

## Open Men

RAW PLUS (Knee Wraps or Knee Sleeves)

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			
	Bench	35kg	MAY, Ben	20-Aug-22			
	Deadlift	105kg	MAY, Ben	20-Aug-22			
	Total	205kg	MAY, Ben	20-Aug-22			
60kg	Squat	160kg	DULLONA, Francisco	30-Aug-20	155kg	DULLONA, Francisco	19-Apr-15
	Bench	102.5kg	DULLONA, Francisco	19-Apr-15			
	Deadlift	185kg	DULLONA, Francisco	19-Apr-15			
	Total	442.5kg	DULLONA, Francisco	19-Apr-15			
67.5kg	Squat	190kg	LOVELOCK, Jeffrey	20-Aug-22	180kg	LOVELOCK, Jeffrey	29-May-22
	Bench	105kg	DAMA, Chris	21-May-23	100kg	LOVELOCK, Jeffrey	29-May-22
	Deadlift	200kg	SIM, Vincent	29-May-22	185kg	SIM, Vincent	28-Mar-21
	Total	480kg	LOVELOCK, Jeffrey	20-Aug-22	470kg	LOVELOCK, Jeffrey	29-May-22
75kg	Squat	215kg	NELSON, Scott	19-Apr-15	210kg	POWELL, Alex	01-Aug-14
	Bench	145kg	JOLLY, Geoff	27-May-18	142.5kg	HO, Jarod	21-May-17
	Deadlift	270kg	HO, Jarod	21-May-17	260kg	POWELL, Alex	01-Aug-14
	Total	612.5kg	HO, Jarod	21-May-17	585kg	POWELL, Alex	01-Aug-14
82.5kg	Squat	340kg	MORRISON, Patrick	21-May-23	240kg	SHAKESPEARE, Luke	25-May-14
	Bench	162.5kg	MORRISON, Patrick	21-May-23	150kg	WINCHESTER, Grant	28-Oct-18
	Deadlift	342.5	MORRISON, Patrick	21-May-23	260kg	SHAKESPEARE, Luke	25-May-14
	Total	845	MORRISON, Patrick	21-May-23	640kg	SHAKESPEARE, Luke	25-May-14
90kg	Squat	350kg	MORRISON, Patrick	28-Mar-21	265kg	SHAKESPEARE, Luke	01-Aug-14
	Bench	185kg	MITTOLO, Dom	18-Aug-18	182.5kg	MITTOLO, Dom	27-May-18
	Deadlift	340kg	MORRISON, Patrick	28-Mar-21	280kg	SHAKESPEARE, Luke	01-Aug-14
	Total	855kg	MORRISON, Patrick	28-Mar-21	705kg	SHAKESPEARE, Luke	01-Aug-14
100kg	Squat	300kg	FORREST, Kyle	01-Mar-20	265kg	VON BERTOUCHE, Luke	02-Jun-19
	Bench	180kg	McDonald, Damon	21-May-23	177.5kg	CLEWES, Bradley	20-Aug-22
	Deadlift	322.5kg	EL ACHKAR, Firas	27-Aug-11			
	Total	745kg	FORREST, Kyle	01-Mar-20	700kg	VON BERTOUCHE, Luke	02-Jun-19
110kg	Squat	300kg	TODD, Adam	21-May-23	297.5kg	EL ACHKAR, Firas	10-Aug-13
	Bench	181.5kg	JONES, Gary	01-Mar-20	170kg	CLARK, Brandon	02-Jun-19
	Deadlift	332.5kg	EL ACHKAR, Firas	10-Aug-13			
	Total	792.5kg	TODD, Adam	21-May-23	780kg	EL ACHKAR, Firas	10-Aug-13
125kg	Squat	310kg	ALAND, Marcus	28-Mar-21	300kg	ALAND, Marcus	02-Jun-19
	Bench	210kg	ALAND, Marcus	28-Mar-21	190kg	ALAND, Marcus	02-Jun-19
	Deadlift	330kg	ALAND, Marcus	28-Mar-21	320kg	ALAND, Marcus	02-Jun-19
	Total	850kg	ALAND, Marcus	28-Mar-21	810kg	ALAND, Marcus	02-Jun-19
140kg	Squat	305kg	SMITH, Luke	24-Oct-21	300kg	SMITH, Luke	17-Aug-19
	Bench	205kg	TOOMER, David	03-Aug-14			
	Deadlift	305kg	TOOMER, David	03-Aug-14			
	Total	795kg	TOOMER, David	03-Aug-14			
SHW	Squat	420kg	ROBERTSON, Brandon	24-Oct-21	400kg	ROBERTSON, Brandon	28-Mar-21
	Bench	172.5kg	WHITE, Steve	28-Mar-21	165kg	WHITE, Steve	27-Oct-19
	Deadlift	320kg	ROBERTSON, Brandon	28-Mar-21	262.5kg	WHITE, Steve	27-Oct-19
	Total	875kg	ROBERTSON, Brandon	28-Mar-21	700kg	WHITE, Steve	27-Oct-19

