

WRPF Australian National Push Pull (Bench & Deadlift) Men's Records as at 18 September 2022

Open Men

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
52.0kg	Bench	45.00kg	Tyler Stacey	43.60kg	14	WRPF Australian Championships 2021	5 September 2021
	Deadlift	95.00kg	Tyler Stacey	43.60kg	14	WRPF Australian Championships 2021	5 September 2021
	Total	140.00kg	Tyler Stacey	43.60kg	14	WRPF Australian Championships 2021	5 September 2021
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench	90.00kg	Jim Panagiotidis	58.40kg	51	WRPF Victorian State Titles 2021	3 July 2021
	Deadlift	155.00kg	Jim Panagiotidis	58.40kg	51	WRPF Victorian State Titles 2021	3 July 2021
	Total	245.00kg	Jim Panagiotidis	58.40kg	51	WRPF Victorian State Titles 2021	3 July 2021
67.5kg	Bench	115.00kg	Braydon Blackaby	66.80kg	20	WRPF Australian Championships 2021	5 September 2021
	Deadlift	207.50kg	Braydon Blackaby	66.80kg	20	WRPF Australian Championships 2021	5 September 2021
	Total	317.50kg	Braydon Blackaby	66.80kg	20	WRPF Australian Championships 2021	5 September 2021
75.0kg	Bench	140.00kg	Qarmil Balla	75.00kg	32	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
	Deadlift	230.00kg	Qarmil Balla	75.00kg	32	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
	Total	365.50kg	Qarmil Balla	75.00kg	32	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
82.5kg	Bench	140.00kg	Neil Postlethwaite	82.40kg	39	WRPF Victorian State Titles 2019	15 June 2019
	Deadlift	265.00kg	Lachlan Firth	82.50kg	21	WRPF Victorian State Titles 2021	3 July 2021
	Total	385.00kg	Lachlan Firth	82.50kg	21	WRPF Victorian State Titles 2021	3 July 2021
90.0kg	Bench	170.00kg	Justin Mackay	89.50kg	29	WRPF Valentine's Day of the Dead Powerlifting Competition 2022	12 February 2022
	Deadlift	272.50kg	Peter Pike	88.10kg	33	WRPF Slaughterhouse Classic 2021	4 December 2021
	Total	422.50kg	Ryan Austin	87.50kg	40	WRPF Slaughterhouse Classic 2021	4 December 2021
100.0kg	Bench	205.00kg	Joshua Newman	98.90kg	26	WRPF Australian Senior Championships 2022	18 September 2022
	Deadlift	320.00kg	Matthew Middleton	97.40kg	30	WRPF New South Wales State Titles 2019	23 June 2019
	Total	505.00kg	Matthew Middleton	97.40kg	30	WRPF New South Wales State Titles 2019	23 June 2019
110.0kg	Bench	210.00kg	Rohan Baldock	109.20kg	33	WRPF Australian Championships 2021	5 September 2021
	Deadlift	325.00kg	Shannon Thompson	106.80kg	25	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
	Total	490.00kg	Rohan Baldock	109.20kg	33	WRPF Australian Championships 2021	5 September 2021
125.0kg	Bench	210.00kg	Josh Oliver	121.80kg	35	WRPF Northern Showdown 2022	26 March 2022
	Deadlift	302.50kg	Douglas Grey-Hull	119.15kg	31	WRPF Valhalla Classic 2022	9 July 2022
	Total	510.00kg	Josh Oliver	121.80kg	35	WRPF Northern Showdown 2022	26 March 2022
140.0kg	Bench	230.00kg	Liam McGuire	134.30kg	34	WRPF Northern Showdown 2022	26 March 2022
	Deadlift	360.00kg	Liam McGuire	134.30kg	34	WRPF Northern Showdown 2022	26 March 2022
	Total	590.00kg	Liam McGuire	134.30kg	34	WRPF Northern Showdown 2022	26 March 2022
SHW	Bench	182.50kg	Lachlan Duhig	146.40kg	23	WRPF Slaughterhouse Classic 2021	4 December 2021
	Deadlift	315.00kg	Lachlan Duhig	150.80kg	23	WRPF Slaughterhouse Classic 2021	4 December 2021
	Total	497.50kg	Lachlan Duhig	150.80kg	23	WRPF Slaughterhouse Classic 2021	4 December 2021

