

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	MacDONALD Debbie (2016) WM	100	MacDONALD Debbie (2016) WM	58	MacDONALD Debbie (2016) WM	137.5
58.5					THOMAS Ann (2016) WM	160
63					THOMAS Ann (2015) WM	155
70						
80						
90						
90+						

TEENAGE 1 (14-15) yrs EQUIPPED

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

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	MacDONALD Debbie (2016) WM	100	MacDONALD Debbie (2016) WM	58	MacDONALD Debbie (2016) WM	137.5
58.5						
63						
70						
80						
90						
90+						

MASTER 2 (44-49yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5					Debbie MacDonald (2018) WM	135
58.5						
63						
70						
80						
90						
90+						

MASTER 3 (50-54yrs) EQUIPPED

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

M/P/F EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5	MacDONALD Debbie (2016) WM	100	MacDONALD Debbie (2016) WM 58
58.5			MacDONALD Debbie (2016) WM 137.5
63			THOMAS Ann (2016) WM 160
70			THOMAS Ann (2015) WM 155
80			
90			
90+			