEISNER, Andrew           | 07-Aug-04    |
| 90kg   | Squat    | 315kg         | LAM, Jeff            | 27-Aug-11    |               |                           |              |
|        | Bench    | 255kg         | LAM, Leff            | 26-Aug-12    |               |                           |              |
|        | Deadlift | 300kg         | HAYHOW, Damien       | 24-Apr-04    |               |                           |              |
|        | Total    | 850kg         | LAM, Jeff            | 27-Aug-11    |               |                           |              |
| 100kg  | Squat    | 375kg         | BURROWS, Jesse       | 12-Apr-14    |               |                           |              |
|        | Bench    | 233kg         | UPTON, Brendan       | 21-Mar-26    | 232.5kg       | SUTTON, PETE              | 06-May-23    |
|        | Deadlift | 320kg         | HAYHOW, Damon        | 05-Aug-06    |               |                           |              |
|        | Total    | 907.5kg       | BURROWS, Jesse       | 12-Apr-14    |               |                           |              |
| 110kg  | Squat    | 400kg         | NAY, Paul            | 03-Nov-05    |               |                           |              |
|        | Bench    | 252.5kg       | ZERBA, Alex          | 22-Mar-25    | 250.5kg       | NAY, Paul                 | 03-Nov-05    |
|        | Deadlift | 360kg         | GIAMPAOLI, Billy Joe | 01-Nov-06    |               |                           |              |
|        | Total    | 965.5kg       | NAY, Paul            | 03-Nov-05    |               |                           |              |
| 125kg  | Squat    | 387.5kg       | WADE, Daniel         | 29-Oct-22    | 385kg         | BROWN, Steve              | 04-Oct-08    |
|        | Bench    | 275kg         | NAY, Paul            | 14-Aug-10    |               |                           |              |
|        | Deadlift | 330kg         | TITUS, Terrance      | 05-Aug-07    |               |                           |              |
|        | Total    | 910kg         | NAY, Paul            | 24-Apr-04    |               |                           |              |
| 140kg  | Squat    | 370kg         | HOWLETT, Wayne       | 27-Aug-11    |               |                           |              |
|        | Bench    | 260kg         | BOSTOCK, Shaun       | 29-Nov-03    |               |                           |              |
|        | Deadlift | 332.5kg       | WRIGHT, Dan          | 27-Aug-11    |               |                           |              |
|        | Total    | 915kg         | WRIGHT, Dan          | 27-Aug-11    |               |                           |              |
| SHW    | Squat    | 365kg         | PIANKO, Michael      | 03-Aug-03    |               |                           |              |
|        | Bench    | 270kg         | COWAN, Dean          | 01-May-04    |               |                           |              |
|        | Deadlift | 372.5kg       | McLAREN, George      | 27-Aug-11    |               |                           |              |
|        | Total    | 902.5kg       | McLAREN, George      | 27-Aug-11    |               |                           |              |

**Teenage 1 Men (13-15)**

| BWT    | Lift     | Weight Lifted | Athlete       | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------|--------------|---------------|---------------------------|--------------|
| 52kg   | Squat    | 62.5kg        | DISTEFANO, D  | 03-Aug-07    |               |                           |              |
|        | Bench    | 50kg          | SMITH, L      | 13-Aug-05    |               |                           |              |
|        | Deadlift | 82.5kg        | DISTEFANO, D  | 03-Aug-07    |               |                           |              |
|        | Total    | 182.5kg       | DISTEFANO, D  | 03-Aug-07    |               |                           |              |
| 56kg   | Squat    | 110kg         | JARDINE, Lane | 13-Aug-05    |               |                           |              |
|        | Bench    | 70kg          | JARDINE, Lane | 13-Aug-05    |               |                           |              |
|        | Deadlift | 115kg         | JARDINE, Lane | 13-Aug-05    |               |                           |              |
|        | Total    | 287.5kg       | JARDINE, Lane | 13-Aug-05    |               |                           |              |
| 60kg   | Squat    | 140kg         | JARDINE, Lane | 05-Aug-06    |               |                           |              |
|        | Bench    | 98kg          | JARDINE, Lane | 05-Aug-06    |               |                           |              |
|        | Deadlift | 155kg         | JARDINE, Lane | 05-Aug-06    |               |                           |              |
|        | Total    | 285kg         | JARDINE, Lane | 05-Aug-06    |               |                           |              |
| 67.5kg | Squat    | 140kg         | JARROTT, Zac  | 04-Aug-07    |               |                           |              |
|        | Bench    | 50kg          | JARROTT, Zac  | 05-Aug-06    |               |                           |              |
|        | Deadlift | 130kg         | JARROTT, Zac  | 05-Aug-06    |               |                           |              |
|        | Total    | 290kg         | JARROTT, Zac  | 05-Aug-06    |               |                           |              |
| 75kg   | Squat    |               |               |              |               |                           |              |
|        | Bench    |               |               |              |               |                           |              |
|        | Deadlift |               |               |              |               |                           |              |
|        | Total    |               |               |              |               |                           |              |
| 82.5kg | Squat    |               |               |              |               |                           |              |
|        | Bench    |               |               |              |               |                           |              |
|        | Deadlift |               |               |              |               |                           |              |
|        | Total    |               |               |              |               |                           |              |
| 90kg   | Squat    | 110kg         | MATTHEWS, B   | 18-May-03    |               |                           |              |
|        | Bench    | 80kg          | MATTHEWS, B   | 18-May-03    |               |                           |              |
|        | Deadlift | 165kg         | MATTHEWS, B   | 18-May-03    |               |                           |              |
|        | Total    | 355kg         | MATTHEWS, B   | 18-May-03    |               |                           |              |
| 100kg  | Squat    | 110kg         | MATTHEWS, B   | 26-Apr-03    |               |                           |              |
|        | Bench    | 85kg          | MATTHEWS, B   | 30-Mar-03    |               |                           |              |
|        | Deadlift | 160kg         | MATTHEWS, B   | 26-Apr-03    |               |                           |              |
|        | Total    | 350kg         | MATTHEWS, B   | 26-May-03    |               |                           |              |
| 110kg  | Squat    |               |               |              |               |                           |              |
|        | Bench    |               |               |              |               |                           |              |
|        | Deadlift |               |               |              |               |                           |              |
|        | Total    |               |               |              |               |                           |              |
| 125kg  | Squat    | 235kg         | MACRI, Dan    | 17-Nov-04    | 208.5kg       | MACRI, Dan                | 07-Aug-04    |
|        | Bench    | 147.5kg       | MACRI, Dan    | 17-Nov-04    | 117.5kg       | MACRI, Dan                | 07-Aug-04    |
|        | Deadlift | 230kg         | MACRI, Dan    | 17-Nov-04    | 213kg         | MACRI, Dan                | 07-Aug-04    |
|        | Total    | 600kg         | MACRI, Dan    | 17-Nov-04    | 500kg         | MACRI, Dan                | 07-Aug-04    |
| 140kg  | Squat    |               |               |              |               |                           |              |
|        | Bench    |               |               |              |               |                           |              |
|        | Deadlift |               |               |              |               |                           |              |
|        | Total    |               |               |              |               |                           |              |
| SHW    | Squat    |               |               |              |               |                           |              |
|        | Bench    |               |               |              |               |                           |              |
|        | Deadlift |               |               |              |               |                           |              |
|        | Total    |               |               |              |               |                           |              |

