

MEN 52 kg squat bench deadlift total	Junior 	Open 72.5 Matt Duckett 2010 65 Matt Duckett 2010 82.5 Matt Duckett 2010 220 Matt Duckett 2010	Submaster
MEN 52 kg squat bench deadlift total	13-15 	16-17 70 Matt Duckett 2007 65 Matt Duckett 2007 72.5 Matt Duckett 2007 207.5 Matt Duckett 2007	18-19
MEN 52 kg squat bench deadlift total	40-44 	45-49 	50-54
MEN 52 kg squat bench deadlift total	55-59 	60-64 	65-69
MEN 52 kg squat bench deadlift total	70-74 	75-79 	80-84
MEN 56 kg squat bench deadlift total	Junior 	Open 	Submaster
MEN 56 kg squat bench deadlift total	13-15 	16-17 	18-19
MEN 56 kg squat bench deadlift total	40-44 	45-49 	50-54
MEN 56 kg squat bench deadlift total	55-59 	60-64 	65-69
MEN 56 kg squat bench deadlift total	70-74 	75-79 	80-84
MEN 60 kg squat bench deadlift total	Junior 	Open 112.5 Bill Hurley 2010 72.5 Bill Hurley 2010 115 Bill Hurley 2010 300 Bill Hurley 2010	Submaster
MEN 60 kg squat bench deadlift	13-15 	16-17 	18-19

total			
MEN 60 kg	40-44	45-49	50-54
squat			185 Gary Bobrovitz 2008
bench			135 Gary Bobrovitz 2008
deadlift			185 Gary Bobrovitz 2006
total			500 Gary Bobrovitz 2008
MEN 60 kg	55-59	60-64	65-69
squat	190 Gary Bobrovitz 2009		
bench	137.5 Gary Bobrovitz 2009		
deadlift	172.5 Gary Bobrovitz 2009		
total	500 Gary Bobrovitz 2009		
MEN 60 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
MEN 67.5 kg	Junior	Open	Submaster
squat	170 Norm Lewis 2005	227.5 Norm Lewis 2009	
bench	90 Sheldon Fraser 2008	125 Steve Boyle 2008	
deadlift	170 Sheldon Fraser 2008	227.5 Steve Boyle 2008	
total	430 Sheldon Fraser 2008	580 Steve Boyle 2008	
MEN 67.5 kg	13-15	16-17	18-19
squat			
bench			
deadlift			
total			
MEN 67.5 kg	40-44	45-49	50-54
squat			171 Gary Bobrovitz 2004
bench			130 Gary Bobrovitz 2004
deadlift			165 Gary Bobrovitz 2004
total			455 Gary Bobrovitz 2004
MEN 67.5 kg	55-59	60-64	65-69
squat	192.5 Gary Bobrovitz 2010		
bench	137.5 Gary Bobrovitz 2010		
deadlift	180 Gary Bobrovitz 2007		
total	510 Gary Bobrovitz 2010		
MEN 67.5 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
MEN 75 kg	Junior	Open	Submaster
squat	225 Norm Lewis 2006	272.5 Dan Belisle 2010	
bench	127.5 Dane Percival 2006	157.5 Dan Belisle 2010	
deadlift	215 Norm Lewis 2006	210 Norm Lewis 2008	
total	567.5 Norm Lewis 2006	640 Norm Lewis 2008	
MEN 75 kg	13-15	16-17	18-19
squat			
bench			
deadlift			
total			
MEN 75 kg	40-44	45-49	50-54
squat			
bench			
deadlift			
total			
MEN 75 kg	55-59	60-64	65-69
squat		202.5 Birchmans Pereiria 2010	
bench		72.5 Birchmans Pereiria 2010	
deadlift		240 Birchmans Pereiria 2010	

total		515	Birchmans Pereira	2010	
MEN 75 kg	70-74	75-79	80-84		
squat					
bench					
deadlift					
total					
MEN 82.5 kg	Junior	Open	Submaster		
squat		340 Matt Phillips 2010	272.5 Matt Phillips 2006		
bench		187.5 Matt Phillips 2007	182.5 Matt Phillips 2006		
deadlift		287.5 Jason Zalewski 2008	240 Matt Phillips 2006		
total		777.5 Matt Phillips 2010	695 Matt Phillips 2006		
MEN 82.5 kg	13-15	16-17	18-19		
squat			272.5 Scott Wong 2008		
bench			140 Scott Wong 2008		
deadlift			230 Scott Wong 2008		
total			642.5 Scott Wong 2008		
MEN 82.5 kg	40-44	45-49	50-54		
squat	282.5 Vince Graham 2007	190 John Murphy 2009	170 Phil Toews 2009		
bench	140 Ken Allen 2005	125 John Murphy 2009	90 Phil Toews 2009		
deadlift	255 Vince Graham 2007	215 John Murphy 2009	175 Phil Toews 2009		
total	677.5 Vince Graham 2007	530 John Murphy 2009	435 Phil Toews 2009		
MEN 82.5 kg	55-59	60-64	65-69		
squat		272.5 Birchmans Pereira 2009			
bench		97.5 Birchmans Pereira 2008			
deadlift		260 Birchmans Pereira 2008			
total		617.5 Birchmans Pereira 2009			
MEN 82.5 kg	70-74	75-79	80-84		
squat		125 Roy Mitchell 2006			
bench		105 Roy Mitchell 2006			
deadlift		160 Roy Mitchell 2006			
total		390 Roy Mitchell 2006			
MEN 90 kg	Junior	Open	Submaster		
squat	295 Ryan Selk 2008	367.6 Corey Evans 2004	307.5 Jason Zalewski 2006		
bench	157.5 Ryan Selk 2008	260 Corey Evans 2005	175 Jason Zalewski 2006		
deadlift	282.5 Ryan Selk 2008	305 Brian Johnston 2008	287.5 Jason Zalewski 2006		
total	735 Ryan Selk 2008	900 Corey Evans 2005	770 Jason Zalewski 2006		
MEN 90 kg	13-15	16-17	18-19		
squat			285 Tanner Humphrey 2005		
bench			182.5 Tanner Humphrey 2005		
deadlift			252.5 Tanner Humphrey 2005		
total			720 Tanner Humphrey 2005		
MEN 90 kg	40-44	45-49	50-54		
squat	385 Brian Johnston 2009	272.5 Andy Fisher 2010	165 Norm Lambert 2006		
bench	190 Brian Johnston 2009	162.5 Andy Fisher 2010	137.5 Norm Lambert 2006		
deadlift	300 Brian Johnston 2007	227.5 Andy Fisher 2010	230 Norm Lambert 2006		
total	875 Brian Johnston 2007	662.5 Andy Fisher 2010	532.5 Norm Lambert 2006		
MEN 90 kg	55-59	60-64	65-69		
squat					
bench					
deadlift					
total					
MEN 100 kg	Junior	Open	Submaster		
squat	240 Jordan Selk 2010	365 Jason Cook 2010			
bench	165 Liam Woodroffe 2010	240 Jeremy Zimmermar 2008			
deadlift	260 Liam Woodroffe 2010	280 Matt Arter 2010			
total	662.5 Liam Woodroffe 2010	843 Rob Morao 2010			
MEN 100 kg	13-15	16-17	18-19		
squat	97.5 Brandon Pereira 2009				
bench	67.5 Brandon Pereira 2009				
deadlift	100 Brandon Pereira 2009				

