				South N	Aidlands Divisional Re	cords			
144 - 1 - l- 4			1	N	Nale Unequipped		1	1	
Weight Class	Lift	Under 18	Under 23	Open	Masters 1	Masters 2	Masters 3	Masters 4	Masters 5
	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
53 kg	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								
	Press All contest	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
	Squat	Not Set	Not Set	Daniel Jay 115 kg 29 January 2017	Ted Brown 87.5 kg 17 August 2013	Ted Brown 87.5 kg 17 August 2013	Ted Brown 87.5 kg 17 August 2013	Ted Brown 87.5 kg 17 August 2013	Ted Brown 87.5 kg 17 August 2013
	Bench	No. Co.	Not Cot	Daniel Jay	Ted Brown	Ted Brown	Ted Brown	Ted Brown	Ted Brown
	Press	Not Set	Not Set	100 kg 29 January 2017	81 kg 17 August 2013	81 kg 17 August 2013	81 kg 17 August 2013	81 kg 17 August 2013	81 kg 17 August 2013
				Daniel Jay	Ted Brown	Ted Brown	Ted Brown	Ted Brown	Ted Brown
59 kg	Deadlift	Not Set	Not Set	170 kg	135 kg	135 kg	135 kg	135 kg	135 kg
				29 January 2017 Daniel Jay	06 August 2012 Ted Brown	06 August 2012 Ted Brown	06 August 2012 Ted Brown	06 August 2012 Ted Brown	06 August 2012 Ted Brown
	Total	Not Set	Not Set	385 kg	295 kg	295 kg	295 kg	295 kg	295 kg
				29 January 2017	20 May 2012	20 May 2012	20 May 2012	20 May 2012	20 May 2012
	Bench Press All	Not Set	Not Set	Daniel Jay 100 kg	Ted Brown 81 kg	Ted Brown 81 kg	Ted Brown 81 kg	Ted Brown 81 kg	Ted Brown 81 kg
	contest	NOT SET	NOT SET	29 January 2017	17 August 2013	17 August 2013	17 August 2013	17 August 2013	17 August 2013
			Prince Ibahay	Roger Hamilton-Smith	Roger Hamilton-Smith	Michael James	Michael James		
	Squat	Not Set	180 kg	185 kg	185 kg	127.5 kg	127.5 kg	Not Set	Not Set
			29 June 2019 George Olteanu	09 February 2019  Roger Hamilton-Smith	09 February 2019  Roger Hamilton-Smith	28 October 2018 Michael James	28 October 2018 Michael James		
	Bench Press	Not Set	117.5 kg	120 kg	120 kg	95 kg	95 kg	Not Set	Not Set
	Press		23 March 2019	09 February 2019	09 February 2019	03 December 2017	03 December 2017		
661-	Deadlift Total	No. Co.	Prince Ibahay	Roger Hamilton-Smith	Roger Hamilton-Smith	Michael James	Michael James	No. Co.	NetCen
66 kg		Not Set	230 kg 29 June 2019	230 kg 09 February 2019	230 kg 09 February 2019	172.5 kg 28 October 2018	172.5 kg 28 October 2018	Not Set	Not Set
			Prince Ibahay	Roger Hamilton-Smith	Roger Hamilton-Smith	Michael James	Michael James		
		Not Set	515 kg	535 kg	535 kg	395 kg	395 kg	Not Set	Not Set
	Daniele		29 June 2019	09 February 2019	09 February 2019 Roger Hamilton-Smith	28 October 2018	28 October 2018		
	Bench Press All	Not Set	George Olteanu 117.5 kg	Roger Hamilton-Smith 120 kg	120 kg	Michael James 95 kg	Michael James 95 kg	Not Set	Not Set
	contest		23 March 2019	09 February 2019	09 February 2019	03 December 2017	03 December 2017		
		Nathan Gevao	Terry Martin	Daniel Smith	Roger Hamilton-Smith	Henry Clark	Henry Clark	Henry Clark	
	Squat	175 kg 25 March 2018	222.5 kg 13 October 2018	222.5 kg 01 October 2016	172.5 kg 01 December 2018	130 kg 01 February 2015	130 kg 01 February 2015	130 kg 01 February 2015	Not Set
		Nathan Gevao	Terry Martin	Daniel Smith	Roger Hamilton-Smith	Nick Hawker	Henry Clark	Henry Clark	