Younger Boys 14-16 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
52.0kg	Bench	45.00kg	Tyler Stacey	43.60kg	14	WRPF Australian Championships 2021	5 September 2021
	Deadlift	95.00kg	Tyler Stacey	43.60kg	14	WRPF Australian Championships 2021	5 September 2021
	Total	140.00kg	Tyler Stacey	43.60kg	14	WRPF Australian Championships 2021	5 September 2021
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench						
	Deadlift						
	Total						
67.5kg	Bench						
	Deadlift						
	Total						
75.0kg	Bench						
	Deadlift						
	Total						
82.5kg	Bench						
	Deadlift						
	Total						
90.0kg	Bench	85.00kg	Xavier Sligar	86.40kg	15	WRPF Valentine's Day of the Dead Powerlifting Competition 2022	12 February 2022
	Deadlift	172.50kg	Xavier Sligar	86.40kg	15	WRPF Valentine's Day of the Dead Powerlifting Competition 2022	12 February 2022
	Total	257.50kg	Xavier Sligar	86.40kg	15	WRPF Valentine's Day of the Dead Powerlifting Competition 2022	12 February 2022
100.0kg	Bench	90.00kg	Xavier Sligar	91.80kg	16	WRPF New South Wales Outback Titles 2022	12 May 2022
	Deadlift	185.00kg	Xavier Sligar	91.80kg	16	WRPF New South Wales Outback Titles 2022	12 May 2022
	Total	275.00kg	Xavier Sligar	91.80kg	16	WRPF New South Wales Outback Titles 2022	12 May 2022
110.0kg	Bench	95.00kg	Tyeson Stone	97.30kg	15	WRPF Northern Showdown 2022	26 March 2022
	Deadlift	190.00kg	Tyeson Stone	97.30kg	15	WRPF Northern Showdown 2022	26 March 2022
	Total	375.00kg	Tyeson Stone	97.30kg	15	WRPF Northern Showdown 2022	26 March 2022
125.0kg	Bench	60.00kg	Ryan Williams	110.90kg	16	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	172.50kg	Ryan Williams	110.90kg	16	WRPF Down Under Classic 2018	15 September 2018
	Total	232.50kg	Ryan Williams	110.90kg	16	WRPF Down Under Classic 2018	15 September 2018
140.0kg	Bench						
	Deadlift						
	Total						

SHW	Bench	100.00kg	Jaxson Stone	147.00kg	14	WRPF Tasmanian State Titles 2019	2 June 2019
	Deadlift	220.00kg	Jaxson Stone	147.00kg	14	WRPF Tasmanian State Titles 2019	2 June 2019
	Total	310.00kg	Jaxson Stone	147.00kg	14	WRPF Tasmanian State Titles 2019	2 June 2019

