



	Bench Press All contest	Sydney Boroch 155 kg 31 October 2015	Bradley Horne 175 kg 21 October 2017	Martin Green 260 kg 12 July 2015	Martin Green 260 kg 12 July 2015	Keith Blacknell 127.5 kg 22 May 2016	Not Set	Not Set	Not Set	
120 kg	Squat	Jack Johnson 300 kg 03 September 2016	Jack Johnson 345 kg 20 January 2018	Dean Bowring 400kg 09 November 2013	Dean Bowring 400kg 09 November 2013	Not Set	Not Set	Not Set	Not Set	
		Jack Johnson 245 kg 03 September 2016	Jack Johnson 287.5 kg 20 January 2018	Dean Bowring 302.5 kg 29 November 2014	Dean Bowring 302.5 kg 29 November 2014	Not Set	Not Set	Not Set	Not Set	
	Deadlift	Jack Johnson 300 kg 03 September 2016	Jack Johnson 325 kg 20 January 2018	Dean Bowring 355 kg 29 November 2014	Dean Bowring 355 kg 29 November 2014	Not Set	Not Set	Not Set	Not Set	
		Jack Johnson 245 kg 03 September 2016	Jack Johnson 287.5 kg 20 January 2018	Dean Bowring 302.5 kg 29 November 2014	Dean Bowring 302.5 kg 29 November 2014	Not Set	Not Set	Not Set	Not Set	
	Total	Jack Johnson 845 kg 03 September 2016	Jack Johnson 957.5 kg 20 January 2018	Dean Bowring 1045 kg 08 November 2014	Dean Bowring 1045 kg 08 November 2014	Not Set	Not Set	Not Set	Not Set	
		Jack Johnson 245 kg 03 September 2016	Jack Johnson 287.5 kg 20 January 2018	Dean Bowring 302.5 kg 29 November 2014	Dean Bowring 302.5 kg 29 November 2014	David Brooks 170 kg 15 January 2017	Not Set	Not Set	Not Set	
	Bench Press All contest	245 kg 03 September 2016	287.5 kg 20 January 2018	302.5 kg 29 November 2014	305.5 kg 19 April 2014	170 kg 15 January 2017	Not Set	Not Set	Not Set	
	120 kg +	Squat	Ray Bowring 240 kg 25 November 2018	Patroklos Androulakis-Korakakis 270 kg 23 April 2017	Tom Kelly 270 kg 22 May 2016	Mike Adams 252.5 kg 26 November 2016	Mike Adams 252.5 kg 26 November 2016	Not Set	Not Set	Not Set
			Ray Bowring 130 kg 25 November 2018	Jack Johnson 205 kg 29 July 2018	Jack Johnson 205 kg 29 July 2018	Mike Adams 195 kg 20 March 2016	Mike Adams 195 kg 20 March 2016	Not Set	Not Set	Not Set
		Deadlift	Ray Bowring 220 kg 13 October 2018	Jack Johnson 310 kg 29 July 2018	Jack Johnson 310 kg 29 July 2018	Mike Adams 280 kg 26 November 2016	Mike Adams 280 kg 26 November 2016	Not Set	Not Set	Not Set
Ray Bowring 590 kg 25 November 2018			Jack Johnson 780 kg 29 July 2018	Jack Johnson 780 kg 29 July 2018	Mike Adams 717.5 kg 26 November 2016	Mike Adams 717.5 kg 26 November 2016	Not Set	Not Set	Not Set	
Bench Press All contest		Ray Bowring 130 kg 25 November 2018	Jack Johnson 205 kg 29 July 2018	Jack Johnson 205 kg 29 July 2018	Mike Adams 195 kg 20 March 2016	Mike Adams 195 kg 20 March 2016	Not Set	Not Set	Not Set	