				South N	Aidlands Divisional Re	cords			
144-1-ba			1	N	Nale Unequipped		T	1	
Weight Class	Lift	Under 18	Under 23	Open	Masters 1	Masters 2	Masters 3	Masters 4	Masters 5
53 kg	Squat	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
	Bench Press	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
	Deadlift	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
	Total	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
	Bench	Not set	Not set	Not set	Not set	Not set	Not set	Not set	Not set
	Press All contest	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
	Squat Bench	Not Set	Not Set	Daniel Jay 115 kg 29 January 2017	Ted Brown 87.5 kg 17 August 2013				
				Daniel Jay	Ted Brown				
	Press	Not Set	Not Set	100 kg	81 kg				
				29 January 2017 Daniel Jay	17 August 2013 Ted Brown				
59 kg	Deadlift	Not Set	Not Set	170 kg	135 kg	135 kg	135 kg	135 kg	135 kg
				29 January 2017	06 August 2012				
	Total	Not Set	Not Set	Daniel Jay 385 kg	Ted Brown 295 kg				
				29 January 2017	20 May 2012				
	Bench			Daniel Jay	Ted Brown				
	Press All contest	Not Set	Not Set	100 kg 29 January 2017	81 kg 17 August 2013				
	Contest		Jamie Jones	Roger Hamilton-Smith	Roger Hamilton-Smith	Michael James	Michael James	17 August 2013	17 August 2015
	Squat	Not Set	172.5 kg	185 kg	185 kg	127.5 kg	127.5 kg	Not Set	Not Set
			31 October 2015	09 February 2019	09 February 2019	28 October 2018	28 October 2018		
	Bench	Not Set	Jamie Jones 112.5 kg	Roger Hamilton-Smith 120 kg	Roger Hamilton-Smith 120 kg	Michael James 95 kg	Michael James 95 kg	Not Set	Not Set
	Press	Not set	31 October 2015	09 February 2019	09 February 2019	03 December 2017	03 December 2017	Not set	Not set
			Jamie Jones	Roger Hamilton-Smith	Roger Hamilton-Smith	Michael James	Michael James		
66 kg	Deadlift	Not Set	210 kg	230 kg	230 kg	172.5 kg	172.5 kg	Not Set	Not Set
			31 October 2015 Jamie Jones	09 February 2019  Roger Hamilton-Smith	09 February 2019  Roger Hamilton-Smith	28 October 2018 Michael James	28 October 2018 Michael James		
	Total	Not Set	495 kg	535 kg	535 kg	395 kg	395 kg	Not Set	Not Set
			31 October 2015	09 February 2019	09 February 2019	28 October 2018	28 October 2018		
	Bench		Jamie Jones	Roger Hamilton-Smith	Roger Hamilton-Smith	Michael James	Michael James		
	Press All contest	Not Set	112.5 kg 31 October 2015	120 kg 09 February 2019	120 kg 09 February 2019	95 kg 03 December 2017	95 kg 03 December 2017	Not Set	Not Set
		Nathan Gevao	Terry Martin	Daniel Smith	Roger Hamilton-Smith	Henry Clark	Henry Clark	Henry Clark	
	Squat	175 kg	222.5 kg	222.5 kg	172.5 kg	130 kg	130 kg	130 kg	Not Set
		25 March 2018	13 October 2018	01 October 2016  Daniel Smith	01 December 2018  Roger Hamilton-Smith	01 February 2015 Nick Hawker	01 February 2015	01 February 2015	
	Bench	Nathan Gevao 97.5 kg	Terry Martin 145 kg	145 kg	115 kg	70 kg	Henry Clark 57.5 kg	Henry Clark 57.5 kg	Not Set
	Press	25 March 2018	13 October 2018	01 October 2016	01 December 2018	26 January 2014	01 February 2015	01 February 2015	
		Nathan Gevao	Terry Martin	Darren Helley	Roger Hamilton-Smith	Henry Clark	Henry Clark	Henry Clark	
74 kg	Deadlift	200 kg 25 March 2018	235 kg 13 October 2018	250 kg 08 December 2018	225 kg 01 December 2018	160 kg 01 February 2015	160 kg 01 February 2015	160 kg 01 February 2015	Not Set
