

Open Men

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	70kg	MAY, Ben	20-Aug-22	50kg	MAY, Ben	29-May-22
	Bench	35kg	MAY, Ben	20-Aug-22	25kg	MAY, Ben	29-May-22
	Deadlift	105kg	MAY, Ben	20-Aug-22	95kg	MAY, Ben	29-May-22
	Total	205kg	MAY, Ben	20-Aug-22	170kg	MAY, Ben	29-May-22
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	160kg	WHITBY, Ryan	21-May-23	130kg	DULLONA, Francisco	05-May-13
	Bench	125kg	McBEY, Nathan	21-May-23	95kg	DULLONA, Francisco	05-May-13
	Deadlift	205kg	WHITBY, Ryan	21-May-23	155kg	DULLONA, Francisco	05-May-13
	Total	470kg	WHITBY, Ryan	21-May-23	380kg	DULLONA, Francisco	05-May-13
75kg	Squat	202.5kg	WINCHESTER, Grant	27-May-18			
	Bench	145kg	WINCHESTER, Grant	27-May-18			
	Deadlift	250kg	WINCHESTER, Grant	27-May-18			
	Total	597.5kg	WINCHESTER, Grant	27-May-18			
82.5kg	Squat	200kg	HOLMWOOD, Erik	29-May-22	166kg	JONES, Eddie	28-Mar-21
	Bench	147.5kg	COPINI, Lukes	29-May-22	112.5kg	JONES, Eddie	28-Mar-21
	Deadlift	290kg	HOLMWOOD, Erik	29-May-22	191kg	JONES, Eddie	28-Mar-21
	Total	607.5kg	HOLMWOOD, Erik	29-May-22	467.5kg	JONES, Eddie	28-Mar-21
90kg	Squat	235kg	CARUSO, Jonathan	28-Oct-18	217.5kg	McFADZEAN, JAMES	22-May-16
	Bench	160kg	McFADZEAN, JAMES	22-May-16			
	Deadlift	265kg	CARUSO, Jonathan	28-Oct-18	230kg	McFADZEAN, JAMES	22-May-16
	Total	650kg	CARUSO, Jonathan	28-Oct-18	607.5kg	McFADZEAN, JAMES	22-May-16
100kg	Squat	240kg	EL ACHKAR, Firas	27-Aug-11			
	Bench	160kg	HALL, Terry	24-Oct-21	147.5kg	RANKINE, Duncan	27-May-18
	Deadlift	322.5kg	EL ACHKAR, Firas	27-Aug-11			
	Total	687.5kg	EL ACHKAR, Firas	27-Aug-11			
110kg	Squat	220kg	TOOMER, Michael	05-May-13			
	Bench	181.5kg	JONES, Gary	01-Mar-20	165kg	TOOMER, Michael	05-May-13
	Deadlift	290kg	EL ACHKAR, Firas	29-May-11			
	Total	665kg	TOOMER, Michael	05-May-13			
125kg	Squat	250kg	EDMONDS, Mark	19-Apr-15			
	Bench	183kg	JONES, Gary	30-Aug-20	160kg	PARK, Se Chang	17-Feb-19
	Deadlift	270kg	EDMONDS, Mark	19-Apr-15			
	Total	675kg	EDMONDS, Mark	19-Apr-15			
140kg	Squat	257.5kg	TOOMER, David	11-Aug-13			
	Bench	190kg	TOOMER, David	11-Aug-13			
	Deadlift	320kg	TOOMER, David	11-Aug-13			
	Total	767.5kg	TOOMER, David	11-Aug-13			
SHW	Squat	285kg	LEONARDI, Angelo	29-May-22			
	Bench	182.5kg	LEONARDI, Angelo	29-May-22			
	Deadlift	245kg	LEONARDI, Angelo	29-May-22			
	Total	712.5kg	LEONARDI, Angelo	29-May-22			

Sub Teen Men (10-12)

Unofficial WPC

(Bare Knees)

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						

Teenage Men (13-15)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	70kg	MAY, Ben	20-Aug-22	50kg	MAY, Ben	29-May-22
	Bench	35kg	MAY, Ben	20-Aug-22	25kg	MAY, Ben	29-May-22
	Deadlift	105kg	MAY, Ben	20-Aug-22	95kg	MAY, Ben	29-May-22
	Total	205kg	MAY, Ben	20-Aug-22	170kg	MAY, Ben	29-May-22
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	80kg	MAY, Ben	21-May-23			
	Bench	47.5kg	MAY, Ben	21-May-23			
	Deadlift	120kg	MAY, Ben	21-May-23			
	Total	247.5kg	MAY, Ben	21-May-23			
75kg	Squat	126kg	JORDAN, Sebastian	24-Oct-21	90kg	NICHOLAS, Deegan	28-Oct-18
	Bench	71kg	JORDAN, Sebastian	24-Oct-21	55kg	NICHOLAS, Deegan	28-Oct-18
	Deadlift	175kg	JORDAN, Sebastian	24-Oct-21	120kg	NICHOLAS, Deegan	28-Oct-18
	Total	370kg	JORDAN, Sebastian	24-Oct-21	265kg	NICHOLAS, Deegan	28-Oct-18
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						

