

**OPEN EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5	THOMPSON Paula (1990) WM	70	THOMPSON Paula (1990) WM	87.5
50.5				
53				
55.5	MacDONALD Debbie (2016) WM	90	MacDONALD Debbie (2016) WM	135
58.5				
63				
70				
80				
90				
90+				

**TEENAGE 1 (14-15) yrs EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

**TEENAGE 2 (16-17) yrs EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

**TEENAGE 3 (18-19) yrs EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

**JUNIOR (20-23) yrs EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

**MASTER 1 (40-44) yrs EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				

50.5								
53								
55.5	MacDONALD Debbie (2016) WM	90	MacDONALD Debbie (2016) WM	55	MacDONALD Debbie (2016) WM	135	MacDONALD Debbie (2016) WM	277.5
58.5								
63								
70								
80								
90								
90+								

**MASTER 2 (44-49yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift		Total
44							
47.5							
50.5							
53							
55.5	Debbie MacDonald (2018) WM	75	Debbie MacDonald (2018) WM	40	Debbie MacDonald (2018) WM	100	
58.5							
63							
70							
80							
90							
90+							

**MASTER 3 (50-54yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift		Total
44							
47.5							
50.5							
53							
55.5							
58.5							
63							
70							
80							
90							
90+							

**MASTER 4 (55-59yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift		Total
44							
47.5							
50.5							
53							
55.5							
58.5							
63							
70							
80							
90							
90+							

**MASTER 5 (60-64yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift		Total
44							
47.5							
50.5							
53							
55.5							
58.5							
63							
70							
80							
90							
90+							

**MASTER 6 (65-69yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift		Total
44							
47.5							
50.5							
53							
55.5							
58.5							
63							
70							

80								
90								
90+								

**MASTER 7 (70-74yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

**MASTER 8 (75-79yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

**MASTER 9 (80-84yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

**MASTER 10 (85-89yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

**M/P/F EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5	MacDONALD Debbie (2016) WM 85	MacDONALD Debbie (2016) WM 52.5	MacDONALD Debbie (2016) WM 125	MacDONALD Debbie (2016) WM 277.5
58.5				
63				
70				
80				
90				
90+				