	Bench Press	97.5 kg	145 kg	145 kg	115 kg	70 kg	57.5 kg	57.5 kg	Not Set
		25 March 2018 Nathan Gevao	13 October 2018 Terry Martin	01 October 2016 Darren Helley	01 December 2018  Roger Hamilton-Smith	26 January 2014 Henry Clark	01 February 2015 Henry Clark	01 February 2015 Henry Clark	
74 kg	Deadlift	200 kg	235 kg	250 kg	225 kg	160 kg	160 kg	160 kg	Not Set
		25 March 2018	13 October 2018	08 December 2018	_	01 February 2015	01 February 2015	01 February 2015	
		Nathan Gevao	Terry Martin	Terry Martin	Roger Hamilton-Smith	Henry Clark	Henry Clark	Henry Clark	
	Total	472.5 kg 25 March 2018	602.5 kg 13 October 2018	602.5 kg 13 October 2018	512.5 kg 01 December 2018	347.5 kg 01 February 2015	347.5 kg 01 February 2015	347.5 kg 01 February 2015	Not Set
	Bench	Nathan Gevao	Terry Martin	Daniel Smith	Roger Hamilton-Smith	Nick Hawker	Henry Clark	Henry Clark	
	Press All	97.5 kg	145 kg	145 kg	115 kg	70 kg	57.5 kg	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	Jake Leach 205 kg	William Pickering 222.5 kg	Iman Salemi 247.5 kg	Francis Dorrian 190 kg	Keith Blacknell 162.5 kg	Not Set	Not Set	Not Set
		31 October 2015	13 October 2018	20 April 2019	12 November 2016	23 November 2014			
		Jake Leach	James Vickers	Iman Salemi	Chris Charles	Nigel Seymour	No. C	Newson	N-+ C
	Press	117.5 kg 27 July 2015	150.5 kg 29 January 2017	156 kg 20 April 2019	122.5 kg 20 April 2019	110 kg 08 December 2018	Not Set	Not Set	Not Set
		Jake Leach	William Pickering	Eze Erediauwa	Chris Charles	Nigel Seymour			
	Total  Bench	195 kg	260 kg	280 kg	222.5 kg	210 kg	Not Set	Not Set	Not Set
		27 July 2015 Jake Leach	13 October 2018 William Pickering	01 February 2015 Iman Salemi	20 April 2019 Chris Charles	08 December 2018 Nigel Seymour			
		517.5 kg	625 kg	663.5 kg	517.5 kg	465 kg	Not Set	Not Set	Not Set
		31 October 2015	13 October 2018	20 April 2019	20 April 2019	08 December 2018			
		Jake Leach	James Vickers	Adam Manery	William Dadley	William Dadley	No.	No. C	N C
	Press All contest	117.5 kg 27 July 2015	150.5 kg 29 January 2017	162.5 kg 22 June 2019	127.5 kg 17 December 2016	127.5 kg 17 December 2016	Not Set	Not Set	Not Set
	Squat	Edwin Lord	Sean-Paul Mackenzie	lain Kendrick	lain Kendrick	Keith Blacknell	Andy Bonner	David Purkiss	
		185 kg	245 kg	262.5 kg	262.5 kg	235 kg	222.5 kg	75 kg	Not Set
		29 October 2016 Edwin Lord	25 March 2018 David Chudley	22 July 2017 Dan Watkins	22 July 2017 Andy Bonner	13 July 2017 Andy Bonner	28 October 2017 Andy Bonner	09 February 2019 David Purkiss	
	Bench Press	122.5 kg	160 kg	175 kg	157.5 kg	157.5 kg	140 kg	75 kg	Not Set
	Press	29 October 2016	21 October 2017	22 May 2016	26 January 2014	26 January 2014	28 October 2017	01 December 2018	
		Edwin Lord	Sean-Paul Mackenzie	lain Kendrick	Andy Bonner	Andy Bonner	Andy Bonner	David Purkiss	N-t-C
02.1	Deadlift	250 kg	285 kg	275 kg	272.5 kg	272.5 kg	272.5 kg 28 October 2017	100 kg 09 February 2019	Not Set
93 kg	Deadlift		25 March 2018	26 January 2014	28 October 2017				
93 kg	Deadlift	29 October 2016 Edwin Lord	25 March 2018 Sean-Paul Mackenzie	26 January 2014 Iain Kendrick	28 October 2017 lain Kendrick	28 October 2017 Andy Bonner	Andy Bonner	David Purkiss	
93 kg	Deadlift Total	29 October 2016							Not Set