Teenage Men (16-17)

(Bare Knees)

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	167.5kg	JUDD, Matthew	27-May-18			
	Bench	125kg	JUDD, Matthew	27-May-18			
	Deadlift	185kg	JUDD, Matthew	27-May-18			
	Total	477.5kg	JUDD, Matthew	27-May-18			
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						

Teenage Men (18-19)

(Bare Knees)

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	112.5kg	WATSON, Jacob	24-Oct-21			
	Bench	80kg	WATSON, Jacob	24-Oct-21			
	Deadlift	140kg	WATSON, Jacob	24-Oct-21			
	Total	332.5kg	WATSON, Jacob	24-Oct-21			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	170kg	FINLAY-BROOKS, Griffin	02-Jun-19			
	Bench	110kg	FINLAY-BROOKS, Griffin	02-Jun-19			
	Deadlift	225kg	FINLAY-BROOKS, Griffin	02-Jun-19			
	Total	505kg	FINLAY-BROOKS, Griffin	02-Jun-19			
100kg	Squat	240kg	EL ACHKAR, Firas	27-Aug-11			
	Bench	117.5kg	EL ACHKAR, Firas	27-Aug-11			
	Deadlift	322.5kg	EL ACHKAR, Firas	27-Aug-11			
	Total	687.5kg	EL ACHKAR, Firas	27-Aug-11			
110kg	Squat						
	Bench						
	Deadlift	290kg	EL ACHKAR, Firas	29-May-11			
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Junior Men (20-23)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	165kg	POUNENDIS, Mihali	29-May-22	160kg	POUNENDIS, Mihali	27-Feb-22
	Bench	100kg	POUNENDIS, Mihali	29-May-22	95kg	POUNENDIS, Mihali	27-Feb-22
	Deadlift	202.5kg	POUNENDIS, Mihali	29-May-22	195kg	POUNENDIS, Mihali	27-Feb-22
	Total	467.5kg	POUNENDIS, Mihali	29-May-22	450kg	POUNENDIS, Mihali	27-Feb-22
82.5kg	Squat	190kg	COPINI, Luke	29-May-22	145kg	JONES, Jesse	22-May-16
	Bench	147.5kg	COPINI, Luke	29-May-22	92.5kg	JONES, Jesse	22-May-16
	Deadlift	235kg	COPINI, Luke	29-May-22	182.5kg	JONES, Jesse	22-May-16
	Total	572.5kg	COPINI, Luke	29-May-22	420kg	JONES, Jesse	22-May-16
90kg	Squat	155kg	FARR, Reece	29-May-22			
	Bench	115kg	FARR, Reece	29-May-22			
	Deadlift	205kg	FARR, Reece	29-May-22			
	Total	475kg	FARR, Reece	29-May-22			
100kg	Squat	210kg	TUITUPOU, Israel	29-May-22	180kg	ARMISTED, Tim	05-May-13
	Bench	160kg	TUITUPOU, Israel	29-May-22	125kg	ARMISTED, Tim	05-May-13
	Deadlift	250kg	TUITUPOU, Israel	29-May-22	230kg	ARMISTED, Tim	05-May-13
	Total	620kg	TUITUPOU, Israel	29-May-22	535kg	ARMISTED, Tim	05-May-13
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Senior Men (24-32)

(Bare Knees)

