



	Total	675.5 kg	730 kg	750 kg	750 kg	522.5 kg	Not Set	Not Set	Not Set	Not Set
		25 November 2017	02 April 2022	26 November 2016	26 November 2016	22 May 2016				
	Bench Press All contest	Sydney Boroch	Darren Liu	Darren Liu	Dean Bowring	Keith Blacknell				
		155 kg	187.5 kg	187.5 kg	180 kg	127.5 kg	Not Set	Not Set	Not Set	Not Set
120 kg	Squat	31 October 2015	27 November 2021	27 November 2021	26 November 2016	22 May 2016				
		Jack Johnson	Jack Johnson	Jack Johnson	Peter Jackson					
		232.5 kg	262.5 kg	262.5 kg	232.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
	Bench Press	18 June 2016	16 December 2017	16 December 2017	28 October 2018					
		Jack Johnson	Jack Johnson	Daniel Lindsell	Peter Jackson					
		185 kg	200 kg	205 kg	157.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
	Deadlift	07 March 2016	16 December 2017	29 May 2018	28 October 2018					
		Jack Johnson	Jack Johnson	Mark Finnegan	Peter Jackson					
		270 kg	300 kg	300 kg	267.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
	Total	07 March 2016	16 December 2017	29 January 2017	21 April 2019					
		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	Not Set
Bench Press All contest	07 March 2015	16 December 2017	16 December 2017	28 October 2018						
	Jack Johnson	Jack Johnson	Daniel Lindsell	Peter Jackson	David Brooks					
	185 kg	200 kg	205 kg	157.5 kg	145 kg	Not Set	Not Set	Not Set	Not Set	
120 kg +	Squat	07 March 2016	16 December 2017	19 May 2018	28 October 2018	12 November 2016				
		Ray Bowring	Ray Bowring	Paul Kirkbride-Richards	Dean Bowring	Mike Adams				
		302.5 kg	302.5 kg	325 kg	270 kg	252.5 kg	Not Set	Not Set	Not Set	Not Set
	Bench Press	30 October 2019	30 October 2019	26 February 2022	04 December 2021	26 November 2016				
		Ray Bowring	Jack Johnson	Paul Kirkbride-Richards	Mike Adams	Mike Adams				
		160.5 kg	205 kg	207.5 kg	195 kg	195 kg	Not Set	Not Set	Not Set	Not Set
	Deadlift	30 October 2019	29 July 2018	26 February 2022	20 March 2016	20 March 2016				
		Ray Bowring	Jack Johnson	Paul Kirkbride-Richards	Dean Bowring	Mike Adams				
		285.5 kg	310 kg	330 kg	320 kg	280 kg	Not Set	Not Set	Not Set	Not Set
	Total	30 October 2019	29 July 2018	26 February 2022	04 December 2021	26 November 2016				
		Ray Bowring	Jack Johnson	Paul Kirkbride-Richards	Dean Bowring	Mike Adams				
		748.5 kg	780 kg	862.5 kg	775 kg	717.5 kg	Not Set	Not Set	Not Set	Not Set
Bench Press All contest	30 October 2019	29 July 2018	26 February 2022	04 December 2021	26 November 2016					
	Ray Bowring	Jack Johnson	Paul Kirkbride-Richards	Mike Adams	Mike Adams					
	160.5 kg	205 kg	207.5 kg	195 kg	195 kg	Not Set	Not Set	Not Set	Not Set	