93 kg	Total	29 October 2016 Edwin Lord 557.4 kg 29 October 2016	Sean-Paul Mackenzie 662.5 kg 25 March 2018	lain Kendrick 690 kg 26 January 2014	lain Kendrick 670 kg 19 June 2016	Andy Bonner 635 kg 28 October 2017	Andy Bonner 635 kg 28 October 2017	David Purkiss 250 kg 09 February 2019	Not Set
93 kg		29 October 2016 Edwin Lord 557.4 kg	Sean-Paul Mackenzie 662.5 kg	lain Kendrick 690 kg	lain Kendrick 670 kg	Andy Bonner 635 kg	Andy Bonner 635 kg	David Purkiss 250 kg	Not Set  Not Set

		Edwin Lord	Edwin Lord	Will Knowland	Dean Bowring	Keith Blacknell			l
	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	1400 300	Not set	Not set
		Sydney Boroch	Bradley Horne	Dean Bowring	Dean Bowring	Keith Blacknell			
	Bench	155 kg	175 kg	180 kg	180 kg	127.5 kg	Not Set	Not Set	Not Set
	Press	31 October 2015	21 October 2017	26 November 2016	26 November 2016	22 May 2016	1400 300	Not set	Not set
		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
103 kg		25 November 2017	25 March 2018	26 January 2014	26 January 2014	22 May 2016	NOT SET	Not set	Not set
		Edwin Lord	Edwin Lord	Dean Bowring	Dean Bowring	Keith Blacknell			
	Total Bench	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	NOT SET	Not set	NOT SET
		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	NOL SEL	Not set	Not set
	contest					22 IVIAY 2010			
	Carrat	Jack Johnson	Jack Johnson	Jack Johnson	Peter Jackson	Netice	N-+ C-+	Not Cot	No. Co.
	Squat	232.5 kg	262.5 kg	262.5 kg	232.5 kg	Not Set	Not Set	Not Set	Not Set
		18 June 2016 Jack Johnson	16 December 2017 Jack Johnson	16 December 2017 Daniel Lindsell	28 October 2018 Peter Jackson				
	Bench					Net Cet	Net Cet	Not Cot	Not Cot
	Press	185 kg	200 kg	205 kg	157.5 kg	Not Set	Not Set	Not Set	Not Set
		07 March 2016	16 December 2017	29 May 2018	28 October 2018				
	Deadlift	Jack Johnson	Jack Johnson	Mark Finnegan	Peter Jackson				
120 kg		270 kg	300 kg	300 kg	267.5 kg	Not Set	Not Set	Not Set	Not Set
		07 March 2016	16 December 2017	29 January 2017	21 April 2019				
	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				
	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			
	Squat	Ray Bowring	Ray Bowring	Ray Bowring	Mike Adams	Mike Adams			
		275 kg	275 kg	275 kg	252.5 kg	252.5 kg	Not Set	Not Set	Not Set
		20 April 2019	20 April 2019	20 April 2019	26 November 2016	26 November 2016			
	Bench Press Deadlift	Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
		135 kg	205 kg	205 kg	195 kg	195 kg	Not Set	Not Set	Not Set
		20 April 2019	29 July 2018	29 July 2018	20 March 2016	20 March 2016			
		Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
120 kg +		250 kg	310 kg	310 kg	280 kg	280 kg	Not Set	Not Set	Not Set
		20 April 2019	29 July 2018	29 July 2018	26 November 2016	26 November 2016			
	Total	Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
		660 kg	780 kg	780 kg	717.5 kg	717.5 kg	Not Set	Not Set	Not Set
		20 April 2019	29 July 2018	29 July 2018	26 November 2016	26 November 2016			
	Bench	Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
	Press All	135 kg	205 kg	205 kg	195 kg	195 kg	Not Set	Not Set	Not Set
	contest	20 April 2019	29 July 2018	29 July 2018	20 March 2016	20 March 2016			