		Nathan Gevao	Terry Martin	Terry Martin	Roger Hamilton-Smith	Henry Clark	Henry Clark	Henry Clark	
	Total	472.5 kg	602.5 kg	602.5 kg	512.5 kg	347.5 kg	347.5 kg	347.5 kg	Not Set
		25 March 2018	13 October 2018	13 October 2018	01 December 2018	01 February 2015	01 February 2015	01 February 2015	
	Bench Press All	Nathan Gevao 97.5 kg	Terry Martin 145 kg	Daniel Smith 145 kg	Roger Hamilton-Smith 115 kg	Nick Hawker 70 kg	Henry Clark 57.5 kg	Henry Clark 57.5 kg	Not Set
	contest	25 March 2018	13 October 2018	01 October 2016	01 December 2018	26 January 2014	01 February 2015	01 February 2015	
83 kg	Squat  Bench Press	Jake Leach	William Pickering	Adam Manery	Francis Dorrian	Keith Blacknell			
		205 kg 31 October 2015	222.5 kg 13 October 2018	235 kg 02 December 2018	190 kg 12 November 2016	162.5 kg 23 November 2014	Not Set	Not Set	Not Set
		Jake Leach	James Vickers	Adam Manery	Jonathan Marks	Nigel Seymour			
		117.5 kg	150.5 kg	155 kg	115 kg	110 kg	Not Set	Not Set	Not Set
		27 July 2015 Jake Leach	29 January 2017 William Pickering	27 January 2018 Eze Erediauwa	09 February 2019 Jonathan Marks	08 December 2018 Nigel Seymour			
	Deadlift	195 kg	260 kg	280 kg	215 kg	210 kg	Not Set	Not Set	Not Set
	Total Bench	27 July 2015	13 October 2018	01 February 2015	09 February 2019	08 December 2018			
		Jake Leach	William Pickering	Iman Salemi	Jonathan Marks	Nigel Seymour			
		517.5 kg 31 October 2015	625 kg 13 October 2018	642.5 kg 09 February 2019	505 kg 09 February 2019	465 kg 08 December 2018	Not Set	Not Set	Not Set
		Jake Leach	James Vickers	Adam Manery	William Dadley	William Dadley			
	Press All	117.5 kg	150.5 kg	155 kg	127.5 kg	127.5 kg	Not Set	Not Set	Not Set
93 kg	Squat	27 July 2015 Edwin Lord	29 January 2017 Sean-Paul Mackenzie	27 January 2018 Jain Kendrick	17 December 2016 lain Kendrick	17 December 2016 Keith Blacknell	Andy Bonner	David Purkiss	
		185 kg	245 kg	262.5 kg	262.5 kg	235 kg	222.5 kg	65 kg	Not Set
		29 October 2016	25 March 2018	22 July 2017	22 July 2017	13 July 2017	28 October 2017	01 December 2018	
	Bench -	Edwin Lord	David Chudley	Dan Watkins	Andy Bonner	Andy Bonner	Andy Bonner	David Purkiss	
	Press	122.5 kg 29 October 2016	160 kg 21 October 2017	175 kg 22 May 2016	157.5 kg 26 January 2014	157.5 kg 26 January 2014	140 kg 28 October 2017	75 kg 01 December 2018	Not Set
		Edwin Lord	Sean-Paul Mackenzie	lain Kendrick	Andy Bonner	Andy Bonner	Andy Bonner	David Purkiss	
	Deadlift	250 kg	285 kg	275 kg	272.5 kg	272.5 kg	272.5 kg	80 kg	Not Set
		29 October 2016	25 March 2018	26 January 2014	28 October 2017	28 October 2017	28 October 2017	01 December 2018	
	Total	Edwin Lord	Sean-Paul Mackenzie	lain Kendrick	lain Kendrick	Andy Bonner	Andy Bonner	David Purkiss	Not Cat
	Total	557.4 kg 29 October 2016	662.5 kg 25 March 2018	690 kg 26 January 2014	670 kg 19 June 2016	635 kg 28 October 2017	635 kg 28 October 2017	220 kg 01 December 2018	Not Set
	Bench	Edwin Lord	David Chudley	Dan Watkins	Andy Bonner	Andy Bonner	Andy Bonner	David Purkiss	
	Press All	122.5 kg	160 kg	190 kg	157.5 kg	157.5 kg	140 kg	75 kg	Not Set
	contest	29 October 2016	21 October 2017	21 October 2017	26 January 2014	26 January 2014	28 October 2017	01 December 2018	

- 1		Educin Lond	Educia Land	MCII Va accidente	Danie Barrata	Kalah Blashasili			
	C	Edwin Lord	Edwin Lord	Will Knowland	Dean Bowring	Keith Blacknell			
