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|--|-------------------------|---|---|--|--|--|--|---------|---------|---------|
| | Bench Press All contest | Sydney Boroch 155 kg 31 October 2015 | Darren Liu 187.5 kg 27 November 2021 | 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 | 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 305.5 kg 19 April 2014 | 15 January 2017 | | | | |
| | 120 kg + | Squat | Ray Bowring 380 kg 18 January 2020 | Ray Bowring 380 kg 18 January 2020 | Ray Bowring 380 kg 18 January 2020 | Dean Bowring 330 kg 25 January 2020 | Mike Adams 252.5 kg 26 November 2016 | Not Set | Not Set | Not Set |
| | | | Ray Bowring 200 kg 18 January 2020 | Jack Johnson 205 kg 29 July 2018 | Dean Bowring 260 kg 25 January 2020 | Dean Bowring 260 kg 25 January 2020 | Mike Adams 195 kg 20 March 2016 | Not Set | Not Set | Not Set |
| | | Deadlift | Ray Bowring 290 kg 18 January 2020 | Jack Johnson 310 kg 29 July 2018 | Dean Bowring 330 kg 25 January 2020 | Dean Bowring 330 kg 25 January 2020 | Mike Adams 280 kg 26 November 2016 | Not Set | Not Set | Not Set |
| Ray Bowring 870 kg 18 January 2020 | | | Jack Johnson 870 kg 18 January 2020 | Dean Bowring 920 kg 25 January 2020 | Dean Bowring 920 kg 25 January 2020 | Mike Adams 717.5 kg 26 November 2016 | Not Set | Not Set | Not Set | |
| Bench Press All contest | | Ray Bowring 200 kg 18 January 2020 | Jack Johnson 205 kg 29 July 2018 | Dean Bowring 260 kg 25 January 2020 | Dean Bowring 260 kg 25 January 2020 | Mike Adams 195 kg 20 March 2016 | Not Set | Not Set | Not Set | |
| | | Ray Bowring 200 kg 18 January 2020 | Jack Johnson 205 kg 29 July 2018 | Dean Bowring 260 kg 25 January 2020 | Dean Bowring 260 kg 25 January 2020 | Mike Adams 195 kg 20 March 2016 | Not Set | Not Set | Not Set | |