**Teenage 2 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    | 145kg         | BERMINGHAM, Thomas | 02-Aug-03    |               |                           |              |
|        | Bench    | 85kg          | BERMINGHAM, Thomas | 02-Aug-03    |               |                           |              |
|        | Deadlift | 180kg         | BERMINGHAM, Thomas | 02-Aug-03    |               |                           |              |
|        | Total    | 400kg         | BERMINGHAM, Thomas | 02-Aug-03    |               |                           |              |
| 67.5kg | Squat    | 160kg         | JARROTT, Zac       | 26-Apr-09    |               |                           |              |
|        | Bench    | 100kg         | JARDINE, Lane      | 12-May-07    |               |                           |              |
|        | Deadlift | 205kg         | STRATTON, Blake    | 02-Aug-03    |               |                           |              |
|        | Total    | 437.5kg       | STRATTON, Blake    | 02-Aug-03    |               |                           |              |
| 75kg   | Squat    | 180kg         | ERDELYI, Mitchell  | 04-May-08    |               |                           |              |
|        | Bench    | 110kg         | DOUEK, Michael     | 04-Oct-08    |               |                           |              |
|        | Deadlift | 200kg         | PARSONS, N         | 28-Mar-04    |               |                           |              |
|        | Total    | 472.5kg       | DOUEK, Michael     | 04-Oct-08    |               |                           |              |
| 82.5kg | Squat    | 170kg         | MUNRO, Kelly       | 04-Oct-08    |               |                           |              |
|        | Bench    | 130kg         | BELGROVE, Guy      | 30-Apr-05    |               |                           |              |
|        | Deadlift | 210kg         | BELGROVE, Guy      | 30-Apr-05    |               |                           |              |
|        | Total    | 500kg         | BELGROVE, Guy      | 13-Aug-05    |               |                           |              |
| 90kg   | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 100kg  | Squat    | 177.5kg       | BURNETT, Martin    | 28-Feb-04    |               |                           |              |
|        | Bench    | 115kg         | BURNETT, Martin    | 07-Aug-04    |               |                           |              |
|        | Deadlift | 192.5kg       | BURNETT, Martin    | 07-Aug-04    |               |                           |              |
|        | Total    | 482.5kg       | BURNETT, Martin    | 07-Aug-04    |               |                           |              |
| 110kg  | Squat    | 260kg         | EDWARDS, Nathan    | 03-Aug-04    |               |                           |              |
|        | Bench    | 140kg         | EDWARDS, Nathan    | 03-Aug-04    |               |                           |              |
|        | Deadlift | 270kg         | EDWARDS, Nathan    | 03-Aug-04    |               |                           |              |
|        | Total    | 670kg         | EDWARDS, Nathan    | 03-Aug-04    |               |                           |              |
| 125kg  | Squat    | 300kg         | MACRI, Daniel      | 03-Nov-05    |               |                           |              |
|        | Bench    | 175kg         | MACRI, Daniel      | 03-Nov-05    |               |                           |              |
|        | Deadlift | 242.5kg       | MACRI, Daniel      | 03-Nov-05    |               |                           |              |
|        | Total    | 717.5kg       | MACRI, Daniel      | 03-Nov-05    |               |                           |              |
| 140kg  | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| SHW    | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |

**Teenage 3 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    | 85kg          | WENMAN, D              | 13-May-06    |               |                           |              |
|        | Bench    | 60kg          | WENMAN, D              | 13-May-06    |               |                           |              |
|        | Deadlift | 120kg         | WENMAN, D              | 13-May-06    |               |                           |              |
|        | Total    | 265kg         | WENMAN, D              | 13-May-06    |               |                           |              |
| 60kg   | Squat    |               |                        |              |               |                           |              |
|        | Bench    |               |                        |              |               |                           |              |
|        | Deadlift |               |                        |              |               |                           |              |
|        | Total    |               |                        |              |               |                           |              |
| 67.5kg | Squat    | 170kg         | CHRISTODOULOU, Anthony | 02-Aug-03    |               |                           |              |
|        | Bench    | 96kg          | CHRISTODOULOU, Anthony | 02-Aug-03    |               |                           |              |
|        | Deadlift | 185.5kg       | CHRISTODOULOU, Anthony | 02-Aug-03    |               |                           |              |
|        | Total    | 450kg         | CHRISTODOULOU, Anthony | 02-Aug-03    |               |                           |              |
| 75kg   | Squat    | 210kg         | Standard               | 20-Oct-25    |               |                           |              |
|        | Bench    | 132.5kg       | JEFFRIES, M            | 08-Nov-03    |               |                           |              |
|        | Deadlift | 260kg         | Standard               | 20-Oct-25    |               |                           |              |
|        | Total    | 570kg         | Standard               | 20-Oct-25    |               |                           |              |
| 82.5kg | Squat    | 210kg         | BELGROVE, Guy          | 04-Aug-07    | 200kg         | WEISNER, Andrew           | 07-Aug-04    |
|        | Bench    | 150kg         | BELGROVE, Guy          | 22-Apr-06    | 125.5kg       | WEISNER, Andrew           | 07-Aug-04    |
|        | Deadlift | 247.5kg       | BELGROVE, Guy          | 04-Aug-07    | 220kg         | BELGROVE, Guy             | 05-Aug-06    |
|        | Total    | 607.5         | BELGROVE, Guy          | 04-Aug-07    | 570kg         | BELGROVE, Guy             | 05-Aug-06    |
| 90kg   | Squat    | 280kg         | Standard               | 20-Oct-25    |               |                           |              |
|        | Bench    | 175kg         | WALLACE, Nathan        | 04-Aug-07    |               |                           |              |
|        | Deadlift | 300kg         | Standard               | 20-Oct-25    |               |                           |              |
|        | Total    | 685kg         | Standard               | 20-Oct-25    |               |                           |              |
| 100kg  | Squat    | 375kg         | BURROWS, Jesse         | 12-Apr-14    |               |                           |              |
|        | Bench    | 230kg         | BURROWS, Jesse         | 12-Apr-14    |               |                           |              |
|        | Deadlift | 302.5kg       | BURROWS, Jesse         | 12-Apr-14    | 301kg         | EL ACHKAR, Firas          | 22-Oct-11    |
|        | Total    | 907.5kg       | BURROWS, Jesse         | 12-Apr-14    |               |                           |              |
| 110kg  | Squat    | 300kg         | EDWARDS, Nathan        | 02-Aug-03    |               |                           |              |
|        | Bench    | 145kg         | EDWARDS, Nathan        | 02-Aug-03    |               |                           |              |
|        | Deadlift | 300kg         | EDWARDS, Nathan        | 08-Mar-03    |               |                           |              |
|        | Total    | 745kg         | EDWARDS, Nathan        | 02-Aug-03    |               |                           |              |
| 125kg  | Squat    |               |                        |              |               |                           |              |
|        | Bench    |               |                        |              |               |                           |              |
|        | Deadlift |               |                        |              |               |                           |              |
|        | Total    |               |                        |              |               |                           |              |
| 140kg  | Squat    |               |                        |              |               |                           |              |
|        | Bench    |               |                        |              |               |                           |              |
|        | Deadlift |               |                        |              |               |                           |              |
|        | Total    |               |                        |              |               |                           |              |
| SHW    | Squat    | 300kg         | MAYNE, Luke            | 31-Mar-12    |               |                           |              |
|        | Bench    | 240kg         | MACRI, Daniel          | 12-Jul-08    |               |                           |              |
|        | Deadlift | 265kg         | MAYNE, Luke            | 31-Mar-12    |               |                           |              |
|        | Total    | 780kg         | MAYNE, Luke            | 31-Mar-12    |               |                           |              |

**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    | 170kg         | ZALCMAN, Adrian     | 30-Mar-03    |               |                           |              |
|        | Bench    | 95kg          | ZALCMAN, Adrian     | 30-Mar-03    |               |                           |              |
|        | Deadlift | 185.5kg       | ZALCMAN, Adrian     | 03-May-03    |               |                           |              |
|        | Total    | 450kg         | ZALCMAN, Adrian     | 03-May-03    |               |                           |              |
| 60kg   | Squat    | 200kg         | ZALCMAN, Adrian     | 03-Aug-03    |               |                           |              |
|        | Bench    | 122.5kg       | ZALCMAN, Adrian     | 03-Aug-03    |               |                           |              |
|        | Deadlift | 215kg         | ZALCMAN, Adrian     | 03-Aug-03    |               |                           |              |
|        | Total    | 537.5kg       | ZALCMAN, Adrian     | 03-Aug-03    |               |                           |              |
| 67.5kg | Squat    | 185kg         | ZALCMAN, Adrian     | 06-Mar-04    |               |                           |              |
|        | Bench    | 120kg         | ZALCMAN, Adrian     | 06-Mar-04    |               |                           |              |
|        | Deadlift | 225kg         | VELLA, Luke         | 15-Aug-10    |               |                           |              |
|        | Total    | 525kg         | VELLA, Luke         | 15-Aug-10    |               |                           |              |
| 75kg   | Squat    | 212.5kg       | TRENTIN, Michael    | 01-Nov-06    | 180kg         | TRENTIN, Michael          | 07-Aug-04    |
|        | Bench    | 165kg         | TRENTIN, Michael    | 01-Nov-06    | 120kg         | TRENTIN, Michael          | 07-Aug-04    |
|        | Deadlift | 230kg         | TRENTIN, Michael    | 01-Nov-06    | 220kg         | WYND, Alex                | 07-Aug-04    |
|        | Total    | 607.5kg       | TRENTIN, Michael    | 01-Nov-06    | 515kg         | WYND, Alex                | 07-Aug-04    |
| 82.5kg | Squat    | 290kg         | LINDLEY, Cameron    | 03-Nov-05    | 200kg         | HUXLEY, Richard           | 07-Aug-04    |
|        | Bench    | 195kg         | LINDLEY, Cameron    | 03-Nov-05    | 137.5kg       | HUXLEY, Richard           | 07-Aug-04    |
|        | Deadlift | 255kg         | RILEY, Johnny       | 10-Aug-13    | 250.5kg       | WEINSER, A                | 04-Aug-07    |
|        | Total    | 677.5kg       | LINDLEY, Cameron    | 14-Aug-05    | 547.5kg       | HUXLEY, Richard           | 07-Aug-04    |
| 90kg   | Squat    | 280kg         | VERMISH, Rhys       | 25-Aug-12    | 237.5kg       | HUXLEY, Richard           | 05-Aug-06    |
|        | Bench    | 205kg         | HUXLEY, Richard     | 05-Aug-06    |               |                           |              |
|        | Deadlift | 260kg         | VERMISH, Rhys       | 25-Aug-12    | 245kg         | HUXLEY, Richard           | 05-Aug-06    |
|        | Total    | 707.5kg       | VERMISH, Rhys       | 25-Aug-12    | 687.5kg       | HUXLEY, Richard           | 05-Aug-06    |
| 100kg  | Squat    | 227.5kg       | JANES, Anderson     | 22-Oct-23    | 200kg         | JANES, Anderson           | 20-Aug-23    |
|        | Bench    | 155kg         | JANES, Anderson     | 22-Oct-23    | 150kg         | JANES, Anderson           | 20-Aug-23    |
|        | Deadlift | 272.5kg       | JANES, Anderson     | 22-Oct-23    | 230kg         | JANES, Anderson           | 20-Aug-23    |
|        | Total    | 655kg         | JANES, Anderson     | 22-Oct-23    | 580kg         | JANES, Anderson           | 20-Aug-23    |
| 110kg  | Squat    | 235kg         | JANES, Anderson     | 16-Mar-24    | 75kg          | COLLIER, Steven           | 30-Apr-17    |
|        | Bench    | 175kg         | JANES, Anderson     | 16-Mar-24    | 25kg          | COLLIER, Steven           | 30-Apr-17    |
|        | Deadlift | 241kg         | JANES, Anderson     | 01-Aug-24    | 240kg         | JANES, Anderson           | 16-Mar-24    |
|        | Total    | 650kg         | JANES, Anderson     | 16-Mar-24    | 175kg         | COLLIER, Steven           | 30-Apr-17    |
| 125kg  | Squat    | 320kg         | SHERIDAN, John      | 27-Aug-11    |               |                           |              |
|        | Bench    | 210kg         | VAN BEUNINGEN, Matt | 04-Aug-07    |               |                           |              |
|        | Deadlift | 210kg         | SHERIDAN, John      | 27-Aug-11    |               |                           |              |
|        | Total    | 700kg         | SHERIDAN, John      | 27-Aug-11    |               |                           |              |
| 140kg  | Squat    | 250kg         | Standard            | 20-Oct-25    |               |                           |              |
|        | Bench    | 240kg         | Standard            | 20-Oct-25    |               |                           |              |
|        | Deadlift | 272.5kg       | NIENABER, Q         | 22-Apr-06    |               |                           |              |
|        | Total    | 765kg         | Standard            | 20-Oct-25    |               |                           |              |
| SHW    | Squat    |               |                     |              |               |                           |              |
|        | Bench    |               |                     |              |               |                           |              |
|        | Deadlift |               |                     |              |               |                           |              |
|        | Total    |               |                     |              |               |                           |              |