## Sub Teen Men (10-12)

Unofficial WPC

RAW PLUS (Knee Wraps or Knee Sleeves)

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)

RAW PLUS (Knee Wraps or Knee Sleeves)

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			
	Bench	35kg	MAY, Ben	20-Aug-22			
	Deadlift	105kg	MAY, Ben	20-Aug-22			
	Total	205kg	MAY, Ben	20-Aug-22			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	152.5kg	MILLER, Tom	23-Oct-22			
	Bench	82.5kg	MILLER, Tom	23-Oct-22			
	Deadlift	170kg	MILLER, Tom	23-Oct-22			
	Total	405kg	MILLER, Tom	23-Oct-22			
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 (16-17)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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	117.5kg	WATKINS, Ethan	23-Oct-22	115kg	WATKINS, Ethan	29-May-22
	Bench	62.5kg	WATKINS, Ethan	23-Oct-22	58kg	WATKINS, Ethan	19-Aug-22
	Deadlift	160kg	WATKINS, Ethan	23-Oct-22	155kg	WATKINS, Ethan	19-Aug-22
	Total	340kg	WATKINS, Ethan	23-Oct-22	322.5kg	WATKINS, Ethan	19-Aug-22
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 (18-19)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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	DAMA, Chris	21-May-23	152.5kg	DOCTOR, Brandon	27-Feb-22
	Bench	105kg	DAMA, Chris	21-May-23	82.5kg	DOCTOR, Brandon	11-Oct-20
	Deadlift	195kg	DAMA, Chris	21-May-23	185kg	DOCTOR, Brandon	27-Feb-22
	Total	460kg	DAMA, Chris	21-May-23	415kg	DOCTOR, Brandon	27-Feb-22
75kg	Squat	152.5kg	BARBER, Daniel	28-Mar-21			
	Bench	87.5kg	BARBER, Daniel	28-Mar-21			
	Deadlift	152.5kg	BARBER, Daniel	28-Mar-21			
	Total	392.5kg	BARBER, Daniel	28-Mar-21			
82.5kg	Squat	240kg	SHAKESPEARE, Luke	25-May-14			
	Bench	140kg	SHAKESPEARE, Luke	25-May-14			
	Deadlift	260kg	SHAKESPEARE, Luke	25-May-14			
	Total	640kg	SHAKESPEARE, Luke	25-May-14			
90kg	Squat	260kg	CLARK, Aidan	19-Aug-22	246kg	CLARK, Aidan	29-May-22
	Bench	157.5kg	MADDERN, Finn	21-May-23	140kg	DART-BELL, Rhyley	01-Mar-20
	Deadlift	290kg	MADDERN, Finn	21-May-23	257.5kg	CLARK, Aidan	19-Aug-22
	Total	700kg	MADDERN, Finn	21-May-23	642.5kg	CLARK, Aidan	19-Aug-22
100kg	Squat	240kg	EL ACHKAR, Firas	27-Aug-11			
	Bench	125kg	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						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