Senior Boys 17-19 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight		Competition	Date
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench						
	Deadlift						
	Total						
67.5kg	Bench	115.00kg	Braydon Blackaby	66.80kg	20	WRPF Australian Championships 2021	5 September 2021
	Deadlift	207.50kg	Braydon Blackaby	66.80kg	20	WRPF Australian Championships 2021	5 September 2021
	Total	317.50kg	Braydon Blackaby	66.80kg	20	WRPF Australian Championships 2021	5 September 2021
75.0kg	Bench						
	Deadlift						
	Total						
82.5kg	Bench	115.00kg	Nathan Fenton	81.30kg	19	WRPF Northern Showdown 2021	6 March 2021
	Deadlift	220.00kg	Toby Barnett	80.90kg	17	WRPF Down Under Classic 2018	15 September 2018
	Total	332.50kg	Toby Barnett	80.90kg	17	WRPF Down Under Classic 2018	15 September 2018
90.0kg	Bench	122.50kg	Cullen Weeks	88.40kg	19	WRPF Northern Showdown 2021	6 March 2021
	Deadlift	245.00kg	Seth Taylor	86.70kg	18	WRPF Down Under Classic 2018	15 September 2018
	Total	365.00kg	Seth Taylor	86.70kg	18	WRPF Down Under Classic 2018	15 September 2018
100.0kg	Bench	105.00kg	Jonty Lucas	98.90kg	18	WRPF Northern Showdown 2022	26 March 2022
	Deadlift	230.00kg	Jonty Lucas	97.10kg	18	WRPF Tasmanian State Title 2022	18 June 2022
	Total	322.50kg	Jonty Lucas	97.10kg	18	WRPF Tasmanian State Title 2022	18 June 2022
110.0kg	Bench	120.00kg	James Clewer	104.40kg	19	WRPF Valhalla Classic 2022	9 July 2022
	Deadlift	230.00kg	James Clewer	104.40kg	19	WRPF Valhalla Classic 2022	9 July 2022
	Total	335.00kg	James Clewer	104.40kg	19	WRPF Valhalla Classic 2022	9 July 2022
125.0kg	Bench						
	Deadlift						
	Total						
140.0kg	Bench						
	Deadlift						
	Total						
SHW	Bench						
	Deadlift						
	Total						

Junior Men 20-23 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight		Competition	Date
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench						
	Deadlift						
	Total						
67.5kg	Bench	100.00kg	Braydon Blackaby	66.40kg	20	WRPF Tasmanian State Titles 2021	30 May 2021
	Deadlift	185.00kg	Braydon Blackaby	66.40kg	20	WRPF Tasmanian State Titles 2021	30 May 2021
	Total	285.00kg	Braydon Blackaby	66.40kg	20	WRPF Tasmanian State Titles 2021	30 May 2021
75.0kg	Bench	95.00kg	Greg Sharp	75.00kg	22	WRPF New South Wales Outback Titles 2022	12 May 2022
	Deadlift	160.00kg	Greg Sharp	75.00kg	22	WRPF New South Wales Outback Titles 2022	12 May 2022
	Total	255.00kg	Greg Sharp	75.00kg	22	WRPF New South Wales Outback Titles 2022	12 May 2022
82.5kg	Bench	125.00kg	Bryce Butler	82.30kg	20	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	265.00kg	Lachlan Firth	82.50kg	21	WRPF Victorian State Titles 2021	3 July 2021
	Total	385.00kg	Lachlan Firth	82.50kg	21	WRPF Victorian State Titles 2021	3 July 2021
90.0kg	Bench	155.00kg	Isaac Gillard	86.90kg	22	WRPF Tasmanian State Titles 2022	18 June 2022
	Deadlift	205.00kg	Isaac Gillard	86.90kg	22	WRPF Tasmanian State Titles 2022	18 June 2022
	Total	360.00kg	Isaac Gillard	86.90kg	22	WRPF Tasmanian State Titles 2022	18 June 2022
100.0kg	Bench	170.00kg	Jake Welsh	100.00kg	22	WRPF Tasmanian State Titles 2021	30 September 2021
	Deadlift	265.00kg	Kyle Butler	95.50kg	23	WRPF Northern Showdown 2022	26 March 2022
	Total	410.50kg	Jake Welsh	100.00kg	22	WRPF Tasmanian State Titles 2021	30 September 2021
110.0kg	Bench						
	Deadlift						
	Total						
125.0kg	Bench	160.00kg	Mattia Morrett	124.60kg	22	WRPF Northern Showdown 2021	6 March 2021

