

SILLY RECORDS FOR SILLY PEOPLE

Lift	Reeve's Deadlift	Scott Lift	Zercher Squat	Zercher Deadlift	Hack Deadlift	One handed Deadlift	Jefferson Deadlift	Slingshot Bench
Men's Record	<u>Brandon Ring</u> 85kg 28/2/2024	<u>Ben Hutley</u> 130kg 28/2/2024	<u>Ben Hutley</u> 185kg 31/1/2024	<u>Ben Hutley</u> 150kg Unknown	<u>Johnathan Forsythe</u> 180kg 4/3/22	<u>Brandon Ring/Ben Hutley</u> 140kg N/A	<u>Johnathan Forsythe</u> 180kg 4/3/22	<u>Brandon Ring</u> 150kg 28/2/2024
Women's Record		<u>Rebecca Meldon</u> 50kg 27/2/2024	<u>Clarissa Mullem</u> 80kg 28/2/2024					