

| Name             | Cheat Curl 1 | Cheat Curl 2 | Cheat Curl 3 | 4   | 1 Hand Dumbbell C&J 1 | 1 Hand Dumbbell C&J 2 | 1 Hand Dumbbell C&J 3 | 4   | Hacklift 2" bar 1 | Hacklift 2" bar 2 | Hacklift 2" bar 3 | 4   |
|------------------|--------------|--------------|--------------|-----|-----------------------|-----------------------|-----------------------|-----|-------------------|-------------------|-------------------|-----|
| Dolores McGuckin | 45           | 55           | 60           |     | R 25                  | 27.5                  | 30                    |     | 111               | 121               | 131               | 136 |
| Stanley Hamilton | 60           | 75           | 75           |     | R 32.5                | 35                    | 37.5                  |     | 151               | 161               | 171               |     |
| Ruby Hamilton    | 25           | 30           | 30           |     | R 12.5                | 15                    | 15                    |     | 20                | 35                | 50                | 60  |
| Martin Gallagher | 45           | 55           | 70           |     | R 25                  | 27.5                  | 32.5                  |     | 106               | 116               | 136               |     |
| Cai Arbuthnot    | 30           | 40           | 42.5         |     | R 22.5                | 25                    | 27.5                  |     | 101               | 106               | 108.5             |     |
| Ruby Meakin      | 10           | 12.5         | 15           |     | R 5                   | 7                     | 8                     |     | 15                | 20                | 30                |     |
| Sam McMullan     | 60           | 70           | 75           |     | R 30                  | 32.5                  | 40                    |     | 101               | 131               | 151               |     |
| Jude Meakin      | N/A          | N/A          | N/A          | N/A | N/A                   | N/A                   | N/A                   | N/A | N/A               | N/A               | N/A               | N/A |

All weights in KG

#### Record Breaker Lifts

| Name             |   | LIFT              | 1      | 2       | 3      | 4    |
|------------------|---|-------------------|--------|---------|--------|------|
| Dolores McGuckin | 1 | 1H, 2" V Bar RH   | 65     | 70.5    | 75 ▲ ● | 77.5 |
|                  | 2 | Civattone DL      | 120 ▲  | 130     |        |      |
| Stanley Hamilton | 1 | 2H, 2" V Bar      | 200    | 220 ▲ ● | 230    | 230  |
|                  | 2 | 2H, 1" V Bar      | 200    | 230 ▲   | 260    | 260  |
| Ruby Hamilton    | 1 | 1H, 2" V Bar LH   | 30     | 40 ▲    | 50     | 50   |
|                  | 2 | 1H, 1" V Bar RH   | 42.5   | 50      | 55 ▲   | 60   |
| Martin Gallagher | 1 | 2H, 2" V Bar      | 140    | 162.5   | 170 ▲  | 200  |
|                  | 2 | 1H, 2" V Bar RH   | 80.5   | 95 ▲    | 105    |      |
| Cai Arbuthnot    | 1 | 18" DL (Peoples)  | 100    | 110     | 130 ▲  | 150  |
|                  | 2 | RH DB to shoulder | 57.5 ▲ | 60      |        |      |
| Ruby Meakin      | 1 | RH DB to shoulder | 12.5   | 15      | 17.5 ▲ |      |
|                  | 2 | x                 |        |         |        |      |
| Sam McMullan     | 1 | 18" DL (Peoples)  | 250.5  |         |        |      |
|                  | 2 | DB to shoulder    | 84.5 ● |         |        |      |