	Deadlift	265.00kg	Mattia Morrett	124.60kg	22	WRPF Northern Showdown 2021	6 March 2021
	Total	425.00kg	Mattia Morrett	124.60kg	22	WRPF Northern Showdown 2021	6 March 2021
140.0kg	Bench	150.00kg	Lachlan Duhig	135.40kg	21	WRPF Tasmanian State Titles 2019	2 June 2019
	Deadlift	250.00kg	Lachlan Duhig	135.40kg	21	WRPF Tasmanian State Titles 2019	2 June 2019
	Total	400.00kg	Lachlan Duhig	135.40kg	21	WRPF Tasmanian State Titles 2019	2 June 2019
SHW	Bench	182.50kg	Lachlan Duhig	146.40kg	23	WRPF Slaughterhouse Classic 2021	4 December 2021
	Deadlift	315.00kg	Lachlan Duhig	150.80kg	23	WRPF Slaughterhouse Classic 2021	4 December 2021
	Total	497.50kg	Lachlan Duhig	150.80kg	23	WRPF Slaughterhouse Classic 2021	4 December 2021

Senior Men 24-39 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight		Competition	Date
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench						
	Deadlift						
	Total						
67.5kg	Bench						
	Deadlift						
	Total						
75.0kg	Bench	140.00kg	Qarmil Balla	75.00kg	32	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
	Deadlift	230.00kg	Qarmil Balla	75.00kg	32	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
	Total	365.50kg	Qarmil Balla	75.00kg	32	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
82.5kg	Bench	140.00kg	Neil Postlethwaite	82.40kg	39	WRPF Victorian State Titles 2019	15 June 2019
	Deadlift	240.00kg	Richard Dienjes	80.50kg	38	WRPF Australian Senior Championships 2022	18 September 2022
	Total	360.00kg	Neil Postlethwaite	82.40kg	39	WRPF Victorian State Titles 2019	15 June 2019
90.0kg	Bench	170.00kg	Justin Mackay	89.50kg	29	WRPF Valentine's Day of the Dead Powerlifting Competition 2022	12 February 2022
	Deadlift	272.50kg	Peter Pike	88.10kg	33	WRPF Slaughterhouse Classic 2021	4 December 2021
	Total	407.50kg	Peter Pike	88.10kg	33	WRPF Slaughterhouse Classic 2021	4 December 2021
100.0kg	Bench	205.00kg	Joshua Newman	98.90kg	26	WRPF Australian Senior Championships 2022	18 September 2022
	Deadlift	320.00kg	Matthew Middleton	97.40kg	30	WRPF New South Wales State Titles 2019	23 June 2019
	Total	505.00kg	Matthew Middleton	97.40kg	30	WRPF New South Wales State Titles 2019	23 June 2019
110.0kg	Bench	210.00kg	Rohan Baldock	109.20kg	33	WRPF Australian Championships 2021	5 September 2021
	Deadlift	325.00kg	Shannon Thompson	106.80kg	25	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
	Total	490.00kg	Rohan Baldock	109.20kg	33	WRPF Australian Championships 2021	5 September 2021
125.0kg	Bench	210.00kg	Josh Oliver	121.80kg	35	WRPF Northern Showdown 2022	26 March 2022
	Deadlift	302.50kg	Douglas Grey-Hull	119.15kg	31	WRPF Valhalla Classic 2022	9 July 2022
	Total	510.00kg	Josh Oliver	121.80kg	35	WRPF Northern Showdown 2022	26 March 2022
140.0kg	Bench	230.00kg	Liam McGuire	134.30kg	34	WRPF Northern Showdown 2022	26 March 2022
	Deadlift	360.00kg	Liam McGuire	134.30kg	34	WRPF Northern Showdown 2022	26 March 2022
	Total	590.00kg	Liam McGuire	134.30kg	34	WRPF Northern Showdown 2022	26 March 2022
SHW	Bench	160.00kg	Carl Pearson	141.10kg	33	WRPF Summer Classic 2018	24 February 2018
	Deadlift	270.00kg	Mohinder Sidhu	153.70kg	27	WRPF Slaughterhouse Classic 2021	4 December 2021
	Total	430.00kg	Mohinder Sidhu	153.70kg	27	WRPF Slaughterhouse Classic 2021	4 December 2021

