

120 kg	Deadlift	Jack Johnson	Jack Johnson	Dean Bowring	Dean Bowring				
		300 kg	325 kg	355 kg	355 kg	Not Set	Not Set	Not Set	Not Set
		03 September 2016	20 January 2018	29 November 2014	29 November 2014				
	Total	Jack Johnson	Jack Johnson	Dean Bowring	Dean Bowring				
		845 kg	957.5 kg	1045 kg	1045 kg	Not Set	Not Set	Not Set	Not Set
		03 September 2016	20 January 2018	08 November 2014	08 November 2014				
Bench Press All contest	Jack Johnson	Jack Johnson	Dean Bowring	Dean Bowring	David Brooks				
	245 kg	287.5 kg	302.5 kg	305.5 kg	170 kg	Not Set	Not Set	Not Set	
	03 September 2016	20 January 2018	29 November 2014	19 April 2014	15 January 2017				
120 kg +	Squat	Ray Bowring	Ray Bowring	Jordan Bolland	Dean Bowring	Mike Adams			
		380 kg	380 kg	400 kg	330 kg	252.5 kg	Not Set	Not Set	Not Set
		18 January 2020	18 January 2020	19 November 2022	25 January 2020	26 November 2016			
	Bench Press	Ray Bowring	Jack Johnson	Jordan Bolland	Dean Bowring	Mike Adams			
		200 kg	205 kg	270 kg	260 kg	195 kg	Not Set	Not Set	Not Set
		18 January 2020	29 July 2018	19 November 2022	25 January 2020	20 March 2016			
	Deadlift	Ray Bowring	Jack Johnson	Dean Bowring	Dean Bowring	Mike Adams			
		290 kg	310 kg	330 kg	330 kg	280 kg	Not Set	Not Set	Not Set
		18 January 2020	29 July 2018	25 January 2020	25 January 2020	26 November 2016			
	Total	Ray Bowring	Jack Johnson	Jordan Bolland	Dean Bowring	Mike Adams			
		870 kg	870 kg	960 kg	920 kg	717.5 kg	Not Set	Not Set	Not Set
		18 January 2020	18 January 2020	19 November 2022	25 January 2020	26 November 2016			
Bench Press All contest	Ray Bowring	Jack Johnson	Jordan Bolland	Dean Bowring	Mike Adams				
	200 kg	205 kg	270 kg	260 kg	195 kg	Not Set	Not Set	Not Set	
	18 January 2020	29 July 2018	19 November 2022	25 January 2020	20 March 2016				
									Not Set
									Not Set
									Not Set
									Not Set