## Senior Men (24-32)

| 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    | 227.5kg       | ZALCMAN, Adrian      | 03-Nov-06    |               |                           |              |
|        | Bench    | 130kg         | ZALCMAN, Adrian      | 03-Nov-06    |               |                           |              |
|        | Deadlift | 195kg         | ZALCMAN, Adrian      | 03-Nov-06    |               |                           |              |
|        | Total    | 552.5kg       | ZALCMAN, Adrian      | 03-Nov-06    |               |                           |              |
| 67.5kg | Squat    | 200kg         | ZALCMAN, Adrian      | 07-Aug-04    |               |                           |              |
|        | Bench    | 130kg         | ZALCMAN, Adrian      | 07-Aug-04    |               |                           |              |
|        | Deadlift | 220kg         | BEVINS, Derek        | 07-Aug-04    |               |                           |              |
|        | Total    | 547.5kg       | ZALCMAN, Adrian      | 07-Aug-04    |               |                           |              |
| 75kg   | Squat    | 220kg         | D'COSTA, Sage        | 25-Apr-22    |               |                           |              |
|        | Bench    | 155kg         | D'COSTA, Sage        | 25-Apr-22    |               |                           |              |
|        | Deadlift | 240kg         | D'COSTA, Sage        | 25-Apr-22    |               |                           |              |
|        | Total    | 615kg         | D'COSTA, Sage        | 25-Apr-22    |               |                           |              |
| 82.5kg | Squat    | 260kg         | CARLISLE, Ray        | 03-Aug-14    |               |                           |              |
|        | Bench    | 180kg         | TRENTIN, Michael     | 27-Aug-11    |               |                           |              |
|        | Deadlift | 260kg         | TRENTIN, Michael     | 27-Aug-11    |               |                           |              |
|        | Total    | 665kg         | TRENTIN, Michael     | 27-Aug-11    |               |                           |              |
| 90kg   | Squat    | 305kg         | LINDLEY, Cameron     | 05-Aug-06    |               |                           |              |
|        | Bench    | 255kg         | LAM, Leff            | 26-Aug-12    | 210kg         | LINDLEY, Cameron          | 05-Aug-06    |
|        | Deadlift | 300kg         | HAYHOW, Damien       | 24-Apr-04    | 257.5kg       | LINDLEY, Cameron          | 05-Aug-06    |
|        | Total    | 807.5kg       | LAM, Leff            | 15-Aug-10    | 772.5kg       | LINDLEY, Cameron          | 05-Aug-06    |
| 100kg  | Squat    | 318kg         | UPTON, Brendan       | 01-Aug-24    | 317.5kg       | TRAN-CONG, David          | 14-Mar-15    |
|        | Bench    | 215kg         | DI GIORGI, Nathan    | 28-Oct-23    | 210kg         | TRAN-CONG, David          | 29-Nov-14    |
|        | Deadlift | 320kg         | HAYHOW, Damon        | 05-Aug-06    |               |                           |              |
|        | Total    | 800kg         | TRAN-CONG, David     | 29-Nov-14    | 760kg         | HAYHOW, Damon             | 05-Aug-06    |
| 110kg  | Squat    | 325kg         | REGO, Colin          | 18-Aug-01    |               |                           |              |
|        | Bench    | 230.5kg       | NAY, Paul            | 18-Aug-01    |               |                           |              |
|        | Deadlift | 360kg         | GIAMPAOLI, Billy Joe | 01-Nov-06    | 305kg         | CANN, Dan                 | 18-Aug-01    |
|        | Total    | 825kg         | CANN, Dan            | 18-Aug-01    |               |                           |              |
| 125kg  | Squat    | 352.5kg       | MILLER, Kevin        | 21-Mar-26    | 350.5kg       | NAY, Paul                 | 24-Apr-04    |
|        | Bench    | 272.5kg       | TYE, Steve           | 03-Aug-03    |               |                           |              |
|        | Deadlift | 310kg         | NAY, Paul            | 24-Apr-04    |               |                           |              |
|        | Total    | 910kg         | NAY, Paul            | 24-Apr-04    |               |                           |              |
| 140kg  | Squat    | 370kg         | HOWLETT, Wayne       | 27-Aug-11    |               |                           |              |
|        | Bench    | 240kg         | HUNT, Will           | 03-Aug-14    |               |                           |              |
|        | Deadlift | 375kg         | HUNT, Will           | 03-Aug-14    |               |                           |              |
|        | Total    | 870kg         | HOWLETT, Wayne       | 27-Aug-11    |               |                           |              |
| SHW    | Squat    | 365kg         | PIANKO, Michael      | 03-Aug-03    |               |                           |              |
|        | Bench    | 270kg         | COWAN, Dean          | 01-May-04    |               |                           |              |
|        | Deadlift | 372.5kg       | McLAREN, George      | 27-Aug-11    |               |                           |              |
|        | Total    | 902.5kg       | McLAREN, George      | 27-Aug-11    |               |                           |              |

