

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	HODSON Georgina (2014) WM	82.5	DAVIES Marsha (2015) WM	50.5	HODSON Geogina (2016) WM	120
53	MacDONALD Debbie (2015) WM	85	PEART Danielle (2014) WM	55	HODSON Georgina (2015) WM	127.5
55.5	STREET Liz (2016) WM	90	STREET Liz (2016) WM	51	MacDONALD Debbie (2015) WM	117.5
58.5	STREET Liz (2015) WM	90	WOOD Sam (2014) WM	68	THOMAS Ann (2016) WM	145
63	GOWLAND Lindsey (2015) WM	68	TAYLOR Caroline () WM	62.5	THOMAS Ann (2015) WM	152.5
70	Alexia Wilson (2019) WM	135	Alexia Wilson (2019) WM	77.5	MLOUK Dalya (2015) WM	145
80			JACKSON Sarah (2016) WM	60		
90						
90+						

TEENAGE 1 (14-15) yrs UNEQUIPPED

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 UNEQUIPPED

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 UNEQUIPPED

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

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	PEART Danielle (2014) WM	75	PEART Danielle (2014) WM	55		
55.5						
58.5						
63						
70	MLOUK Dalya (2015) WM	105	RICHARDS Phillipa (2015) WM	57.5	MLOUK Dalya (2015) WM	145
80						
90						
90+						

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	MacDONALD Debbie (2015) WM	85			MacDONALD Debbie (2015) WM	127.5
55.5	MacDONALD Debbie (2015) WM	80	MacDONALD Debbie (2015) WM	50	MacDONALD Debbie (2015) WM	117.5
58.5						
63						
70						
80			JACKSON Sarah (2016) WM	60		
90						
90+						

MASTER 2 (44-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5	STREET Liz (2015) WM	90			STREET Liz (2015) WM	122.5
63						
70			UNA Letton (2015) WM	67.5		
80						
90						
90+						

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	STREET Liz (2016) WM	90	STREET Liz (2016) WM	51	STREET Liz (2016) WM	115
58.5						
63						
70						
80						
90						
90+						

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63	GOWLAND Lindsey (2015) WM	68	GOWLAND Lindsey (2015) WM	45	GOWLAND Lindsey (2015) WM	121
70						
80						
90						
90+						

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			REEVES Pat (2009) WM	35	REEVES Pat (2010) WM	100
53						
55.5						
58.5						
63						
70						
80						
90						
90+						

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			REEVES Pat (2011) WM	31	REEVES Pat (2014) WM	95.5
53					REEVES Pat (2015) WM	95.5
55.5						
58.5	WALTER Catherine (2016) WM	85	WALTER Catherine (2016) WM	35	WALTER Catherine (2016) WM	100
63						
70						
80						
90						
90+						

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53			REEVES Pat (2015) WM	31	Pat Reeves (2018) WM	85.5
55.5						
58.5						
63						
70						
80						
90						
90+						

MASTER 8 (75-79yrs) UNEQUIPPED

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) UNEQUIPPED

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

MASTER 10 (85-89yrs) UNEQUIPPED

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

M/P/F UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53	MacDONALD Debbie (2015) WM	85	MacDONALD Debbie (2015) WM 127.5
55.5	STREET Liz (2016) WM	90	STREET Liz (2016) WM 51 MacDONALD Debbie (2015) WM 117.5
58.5	STREET Liz (2015) WM	90	THOMAS Ann (2016) WM 145
63		THOMAS Ann (2015) WM	55 THOMAS Ann (2015) WM 152.5
70			
80			
90			
90+			