**Junior Men (20-23)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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	147.5kg	SIM, Vincent	11-Oct-20			
	Bench	70kg	SIM, Vincent	11-Oct-20			
	Deadlift	180kg	SIM, Vincent	11-Oct-20			
	Total	397.5kg	SIM, Vincent	11-Oct-20			
67.5kg	Squat	160kg	SIM, Vincent	28-Mar-21	145kg	SIM, Vincent	30-Aug-20
	Bench	85kg	DOCTOR, Brandon	20-Aug-22	77.5kg	SIM, Vincent	28-Mar-21
	Deadlift	190kg	DOCTOR, Brandon	20-Aug-22	185kg	SIM, Vincent	28-Mar-21
	Total	422.5kg	SIM, Vincent	28-Mar-21	392.5kg	SIM, Vincent	30-Aug-20
75kg	Squat	215kg	NELSON, Scott	19-Apr-15			
	Bench	135kg	NELSON, Scott	19-Apr-15			
	Deadlift	235kg	NELSON, Scott	21-May-17	230kg	NELSON, Scott	19-Apr-15
	Total	580kg	NELSON, Scott	19-Apr-15			
82.5kg	Squat	215kg	NOBLE, Jacob	18-Aug-18	205kg	NOBLE, Jacob	27-May-18
	Bench	117.5kg	NOBLE, Jacob	18-Aug-18	115kg	NOBLE, Jacob	27-May-18
	Deadlift	240kg	NOBLE, Jacob	18-Aug-18	230kg	NOBLE, Jacob	27-May-18
	Total	572.5kg	NOBLE, Jacob	18-Aug-18	550kg	NOBLE, Jacob	27-May-18
90kg	Squat	265kg	SHAKESPEARE, Luke	01-Aug-14			
	Bench	160kg	SHAKESPEARE, Luke	01-Aug-14			
	Deadlift	296kg	ADALA, Amose	21-May-23	280kg	SHAKESPEARE, Luke	01-Aug-14
	Total	705kg	SHAKESPEARE, Luke	01-Aug-14			
100kg	Squat	250kg	OVERALL, Sean	27-May-18			
	Bench	150kg	OVERALL, Sean	27-May-18			
	Deadlift	255kg	OVERALL, Sean	27-May-18			
	Total	655kg	OVERALL, Sean	27-May-18			
110kg	Squat	297.5kg	EL ACHKAR, Firas	10-Aug-13			
	Bench	150kg	EL ACHKAR, Firas	10-Aug-13			
	Deadlift	332.5kg	EL ACHKAR, Firas	10-Aug-13			
	Total	780kg	EL ACHKAR, Firas	10-Aug-13			
125kg	Squat	230kg	LANE, Thomas	20-Aug-22	200kg	LANE, Thomas	24-Oct-21
	Bench	125kg	LANE, Thomas	20-Aug-22	115kg	LANE, Thomas	24-Oct-21
	Deadlift	245kg	LANE, Thomas	24-Oct-21			
	Total	580kg	LANE, Thomas	20-Aug-22	560kg	LANE, Thomas	24-Oct-21
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat	420kg	ROBERTSON, Brandon	24-Oct-21	400kg	ROBERTSON, Brandon	28-Mar-21
	Bench	155kg	ROBERTSON, Brandon	28-Mar-21			
	Deadlift	320kg	ROBERTSON, Brandon	28-Mar-21			
	Total	875kg	ROBERTSON, Brandon	28-Mar-21			

