Open Men

Open Men							
Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift	
Squat							
Bench							
Deadlift							
Total							
Squat							
Bench							
Deadlift							
Total							
Squat							
Bench							
Deadlift							
Total							
Squat							
Bench							
Deadlift							
Total							
Squat							
Bench							
Deadlift							
	301kg	EL ACHKAR, Firas	22-Oct-11				
_		,					
	75kg	EL ACHKAR, Firas	05-May-13				
	75kg						
-		,					
+							
Bench							
Total						1	
	Squat Bench Deadlift Total	Lift Lifted Squat Bench Deadlift Total Squat Bench Deadlift	Lift Lifted Squat Squat Bench Deadlift Total Squat Squat Bench Deadlift Total	Lift	Lift Weight Lifted Athlete Date of Lift Lifted	Squat Squa	

Teenage 1 Men (13-15)

Teenage 1 Men (13-15)								
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift	
52kg	Squat							
	Bench							
	Deadlift							
	Total							
56kg	Squat							
	Bench							
	Deadlift							
	Total							
60kg	Squat							
	Bench							
	Deadlift							
	Total							
67.5kg	Squat							
	Bench							
	Deadlift							
	Total							
75kg	Squat							
	Bench							
	Deadlift							
	Total							
82.5kg	Squat							
	Bench							
	Deadlift							
	Total							
90kg	Squat							
	Bench							
	Deadlift							
	Total							
100kg	Squat							
	Bench							
	Deadlift							
	Total							
110kg	Squat							
	Bench							
	Deadlift							
	Total							
125kg	Squat							
<u> </u>	Bench							
	Deadlift							
	Total							
140kg	Squat						1	
- 0	Bench							
	Deadlift							
	Total							
SHW	Squat							
<u> </u>	Bench							
	Deadlift							
	Total							

Teenage 2 Men (16-17)

1 CCIId	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							
	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							
<u> </u>	Total							
SHW	Squat							
	Bench							
	Deadlift							
	Total							

Teenage 3 Men (18-19)

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							
	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							

Junior Men (20-23)

BWT	Lift	Weight	Athlete	Date of Lift	Weight	Record Previously	Date of Lift
	LIIL	Lifted	Atmete	Date of Lift	Lifted	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						
0	Bench						
	Deadlift						
	Total						
100kg	Squat						
0	Bench						
	Deadlift	301kg	EL ACHKAR, Firas	22-Oct-11			
	Total	3 5 2 8					
110kg	Squat	75kg	EL ACHKAR, Firas	05-May-13			
	Bench	75kg	EL ACHKAR, Firas	05-May-13			
	Deadlift	75kg	EL ACHKAR, Firas	05-May-13			
	Total	225kg	EL ACHKAR, Firas	05-May-13			
125kg	Squat	113.6		55 may 25			
	Bench						
	Deadlift						
	Total						
140kg	Squat						
- 1016	Bench						
	Deadlift						
	Total						
SHW	Squat						
J1144	Bench						
	Deadlift						
	Total						
	Total		1				1

Senior Men (24-32)

Senior	Men (24-3						_
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						1
	Bench						
	Deadlift						
	Total						
SHW	Squat						
-	Bench						
	Deadlift						
	Total						
					<u> </u>	1	1

Sub Masters Men (33-39)

	asters Men	Weight			Weight	Record Previously	
BWT	Lift	Lifted	Athlete	Date of Lift	Lifted	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 1 Men (40-44)

BWT	rs 1 Men (4	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat	Litea			Litted	ficia by	
32116	Bench						
	Deadlift						
	Total						
56kg	Squat						
556	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 2 Men (45-49)

Maste	lasters 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								
	Bench								
	Deadlift								
	Total								
82.5kg	Squat								
0	Bench								
	Deadlift								
	Total								
90kg	Squat								
558	Bench								
	Deadlift								
	Total								
100kg	Squat								
20016	Bench								
	Deadlift								
	Total								
110kσ	Squat								
22016	Bench								
	Deadlift								
	Total								
125kg	Squat								
12316	Bench								
	Deadlift								
	Total								
140kg	Squat	 		+	 		+		
1-10Kg	Bench				 				
	Deadlift								
	Total								
SHW	Squat								
J11VV	Bench				 				
	Deadlift								
	Total								
	Tiotal								

Masters 3 Men (50-54)