**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    | 182.5kg       | BEVINS, Derek   | 23-Apr-05    |               |                           |              |
|        | Bench    | 120kg         | FIGUEROA, James | 12-Jul-08    |               |                           |              |
|        | Deadlift | 217.5kg       | BEVINS, Derek   | 23-Apr-05    |               |                           |              |
|        | Total    | 507.5kg       | BEVINS, Derek   | 23-Apr-05    |               |                           |              |
| 67.5kg | Squat    | 250kg         | HILLS, Greg     | 09-Aug-09    |               |                           |              |
|        | Bench    | 140kg         | HILLS, Greg     | 09-Aug-09    |               |                           |              |
|        | Deadlift | 251kg         | HILLS, Greg     | 09-Aug-09    |               |                           |              |
|        | Total    | 640kg         | HILLS, Greg     | 09-Aug-09    |               |                           |              |
| 75kg   | Squat    | 250.5kg       | GALATI, Ange    | 05-Aug-06    | 200kg         | GAUD, Gerard              | 07-Aug-04    |
|        | Bench    | 240kg         | GALATI, Ange    | 05-Aug-06    | 120kg         | GAUD, Gerard              | 07-Aug-04    |
|        | Deadlift | 250kg         | GALATI, Ange    | 05-Aug-06    | 240kg         | GAUD, Gerard              | 07-Aug-04    |
|        | Total    | 740kg         | GALATI, Ange    | 05-Aug-06    | 560kg         | GAUD, Gerard              | 07-Aug-04    |
| 82.5kg | Squat    | 260.5kg       | JARROT, Brian   | 07-Aug-04    |               |                           |              |
|        | Bench    | 237.5kg       | GALATI, Ange    | 08-Aug-04    |               |                           |              |
|        | Deadlift | 245kg         | JARROT, Brian   | 07-Aug-04    |               |                           |              |
|        | Total    | 635kg         | JARROT, Brian   | 07-Aug-04    |               |                           |              |
| 90kg   | Squat    | 315kg         | LAM, Jeff       | 27-Aug-11    |               |                           |              |
|        | Bench    | 245kg         | LAM, Jeff       | 12-May-11    |               |                           |              |
|        | Deadlift | 295kg         | LAM, Jeff       | 27-Aug-11    |               |                           |              |
|        | Total    | 850kg         | LAM, Jeff       | 27-Aug-11    |               |                           |              |
| 100kg  | Squat    | 360kg         | UPTON, Brendan  | 21-Mar-26    | 255kg         | COLEIRO, Kristian         | 25-Apr-22    |
|        | Bench    | 233kg         | UPTON, Brendan  | 21-Mar-26    | 215kg         | TRAN-CONG, David          | 25-Apr-25    |
|        | Deadlift | 305kg         | UPTON, Brendan  | 22-Mar-25    | 260kg         | BOYLIN, Mark              | 29-Oct-22    |
|        | Total    | 887.5kg       | UPTON, Brendan  | 21-Mar-26    | 692.5kg       | BOYLIN, Mark              | 29-Oct-22    |
| 110kg  | Squat    | 400kg         | NAY, Paul       | 03-Nov-05    |               |                           |              |
|        | Bench    | 252.5kg       | ZERBA, Alex     | 22-Mar-25    | 250.5kg       | NAY, Paul                 | 03-Nov-05    |
|        | Deadlift | 315kg         | NAY, Paul       | 03-Nov-05    |               |                           |              |
|        | Total    | 965kg         | NAY, Paul       | 03-Nov-05    |               |                           |              |
| 125kg  | Squat    | 387.5kg       | WADE, Daniel    | 29-Oct-22    | 325kg         | NAY, Paul                 | 04-Aug-02    |
|        | Bench    | 262.5kg       | NAY, Paul       | 04-Oct-08    |               |                           |              |
|        | Deadlift | 310kg         | NAY, Paul       | 04-Aug-02    |               |                           |              |
|        | Total    | 902.5kg       | WADE, Daniel    | 29-Oct-22    | 877.5kg       | NAY, Paul                 | 29-Nov-03    |
| 140kg  | Squat    | 315kg         | FARMER, Jarrad  | 01-Aug-25    | 305kg         | GIRVAN, Marty             | 29-Nov-03    |
|        | Bench    | 260kg         | BOSTOCK, Shaun  | 29-Nov-03    |               |                           |              |
|        | Deadlift | 327.5kg       | WARLAND, Gavin  | 01-Aug-24    | 315kg         | WARLAND, Gavin            | 02-Mar-24    |
|        | Total    | 842.5kg       | WARLAND, Gavin  | 01-Aug-24    | 800kg         | WARLAND, Gavin            | 02-Mar-24    |
| SHW    | Squat    | 340kg         | WAYLING, Mathew | 29-Oct-22    | 290kg         | TULLO, Adrian             | 27-Aug-11    |
|        | Bench    | 240kg         | TULLO, Adrian   | 27-Aug-11    |               |                           |              |
|        | Deadlift | 330kg         | TULLO, Adrian   | 27-Aug-11    |               |                           |              |
|        | Total    | 865kg         | WARLAND, Gavin  | 21-Mar-26    | 855kg         | TULLO, Adrian             | 27-Aug-11    |

