

## OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
44	HOWELL Mia (2018) EC	40	HOWELL Mia (2018) EC	30	HOWELL Mia (2018) EC
47.5	CASSAR Jen (2015) EC	95	CASSAR Jen (2015) EC	52.5	CASSAR Jen (2015) EC
50.5	CASSAR Jen (2015) EC	105.5	CASSAR Jen (2017) EC	60.5	WINSTONE Natalie (2017) EC
53	BUSBY Olivia (2023) EC	100	BUSBY Olivia (2023) EC	62.5	RICHARDS Suzie (2018) EC
55.5	FOX Louise (2012) EC	107.5	FOX Louise (2010) EC	72.5	FOX Louise (2010) EC
58.5	HANNANT Amber (2017) EC	122.5	HANNANT Amber (2017) EC	80	GIBBONS Alice (2017) EC
63	HANNANT Amber (2018) EC	137.5	HANNANT Amber (2018) EC	87.5	HODGSON Clare (2018) EC
70	MacPHERSON Charlotte (2019) EC	130	MacPHERSON Charlotte (2019) EC	82.5	LINZELL Ellyse (2016) EC
80	ELLINGTON Danielle (2017) EC	132.5	COX Joanne (2022) EC	72.5	ELLINGTON Danielle (2017) EC
90	JOHN Zara (2018) EC	155	WIGLUSZ Vicky (2022) EC	85	JOHN Zara (2017) EC
90+	LANTRUA Cerrie (2018) EC	162.5	VALLEE Jessica (2018) EC	90	DANDY Sarah (2022) EC

## TEENAGE 1 (14-15) yrs UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
44	HOWELL Mia (2018) EC	40	HOWELL Mia (2018) EC	30	HOWELL Mia (2018) EC
47.5	CARR Katie (2022) EC	55	CARR Katie (2022) EC	27.5	CARR Katie (2022) EC
50.5	CARR Katie (2023) EC	62.5			
53					
55.5					
58.5	CRANE Ellie (2022) EC	75	CRANE Ellie (2022) EC	50	CRANE Ellie (2022) EC
63	FROWHALK Chloe (2022) EC	65	FROWHALK Chloe (2022) EC	35	FROWHALK Chloe (2022) EC
70	BELL Alicia (2017) EC	82.5	BELL Alicia (2017) EC	50	BELL Alicia (2017) EC
80	ELLINGTON Danielle (2016) EC	130	ELLINGTON Danielle (2016) EC	60	ELLINGTON Danielle (2016) EC
90	BELL Alicia (2019) EC	111	BELL Alicia (2019) EC	65.5	BELL Alicia (2019) EC
90+					

**TEENAGE 2 (16-17 yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift
44					
47.5					
50.5					
53					
55.5	MARTIN Maisie (2022) EC	70	MARTIN Maisie (2022) EC	37.5	MARTIN Maisie (2022) EC
58.5					
63	RICKWOOD Frankie (2015) EC	97.5	HOWSE Grace (2017) EC	62.5	HOWSE Grace (2017) EC
70	BAKER Savannah (2022) EC	67.5	BAKER Savannah (2022) EC	37.5	BAKER Savannah (2022) EC
80	ELLINGTON Danielle (2017) EC	132.5	ELLINGTON Danielle (2017) EC	65	ELLINGTON Danielle (2017) EC
90	ELLINGTON Danielle (2018) EC	140	ELLINGTON Danielle (2018) EC	80	ELLINGTON Danielle (2018) EC
90+					

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

WGT	Squat		Bench Press		Deadlift
44					
47.5					
50.5					
53					
55.5					
58.5					
63	RICKWOOD Frankie (2015) EC	102.5	RICKWOOD Frankie (2015) EC	55	RICKWOOD Frankie (2015) EC
70	CLARKE Ebony (2022) EC	85	CLARKE Ebony (2022) EC	60	CLARKE Ebony (2022) EC
80					
90					
90+					

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

WGT	Squat		Bench Press		Deadlift
-----	-------	--	-------------	--	----------

44					
47.5	CASSAR Jen (2015) EC	95	CASSAR Jen (2015) EC	52.5	CASSAR Jen (2015) EC
50.5	CASSAR Jen (2015) EC	105.5	CASSAR Jen (2017) EC	60.5	CASSAR Jen (2015) EC
53					
55.5	DENT Katie (2017) EC	75	LAMB Bethany (2019) EC	50	DENT Katie (2017) EC
58.5	HANNANT Amber (2017) EC	122.5	HANNANT Amber (2017) EC	80	DENT Katie (2017) EC
63	MASSEY Lucy (2017) EC	110	Angel Churchward (2021) EC	67.5	MASSEY Lucy (2017) EC
70	LINZELL Ellyse (2016) EC	115	Angel Churchward (2021) EC	75	LINZELL Ellyse (2016) EC
80					
90	Taylor Tucker (2020) EC	145			Taylor Tucker (2020) EC
90+	HYNES Pippa (2019) EC	95	HYNES Pippa (2019) EC	60	HYNES Pippa (2019) EC

