

Women's Single Lifts Equipped

OPEN EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53	SUE BETHELL (16.06.2018)	125	SUE BETHELL (10.10.2021) 135
55.5	SUE BETHELL (16.02.2019)	122.5	SUE BETHELL (16.02.2019) 150
58.5			
63			
70			
80	TAYLOR ADDICOTT	100	TAYLOR ADDICOTT 95
90			
90+			

TEENAGE 1 (14-15) yrs EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80	TAYLOR ADDICOTT	100	TAYLOR ADDICOTT 95
90			
90+			

TEENAGE 2 (16-17) yrs EQUIPPED

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 EQUIPPED

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

MASTER 1 (40-44) yrs EQUIPPED

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

80					
90					
90+					

MASTER 2 (45-49yrs) EQUIPPED

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

MASTER 3 (50-54yrs) EQUIPPED

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

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53	SUE BETHELL (16.06.2018)	125	
55.5	SUE BETHELL (16.02.2019)	122.5	SUE BETHELL (16.02.2019) 150
58.5			
63			
70			
80			
90			
90+			

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53	SUE BETHELL (10.10.2021)	105	SUE BETHELL (10.10.2021) 135
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 6 (65-69yrs) EQUIPPED

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