## Masters 1 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    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |
| 67.5kg | Squat    | 235kg         | RAMSAY, Stephen  | 27-Aug-11    |               |                           |              |
|        | Bench    | 130kg         | RAMSAY, Stephen  | 27-Aug-11    |               |                           |              |
|        | Deadlift | 240kg         | RAMSAY, Stephen  | 27-Aug-11    |               |                           |              |
|        | Total    | 605kg         | RAMSAY, Stephen  | 27-Aug-11    |               |                           |              |
| 75kg   | Squat    | 230kg         | RAMSAY, Stephen  | 29-May-11    |               |                           |              |
|        | Bench    | 145kg         | JINETTE, J       | 08-May-11    |               |                           |              |
|        | Deadlift | 260kg         | STANTON, J       | 14-Aug-05    |               |                           |              |
|        | Total    | 500kg         | RETALLACK, Jack  | 27-Aug-11    |               |                           |              |
| 82.5kg | Squat    | 250kg         | JARROTT, Brian   | 26-Apr-09    |               |                           |              |
|        | Bench    | 175kg         | Standard         | 20-Oct-25    |               |                           |              |
|        | Deadlift | 270kg         | Standard         | 20-Oct-25    |               |                           |              |
|        | Total    | 680kg         | Standard         | 20-Oct-25    |               |                           |              |
| 90kg   | Squat    | 280kg         | JARROTT, Brian   | 27-Aug-11    | 237.5kg       | BRITAIN, Mike             | 07-Aug-04    |
|        | Bench    | 160kg         | JARROTT, Brian   | 27-Aug-11    | 145kg         | BRITAIN, Mike             | 07-Aug-04    |
|        | Deadlift | 255kg         | JARROTT, Brian   | 27-Aug-11    | 197.5kg       | BRITAIN, Mike             | 07-Aug-04    |
|        | Total    | 695kg         | JARROTT, Brian   | 27-Aug-11    | 580kg         | BRITAIN, Mike             | 07-Aug-04    |
| 100kg  | Squat    | 350kg         | HAINS, Brendan   | 27-Aug-11    | 240kg         | STRINGER, Shane           | 05-Aug-06    |
|        | Bench    | 225kg         | STRINGER, Shane  | 01-May-04    |               |                           |              |
|        | Deadlift | 270kg         | HAINS, Brendan   | 27-Aug-11    | 240kg         | STRINGER, Shane           | 05-Aug-06    |
|        | Total    | 810kg         | BROWN, Chris     | 14-Aug-05    |               |                           |              |
| 110kg  | Squat    | 347.5kg       | SIMONETTA, Vince | 03-Aug-03    |               |                           |              |
|        | Bench    | 200kg         | SIMONETTA, Vince | 07-Aug-04    | 175kg         | SIMONETTA, Vince          | 03-Aug-03    |
|        | Deadlift | 340kg         | SIMONETTA, Vince | 03-Aug-03    |               |                           |              |
|        | Total    | 862.5kg       | SIMONETTA, Vince | 03-Aug-03    |               |                           |              |
| 125kg  | Squat    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |
| 140kg  | Squat    | 350kg         | WRIGHT, Dan      | 27-Aug-11    |               |                           |              |
|        | Bench    | 235kg         | ALLEN, Rob       | 22-Mar-25    | 232.5kg       | WRIGHT, Dan               | 27-Aug-11    |
|        | Deadlift | 332.5kg       | WRIGHT, Dan      | 27-Aug-11    |               |                           |              |
|        | Total    | 915kg         | WRIGHT, Dan      | 27-Aug-11    |               |                           |              |
| SHW    | Squat    | 330kg         | WRIGHT, Dan      | 25-Apr-10    |               |                           |              |
|        | Bench    | 230kg         | WRIGHT, Dan      | 25-Apr-10    |               |                           |              |
|        | Deadlift | 310kg         | WRIGHT, Dan      | 25-Apr-10    |               |                           |              |
|        | Total    | 870kg         | WRIGHT, Dan      | 25-Apr-10    |               |                           |              |

## Masters 2 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    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 75kg   | Squat    | 217.5kg       | Standard        | 20-Oct-25    |               |                           |              |
|        | Bench    | 173kg         | BALESTRA, Frank | 16-May-04    |               |                           |              |
|        | Deadlift | 220kg         | Standard        | 20-Oct-25    |               |                           |              |
|        | Total    | 570kg         | Standard        | 20-Oct-25    |               |                           |              |
| 82.5kg | Squat    | 227.5kg       | RAMSAY, Stephen | 11-Aug-13    | 175kg         | SMITH, K                  | 10-May-03    |
|        | Bench    | 152.5kg       | RAMSAY, Stephen | 11-Aug-13    | 110kg         | SMITH, K                  | 10-May-03    |
|        | Deadlift | 247.5kg       | RAMSAY, Stephen | 11-Aug-13    | 202.5kg       | SMITH, K                  | 02-Aug-03    |
|        | Total    | 627.5kg       | RAMSAY, Stephen | 11-Aug-13    | 485kg         | SMITH, K                  | 10-May-03    |
| 90kg   | Squat    | 260kg         | SUTTON, PETE    | 30-Apr-22    |               |                           |              |
|        | Bench    | 200kg         | SUTTON, PETE    | 30-Apr-22    |               |                           |              |
|        | Deadlift | 250kg         | SUTTON, PETE    | 30-Apr-22    |               |                           |              |
|        | Total    | 710kg         | SUTTON, PETE    | 30-Apr-22    |               |                           |              |
| 100kg  | Squat    | 320kg         | SUTTON, PETE    | 06-May-23    | 270kg         | SUTTON, PETE              | 20-Aug-22    |
|        | Bench    | 232.5kg       | SUTTON, PETE    | 06-May-23    | 210kg         | STRINGER, S               | 13-May-06    |
|        | Deadlift | 250kg         | SUTTON, PETE    | 20-Aug-22    | 230kg         | STEWART, Glen             | 29-May-16    |
|        | Total    | 782.5kg       | SUTTON, PETE    | 06-May-23    | 730kg         | SUTTON, PETE              | 20-Aug-22    |
| 110kg  | Squat    | 325kg         | BROWN, Steve    | 05-Aug-07    | 232.5kg       | BROWN, Steve              | 05-Aug-06    |
|        | Bench    | 190kg         | SANDEMAN, Ryan  | 14-May-23    | 185kg         | NICHOLAS, Michael         | 14-Aug-10    |
|        | Deadlift | 300kg         | TITUS, Terrence | 07-Aug-04    |               |                           |              |
|        | Total    | 790kg         | SANDEMAN, Ryan  | 14-May-23    | 785kg         | BROWN, Steve              | 05-Aug-07    |
| 125kg  | Squat    | 385kg         | BROWN, Steve    | 04-Oct-08    |               |                           |              |
|        | Bench    | 201kg         | SANDOW, Grant   | 12-Aug-07    |               |                           |              |
|        | Deadlift | 285kg         | BROWN, Steve    | 04-Oct-08    |               |                           |              |
|        | Total    | 870kg         | BROWN, Steve    | 04-Oct-08    |               |                           |              |
| 140kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| SHW    | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |