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

WGT	Squat		Bench Press		Deadlift
44					
47.5					
50.5					
53	RICHARDS Suzanne (2017) EC	82.5	RICHARDS Suzanne (2017) EC	57.5	RICHARDS Suzanne (2017) EC
55.5	FOX Louise (2012) EC	90	FOX Louise (2012) EC	62.5	FOX Louise (2012) EC
58.5	REEVES Zena (2016) EC	92.5	REEVES Zena (2018) EC	60	REEVES Zena (2017) EC
63	MIDDLETON Tasmin (2023) EC	115	MIDDLETON Tasmin (2023) EC	62.5	MONTAGU Joanna (2016) EC
70	SKOULDING Imogen (2019) EC	112.5	SKOULDING Imogen (2018) EC	62.5	SKOULDING Imogen (2018) EC
80	COX Jo (2022) EC	125	COX Jo (2022) EC	72.5	COX Jo (2022) EC
90	ROBERTSON Megan (2018) EC	115	BELL Becky (2017) EC	60	WRIGHT Emma (2018) EC
90+					

### MASTER 2 (44-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
44					
47.5					

50.5					
53	RICHARDS Suzie (2018) EC	90	RICHARDS Suzie (2018) EC	60	RICHARDS Suzie (2018) EC
55.5					
58.5					
63					
70					
80	BUSH Mandy (2018) EC	105	BUSH Mandy (2018) EC	62.5	BUSH Mandy (2018) EC
90					
90+	TOWELL Samantha (2016) EC	120	TOWELL Samantha (2018) EC	67.5	TOWELL Samantha (2016) EC

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

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

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

WGT	Squat		Bench Press		Deadlift
44					
47.5					
50.5					
53					

55.5					
58.5					
63					
70					
80					
90					
90+					

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

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

**MASTER 6 (65-69yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift
44					
47.5					
50.5	TOMBS Pat (2013) EC	72.5	TOMBS Pat (2016) EC	45.5	TOMBS Pat (2016) EC
53					
55.5					
58.5					

63					
70	SAGE Maureen () EC	45	SAGE Maureen () EC	40	
80					
90					
90+					

**MASTER 7 (70-74yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift
44					
47.5					
50.5	TOMBS Patricia (2016) EC	70	TOMBS Patricia (2017) EC	47.5	TOMBS Patricia (2017) EC
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**

<b>WGT</b>	<b>Squat</b>		<b>Bench Press</b>		<b>Deadlift</b>
44					
47.5					
50.5					
53					
55.5					MALLIA Tamasin (2016) EC
58.5					
63					
70					
80					
90					
90+					



<b>Total</b>		
55	HOWELL Mia (2018) EC	125
110	CASSAR Jen (2015) EC	252.5
140	WINSTONE Natalie (2017) EC	277.5
135	RICHARDS Suzie (2018) EC	285
168	FOX Louise (2012) EC	345
152.5	HANNANT Amber (2017) EC	340
162.5	HANNANT Amber (2018) EC	375
150	MacPHERSON Charlotte (2019) EC	353.5
182.5	ELLINGTON Danielle (2017) EC	380
193	JOHN Zara (2019) EC	427.5
172.5	LANTRUA Cerrie (2018) EC	412.5

<b>Total</b>		
55	HOWELL Mia (2018) EC	125
90	CARR Katie (2022) EC	172.5
100	CRANE Ellie (2022) EC	225
92.5	FROWHALK Chloe (2022) EC	192.5
105	BELL Alicia (2017) EC	237.5
180	ELLINGTON Danielle (2016) EC	366
120	BELL Alicia (2019) EC	295

Total		
85	MARTIN Maisie (2022) EC	192.5
127.5	HOWSE Grace (2017) EC	280
100	BAKER Savannah (2022) EC	205
182.5	ELLINGTON Danielle (2017) EC	380
170	ELLINGTON Danielle (2018) EC	390

Total		
127.5	RICKWOOD Frankie (2015) EC	285
115	CLARKE Ebony (2022) EC	260

Total		
-------	--	--

110	CASSAR Jen (2015) EC	252.5
115	CASSAR Jen (2015) EC	275
120	DENT Katie (2017) EC	242.5
140	HANNANT Amber (2017) EC	340
140	MASSEY Lucy (2017) EC	305
150	LINZELL Ellyse (2016) EC	335
150		
125	HYNES Pippa (2019) EC	280

	<b>Total</b>	
120	RICHARDS Suzanne (2017) EC	260
142.5	FOX Louise (2012) EC	295
142.5	REEVES Zena (2017) EC	290
125	MONTAGU Joanna (2017) EC	272.5
125	SKOULDING Imogen (2018) EC	295
160	COX Jo (2022) EC	355
145	ROBERTSON Megan (2018) EC	312.5

	<b>Total</b>	

135	RICHARDS Suzie (2018) EC	285
155	BUSH Mandy (2018) EC	322.5
130	TOWELL Samantha (2016) EC	315

Total		

Total		


	<b>Total</b>	

	<b>Total</b>	
105	TOMBS Pat (2015) EC	215