Veterans Group M1 40-49 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight		Competition	Date
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench						
	Deadlift						
	Total						
67.5kg	Bench						
	Deadlift						
	Total						
75.0kg	Bench						
	Deadlift						
	Total						
82.5kg	Bench						
	Deadlift						
	Total						
90.0kg	Bench	152.50kg	Ryan Austin	87.50kg	40	WRPF Slaughterhouse Classic 2021	4 December 2021
	Deadlift	272.50kg	Ryan Austin	87.50kg	40	WRPF Slaughterhouse Classic 2021	4 December 2021
	Total	422.50kg	Ryan Austin	87.50kg	40	WRPF Slaughterhouse Classic 2021	4 December 2021
100.0kg	Bench	165.00kg	Vince Mantovani	98.20kg	40	WRPF Australian Championships 2019	24 August 2019
	Deadlift	250.00kg	Vince Mantovani	98.20kg	40	WRPF Australian Championships 2019	24 August 2019

	Total	415.00kg	Vince Mantovani	98.20kg	40	WRPF Australian Championships 2019	24 August 2019
110.0kg	Bench	125.50kg	Miki Mayer	107.20kg	44	WRPF Victorian State Titles 2021	3 July 2021
	Deadlift	230.00kg	Paul Tyrell	100.10kg	44	WRPF Victorian Post COVID Competition 2020	19 December 2020
	Total	350.00kg	Paul Tyrell	100.10kg	44	WRPF Victorian Post COVID Competition 2020	19 December 2020
125.0kg	Bench	82.50kg	Andrew Sharp	118.75kg	43	WRPF Valhalla Classic 2022	9 July 2022
	Deadlift	185.00kg	Andrew Sharp	118.75kg	43	WRPF Valhalla Classic 2022	9 July 2022
	Total	267.50kg	Andrew Sharp	118.75kg	43	WRPF Valhalla Classic 2022	9 July 2022
140.0kg	Bench	155.00kg	Criag McCallum	126.35kg	46	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	242.50kg	Criag McCallum	126.35kg	46	WRPF Down Under Classic 2018	15 September 2018
	Total	397.50kg	Criag McCallum	126.35kg	46	WRPF Down Under Classic 2018	15 September 2018
SHW	Bench						
	Deadlift						
	Total						

