

### Women's Full Power Unequipped

#### OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5	FRANCES EVANS	70	FRANCES EVANS	50	FRANCES EVANS	100	FRANCES EVANS	220
50.5	ANGHARAD BEVAN	85	ANGHARAD BEVAN	45	ANGHARAD BEVAN	105	ANGHARAD BEVAN	235
53	KAYLEY PHILLIPS (28.01.2023)	105	KAYLEY PHILLIPS (13.11.2021)	57.5	KAYLEY PHILLIPS (28.01.2023)	155.5	KAYLEY PHILLIPS (28.01.2023)	313
55.5	WENDY EVANS	112.5	WENDY EVANS	66	SUE BETHELL	155	WENDY EVANS	317.5
58.5	AMANDA GISBY	130	AMANDA GISBY	65	AMANDA GISBY	165	AMANDA GISBY	355
63	REBECCA JONES (03.11.2018)	155	REBECCA JONES (28.07.2018)	75	REBECCA JONES (03.11.2018)	170	REBECCA JONES (03.11.2018)	400
70	REBECCA JONES (04.11.2017)	150	KATHRYN HOLLEY	80	REBECCA JONES (04.11.2017)	182.5	REBECCA JONES (04.11.2017)	410
80	SCARLETT KNAPMAN (02.04.2022)	150	PAMELA FELLOWS (09.12.2018)	80	RACHAEL RUDDOCK	180	PAMELA FELLOWS (09.12.2018)	392.5
90	AMY EVANS (01.09.2018)	137.5	AMY EVANS (01.09.2018)	95	CRYSTAL WILLIAMS	180	AMY EVANS (01.09.2018)	407.5
90+	POLLY THOMPSON	165	POLLY THOMPSON	67.5	POLLY THOMPSON (03.11.2018)	200	POLLY THOMPSON (03.11.2018)	432.5

#### TEENAGE 1 (14-15) yrs UNEQUIPPED

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) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53	RHIANNON HARRIES (18.03.2018)	55	RHIANNON HARRIES (18.03.2018)	40	RHIANNON HARRIES (18.03.2018)	110	RHIANNON HARRIES (18.03.2018)	205
55.5								
58.5								
63								
70								
80								
90								
90+								

#### TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53								
55.5								
58.5								
63	SIAN GOLDING	70	SIAN GOLDING	40	SIAN GOLDING	132.5	SIAN GOLDING	242.5
70	ELEANOR MAWSON	101	ELEANOR MAWSON	57.5	ELEANOR MAWSON	150	ELEANOR MAWSON	307.5
80	SHANNON JENKINS	75	SHANNON JENKINS	50	SHANNON JENKINS	122.5	SHANNON JENKINS	247.5
90	CRYSTAL WILLIAMS	130	CRYSTAL WILLIAMS	70	CRYSTAL WILLIAMS	180	CRYSTAL WILLIAMS	380
90+								

#### JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5	BETH DAVID	65	BETH DAVID	40	BETH DAVID	100	BETH DAVID	205
53	JODIE DAVIES	82.5	JODIE DAVIES	50	KAYLEY PHILLIPS	127.5	KAYLEY PHILLIPS	245
55.5	FFION ANKERS	77.5	LOUISE DELAITRE	45	FFION ANKERS	120	FFION ANKERS	240
58.5	CAROLINE SHEARER	110	CAROLINE SHEARER	55	CAROLINE SHEARER	140	CAROLINE SHEARER	305
63	TAMARA BELL (01.09.2018)	120	ANNA DAVIES	52.5	ANNA DAVIES	142.5	ANNA DAVIES	295
70	REBECCA JONES	145	REBECCA JONES	65	REBECCA JONES	170.5	REBECCA JONES	380
80	SCARLETT KNAPMAN (02.04.2022)	150	SCARLETT KNAPMAN (02.04.2022)	67.5	SCARLETT KNAPMAN (02.04.22)	170	SCARLETT KNAPMAN (02.04.22)	387.5
90								
90+								

#### MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5	JOANNE CREESE	80	JOANNE CREESE	40	JOANNE CREESE	90	JOANNE CREESE	210
53								
55.5								
58.5								
63	SIMONE DAVIS	110	SIMONE DAVIS	55	SIMONE DAVIS	145	SIMONE DAVIS	305
70	CHERYL WILLIAMS	110	CHERYL WILLIAMS (29.04.2018)	70	SAMANTHA HEIGHWAY	135	CHERYL WILLIAMS (29.04.2018)	312.5
80	MELANIE CICERO	110	MELANIE CICERO	65	MELANIE CICERO	160	MELANIE CICERO	335
90	EIRIANN HUGHES-DAVIES (29.04.2018)	85	EIRIANN HUGHES-DAVIES (29.04.2018)	47.5	EIRIANN HUGHES-DAVIES (29.04.2018)	130	EIRIANN HUGHES-DAVIES (29.04.2018)	262.5
90+	POLLY THOMPSON (18.03.2018)	165	POLLY THOMPSON	62.5	POLLY THOMPSON	192.5	POLLY THOMPSON	412.5

#### MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5	JOANNE CREESE	100	JOANNE CREESE (18.03.2018)	42.5	JOANNE CREESE	100	JOANNE CREESE	240
53								
55.5	WENDY EVANS	112.5	WENDY EVANS	66	WENDY EVANS	141	WENDY EVANS	317.5
58.5	WENDY EVANS	115	WENDY EVANS	57.5	WENDY EVANS	135	WENDY EVANS	302.5
63	CATHERINE CHARLTON-WHITAKER	92.5	CATHERINE CHARLTON-WHITAKER	57.5	CATHERINE CHARLTON-WHITAKER	150	CATHERINE CHARLTON-WHITAKER	297.5
70								
80	MELANIE CICERO (09.12.2018)	132.5	MELANIE CICERO (09.12.2018)	77.5	MELANIE CICERO (09.12.2018)	180	MELANIE CICERO (09.12.2018)	390
90								
90+	POLLY THOMPSON (03.11.2018)	165	POLLY THOMPSON (03.11.2018)	67.5	POLLY THOMPSON (03.11.2018)	200	POLLY THOMPSON (03.11.2018)	432.5

**MASTER 3 (50-54yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53	SUE BETHELL	85	SUE BETHELL	47.5	SUE BETHELL	147.5	SUE BETHELL	280
55.5	WENDY EVANS	100	WENDY EVANS	50	WENDY EVANS	110	WENDY EVANS	260
58.5	SUE BETHELL	85	SUE BETHELL	50	SUE BETHELL	145	SUE BETHELL	275
63								
70								
80								
90								
90+	SUE OSBOURNE (29.04.2018)	85	SUE OSBOURNE (29.04.2018)	50	SUE OSBOURNE (29.04.2018)	110	SUE OSBOURNE (29.04.2018)	245

**MASTER 4 (55-59yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53	SUE BETHELL	87.5	SUE BETHELL	52.5	SUE BETHELL	155	SUE BETHELL	295
55.5								
58.5	SUE BETHELL	85	SUE BETHELL	52.5	SUE BETHELL	155	SUE BETHELL	292.5
63								
70								
80								
90								
90+								

**MASTER 5 (60-64yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53	SUE BETHELL (11.09.2021)	75	SUE BETHELL (11.09.2021)	47.5	SUE BETHELL (11.09.2021)	130	SUE BETHELL (11.09.2021)	252.5
55.5								
58.5								
63								
70								
80								
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+				

**MASTER 10 (85-89yrs) UNEQUIPPED**

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