Maste	lasters 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								
J	Bench								
	Deadlift								
	Total								
82.5kg	Squat								
	Bench								
	Deadlift								
	Total								
90kg	Squat								
30118	Bench								
	Deadlift								
	Total								
100kg	Squat			1					
10016	Bench								
	Deadlift								
	Total								
110kg	Squat			1					
1101/6	Bench								
	Deadlift								
	Total								
125kg	Squat								
12316	Bench								
	Deadlift								
	Total								
140kg	Squat								
140Kg	Bench								
	Deadlift								
	Total								
SHW	Squat				 		+		
31100	Bench								
	Deadlift			-			+		
	Total						+		
	Tiotal				<u> </u>	l			

Masters 4 Men (55-59)

iviaste	rs 4 Men (5						
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						
<u> </u>	Bench						
	Deadlift						
	Total						
SHW	Squat						1
	Bench						
	Deadlift						
	Total						
							1

Masters 5 Men (60-64)

Squat Bench Deadlift	Weight Lifted	Athlete	Date of Lift	Weight	Record Previously	Date of Lift
Bench				Lifted	Held By	Date of Life
Deadlift						
Deddiiit						
Total						
Squat						
Bench						
Deadlift						
Total						
Squat						
Bench						
Deadlift						
Total						
Squat						
Bench						
Deadlift						
Total						
Squat						
Bench						
Deadlift						
Total						
Squat						
Bench						
Deadlift						
Total						
Squat						
Deadlift						
Total						
Squat						
Bench						
Deadlift						
Bench						
Deadlift						
Squat						
Bench						
						1
	Total Squat Bench Deadlift	Total Squat Bench Deadlift Total Squat	Total Squat Squat Bench Deadlift Total Squat Bench Bench Deadlift Total Squat Squat Bench Deadlift Total Squat Bench <td>Total Squat Bench ————————————————————————————————————</td> <td>Total Squat <td< td=""><td>Total Squat <td< td=""></td<></td></td<></td>	Total Squat Bench ————————————————————————————————————	Total Squat Squat <td< td=""><td>Total Squat <td< td=""></td<></td></td<>	Total Squat Squat <td< td=""></td<>

Masters 6 Men (65-69)

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						
	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 7 Men (70-74)

Maste	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							
J	Bench							
	Deadlift							
	Total							
82.5kg	Squat							
0	Bench							
	Deadlift							
	Total							
90kg	Squat							
306	Bench							
	Deadlift							
	Total							
100kg	Squat							
20016	Bench							
	Deadlift							
	Total							
110kσ	Squat							
110118	Bench							
	Deadlift							
	Total							
125kg	Squat							
12316	Bench							
	Deadlift							
	Total							
140kg	Squat	 					+	
THOKR	Bench							
	Deadlift							
	Total							
SHW	Squat							
J11VV	Bench							
	Deadlift							
	Total							
	Tiotal			1		1		

Masters 8 Men (75-79)

iviastei	s 8 ivien (7		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									
	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									
<u> </u>	Bench									
	Deadlift									
	Total									
140kg	Squat									
	Bench									
	Deadlift									
a	Total						-			
SHW	Squat									
	Bench									
	Deadlift									
	Total									

Masters 9 Men (80-84)

Maste	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							
- 0	Bench							
	Deadlift							
	Total							
82.5kg	Squat							
02.0.18	Bench							
	Deadlift							
	Total							
90kg	Squat							
3016	Bench							
	Deadlift							
	Total							
100kg	Squat							
10016	Bench							
	Deadlift							
	Total							
110kg	Squat							
IIUNG	Bench							
	Deadlift							
	Total							
125kg	Squat							
IZJNg	Bench							
	Deadlift							
	Total				1			
140kg	Squat				 		+	
	Bench				1			
	Deadlift				 			
CH/V	Total							
SHW	Squat							
	Bench				<u> </u>			
	Deadlift				 			
	Total				<u> </u>			

Maste	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								
4001 -	Total								
100kg	Squat						_		
	Bench								
	Deadlift								
1101.~	Total								
110kg	Squat Bench								
	Deadlift								
	Total								
125kg	Squat								
	Bench								
	Deadlift								
	Total								
140kg	Squat			+					
	Bench						1		
	Deadlift								
	Total								
SHW	Squat			+			+		
J	Bench								
	Deadlift								
	Total	1			1		1		
				1	1	1	1		