**Senior Men (24-32)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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	165kg	SIM, Vincent	29-May-22	152.5kg	SIM, Vincent	24-Oct-21
	Bench	80kg	SIM, Vincent	24-Oct-21			
	Deadlift	200kg	SIM, Vincent	29-May-22	179kg	SIM, Vincent	24-Oct-21
	Total	440kg	SIM, Vincent	29-May-22	402.5kg	SIM, Vincent	24-Oct-21
75kg	Squat	210kg	POWELL, Alex	01-Aug-14			
	Bench	142.5kg	HO, Jarod	21-May-17	115kg	POWELL, Alex	01-Aug-14
	Deadlift	270kg	HO, Jarod	21-May-17	260kg	POWELL, Alex	01-Aug-14
	Total	612.5kg	HO, Jarod	21-May-17	585kg	POWELL, Alex	01-Aug-14
82.5kg	Squat	227.5kg	SMITH, Matthew	18-Aug-18	205kg	BATES, Laurie	05-May-13
	Bench	150kg	MASTROMIHALIS, Kosta	17-Feb-19	145kg	BATES, Laurie	05-May-13
	Deadlift	265kg	MASTROMIHALIS, Kosta	17-Feb-19	252.5kg	SMITH, Matthew	27-May-18
	Total	630kg	MASTROMIHALIS, Kosta	17-Feb-19	600kg	SMITH, Matthew	18-Aug-18
90kg	Squat	350kg	MORRISON, Patrick	28-Mar-21	250kg	MITTOLO, Dom	18-Aug-18
	Bench	185kg	MITTOLO, Dom	18-Aug-18	182.5kg	MITTOLO, Dom	27-May-18
	Deadlift	340kg	MORRISON, Patrick	28-Mar-21	270kg	MITTOLO, Dom	18-Aug-18
	Total	855kg	MORRISON, Patrick	28-Mar-21	705kg	MITTOLO, Dom	18-Aug-18
100kg	Squat	300kg	FORREST, Kyle	01-Mar-20	265kg	VON BERTOUCHE, Luke	02-Jun-19
	Bench	177.5kg	CLEWES, Bradley	20-Aug-22	170kg	VON BERTOUCHE, Luke	02-Jun-19
	Deadlift	300kg	SMITH, Matthew	21-May-23	285kg	FORREST, Kyle	01-Mar-20
	Total	745kg	FORREST, Kyle	01-Mar-20	700kg	VON BERTOUCHE, Luke	02-Jun-19
110kg	Squat	305kg	SMITH, Tayler	21-May-23	285kg	SMITH, Tayler	28-Mar-21
	Bench	185kg	SMITH, Tayler	21-May-23	177.5kg	SMITH, Tayler	22-Aug-21
	Deadlift	317.5kg	FISHER, Daniel	24-Oct-21	302.5kg	SMITH, Tayler	22-Aug-21
	Total	800kg	SMITH, Tayler	21-May-23	765kg	SMITH, Tayler	22-Aug-21
125kg	Squat	300kg	WYRILL, John	02-Jun-19	272.5kg	SMITH, Luke	27-May-18
	Bench	170kg	WYRILL, John	02-Jun-19	167.5kg	SMITH, Luke	27-May-18
	Deadlift	300kg	WYRILL, John	02-Jun-19	290kg	SMITH, Luke	27-May-18
	Total	770kg	WYRILL, John	02-Jun-19	730kg	SMITH, Luke	27-May-18
140kg	Squat	285kg	TOOMER, David	03-Aug-14			
	Bench	205kg	TOOMER, David	03-Aug-14			
	Deadlift	305kg	TOOMER, David	03-Aug-14			
	Total	795kg	TOOMER, David	03-Aug-14			
SHW	Squat	300kg	WHITE, Steve	28-Mar-21	272.5kg	WHITE, Steve	27-Oct-19
	Bench	172.5kg	WHITE, Steve	28-Mar-21	165kg	WHITE, Steve	27-Oct-19
	Deadlift	275kg	WHITE, Steve	28-Mar-21	262.5kg	WHITE, Steve	27-Oct-19
	Total	747.5kg	WHITE, Steve	28-Mar-21	700kg	WHITE, Steve	27-Oct-19

**Sub Masters Men (33-39)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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	190kg	LOVELOCK, Jeffrey	20-Aug-22	180kg	LOVELOCK, Jeffrey	29-May-22
	Bench	100kg	LOVELOCK, Jeffrey	24-Oct-21			
	Deadlift	200kg	LOVELOCK, Jeffrey	20-Aug-22	190kg	LOVELOCK, Jeffrey	29-May-22
	Total	480kg	LOVELOCK, Jeffrey	20-Aug-22	470kg	LOVELOCK, Jeffrey	29-May-22
75kg	Squat	130kg	HUNTER, Wayne	30-Aug-20			
	Bench	85kg	HUNTER, Wayne	30-Aug-20			
	Deadlift	185kg	HUNTER, Wayne	30-Aug-20			
	Total	400kg	HUNTER, Wayne	30-Aug-20			
82.5kg	Squat	340kg	MORRISON, Patrick	21-May-23			
	Bench	162.5kg	MORRISON, Patrick	21-May-23			
	Deadlift	342.5	MORRISON, Patrick	21-May-23			
	Total	845	MORRISON, Patrick	21-May-23			
90kg	Squat	245kg	TOVEY, Graham	21-May-23	200kg	MYALL, Dean	17-Aug-19
	Bench	140kg	MYALL, Dean	02-Jun-19			
	Deadlift	275kg	TOVEY, Graham	21-May-23	235kg	MYALL, Dean	02-Jun-19
	Total	655kg	TOVEY, Graham	21-May-23	575kg	MYALL, Dean	17-Aug-19
100kg	Squat	290kg	CLARKE, Brandon	28-Mar-21	285kg	CLARKE, Brandon	30-Aug-20
	Bench	165kg	CLARKE, Brandon	30-Aug-20	152.5kg	SIVIOUR, Clayton	28-Oct-18
	Deadlift	285kg	CLARKE, Brandon	30-Aug-20	275kg	SIVIOUR, Clayton	28-Oct-18
	Total	735kg	CLARKE, Brandon	30-Aug-20	682.5kg	SIVIOUR, Clayton	28-Oct-18
110kg	Squat	300kg	TODD, Adam	21-May-23	280kg	CLARKE, Brandon	02-Jun-19
	Bench	180kg	JEHLE, James	21-May-23	177.5kg	JEHLE, James	19-Aug-22
	Deadlift	317.5kg	TODD, Adam	21-May-23	275kg	CLARKE, Brandon	02-Jun-19
	Total	792.5kg	TODD, Adam	21-May-23	725kg	CLARKE, Brandon	02-Jun-19
125kg	Squat	280kg	SMITH, Luke	20-Aug-22	222.5kg	SMITH, Luke	29-May-22
	Bench	190kg	SMITH, Luke	20-Aug-22	185kg	SMITH, Luke	29-May-22
	Deadlift	290kg	SMITH, Luke	20-Aug-22	280kg	SMITH, Luke	29-May-22
	Total	760kg	SMITH, Luke	20-Aug-22	687.5kg	SMITH, Luke	29-May-22
140kg	Squat	305kg	SMITH, Luke	24-Oct-21	300kg	SMITH, Luke	17/08/2019
	Bench	180kg	SMITH, Luke	24-Oct-21	175kg	SMITH, Luke	17/08/2019
	Deadlift	300kg	SMITH, Luke	17-Aug-19	275kg	SMITH, Luke	2/06/2019
	Total	775kg	SMITH, Luke	17-Aug-19	700kg	SMITH, Luke	2/06/2019
SHW	Squat						
	Bench						
	Deadlift						
	Total						