Veterans Group M2 50-59 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight		Competition	Date
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench	90.00kg	Jim Panagiotidis	58.40kg	51	WRPF Victorian State Titles 2021	3 July 2021
	Deadlift	155.00kg	Jim Panagiotidis	58.40kg	51	WRPF Victorian State Titles 2021	3 July 2021
	Total	245.00kg	Jim Panagiotidis	58.40kg	51	WRPF Victorian State Titles 2021	3 July 2021
67.5kg	Bench	95.00kg	Peter Mansfield	67.10kg	54	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	162.50kg	Peter Mansfield	67.10kg	54	WRPF Down Under Classic 2018	15 September 2018
	Total	257.50kg	Peter Mansfield	67.10kg	54	WRPF Down Under Classic 2018	15 September 2018
75.0kg	Bench	96.00kg	Peter Mansfield	72.70kg	57	WRPF Tasmanian State Titles 2021	30 May 2021
	Deadlift	180.00kg	Peter Mansfield	72.70kg	57	WRPF Tasmanian State Titles 2021	30 May 2021
	Total	276.00kg	Peter Mansfield	72.70kg	57	WRPF Tasmanian State Titles 2021	30 May 2021
82.5kg	Bench						
	Deadlift						
	Total						
90.0kg	Bench	145.00kg	Matthew Nicholson	83.60kg	56	WRPF Victorian State Titles 2019	15 June 2019
	Deadlift	240.00kg	Matthew Nicholson	83.60kg	56	WRPF Victorian State Titles 2019	15 June 2019
	Total	385.00kg	Matthew Nicholson	83.60kg	56	WRPF Victorian State Titles 2019	15 June 2019
100.0kg	Bench	137.50kg	Michael Hamilton	98.80kg	52	WRPF Victorian State Titles 2022	25 June 2022
	Deadlift	240.00kg	Michael Hamilton	98.80kg	52	WRPF Victorian State Titles 2022	25 June 2022
	Total	377.50kg	Michael Hamilton	98.80kg	52	WRPF Victorian State Titles 2022	25 June 2022
110.0kg	Bench	135.00kg	Kim Heta	109.50kg	50	WRPF Victorian Post COVID Competition 2020	19 December 2020
	Deadlift	240.00kg	Kim Heta	109.50kg	50	WRPF Victorian Post COVID Competition 2020	19 December 2020
	Total	375.00kg	Kim Heta	109.50kg	50	WRPF Victorian Post COVID Competition 2020	19 December 2020
125.0kg	Bench	165.00kg	James Hanrahan	123.15kg	55	WRPF Valhalla Classic 2022	9 July 2022
	Deadlift	265.00kg	James Hanrahan	123.15kg	55	WRPF Valhalla Classic 2022	9 July 2022
	Total	430.00kg	James Hanrahan	123.15kg	55	WRPF Valhalla Classic 2022	9 July 2022
140.0kg	Bench	85.00kg	Damien Christidis	138.00kg	51	WRPF Victorian State Titles 2022	25 June 2022
	Deadlift	215.00kg	Damien Christidis	138.00kg	51	WRPF Victorian State Titles 2022	25 June 2022
	Total	300.00kg	Damien Christidis	138.00kg	51	WRPF Victorian State Titles 2022	25 June 2022
SHW	Bench						
	Deadlift						
	Total						

Veterans Group M3 60-69 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight		Competition	Date
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench						
	Deadlift						
	Total						
67.5kg	Bench						
	Deadlift						
	Total						
75.0kg	Bench	52.50kg	Leo O'Dea	70.40kg	61	WRPF Tasmanian State Titles 2022	19 June 2022
	Deadlift	130.00kg	Leo O'Dea	70.40kg	61	WRPF Tasmanian State Titles 2022	19 June 2022
	Total	177.50kg	Leo O'Dea	70.40kg	61	WRPF Tasmanian State Titles 2022	19 June 2022
82.5kg	Bench						
	Deadlift						
	Total						

90.0kg	Bench						
	Deadlift						
	Total						
100.0kg	Bench						
	Deadlift						
	Total						
110.0kg	Bench						
	Deadlift						
	Total						
125.0kg	Bench						
	Deadlift						
	Total						
140.0kg	Bench						
	Deadlift						
	Total						
SHW	Bench						
	Deadlift						
	Total						

Veterans Group M4 70+ Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Competition	Date
52.0kg	Bench					
	Deadlift					
	Total					
56.0kg	Bench					
	Deadlift					
	Total					
60.0kg	Bench					
	Deadlift					
	Total					
67.5kg	Bench					
	Deadlift					
	Total					
75.0kg	Bench					
	Deadlift					
	Total					
82.5kg	Bench					
	Deadlift					
	Total					
90.0kg	Bench					
	Deadlift					
	Total					
100.0kg	Bench					
	Deadlift					
	Total					
110.0kg	Bench					
	Deadlift					
	Total					
125.0kg	Bench					
	Deadlift					
	Total					
140.0kg	Bench					
	Deadlift					
	Total					
SHW	Bench					
	Deadlift					
	Total					