total	265	Brandon Pereira	2009						
MEN 100 kg	40-44			45-49	50-54				
squat	325	Tony Tomra	2006	385.5	Brian Johnston	2010	175	John McRory	2006
bench	220	Tony Tomra	2006	200	Brian Johnston	2010	100	John Ashby	2005
deadlift	300	Brian Johnston	2006	290	Brian Johnston	2010	190	John McRory	2006
total	845		2006	875.5	Brian Johnston	2010	457.5	John McRory	2006
MEN 100 kg	55-59			60-64			65-69		
squat	65	Bert Merriman	2006						
bench	190	Bert Merriman	2006						
deadlift	250	Bert Merriman	2006						
total	505	Bert Merriman	2006						
MEN 110 kg	Junior			Open			Submaster		
squat	380	Ryan Selk	2009	370	Mike Merrill	2009			
bench	210	Ryan Selk	2009	275	Jeremy Zimmermar	2007			
deadlift	302.5	Ryan Selk	2009	305	Matt Arter	2010			
total	892.5	Ryan Selk	2009	910	Matt Arter	2010			
MEN 110 kg	13-15			16-17			18-19		
squat	130	Brandon Pereira	2010				210	Patrick Mallough	2008
bench	87.5	Brandon Pereira	2010				115	Patrick Mallough	2008
deadlift	150	Brandon Pereira	2010				200	Patrick Mallough	2008
total	367.5	Brandon Pereira	2010				525	Patrick Mallough	2008
MEN 110 kg	40-44			45-49			50-54		
squat	325	Trevor Andrus	2009	310	Bruce McIntyre	2006	305	Cory Velting	2009
bench	255	Trevor Andrus	2009	260	Bruce McIntyre	2006	182.5	Cory Velting	2009
deadlift	292.5	Trevor Andrus	2009	272.5	Bruce McIntyre	2006	300	Cory Velting	2009
total	880	Trevor Andrus	2009	842.5	Bruce McIntyre	2006	780	Cory Velting	2009
MEN 110 kg	55-59			60-64			65-69		
squat									
bench									
deadlift									
total									
MEN 125 kg	Junior			Open			Submaster		
squat	330	Justin Yakiwchuk	2008	470	Allan Mehan	2004			
bench	165	Justin Yakiwchuk	2008	320	Mario Piattelli	2009	320	Mario Piattelli	2009
deadlift	275	Justin Yakiwchuk	2008	325	Allan Mehan	2004			
total	770	Justin Yakiwchuk	2008	1035	Allan Mehan	2004			
MEN 125 kg	13-15			16-17			18-19		
squat									
bench									
deadlift									
total									
MEN 125 kg	40-44			45-49			50-54		
squat	152.5	Glenn Stiller	2009	255	Patrick Thera	2010	165	Dennis Baumgartner	2005
bench	112.5	Glenn Stiller	2009	212.5	Patrick Thera	2010	125	Dennis Baumgartner	2005
deadlift	187.5	Glenn Stiller	2009	210	Patrick Thera	2010	182.5	Dennis Baumgartner	2005
total	452.5	Glenn Stiller	2009	677.5	Patrick Thera	2010	472.5	Dennis Baumgartner	2005
MEN 125 kg	55-59			60-64			65-69		
squat									
bench									
deadlift									
total									
MEN 140 kg	Junior			Open			Submaster		
squat				372.5	Mario Piattelli	2007			
bench				325	Mario Piattelli	2005			
deadlift				305	Mario Piattelli	2004			
total				992.5	Mario Piattelli	2007			
MEN 140 kg	13-15			16-17			18-19		
squat									
bench									
deadlift									

total			
MEN 140 kg	40-44	45-49	50-54
squat			310 Patrick Mallough 2008
bench			190 Patrick Mallough 2008
deadlift			310 Patrick Mallough 2008
total			810 Patrick Mallough 2008
MEN 140 kg	55-59	60-64	65-69
squat			
bench		215 Robert O Smith 2006	
deadlift			
total			
MEN140+ kg	Junior	Open	Submaster
squat			
bench			
deadlift			
total			