**Masters 3 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    | 220kg         | BRIEN, Danny    | 02-Aug-03    |               |                           |              |
|        | Bench    | 120kg         | GOUJON, Peter   | 02-Aug-03    |               |                           |              |
|        | Deadlift | 220kg         | BRIEN, Danny    | 04-May-03    |               |                           |              |
|        | Total    | 542.5kg       | BRIEN, Danny    | 02-Aug-03    |               |                           |              |
| 82.5kg | Squat    | 180kg         | SMITH, Ken      | 01-May-04    |               |                           |              |
|        | Bench    | 120kg         | GOUJON, Peter   | 08-Aug-04    |               |                           |              |
|        | Deadlift | 190kg         | SMITH, Ken      | 01-May-04    |               |                           |              |
|        | Total    | 485kg         | SMITH, Ken      | 01-May-04    |               |                           |              |
| 90kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 100kg  | Squat    | 240kg         | HAMBLING, Mark  | 02-Aug-14    | 205kg         | SMITH, Ken                | 05-Aug-06    |
|        | Bench    | 147.5kg       | SMITH, Ken      | 05-Aug-06    |               |                           |              |
|        | Deadlift | 220kg         | SMITH, Ken      | 05-Aug-06    |               |                           |              |
|        | Total    | 600kg         | HAMBLING, Mark  | 02-Aug-14    | 572.5kg       | SMITH, Ken                | 05-Aug-06    |
| 110kg  | Squat    | 310kg         | TITUS, Terrance | 05-Aug-06    |               |                           |              |
|        | Bench    | 195kg         | TITUS, Terrance | 22-Apr-06    |               |                           |              |
|        | Deadlift | 310.5kg       | TITUS, Terrance | 05-Aug-06    |               |                           |              |
|        | Total    | 805kg         | TITUS, Terrance | 05-Aug-06    |               |                           |              |
| 125kg  | Squat    | 355kg         | TITUS, Terrance | 14-Aug-10    |               |                           |              |
|        | Bench    | 200kg         | TITUS, Terrance | 14-Aug-10    |               |                           |              |
|        | Deadlift | 330kg         | TITUS, Terrance | 05-Aug-07    |               |                           |              |
|        | Total    | 880kg         | TITUS, Terrance | 14-Aug-10    |               |                           |              |
| 140kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| SHW    | Squat    | 220kg         | BACH, Henning   | 02-Aug-03    |               |                           |              |
|        | Bench    | 165kg         | BACH, Henning   | 02-Aug-03    |               |                           |              |
|        | Deadlift | 300kg         | BACH, Henning   | 02-Aug-03    |               |                           |              |
|        | Total    | 685kg         | BACH, Henning   | 02-Aug-03    |               |                           |              |

**Masters 4 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    | 195kg         | AMBROSE, Jim    | 29-May-11    | 95kg          | TRENTIN, Maurice          | 05-Aug-06    |
|        | Bench    | 140kg         | AMBROSE, Jim    | 29-May-11    | 67.5kg        | TRENTIN, Maurice          | 05-Aug-06    |
|        | Deadlift | 235kg         | AMBROSE, Jim    | 29-May-11    | 135kg         | TRENTIN, Maurice          | 05-Aug-06    |
|        | Total    | 570kg         | AMBROSE, Jim    | 29-May-11    | 297.5kg       | TRENTIN, Maurice          | 05-Aug-06    |
| 82.5kg | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 90kg   | Squat    | 175kg         | BARKER, David   | 08-Feb-26    |               |                           |              |
|        | Bench    | 210kg         | BARKER, David   | 08-Feb-26    |               |                           |              |
|        | Deadlift | 245kg         | BARKER, David   | 08-Feb-26    |               |                           |              |
|        | Total    | 630kg         | BARKER, David   | 08-Feb-26    |               |                           |              |
| 100kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 110kg  | Squat    | 200kg         | MURRAY, Barry   | 25-Apr-17    |               |                           |              |
|        | Bench    | 165kg         | MURRAY, Barry   | 25-Apr-17    |               |                           |              |
|        | Deadlift | 220kg         | MURRAY, Barry   | 25-Apr-17    |               |                           |              |
|        | Total    | 585kg         | MURRAY, Barry   | 25-Apr-17    |               |                           |              |
| 125kg  | Squat    | 325kg         | VAUGHN, Wayne   | 14-Aug-10    |               |                           |              |
|        | Bench    | 195kg         | TITUS, Terrence | 27-Aug-11    |               |                           |              |
|        | Deadlift | 325kg         | TITUS, Terrence | 27-Aug-11    |               |                           |              |
|        | Total    | 845kg         | TITUS, Terrence | 27-Aug-11    |               |                           |              |
| 140kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| SHW    | Squat    | 235.5kg       | BACH, Henning   | 07-Aug-04    |               |                           |              |
|        | Bench    | 150kg         | BACH, Henning   | 07-Aug-04    |               |                           |              |
|        | Deadlift | 315kg         | BACH, Henning   | 07-Aug-04    |               |                           |              |
|        | Total    | 700kg         | BACH, Henning   | 07-Aug-04    |               |                           |              |