**Masters Men (40-44)**

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	155kg	DULLONA, Francisco	19-Apr-15			
	Bench	102.5kg	DULLONA, Francisco	19-Apr-15			
	Deadlift	185kg	DULLONA, Francisco	19-Apr-15			
	Total	442.5kg	DULLONA, Francisco	19-Apr-15			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	220kg	WINCHESTER, Grant	28-Oct-18			
	Bench	150kg	WINCHESTER, Grant	28-Oct-18			
	Deadlift	252.5kg	WINCHESTER, Grant	28-Oct-18			
	Total	622.5kg	WINCHESTER, Grant	28-Oct-18			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	265kg	McDonald, Damon	21-May-23	215kg	HARDAKER, Damien	28-Mar-21
	Bench	180kg	McDonald, Damon	21-May-23	125kg	HAHN, Luke	28-Mar-21
	Deadlift	280kg	McDonald, Damon	21-May-23	227.5kg	HARDAKER, Damien	28-Mar-21
	Total	725kg	McDonald, Damon	21-May-23	557.5kg	HARDAKER, Damien	28-Mar-21
110kg	Squat	260kg	ALCORN, Abe	20-Aug-22	230kg	ALCORN, Abe	29-May-22
	Bench	170kg	McDONALD, Damon	23-Oct-22	165kg	ALCORN, Abe	29-May-22
	Deadlift	305kg	ALCORN, Abe	29-May-22			
	Total	705kg	ALCORN, Abe	20-Aug-22	700kg	ALCORN, Abe	29-May-22
125kg	Squat	310kg	ALAND, Marcus	28-Mar-21	300kg	ALAND, Marcus	02-Jun-19
	Bench	210kg	ALAND, Marcus	28-Mar-21	190kg	ALAND, Marcus	02-Jun-19
	Deadlift	330kg	ALAND, Marcus	28-Mar-21	320kg	ALAND, Marcus	02-Jun-19
	Total	850kg	ALAND, Marcus	28-Mar-21	810kg	ALAND, Marcus	02-Jun-19
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

**Masters Men (45-49)**

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	160kg	DULLONA, Francisco	30/08/2020			
	Bench	90kg	DULLONA, Francisco	30/08/2020			
	Deadlift	180kg	DULLONA, Francisco	30/08/2020			
	Total	430kg	DULLONA, Francisco	30/08/2020			
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	240kg	LAUNER, Peter	02-Jun-19	225kg	LAUNER, Peter	17-Feb-19
	Bench	140kg	LAUNER, Peter	02-Jun-19	130kg	LAUNER, Peter	17-Feb-19
	Deadlift	240kg	LAUNER, Peter	17-Feb-19	230kg	LAUNER, Peter	28-Oct-18
	Total	620kg	LAUNER, Peter	02-Jun-19	595kg	LAUNER, Peter	17-Feb-19
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

