

# 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	<b>Brandon Ring</b> 85kg 28/2/2024	<b>Ben Hutley</b> 130kg 28/2/2024	<b>Ben Hutley</b> 185kg 31/1/2024	<b>Ben Hutley</b> 180kg 2024	<b>Nat Edwards</b> 210kg 19/10/2024	<b>Brandon Ring/Ben Hutley</b> 140kg N/A	<b>Nat Edwards</b> 240kg 9/10/24	<b>Brandon Ring</b> 150kg 28/2/2024
Women's Record		<b>Rebecca Meldon</b> 50kg 27/2/2024	<b>Clarissa Mullem</b> 80kg 28/2/2024					