

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5			Di Hextall (2022) NM	37.5	Di Hextall (2022) NM	85
50.5			Nicola Elding (2011) NM	50	Pat Reeves (2012) NM	93
53			Sharon Rowlands (2011) NM	40	Nicola Elding (2012) NM	101
55.5	Janet Scott (2010) NM	62.5	Nicola Elding (2011) NM	55	Janet Scott (2010) NM	115
58.5	Rebecca O'Neill (2016) NM	110	Molly Clark (2022) NM	40	Molly Clark (2022) NM	112.5
63			Alison Booker (2022) NM	87.5	Nicola Elding (2009) NM	120
70			Galit Goldschmidt(2023)	86	Galit Golschmidt(2022)	152.5
80			Amelia Maycock (2022) NM	80	Leanne Wilson (2022) NM	145.5
90			Karen Towersey (2022) NM	60	Karen Towersey (2022) NM	130
90+			Jacqueline Gough (2022) NM	125	Karen Towersey (2022) NM	140.5

TEENAGE 1 (14-15) yrs UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5			Brooke Perkins (2023)	32.5	Brooke Perkins (2023) NM	85
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					Brooke Perkins	87.5
70			Emily Norris (2022) NM	40	Emily Norris (2022) NM	100
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			
55.5			
58.5		Molly Clark (2022) NM 40	Molly Clark (2022) NM 112.5
63			
70			
80		Amelia Maycock (2022) NM 80	Amelia Maycock (2022) NM 145
90			
90+			

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5		Nicola Elding (2011) NM 50	Nicola Elding (2011) NM 90
53			Nicola Elding (2012) NM 101
55.5		Nicola Elding (2011) NM 55	Nicola Elding (2011) NM 105
58.5			
63		Nicola Elding (2010) NM 62.5	Nicola Elding (2009) NM 120
70			
80		Donna Templeton (2022) NM 45	Donna Templeton (2023) NM 122.5
90			
90+		Jacqueline Gough (2025) 125	

MASTER 2 (44-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5	Janet Scott (2010) NM 62.5	Janet Scott (2010) NM 50	Janet Scott (2010) NM 115
58.5			
63		Nicola Elding (2014) NM 60	Nicola Elding (2017) NM 120
70		Gallit Goldshmid (2022) NM 85	Gallit Goldshmid (2022) NM 152.5
80			
90			
90+		Jacqueline Gough (2022) NM 125	

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70		Jo Parry (2022) NM 47.5	Jo Parry (2022) NM 120

80			Julie Rose (2022) NM	50	Julie Rose (2022) NM	95
90						
90+						

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5		Di Hextall (2022) NM	37.5
50.5			
53		Sharon Rowlands (2011) NM	40
55.5			
58.5			
63			
70			
80		Michelle Franklin (2023) NM	70
90		Karen Towersey (2022) NM	60
90+		Karen Towersey (2023) NM	62.5

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63		Julie O'Donnell (2022) NM	40
70		Julia Graham (2022) NM	42.5
80			
90			
90+			

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			Pat Reeves (2012) NM
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
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	
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						
55.5						
58.5						
63						
70						
80						
90						
90+						