**Masters 5 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    | 195kg         | AMBROSE, Jim | 27-Aug-11    |               |                           |              |
|        | Bench    | 135kg         | AMBROSE, Jim | 27-Aug-11    |               |                           |              |
|        | Deadlift | 237.5kg       | AMBROSE, Jim | 27-Aug-11    |               |                           |              |
|        | Total    | 567.5kg       | AMBROSE, Jim | 27-Aug-11    |               |                           |              |
| 82.5kg | Squat    | 170kg         | BORG, Reno   | 22-Feb-04    |               |                           |              |
|        | Bench    | 122.5kg       | BORG, Reno   | 06-Mar-04    |               |                           |              |
|        | Deadlift | 206kg         | BORG, Reno   | 09-May-04    |               |                           |              |
|        | Total    | 490kg         | BORG, Reno   | 09-May-04    |               |                           |              |
| 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 6 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    | 95kg          | PENNEY, K  | 14-Aug-05    |               |                           |              |
|        | Bench    | 77.5kg        | PENNEY, K  | 14-Aug-05    |               |                           |              |
|        | Deadlift | 155kg         | PENNEY, K  | 14-Aug-05    |               |                           |              |
|        | Total    | 327.5kg       | PENNEY, K  | 14-Aug-05    |               |                           |              |
| 75kg   | Squat    |               |            |              |               |                           |              |
|        | Bench    |               |            |              |               |                           |              |
|        | Deadlift |               |            |              |               |                           |              |
|        | Total    |               |            |              |               |                           |              |
| 82.5kg | Squat    | 175kg         | BORG, Reno | 05-Aug-07    | 167.5kg       | BORG, Reno                | 07-Aug-04    |
|        | Bench    | 120kg         | BORG, Reno | 07-Aug-04    |               |                           |              |
|        | Deadlift | 215kg         | BORG, Reno | 05-Aug-07    | 210kg         | BORG, Reno                | 07-Aug-04    |
|        | Total    | 500kg         | BORG, Reno | 05-Aug-07    | 497.5kg       | BORG, Reno                | 07-Aug-04    |
| 90kg   | Squat    | 175kg         | BORG, Reno | 28-Apr-07    |               |                           |              |
|        | Bench    | 122.5kg       | BORG, Reno | 28-Apr-07    |               |                           |              |
|        | Deadlift | 215kg         | BORG, Reno | 28-Apr-07    |               |                           |              |
|        | Total    | 512.5kg       | BORG, Reno | 28-Apr-07    |               |                           |              |
| 100kg  | Squat    | 165kg         | BIRCH, Ron | 26-Apr-14    |               |                           |              |
|        | Bench    | 120kg         | BIRCH, Ron | 26-Apr-14    |               |                           |              |
|        | Deadlift | 185kg         | BIRCH, Ron | 26-Apr-14    |               |                           |              |
|        | Total    | 470kg         | BIRCH, Ron | 26-Apr-14    |               |                           |              |
| 110kg  | Squat    |               |            |              |               |                           |              |
|        | Bench    |               |            |              |               |                           |              |
|        | Deadlift |               |            |              |               |                           |              |
|        | Total    |               |            |              |               |                           |              |
| 125kg  | Squat    |               |            |              |               |                           |              |
|        | Bench    |               |            |              |               |                           |              |
|        | Deadlift |               |            |              |               |                           |              |
|        | Total    |               |            |              |               |                           |              |
| 140kg  | Squat    |               |            |              |               |                           |              |
|        | Bench    |               |            |              |               |                           |              |
|        | Deadlift |               |            |              |               |                           |              |
|        | Total    |               |            |              |               |                           |              |
| SHW    | Squat    |               |            |              |               |                           |              |
|        | Bench    |               |            |              |               |                           |              |
|        | Deadlift |               |            |              |               |                           |              |
|        | Total    |               |            |              |               |                           |              |

**Masters 7 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    | 160kg         | CRAGGS, Maurie  | 05-Aug-06    | 150kg         | CRAGGS, Maurie            | 07-Aug-04    |
|        | Bench    | 95kg          | MILLER, J       | 03-May-03    |               |                           |              |
|        | Deadlift | 180kg         | CRAGGS, Maurie  | 07-Aug-04    |               |                           |              |
|        | Total    | 415kg         | CRAGGS, Maurie  | 07-Aug-04    |               |                           |              |
| 82.5kg | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 90kg   | Squat    | 170kg         | VAN WEENAN, Wim | 07-Aug-04    |               |                           |              |
|        | Bench    | 102.5kg       | VAN WEENAN, Wim | 07-Aug-04    |               |                           |              |
|        | Deadlift | 225kg         | VAN WEENAN, Wim | 07-Aug-04    |               |                           |              |
|        | Total    | 497.5kg       | VAN WEENAN, Wim | 07-Aug-04    |               |                           |              |
| 100kg  | Squat    | 180kg         | VAN WEENAN, Wim | 09-May-04    |               |                           |              |
|        | Bench    | 107.5kg       | BIRCH, Ron      | 30-Apr-17    | 105kg         | VAN WEENAN, Wim           | 28-Mar-04    |
|        | Deadlift | 222.5kg       | VAN WEENAN, Wim | 23-Apr-05    |               |                           |              |
|        | Total    | 505kg         | VAN WEENAN, Wim | 09-May-04    |               |                           |              |
|        |          |               |                 |              |               |                           |              |
| 110kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 125kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 140kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| SHW    | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |

**Masters 8 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    | 160kg         | CRAGGS, Maurie | 05-Aug-07    |               |                           |              |
|        | Bench    | 90kg          | CRAGGS, Maurie | 05-Aug-07    |               |                           |              |
|        | Deadlift | 170kg         | CRAGGS, Maurie | 05-Aug-07    |               |                           |              |
|        | Total    | 420kg         | CRAGGS, Maurie | 05-Aug-07    |               |                           |              |
| 82.5kg | Squat    | 145kg         | BORG, Reno     | 10-May-14    |               |                           |              |
|        | Bench    | 100kg         | BORG, Reno     | 10-May-14    |               |                           |              |
|        | Deadlift | 192.5kg       | BORG, Reno     | 10-May-14    |               |                           |              |
|        | Total    | 437.5kg       | BORG, Reno     | 10-May-14    |               |                           |              |
| 90kg   | Squat    | 165kg         | BORG, Reno     | 02-Aug-14    |               |                           |              |
|        | Bench    | 110kg         | BORG, Reno     | 02-Aug-14    |               |                           |              |
|        | Deadlift | 190kg         | BORG, Reno     | 02-Aug-14    |               |                           |              |
|        | Total    | 465kg         | BORG, Reno     | 02-Aug-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 9 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 10 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    |               |         |              |               |                           |              |