

## OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
44	HOWELL Mia (2018) EC	40	HOWELL Mia (2018) EC	30	HOWELL Mia (2018) EC
47.5	HOWELL Mia (2018) EC	47.5	HOWELL Mia (2019) EC	32.5	HOWELL Mia (2018) EC
50.5	WINSTONE Natalie (2017) EC	80	CASSAR Jen (2018) EC	67.5	WINSTONE Natalie (2017) EC
53	MILLER Helen (2018) EC	90	BUSBY Olivia (2019) EC	55.5	MILLER Helen (2018) EC
55.5	FOX Louise (2011) EC	105	FOX Louise (2011) EC	70	FOX Louise (2009) EC
58.5	GIBBONS Alice (2018) EC	107.5	GIBBONS Alice (2018) EC	75.5	GIBBONS Alice (2018) EC
63	RICKWOOD Francesca (2019) EC	112.5	RODRIGUES Ligia (2019) EC	87.5	THOMAS Ann (2017) EC
70	LOADES Kerry (2018) EC	85	CROLLA Michele (2015) EC	67.5	LEES Freya (2015) EC
80	ELLINGTON Danielle (2017) EC	137.5	EASTER Katie (2017) EC	75	ELLINGTON Danielle (2017) EC
90			ELLINGTON Danielle (2018) EC	80	ELLINGTON Danielle (2018) EC
90+	LANTRUA Cerrie (2017) EC	161	TOWELL Samantha (2017) EC	62.5	LANTRUA Cerrie (2017) 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	HOWELL Mia (2018) EC	47.5	HOWELL Mia (2019) EC	32.5	HOWELL Mia (2018) EC
50.5					
53					
55.5					THOMAS Morgan (2017) EC
58.5					THOMAS Morgan (2017) EC
63					
70					
80	ELLINGTON Danielle (2016) EC	112.5	ELLINGTON Danielle (2016) EC	55.5	ELLINGTON Danielle (2016) EC
90					
90+					

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

WGT	Squat		Bench Press		Deadlift
44					
47.5					
50.5					
53					
55.5					THOMAS Morgan (2019) EC
58.5					
63	HOWSE Grace (2018) EC	95	HOWSE Grace (2018) EC	65	HOWSE Grace (2018) EC
70					HOWSE Grace (2018) EC
80	ELLINGTON Danielle (2017) EC	137.5	ELLINGTON Danielle (2017) EC	75	ELLINGTON Danielle (2017) EC
90			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					
70					
80					
90					
90+					

### JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift
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44					
47.5					
50.5	BUSBY Olivia (2018) EC	77.5	CASSAR Jen (2017) EC	61	BUSBY Olivia (2018) EC
53			BUSBY Olivia (2019) EC	55.5	BUSBY Olivia (2019) EC
55.5					
58.5	CUNNINGHAM Rhianne (2019) EC	95	WEBBER Rosie (2019) EC	52.5	WEBBER Rosie (2019) EC
63	RICKWOOD Francesca (2019) EC	112.5			
70					
80					RAVEN Kya (2023) EC
90					
90+					

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

WGT	Squat		Bench Press		Deadlift
44					
47.5					
50.5					
53	MILLER Helen (2018) EC	87.5			MILLER Helen (2018) EC
55.5			SMITH Maryana (2018) EC	50	
58.5			REEVES Zena (2018) EC	62.5	
63	FUNNELL Lea (2017) EC	82.5	FUNNELL Lea (2017) EC	50	FUNNELL Lea (2017) EC
70					
80	WRIGHT Emma (2017) EC	120			WRIGHT Emma (2017) EC
90					ROBERTSON Megan (2018) EC
90+					

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

WGT	Squat		Bench Press		Deadlift
44					
47.5					

50.5					
53	RICHARDS Suzie (2018) EC	87.5			
55.5					
58.5					
63			REEVES Zena (2022) EC	67.5	
70					
80			MARRINGTON Tracey (2016) EC	52.5	
90					
90+	TOWELL Samantha (2017) EC	122.5	TOWELL Samantha (2017) EC	62.5	TOWELL Samantha (2017) EC

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

WGT	Squat		Bench Press		Deadlift
44					
47.5					
50.5					
53					
55.5					
58.5					
63					
70					
80			MANNINGTON Tracey (2017) EC	57.5	
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			
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			McGauley Judith (2023) EC	
53				
55.5				
58.5		McGauley Judith (2018) EC	35	
63		McGauley Judith (2018) EC	37.5	McGauley Judith (2018) EC
70		SAGE Maureen (2009) EC	45.5	SAGE Maureen (2009) EC
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+				
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**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					
58.5					THOMAS Ann (2009) EC
63					THOMAS Ann (2013) EC
70			CROLLA Michele (2015) EC	67.5	LEES Freya (2015) EC
80					
90					
90+					



55
60
133
130
165
155
161
165
192.5
203
162.5

55
60
102.5
97.5
160

103
135
130
192.5
203

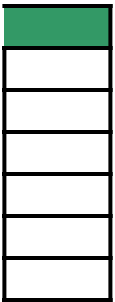
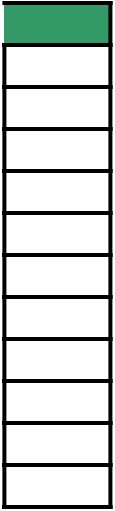
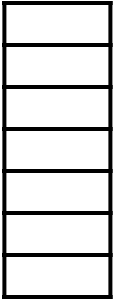

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92.5
105
135
147.5

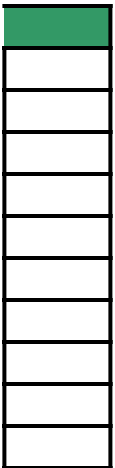
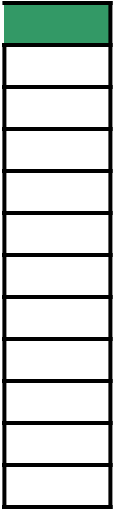
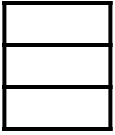
130
120
150
140


135











130
150
165