	Squat	235 kg	245 kg	260 kg	255 kg	192.5 kg	Not Set	Not Set	Not Set
		25 November 2017	25 March 2018	29 January 2017	26 November 2016	22 May 2016			
	Bench	Sydney Boroch	Bradley Horne	Dean Bowring	Dean Bowring	Keith Blacknell			
	Press	155 kg	175 kg	180 kg	180 kg	127.5 kg	Not Set	Not Set	Not Set
		31 October 2015	21 October 2017	26 November 2016	26 November 2016	22 May 2016			
		Edwin Lord	Edwin Lord	Nathan Scott	Nathan Scott	Keith Blacknell			
105 kg	Deadlift	285 kg	295 kg	320 kg	320 kg	202.5 kg	Not Set	Not Set	Not Set
		25 November 2017	25 March 2018	26 January 2014	26 January 2014	22 May 2016			
		Edwin Lord	Edwin Lord	Dean Bowring	Dean Bowring	Keith Blacknell			
	Total	675.5 kg	697.5 kg	750 kg	750 kg	522.5 kg	Not Set	Not Set	Not Set
		25 November 2017	25 March 2018	26 November 2016	26 November 2016	22 May 2016			
	Bench	Sydney Boroch	Bradley Horne	Dean Bowring	Dean Bowring	Keith Blacknell			
	Press All	155 kg	175 kg	180 kg	180 kg	127.5 kg	Not Set	Not Set	Not Set
	contest	31 October 2015	21 October 2017	26 November 2016	26 November 2016	22 May 2016			
		Jack Johnson	Jack Johnson	Jack Johnson	Peter Jackson				
	Squat	232.5 kg	262.5 kg	262.5 kg	232.5 kg	Not Set	Not Set	Not Set	Not Set
		18 June 2016	16 December 2017	16 December 2017	28 October 2018				
i		Jack Johnson	Jack Johnson	Daniel Lindsell	Peter Jackson				
	Bench	185 kg	200 kg	205 kg	157.5 kg	Not Set	Not Set	Not Set	Not Set
	Press	07 March 2016	16 December 2017	29 May 2018	28 October 2018				
l		Jack Johnson	Jack Johnson	Mark Finnegan	Peter Jackson				
120 kg	Deadlift	270 kg	300 kg	300 kg	262.5 kg	Not Set	Not Set	Not Set	Not Set
		07 March 2016	16 December 2017	29 January 2017	28 October 2018				
l	Total	Jack Johnson	Jack Johnson	Jack Johnson	Peter Jackson				
		677.5 kg	762.5 kg	762.5 kg	652.5 kg	Not Set	Not Set	Not Set	Not Set
		07 March 2015	16 December 2017	16 December 2017	28 October 2018				
ľ	Bench	Jack Johnson	Jack Johnson	Daniel Lindsell	Peter Jackson	David Brooks			
	Press All	185 kg	200 kg	205 kg	157.5 kg	145 kg	Not Set	Not Set	Not Set
	contest	07 March 2016	16 December 2017	19 May 2018	28 October 2018	12 November 2016	1100 500	1101501	1100 500
	Squat	Ray Bowring	Patroklos Androulakis- Korakakis	Tom Kelly	Mike Adams	Mike Adams			
		263 kg	270 kg	270 kg	252.5 kg	252.5 kg	Not Set	Not Set	Not Set
		09 February 2019	23 April 2017	22 May 2016	26 November 2016	26 November 2016			
l l	Bench Press	Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
		132.5 kg	205 kg	205 kg	195 kg	195 kg	Not Set	Not Set	Not Set
		9 Febuary 2019	29 July 2018	29 July 2018	20 March 2016	20 March 2016			
120 kg +	Deadlift	Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
		240 kg	310 kg	310 kg	280 kg	280 kg	Not Set	Not Set	Not Set
		09 February 2019	29 July 2018	29 July 2018	26 November 2016	26 November 2016			
	Total Bench	Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
		635.5 kg	780 kg	780 kg	717.5 kg	717.5 kg	Not Set	Not Set	Not Set
		09 February 2019	29 July 2018	29 July 2018	26 November 2016	26 November 2016			
		Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
	Press All	132.5 kg	205 kg	205 kg	195 kg	195 kg	Not Set	Not Set	Not Set
	contest	09 February 2019	29 July 2018	29 July 2018	20 March 2016	20 March 2016	1400 300	1400 300	1400 300
	Contest	03 rebluary 2019	23 July 2010	23 July 2018	ZU WIAICH ZUID	20 IVIdi (11 2010			