**Masters Men (50-54)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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	150kg	DULLONA, Francisco	29-May-22			
	Bench	97.5kg	DULLONA, Francisco	29-May-22			
	Deadlift	180kg	DULLONA, Francisco	29-May-22			
	Total	427.5kg	DULLONA, Francisco	29-May-22			
75kg	Squat	160kg	JOLLY, Geoff	27-May-18			
	Bench	145kg	JOLLY, Geoff	27-May-18			
	Deadlift	200kg	JOLLY, Geoff	27-May-18			
	Total	505kg	JOLLY, Geoff	27-May-18			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	200kg	JONES, Eddie	28-Oct-18			
	Bench	135kg	JONES, Eddie	28-Oct-18			
	Deadlift	200kg	JONES, Eddie	28-Oct-18			
	Total	535kg	JONES, Eddie	28-Oct-18			
100kg	Squat	180kg	JONES, Gary	18-Aug-19			
	Bench	167.5kg	JONES, Gary	18-Aug-19			
	Deadlift	200kg	JONES, Gary	18-Aug-19			
	Total	547.5kg	JONES, Gary	18-Aug-19			
110kg	Squat	232.5kg	JONES, Gary	18-Aug-18	230kg	JONES, Gary	13-Aug-17
	Bench	170kg	JONES, Gary	13-Aug-17			
	Deadlift	242.5kg	JONES, Gary	13-Aug-17			
	Total	642.5kg	JONES, Gary	13-Aug-17			
125kg	Squat	235kg	JONES, Gary	27-May-18	220kg	JONES, Gary	25-Apr-18
	Bench	180kg	JONES, Gary	25-Apr-18			
	Deadlift	245kg	JONES, Gary	27-May-18	230kg	JONES, Gary	25-Apr-18
	Total	657.5kg	JONES, Gary	27-May-18	630kg	JONES, Gary	25-Apr-18
140kg	Squat	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	160kg	ROBERTSON, Kitchener	21-May-23			
	Bench	140kg	ROBERTSON, Kitchener	21-May-23			
	Deadlift	265kg	ROBERTSON, Kitchener	21-May-23			
	Total	565kg	ROBERTSON, Kitchener	21-May-23			

**Masters Men (55-59)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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	210kg	JONES, Gary	27-Oct-19	155kg	CONWAY, Kevin	21-May-17
	Bench	175kg	JONES, Gary	27-Oct-19	105kg	CONWAY, Kevin	21-May-17
	Deadlift	250kg	CONWAY, Kevin	21-May-17			
	Total	632.5kg	JONES, Gary	27-Oct-19	510kg	CONWAY, Kevin	21-May-17
110kg	Squat	235kg	JONES, Gary	20-Aug-22	225kg	JONES, Gary	22-May-22
	Bench	177.5kg	JONES, Gary	22-May-22	173kg	JONES, Gary	22-Aug-21
	Deadlift	263kg	JONES, Gary	22-May-22	262.5kg	CONWAY, Kevin	18-Aug-18
	Total	665kg	JONES, Gary	22-May-22	647.5kg	JONES, Gary	22-Aug-21
125kg	Squat	250kg	JONES, Gary	11-Oct-20			
	Bench	176kg	JONES, Gary	11-Oct-20			
	Deadlift	257.5kg	JONES, Gary	11-Oct-20			
	Total	682.5kg	JONES, Gary	11-Oct-20			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

**Masters Men (60-64)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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	180kg	THOMSON, Michael	23-Oct-22			
	Total	375kg	THOMSON, Michael	23-Oct-22			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	100kg	CONWAY, Kevin	23-Oct-22			
	Bench	65kg	CONWAY, Kevin	23-Oct-22			
	Deadlift	150kg	CONWAY, Kevin	23-Oct-22			
	Total	315kg	CONWAY, Kevin	23-Oct-22			
110kg	Squat	220kg	TODD, Allan	22-May-16			
	Bench	135kg	SMITH, Andrew	29-May-22	130kg	TODD, Allan	22-May-16
	Deadlift	263kg	CONWAY, Kevin	09-Nov-18	240kg	TODD, Allan	22-May-16
	Total	585kg	TODD, Allan	22-May-16			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

**Masters Men (65-69)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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)**

RAW PLUS (Knee Wraps or Knee Sleeves)

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						