OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53	Annette Blindt () NM	140						
55.5	Annette Blindt (1992) NM	130	Annette Blindt (1992) NM	87.5	Annette Blindt (1992) NM	157.5	Annette Blindt (1992) NM	375
58.5	Janet Scott (2011) NM	97.5	Janet Scott (2011) NM	53	Janet Scott (2011) NM	120	Janet Scott (2011) NM	270
63								
70	Amelia Maycock (2022) NM	120	Amelia Maycock (2022) NM	110	Amelia Maycock (2022) NM	172.5	Amelia Maycock (2022) NM	402.5
80	Nicola Maycock (2022) NM	125	Michelle Franklin (2022) NM	75	Nicola Maycock (2022) NM	140	Nicola Maycock (2022) NM	327.5
90								
90+	Kelly Farrer (2022) NM	220 (WR)	Kelly Farrer (2022) NM	127.5 (ER)	Kelly Farrer (2022) NM	190 (WR)	Kelly Farrer (2022) NM	537.5 (WR)

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	Amelia Maycock (2022) NM	120	Amelia Maycock (2022) NM	110	Amelia Maycock (2022) NM	172.5	Amelia Maycock (2022) NM	402.5
80								
90								
90+								

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70								
80								
90								
90+	Kelly Farrer (2022) NM	220 (WR)	Kelly Farrer (2022) NM	127.5 (ER)	Kelly Farrer (2022) NM	190 (WR)	Kelly Farrer (2022) NM	537.5 (WR)

MASTER 2 (44-49yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5	Janet Scott (2011) NM	90	Janet Scott (2011) NM	47.5	Janet Scott (2011) NM	110	Janet Scott (2011) NM	247.5
58.5	Janet Scott (2011) NM	97.5	Janet Scott (2011) NM	52.5	Janet Scott (2011) NM	120	Janet Scott (2011) NM	270
63								
70								
80	Nicola Maycock (2022) NM	120	Nicola Maycock (2022) NM	70	Nicola Maycock (2022) NM	132.5	Nicola Maycock (2022) NM	322.5
90								
90+								

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5	Janet Scott (2011) NM	92.5	Janet Scott (2011) NM	53	Janet Scott (2011) NM	115	Janet Scott (2011) NM	260
63								
70								
80	Nicola Maycock (2022) NM	125	Nicola Maycock (2022) NM	62.5	Nicola Maycock (2022) NM	140	Nicola Maycock (2022) NM	327.5
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	Michelle Franklin (2022) NM	102.5	Michelle Franklin (2022) NM	75	Michelle Franklin (2022) NM	107.5	Michelle Franklin (2022) NM	285
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								
58.5								
63								
70								
80								
90								
90+								