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	160kg	WHITBY, Ryan	21-May-23			
	Bench	125kg	McBEY, Nathan	21-May-23			
	Deadlift	205kg	WHITBY, Ryan	21-May-23			
	Total	470kg	WHITBY, Ryan	21-May-23			
75kg	Squat	160kg	VAN HEER, Denham	17-Feb-19			
	Bench	115kg	VAN HEER, Denham	17-Feb-19			
	Deadlift	210kg	VAN HEER, Denham	17-Feb-19			
	Total	485kg	VAN HEER, Denham	17-Feb-19			
82.5kg	Squat	200kg	HOLMWOOD, Erik	29-May-22			
	Bench	117.5kg	HOLMWOOD, Erik	29-May-22			
	Deadlift	290kg	HOLMWOOD, Erik	29-May-22			
	Total	607.5kg	HOLMWOOD, Erik	29-May-22			
90kg	Squat	235kg	CARUSO, Jonathan	28-Oct-18	217.5kg	McFADZEAN, JAMES	22-May-16
	Bench	160kg	McFADZEAN, JAMES	22-May-16			
	Deadlift	265kg	CARUSO, Jonathan	28-Oct-18	230kg	McFADZEAN, JAMES	22-May-16
	Total	650kg	CARUSO, Jonathan	28-Oct-18	607.5kg	McFADZEAN, JAMES	22-May-16
100kg	Squat	235kg	BATES, Josh	28-Mar-21	200kg	CLAVERT, Leighton	27-May-18
	Bench	160kg	HALL, Terry	24-Oct-21	137.5kg	WILLIAMS, Sam	21-May-17
	Deadlift	250kg	HALL, Terry	24-Oct-21	240kg	WILLIAMS, Sam	21-May-17
	Total	610kg	BATES, Josh	28-Mar-21	565kg	CLAVERT, Leighton	27-May-18
110kg	Squat	220kg	TOOMER, Michael	05-May-13			
	Bench	165kg	TOOMER, Michael	05-May-13			
	Deadlift	280kg	TOOMER, Michael	05-May-13			
	Total	665kg	TOOMER, Michael	05-May-13			
125kg	Squat	232.5kg	PARK, Se Chang	17-Feb-19	175kg	GORNELL, Steven	21-May-17
	Bench	160kg	PARK, Se Chang	17-Feb-19	120kg	GORNELL, Steven	21-May-17
	Deadlift	247.5kg	PARK, Se Chang	17-Feb-19	195kg	GORNELL, Steven	21-May-17
	Total	640kg	PARK, Se Chang	17-Feb-19	490kg	GORNELL, Steven	21-May-17
140kg	Squat	285kg	TOOMER, David	01-Aug-14	257.5kg	TOOMER, David	11-Aug-13
	Bench	205kg	TOOMER, David	01-Aug-14	190kg	TOOMER, David	05-May-13
	Deadlift	320kg	TOOMER, David	11-Aug-13	317.5kg	TOOMER, David	05-May-13
	Total	795kg	TOOMER, David	01-Aug-14	767.5kg	TOOMER, David	11-Aug-13
SHW	Squat	285kg	LEONARDI, Angelo	29-May-22			
	Bench	182.5kg	LEONARDI, Angelo	29-May-22			
	Deadlift	245kg	LEONARDI, Angelo	29-May-22			
	Total	712.5kg	LEONARDI, Angelo	29-May-22			

Sub Masters Men (33-39)

(Bare Knees)

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	130kg	WATKINS, Jay	27-May-18			
	Bench	105kg	WATKINS, Jay	27-May-18			
	Deadlift	205kg	WATKINS, Jay	27-May-18			
	Total	440kg	WATKINS, Jay	27-May-18			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (40-44)

(Bare Knees)

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	130kg	DULLONA, Francisco	05-May-13			
	Bench	95kg	DULLONA, Francisco	05-May-13			
	Deadlift	155kg	DULLONA, Francisco	05-May-13			
	Total	380kg	DULLONA, Francisco	05-May-13			
75kg	Squat	202.5kg	WINCHESTER, Grant	27-May-18			
	Bench	145kg	WINCHESTER, Grant	27-May-18			
	Deadlift	250kg	WINCHESTER, Grant	27-May-18			
	Total	597.5kg	WINCHESTER, Grant	27-May-18			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	200kg	RANKINE, Duncan	02-Jun-19			
	Bench	140kg	RANKINE, Duncan	02-Jun-19			
	Deadlift	246kg	RANKINE, Duncan	02-Jun-19			
	Total	585kg	RANKINE, Duncan	02-Jun-19			
100kg	Squat	212.5kg	RANKINE, Duncan	27-May-18			
	Bench	147.5kg	RANKINE, Duncan	27-May-18			
	Deadlift	262kg	RANKINE, Duncan	27-May-18			
	Total	620kg	RANKINE, Duncan	27-May-18			
110kg	Squat	230kg	McDONALD, Damon	29-May-22			
	Bench	162.5kg	McDONALD, Damon	29-May-22			
	Deadlift	255kg	McDONALD, Damon	29-May-22			
	Total	647.5kg	McDONALD, Damon	29-May-22			
125kg	Squat	250kg	EDMONDS, Mark	19-Apr-15			
	Bench	155kg	EDMONDS, Mark	19-Apr-15			
	Deadlift	270kg	EDMONDS, Mark	19-Apr-15			
	Total	675kg	EDMONDS, Mark	19-Apr-15			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (45-49)

(Bare Knees)

