

70								
80	Amelia Maycock (2023) NM	137.5	Amelia Maycock (2023)NM	90	Amelia Maycock(2023) NM	172.5	Amelia Maycock (2023) NM	400
90								
90+								

MASTER 1 (40-44yrs) UNEQUIPPED

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

MASTER 2 (44-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5	Janet Scott (2010) NM	65	Janet Scott (2010) NM	40	Janet Scott (2010) NM	110	Janet Scott (2010) NM	215
58.5								
63			Nicola Elding (2017) NM	60	Nicola Elding (2017) NM	120		
70			Nicola Elding (2016) NM	50	Nicola Elding (2016) NM	117.5		
80			Justine Mcvitie (2016) NM	55	Justine Mcvitie (2016) NM	135	Justine Mcvitie (2016) NM	270
90								
90+								

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70	Jo Parry (2022) NM	90	Jo Parry (2022) NM	47.5	Jo Parry (2022) NM	115	Jo Parry (2022) NM	252.5
80	Julie Rose (2022) NM	90	Julie Rose (2022) NM	57.5	Julie Rose (2022) NM	107.5	Julie Rose (2022) NM	255
90								
90+								

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70								
80	Angela Houldershaw (2023) NM	90	Michelle Franklin(2023) NM	67.5	Michelle Franklin (2023) NM	130	Michelle Franklin (2023)	287.5
90	Karen Towersey (2022) NM	85	Karen Towersey (2022) NM	62.5	Karen Towersey (2022) NM	137.5	Karen Towersey (2022) NM	285
90+								

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total
44							
47.5							
50.5							

53								
55.5								
58.5								
63								
70	Julia Graham (2023) NM	75	Julia Graham (2022) NM	40	Julia Graham (2023) NM	105	Julia Graham (2023) NM	220
80	Sue Giles (2022) NM	107.5 (WR)	Sue Giles (2022) NM	63 (WR)	Sue Giles (2022) NM	130.5 (WR)	Sue Giles (2022) NM	300 (WR)
90								
90+								

MASTER 6 (65-69yrs) UNEQUIPPED

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) UNEQUIPPED

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) UNEQUIPPED

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) UNEQUIPPED

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