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	REYNOLDS, Shane	24-Oct-21			
	Bench	107.5kg	REYNOLDS, Shane	24-Oct-21			
	Deadlift	202.5kg	REYNOLDS, Shane	24-Oct-21			
	Total	470kg	REYNOLDS, Shane	24-Oct-21			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	185kg	RANKINE, Duncan	24-Oct-21	155kg	JONES, Eddie	12-Aug-16
	Bench	135kg	RANKINE, Duncan	24-Oct-21	125kg	JONES, Eddie	12-Aug-16
	Deadlift	230kg	RANKINE, Duncan	24-Oct-21	195kg	JONES, Eddie	22-May-16
	Total	550kg	RANKINE, Duncan	24-Oct-21	457.5kg	JONES, Eddie	22-May-16
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (50-54)

(Bare Knees)

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	166kg	JONES, Eddie	28-Mar-21			
	Bench	112.5kg	JONES, Eddie	28-Mar-21			
	Deadlift	191kg	JONES, Eddie	28-Mar-21			
	Total	467.5kg	JONES, Eddie	28-Mar-21			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	180kg	JONES, Eddie	25-Apr-18	150kg	HENDRIE, Ian	21-May-17
	Bench	130kg	JONES, Eddie	25-Apr-18	115kg	HENDRIE, Ian	21-May-17
	Deadlift	230kg	HENDRIE, Ian	21-May-17			
	Total	500kg	JONES, Eddie	25-Apr-18	495kg	HENDRIE, Ian	21-May-17
110kg	Squat	207.5kg	JONES, Gary	18-May-19	205kg	JONES, Gary	12-Aug-16
	Bench	170kg	JONES, Gary	18-May-19	155kg	JONES, Gary	12-Aug-16
	Deadlift	250kg	JONES, Gary	12-Aug-16	230kg	JONES, Gary	14-Aug-15
	Total	612.5kg	JONES, Gary	18-May-19	610kg	JONES, Gary	12-Aug-16
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat	175kg	ROSS, Matthew	23-Oct-22			
	Bench	110kg	ROSS, Matthew	23-Oct-22			
	Deadlift	210kg	ROSS, Matthew	23-Oct-22			
	Total	495kg	ROSS, Matthew	23-Oct-22			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (55-59)

(Bare Knees)

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	185kg	JONES, Eddie	20-Aug-22			
	Bench	125kg	JONES, Eddie	20-Aug-22			
	Deadlift	217.5kg	JONES, Eddie	20-Aug-22			
	Total	522.5kg	JONES, Eddie	20-Aug-22			
100kg	Squat	190kg	CONWAY, Kevin	27-May-18			
	Bench	120kg	HENDRIE, Ian	27-May-18			
	Deadlift	275kg	CONWAY, Kevin	27-May-18			
	Total	555kg	CONWAY, Kevin	27-May-18			
110kg	Squat	215kg	JONES, Gary	25-Apr-22	202.5kg	JONES, Gary	01-Mar-20
	Bench	181.5kg	JONES, Gary	01-Mar-20			
	Deadlift	260kg	JONES, Gary	25-Apr-22	237.5kg	JONES, Gary	01-Mar-20
	Total	655kg	JONES, Gary	25-Apr-22	620kg	JONES, Gary	01-Mar-20
125kg	Squat	222.5kg	JONES, Gary	30-Aug-20			
	Bench	183kg	JONES, Gary	30-Aug-20			
	Deadlift	255kg	JONES, Gary	30-Aug-20			
	Total	660kg	JONES, Gary	30-Aug-20			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Men (60-64)

(Bare Knees)

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	125kg	THOMSON, Michael	23-Oct-22			
	Bench	70kg	THOMSON, Michael	23-Oct-22			
	Deadlift	182.5kg	THOMSON, Michael	21-May-23	180kg	THOMSON, Michael	23-Oct-22
	Total	375kg	THOMSON, Michael	23-Oct-22			
82.5kg	Squat	90kg	THOMSON, Michael	29-May-22			
	Bench	82.5kg	THOMSON, Michael	29-May-22			
	Deadlift	180kg	THOMSON, Michael	29-May-22			
	Total	352.5kg	THOMSON, Michael	29-May-22			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	172.5kg	CONWAY, Kevin	02-Jun-19			
	Bench	100kg	CONWAY, Kevin	02-Jun-19			
	Deadlift	260kg	CONWAY, Kevin	02-Jun-19			
	Total	532.5kg	CONWAY, Kevin	02-Jun-19			
110kg	Squat	160kg	CONWAY, Kevin	18-Aug-19			
	Bench	100kg	CONWAY, Kevin	18-Aug-19			
	Deadlift	255kg	CONWAY, Kevin	18-Aug-19			
	Total	515kg	CONWAY, Kevin	18-Aug-19			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Master Men (65-69)

(Bare Knees)

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

Masters Men (70-74)

(Bare Knees)

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

Masters Men (75-79)

(Bare Knees)

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

Masters Men (80-84)

(Bare Knees)

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

Masters Men (85-89)

(Bare Knees)

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						